

Orobie Ultra-Trail®

# RULES 2019

## Gran Trail Orobie, Marathon Trail Orobie, Bergamo Urban Trail

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## 1 ORGANISATION

**Spiagames Outdoor Agency**, with registered office in *Via Borgo Palazzo 272, Bergamo, Italy*, is an outdoor agency specialised in the development and management of events and integrated communication projects involving sports marketing.

**ASD ASSO OROBICA** is amateur sports association affiliated to CONI, FIDAL, CSI and I-TRA. Asso Orobica has as its object the development, popularisation, promotion and organisation of sports activities connected to the outdoor world: skiing, snowboarding, running, trail running, mountain biking and climbing.

The term “organisation”, therefore, refers to Spiagames and ASD Asso Orobica, specifying that ASD Asso Orobica is involved in the technical organisation of the races and Spiagames is involved in the event.

The staff managing the event consists of:

- Orobie Ultra-Trail® , Gran Trail Orobie, Bergamo Urban Trail Race Management
- Safety Officer
- Communications Officer
- Course Supervisor
- Person in charge of Volunteers

## 2 RULES

The two races scheduled will take place in accordance with the provisions of these rules and all the updates that appear on the event website [www.orobieultra-trail.it](http://www.orobieultra-trail.it) or on the facebook page of the event: [www.facebook.com/OrobieUltraTrail](https://www.facebook.com/OrobieUltraTrail)

### 2.1 ACCEPTANCE OF THE RULES

By subscribing to the Orobie Ultra-Trail event, each competitor states completely and unequivocally that:

- He/she wishes to participate in one of the Orobie Ultra-Trail® races,
- he/she has read, accepts and observes the rules of the Orobie Ultra-Trail® , Gran Trail Orobie, Marathon Trail Orobie, Bergamo Urban Trail races in all their parts,
- he/she is aware that the participation in sporting events, even those that are not competitive, is potentially an activity that poses risks if one is not suitably prepared in terms of his/her physical and mental condition;
- he/she is, therefore, in a suitable health and physical condition to participate in the aforementioned event, as well as being suitably prepared in consideration of the length

and specific features of the Orobie Ultra-Trail®, Gran Trail Orobie, Marathon Trail Orobie, Bergamo Urban Trail, for which he/she has assessed the route, type of terrain and elevation profile;

- that he/she wishes to assume all risks arising from participation in the races, also arising from falls or contacts with other participants or other; that he/she has acquired, before the race, a real ability to be personally autonomous in the mountains so that he/she can appropriately handle any problems connected to this type of test (for example, knowing how to deal with, alone and without help, climatic conditions that may become difficult due to the altitude, wind, cold, fog, rain or snow, and he/she is able to manage, even if isolated, the physical or psychological problems caused by tiredness, gastrointestinal problems, muscular/joint pains, small injuries); or any other risk, however, well known and assessed by him/herself;

- that he/she accepts and respects any decision taken by the organisers with regard to safety of the races;

- that he/she undertakes to use all personal or collective protection equipment necessary for participation in the races and that he/she is aware of the need to have/keep with him/herself all the obligatory material envisaged therein; before the competition he/she will, in any case, assess whether such material is sufficient for his/her personal safety, taking into account his/her condition and needs as well as the weather conditions forecast for the day of the competition;

- that he/she is aware that each decision and action adopted by him/herself during the course of the competition will be his/her personal choice and action, for which he/she assumes each and exclusive responsibility;

- that he/she consequently relieves, by signing this declaration, the organisation and its governing/executive bodies, from any liability that in any case may arise as a consequence of his/her participation in the Orobie Ultra-Trail®, Marathon Trail Orobie, Gran Trail Orobie, Bergamo Urban Trail competition for any damage suffered by him/herself or that has occurred to third parties while participating in the same;

- that he/she undertakes to behave in a respectful manner towards people and the environment and in particular:

- to not use doping substances and wrongly self-medicate, informing the organisation in advance of in the event of medical prescriptions for treatment purposes;
- to not exceed limits, so as not to compromise his/her physical and mental health;
- to not throw anything on the ground;
- to remain on the paths to protect the flora;
- to respect the fauna, avoiding in particular shouting and loud noises;
- to strictly observe the rules of the nature reserves;
- to respect the Highway Code in each section of the course that crosses roads.

### 3 THE RACES

The Orobie Ultra-Trail® involves 3 running races that begin in a natural alpine environment and end in the urban context of Bergamo's Città Alta (Upper Town). The route in question follows, for the most part, the Orobie Path, which has been suitably modified to adapt it to the principles of the Manifest of the Trail of Molfasso. All paths have been certified by CAI (Italian Alpine Club) as E (without technical difficulty) or EE (for experts). The altitudes of the OUT section of the course are between 320 m and 2,490 m. The altitudes of the GTO section of the course are between 320 m and 2,139 m.

There are two races scheduled, and for both events the organisation offers a shuttle service from Bergamo to the starting points, as set out in sect. 7 of these rules.

#### 3.1 Orobie Ultra-Trail® - OUT® \*Next edition > 2020

- Orobie Ultra-Trail®, hereinafter referred to as OUT **140 km with 9,500 metres** approx. elevation gain, in semi-autonomy, with departure from Clusone, Val Seriana (BG) and **a maximum time for completion of 47 hours**.

OUT envisages **four** checkpoints and mandatory equipment.

Participation is bound by precise requirements, which are expressed in detail in sect. 4 TERMS AND CONDITIONS OF GENERAL PARTICIPATION.

All information connected to the dates and time of the race office, official briefing and other details regarding the race will be communicated by the official information organisations.

#### 3.2 Gran Trail Orobie - GTO

- Gran Trail Orobie, hereinafter referred to as GTO **70 km with 4200 metres** approx. elevation gain, in semi-autonomy, with departure from Carona, Val Brembana (BG) and **a maximum time for completion of 24 hours**.

GTO envisages **two** checkpoints and mandatory equipment.

#### 3.3 Marathon Trail Orobie - GTO

- Marathon Trail Orobie, hereinafter referred to as MTO **42 km with 2300 metres** approx. elevation gain, in semi-autonomy, with departure from San Pellegrino Terme, Val Brembana (BG) and **a maximum time for completion of 12 hours**.

### 3.4 Bergamo Urban Trail - BGUT

- Bergamo Urban Trail, hereinafter referred to as BGUT, **20 km with 700 metres approx. elevation gain**, in semi-autonomy, with departure from the city of Bergamo (BG) and a **maximum time for completion of 4 hours**.  
Bergamo Urban Trail envisages mandatory equipment

Participation is bound by precise requirements, which are expressed in detail in sect. 4 TERMS AND CONDITIONS OF GENERAL PARTICIPATION.

All information connected to the dates and time of the race office, official briefing and other details regarding the race will be communicated by the official information organisations.

### 3.3 DETAILS OF THE CHECKPOINTS, MAPS AND ALTITUDE CHARTS

Digital maps of the race area and the ROADBOOK, a document in .pdf format with map, altitude charts, list of refreshment points and description of the races, are available on the website [www.oroobietraill.it](http://www.oroobietraill.it).

## 4 TERMS AND CONDITIONS OF GENERAL PARTICIPATION

The races are open to all those aged 18 and over on the date of the race, who are in possession of a sports medical certificate of fitness to take part in competitive activity valid on the date of the race and recognised by the country of residence, regardless of whether or not the participants belong to sports societies or federations.

For athletes residing in Italy, only the certificate (for Italian athletes Italian Ministerial Decree 18.02.1982 tab. B), issued for sporting practice: Athletics - Code S.012 will be considered valid.

Certificates issued for other competitive disciplines (skiing, football, cycling, triathlon, etc.) will not be considered valid.

Foreign athletes or non-residents in Italy must be in possession of a good health certificate of competitive sports recognized by the country of residence. Alternatively, they can download the compiled version from the "Registration> Download" website section to be filled, signed and stamped by the doctor declaring the state of health.

The medical certificate with a valid date for GTO, MTO, BGUT races must not be sent by e-mail, but must be delivered in legible photocopy of the original during the bib collection phase.

Each person registered in GTO, MTO and Bergamo Urban Trail must also make a personal self-assessment aimed at taking into consideration:

- his/her actual capacity for self-sufficiency in an alpine environment
- his/her actual ability to manage any physical or psychological problems associated to the competition
- that the organisation will obviously be prepared to handle emergency situations, but that it will, however, take action against the participant whenever his/her behaviour is due to a lack of preparation or negligence

Wheelchair athletes, athletes with roller skates, skateboards, bicycles, strollers or pets are not allowed to participate in the aforementioned races, except in exceptional cases and authorized by the organization.

#### **4.1 REQUIREMENTS FOR PARTICIPATION IN OUT (140km, postponed to 2020)**

OUT is a particularly demanding course in optimal weather and visibility conditions, and becomes even more so in bad weather: the harshness of the land and several particularly technical, exposed and isolated sections mean that the organisation has to perform a personal assessment of those registered in the race.

Given the difficulty of the route, we **strongly recommend** (therefore it is not mandatory) that competitors have completed at least one Sky Marathon competition with an elevation gain greater or equal to 7% (to calculate Slope % = (vertical elevation gain/horizontal length)\*100).

**Therefore, only registrations from people who, at the time of entering, have concluded similar races are deemed valid.**

In order to evaluate a participant's sporting curriculum objectively, the following databases will, therefore, be taken into consideration:

- Performance index on the ITRA website.
- DUV statistik – only for that concerning the type of race: trail

Therefore, the runners entitled to register are only those who, based on these two databases, can demonstrate that, in the years 2015, 2016, 2017 and 2019, they have:

- concluded, at the time of registration and regardless of the position in the ranking, at least 1 XL trail race, or concluded 2 trail races of which 1 L + 1 M race.

With regard to the types of race, the organisation shall utilise I-TRA's definition of trail races:

- Trail Ultra Medium (M): from 42 km to 69 km
- Trail Ultra Long (L): from 70 km to 99 km
- Trail Ultra XLong (XL): from 100 km

The organization reserves the right to consider and admit athletes' applications outside the requirements set out in the regulations.

For any other information and explanations regarding the races with valid requirements, please write to [iscrizione@outbg.it](mailto:iscrizione@outbg.it).

## 4.2 CANCELLATION AND REGISTRATION CONVERSION

In the event you are unable to participate, the cancellation must be communicated via e-mail to the address [iscrizioni@outbg.it](mailto:iscrizioni@outbg.it).

Participants can subscribe during the registration a cancellation insurance adding the fee of € 10,00 for OUT, GTO, MTO and € 5,00 for BGUT.

The activation of this clause will allow full reimbursement of the registration fee (net of the insurance quote) in case of request.

The insurance cannot be signed out of the moment of registration. In case of conversion of the registration to another race you cannot remove or add the insurance. In the case of conversion from BGUT to GTO / MTO / OUT, an integration of the quota has to be made.

For the insurance subscribers, all redemption requests must be sent by email to [iscrizioni@outbg.it](mailto:iscrizioni@outbg.it) no later than 10 days before the start of the race. If a competitor hasn't signed up the insurance and wishes to cancel the registration, the redemption fee will be paid in full with the following conditions:

- Cancellation before 16/06/2019: refund of 40% of the fee
- Cancellation before 30/06/2019: refund of 30% of the fee
- Cancellation after 30/06/2019: no refund

You may not postpone the registration fee for the following year.

A registration to MTO can be converted to GTO, from BGUT to MTO, from BGUT to GTO by requesting the conversion of the registration made previously via e-mail to the address [iscrizioni@outbg.it](mailto:iscrizioni@outbg.it), paying the difference between the amount paid and the price in force at the moment of the conversion request.

A registration to GTO can be converted to MTO, from MTO to BGUT, from GTO to BGUT by requesting the conversion of the registration made previously via e-mail to the address [iscrizioni@outbg.it](mailto:iscrizioni@outbg.it), without receiving a refund of the price difference.

The name of a participant can be exchanged before 30 June 2019 by presenting a request via e-mail to the address [iscrizioni@outbg.it](mailto:iscrizioni@outbg.it) and attaching all the personal details necessary for registration, medical certificate and federation membership card (e.g. FIDAL, etc.), if in possession of the same, at a cost of 10,00€ for OUT, GTO, MTO and 5,00 € for BGUT as secretarial expenses.

## 5 SEMI-AUTONOMY

Semi-autonomy is the principle according to which the athlete must be autonomous with regard to his/her own food and water supplies between one aid station and the next.

To support the athletes and ensure their autonomy, the following aid points are provided; for further details consult sect. 12 CHECKPOINTS, REFRESHMENT POINTS, TIME BARRIERS, REST AREAS

- For OUT: 20 refreshment points
- For OUT: 2 rest areas and the finish line, where the athletes can find the equipment handed over to the organisation in 3 special race bags provided by the same.
- For GTO: 11 refreshment stations
- For GTO: the finish line, where the athletes can find the equipment handed over to the organisation in 1 special race bags provided by the same.
- For BGUT: 3 refreshment stations

Both events will also provide a pre-race refreshment point at the start and a post-race refreshment point at the finish.

Private and personal support of athletes is permitted only in the areas provided in the official refreshment points and is absolutely forbidden along the route and in points not indicated. Assistance of the athlete is only permitted at the following refreshment points:

For OUT:



- Valbondione – 41 km
- Alpe Corte mountain refuge – 80 km
- Passo di Zambla (Pass) – 97 km
- Selvino – 116 km

For GTO:

- Alpe Corte mountain refuge – 13 km
- Passo di Zambla (Pass) – 29 km
- Selvino – 49 km

## **6 MAXIMUM NUMBER OF PARTICIPANTS**

GTO – 1500

MTO – 500

BGUT - 1000

## **7 TRANSPORT AND SHUTTLES**

### **7.1 TRANSPORT**

During the event, the organisation will provide a bus service to those registered, which connects Bergamo to the starting points of the 2 races.

Athletes wishing to use the shuttle service from Bergamo to the starting points must make this known on the registration form and pay a fee of €5.00. After registration has closed, it will however be possible to book the shuttle bus before 16 July 2019 at a cost of €10.00 payable by bank transfer.

During the stage of registration validation, only those who expressed the desire to use the service and paid the amount during online registration will be given a bracelet permitting access to the shuttles.

### **7.2. SHUTTLES**

During the event, the organisation will offer to those registered a shuttle service to and from Città Alta (Upper Bergamo) and the Race Office area and for the return of people withdrawing from the race, or who have been injured, missed a barrier, or have been disqualified, who need to return from the refreshment points or from the rest area.

All registered athletes have the right to the use the shuttle service to and from Città Alta (Upper Bergamo) and to return. The race bib is valid for access these shuttles.

Locations and times will be communicated by the official information organisations.

## 8 REGISTRATION

The registration process will close on 30 June 2019, unless the maximum number of participants is reached beforehand.

The payment must be made through the online service by credit card or by bank transfer. The payment must be made at the same time as submission of the registration form. If payment is not received within 10 days from when the form is submitted, the registration shall be deemed cancelled. Should, on verifying registration to the OUT race, the conditions for participation described in sect. 4.1 are not confirmed, the registration shall be considered null and void. To complete the registration, the medical certificate should be sent no later than 30 June 2019. Beyond this date and in the absence of the same, the athlete will **not** have the right to any refund.

The registration fees are:

### GTO

OPENING TO 15/03/2019	€ 80.00
FROM 16/03/2019 TO 16/06/2019	€ 95.00
FROM 17/06/2019 TO 30/06/2019	€ 125.00

### MTO

OPENING TO 15/03/2019	€ 50.00
FROM 16/03/2019 TO 16/06/2019	€ 65.00
FROM 17/06/2019 TO 30/06/2019	€ 80.00

### BGUT

OPENING TO 15/03/2019	€ 25.00
FROM 16/03/2019 TO 16/06/2019	€ 30.00
FROM 17/06/2019 TO 30/06/2019	€ 35.00

Registration entitles participants to all the services set out in the rules.

The name of a participant may be substituted up to 30 June 2019.

The organisation reserves the right to change the times and price bands and set up and provide free offers and/or discounts.

## 9 MANDATORY EQUIPMENT

The following mandatory equipment, valid both for **Orobie Ultra-Trail®** and for **Gran Trail Orobie**, will be randomly examined at the start area, mandatorily at the Zambla rest area and randomly at the arrivals area.

- cell phone with number communicated to the organisation
- personal cup
- 1 litre water container
- head lamp with spare battery
- survival blanket
- whistle
- adhesive elastic bandage for emergency bandaging 80x6 cm minimum
- suitable food supplies
- breathable, impermeable wind jacket with hood (see specifications listed below=
- long windproof trousers to the ankles

Further to the aforementioned articles, the following items are recommended:

- money for possible emergencies,
- trail running/trekking poles.

In **Marathon Trail Orobie** is requested the following mandatory equipment:

- cell phone with number communicated to the organisation
- personal cup
- head lamp with spare battery
- 1 litre water container
- survival blanket
- whistle
- adhesive elastic bandage for emergency bandaging 80x6 cm minimum
- suitable food supplies
- breathable, impermeable wind jacket with hood (see specifications listed below=

Further to the aforementioned articles, the following items are recommended:

- money for possible emergencies,
- trail running/trekking poles.

In **Bergamo Urban Trail** is requested the following mandatory equipment:

- mobile phone operating with the number given to the organization;
- headlamp;

The organization decided not to indicate any other material but to empower the competitor informing him by the risks and dangers that may be incurred. The race takes place on a hilly environment with departures from Bergamo and a maximum altitude 450mt in the summer where you should expect sudden changes of weather and strong / violent storms conditions. The trails are often narrow and have many pitfalls: roots, low branches, rocks, depressions, potholes, puddles, and with the darkness become even less visible making the journey more difficult and considerably lengthening the time of the journey.

After this it is recommended:

- breathable jacket with integral hood suitable for use trail running;

### **Characteristics of the wind jacket**

We consider suitable those technical jackets with integral hood made of membranes having certified breathability and water impermeability technology, as shown on the label (some examples: Event, Gore-Tex®, PacLite®, Gore-Tex®Pro, Gore-Tex® Active, Lowe Alpine Triplepoint®, Marmot MemBrain®, Mountain Hardwear Conduit). Given the unpredictability of the weather conditions in Alpine environments, we recommend using jackets with impermeability of 20,000 mm and breathability of RET <6.

Athletes unable to certify the technology of his/her garment may show to the person responsible for checks that his/her jacket is made with technology that guarantees impermeability and breathability using the Internet support available to the steward on site, who we assure is a person with professional qualities connected to the world of sporting clothing. As testing of race garments is unfeasible, manufacturing data will be deemed acceptable. Should such data not be shown and the information demonstrated, the decision whether to accept the jacket or not will be at the sole discretion of the said person making the checks.

## **10 RACE BIBS**

Confirmation of the on-line registration and the handing over of race bibs will take place at the race office. The **race bib** and the **race pack** shall be handed over at this location, as well as the **materials check** (no communication with the organisation regarding the materials exempts from this type of check) and the delivery and collection of **bags** with materials/spare clothing.

The transport and management of the bags will be carried out by the organisation

It will be possible to perform the registration procedure even by means of a delegated person, who will have to show a signed proxy document and his/her own valid identity document, and a copy of the identity document of the person (or people) delegating and all the material indicated above.

The athletes (or delegates) must arrived equipped with:

- an identity document with photo
- the identification number assigned at the registration stage (consultable at <http://orobieultrtrail.it/it/partecipanti.asp#pagina>)
- the back pack used during the race containing all the mandatory equipment
- the signed disclaimer

OUT competitors will be given three drop bags, with the equipment that the participants will find in the two rest areas of Valbondione, Passo di Zambra and at the finish line in Bergamo Alta (Upper Town). GTO competitors will be given one drop bag, with the equipment that the participants will find upon arrival in Bergamo Alta.

The race bib must be positioned on the stomach, chest or leg so that it is clearly visible, and so that it may be checked at any moment. The race bib allows access to the shuttles, refreshment points and any service for the athlete and the race bags that the athlete wishes to have available at the rest areas and/or at the finish line.

Participation in the official Briefing is not mandatory, but highly recommended. During this meeting further updates and details about the competition will be presented.

During the official Briefings, the Race Office activities will be suspended.

The days and time of the Race Office, OUT, GTO, MTO , BGUT official briefing and the times of handing back of the bags at the rest areas will be communicated by the official information organisations.

## **11 EQUIPMENT FOR THE REST AREAS**

OUT competitors will have at their disposal three drop bags, in which they can put the equipment that the organisation will transport to the two rest areas of Valbondione, Passo di Zambra and to the finish line in Bergamo Alta.

GTO, MTO, BGUT competitors will have at their disposal one drop bag, in which they can put the equipment that the organisation will transport to the finish line in P.zza Vecchia, Città Alta.

The days and time of the activities of delivery, collection and handing over will be communicated by the official information organisations.

## **12 MEDICAL ASPECTS AND SAFETY MATTERS**

Several first aid stations will be positioned along the course near the refreshment points, and these will be run by medical staff, volunteers.

The competitors agree to communicate any allergies or intolerances to medicines at the time of registration.

The medical staff in the first aid station have the unquestionable authority to hold athletes if their physical/mental condition is such that it is inappropriate for them to continue the race. Transfer to a better equipped facility will also be assessed.

Each runner is obliged by law (Failure to provide aid, art. 593 Penal Code) to provide assistance and help to any participant in a condition of difficulty he/she meets at the event, while, at the same time, warning the first aid stations.

The participants are reminded that carrying the mandatory equipment is also aimed at guaranteeing the safety of the competitors even in situations in which the rescue services are late in arriving.

In addition to first aid, other appropriate means may be required to ensure the safety of the person in question, including a rescue helicopter. This will be at the discretion of the organisation and in the interest of the injured person. Any expenses arising from these actions will be charged to the rescued person in accordance with current regulations.

A “sweep service” will be provided, and the sweepers will follow the course behind the last competitor, helping those who have dropped out and ensuring that any injured person is provided with aid.

## **13 CHECKPOINTS, REFRESHMENT POINTS, TIME BARRIERS, REST AREAS**

### **13.1 CHECKPOINTS AND TIME BARRIERS**

Each competitor will be equipped with a race bib with integrated electronic chip and a bag tag that allows visual and electronic spot checks to be carried out and permits identification of the runner during the race. The competitor is therefore obliged while he/she is in the race to ensure that these are always visible and to not leave these two identification devices anywhere.

At each official refreshment point, an optical/electronic and manual reading will take place as the athlete passes through. He/she should assist with this operation.

The timing checkpoints for **GTO** will be:

- **Saturday 27 July 2019 at 08 am - Start** of the race in Carona
- **Saturday 27 July 2019 at 08 pm - Time barrier** on entering the Rest area of Passo di Zambla, (Maximum rest time in rest area of Passo di Zambla: 2 hours)
- **Precautionary medical examination:** at the Selvino refreshment point; the medical staff authorised have the power to stop athletes
- **Sunday 28 July 2019 at 08 am - time barrier of race closing** in Bergamo

The timing checkpoints for **MTO** will be:

- **Saturday 27 July 2019 at 07 am - Start** of the race in San Pellegrino Terme
- **Saturday 27 July 2019 at 2 pm - Time barrier** on entering the ref. point of Passata.
- **Saturday 27 July 2019 at 07 pm - time barrier of race closing** in Bergamo

The timing checkpoints for **Bergamo Urban Trail** will be:

- **Friday 26 July 2019 at 8.30 pm** - Start of the race in Bergamo
- **Friday 26 July 2019 at 10.30 pm** - Time Barrier barrier on passing through the cross of Via Fontana and Via San Sebastiano
- **Saturday 27 July 2019 at 0.30 am** - Time barrier of race closing in Bergamo

Apart from the main timing checkpoints, all the refreshment points, and also other points along the official route that the organisation might deem strategic, are to be considered as checkpoints.

For the competitor to remain in the race, he must leave via the checkpoint before the cut-off time in the rest area has passed. Participants who are eliminated at the timing checkpoint must hand over their bib and, from that moment, are no longer considered to be in the running, and shall act, from that moment onwards, on their own responsibility.

The organisation may decide to change, add or remove the timing checkpoints at any moment, as state in point 21 of the rules.

## 13.2 REFRESHMENT POINT AND REST POINTS

There will be three types of **refreshment points**:

- Liquid-based refreshments only: still water, hot tea and coffee, energy drinks and Coca Cola – known as Light Refreshments (LR)
- Refreshments based on liquids and rapidly assimilated foods: still water, hot tea and coffee, energy drinks and Coca Cola, fruit and sweet and savoury snacks – known as Medium Refreshments (MR)
- Refreshments based liquids and solids (also hot): still water, hot tea and coffee, energy drinks and Coca Cola, cereal or energy bars, biscuits, chocolate, bananas, oranges, raisins, prunes, crackers, cheese, salami and bread, pasta and hot soup – known as Heavy Refreshments (HR)

Each participant must use their own personal cup.

The refreshment points for OUT are described here in sequence, together with the distance in kilometres from the starting point:



CLUSONE – START - Light Refreshments (LR) - 0.0 km

RIFUGIO RINO OLMO - Light Refreshments (LR) - 13 km approx.

BAITA PAGHEROLA ALTA - Medium Refreshments (MR) - 17 km approx.

RIFUGIO LUIGI ALBANI - Heavy Refreshments (HR) - 22 km approx.

BAITA ALPINI LIZZOLA - Heavy Refreshments (HR) - 30 km approx.

RIFUGIO ANTONIO CURO' - Light Refreshments (LR) - 37 km approx.

VALBONDIONE – REST AREA - Heavy Refreshments (HR) - 41 km approx.

MEZZO BRUNONE - Light Refreshments (LR) - 48 km approx.

RIFUGIO BARONI AL BRUNONE - Heavy Refreshments (HR) - 54 km approx.

BIVACCO ALDO FRATTINI - Light Refreshments (LR) - 59 km approx.

RIFUGIO F.LLI CALVI - Heavy Refreshments (HR) - 65 km approx.

RIFUGIO LAGHI GEMELLI - Medium Refreshments (MR) - 75 km approx.

RIFUGIO ALPE CORTE - Heavy Refreshments (HR) - 80 km approx.

RIFUGIO CAPANNA 2000 - Medium Refreshments (MR) - 87 km approx.

PASSO DI ZAMBLA – REST AREA - Heavy Refreshments (HR) - 97 km approx.

BAITA PIAZZOLI - Light Refreshments (LR) - 103 km approx.

ROCCOLO DI BARBATA - Medium Refreshments (MR) - 107 km approx.

RIF. MONTE POIETO - Light Refreshments (LR) - 112 km approx.

SELVINO - Heavy Refreshments (HR) - 116 km approx.

MONTE DI NESE - Light Refreshments (LR) - 122 km approx.

MARESANA - Medium Refreshments (MR) - 129 km approx.

AL MULINO - Medium Refreshments (MR) - 134 km approx.

CITTA' ALTA – BERGAMO – FINISH LINE Heavy Refreshments (HR) - 140 km approx.

The refreshment points for **GTO - Gran Trail Orobie** are described here in sequence, together with the distance in kilometres from the starting point:

CARONA – START - Light Refreshments (LR) - 0.0 km  
RIFUGIO LAGHI GEMELLI - Medium Refreshments (MR) - 8 km approx.  
RIFUGIO ALPE CORTE - Heavy Refreshments (HR) - 13 km approx.  
RIFUGIO CAPANNA 2000 - Medium Refreshments (MR) - 20 km approx.  
PASSO DI ZAMBLA – REST AREA - Heavy Refreshments (HR) - 29 km approx.  
BAITA PIAZZOLI - Light Refreshments (LR) - 35 km approx.  
ROCCOLO DI BARBATA - Medium Refreshments (MR) - 40 km approx.  
RIF. MONTE POIETO - Light Refreshments (LR) - 45 km approx.  
SELVINO - Heavy Refreshments (HR) - 49 km approx.  
MONTE DI NESE - Light Refreshments (LR) - 55 km approx.  
MARESANA - Medium Refreshments (MR) - 62 km approx.  
AL MULINO - Medium Refreshments (MR) - 66 km approx.  
CITTA' ALTA – BERGAMO – FINISH LINE Heavy Refreshments (HR) - 70 km approx.

The refreshment points for **MTO - Marathon Trail Orobie** are described here in sequence, together with the distance in kilometres from the starting point:

SAN PELLEGRINO TERME – START - Light Refreshments (LR) - 0.0 km  
BAITA GESP - Light Refreshments (LR) - 5 km approx.  
ZOGNO - Medium Refreshments (MR) - 10 km approx.  
SOMENDENNA - Light Refreshments (LR) - 14 km approx.  
PASSATA - Medium Refreshments (HR) - 19 km approx.  
MONTE DI NESE - Light Refreshments (LR) - 26 km approx.  
MARESANA - Medium Refreshments (MR) - 32 km approx.  
AL MULINO - Medium Refreshments (MR) - 37 km approx.  
CITTA' ALTA – BERGAMO – FINISH LINE Heavy Refreshments (HR) - 42 km.

The refreshment points for **BGUT- Bergamo Urban Trail** are described here in sequence, together with the distance in kilometres from the starting point:

BERGAMO – START - Light Refreshments (LR) - 0.0 km

AL MULINO - Light Refreshments (MR) - 5 km approx.

MADONNA DELLA CASTAGNA - Medium Refreshments (MR) -11 km approx.

MONASTERO DI ASTINO - Light Refreshments (MR) - 16 km approx.

CITTA' ALTA – BERGAMO – FINISH LINE Light Refreshments (LR) - 70 km approx.

There will be two rest areas: VALBONDIONE and ZAMBLA where the athletes will be able to pick up the equipment handed over in the appropriate bags to the organisation.

## 14 WITHDRAWALS

Except in the case of injury or accidents of a certain seriousness, the competitor can only drop out of the race **on reaching the various refreshment points**.

Return to the finish point will be guaranteed in the quickest manner possible and only when the operation will not influence the assistance to other athletes still in the race. **To return to Bergamo**, the athletes that have dropped out of the race will find shuttles available in some of the refreshment points or at the end of paths which will be indicated by the staff at the refreshment points. These points and the times of the shuttles will be indicated on official signs at the refreshment points and directly at the collection point.

The **competitor**, once autonomously arrived at the closest refreshment point:

Must pass through the timing checkpoint;

Must go to the judge (Refreshment point contact person) and inform of his/her decision to withdraw

The **Judge** (Refreshment point contact person) will deal with:

- Invalidate the barcode + chip from the race bib (leaving the race bib to the competitor);
- Inform as soon as possible the Race Office of the race bib number of the withdrawn competitor by telephone (better by text message) or by Radio.

After withdrawal or disqualification from one of the competitions, the organisation will take care of the return of the athlete to Bergamo only from the return point corresponding to the refreshment point where withdrawal or disqualification took place.

The decision to going ahead on the race route will be the full and total responsibility of the individual athlete. In this case the organisation states that the athlete will not have the availability of the rescue service, the sweep service, the use of refreshment points and the shuttle service for return, and cannot be held responsible under any circumstances for the athlete, third parties and/or equipment and items.

## **15 SIGNS**

The OUT, GTO, MTO, BGUT courses will be marked out using fixed retro-reflective signs that are perfectly visible even at night or in conditions of poor visibility. The trail signs will be: wooden posts with the logo of the event, strips and panels with high visibility marking. Authorised staff will be present to point out the correct direction at junctions or intersections that are considered to be misleading by the organisation.

## **16 FINISH LINE**

Once the athletes have arrived in Città Alta, Bergamo, they will be provided with: post-race refreshments, canteen, a first aid point with well-equipped medical staff, an area dedicated for short rests (maximum stopping time of 2 hours), an areas for massages, a changing room area and showers.

## **17 RACE JUDGES**

During the event, official staff (Spiagames staff, refreshment staff, official medical staff, official first aid staff) will have the executive power to make checks and/or disqualify. The duty of volunteers, as well as individual athletes, will be surveillance. In the event of breaches, it will be mandatory to inform Race Management or a member of official staff of such breach, providing as proof witnesses, photographic or video evidence.

Decisions will be taken by a committee composed of the following persons:

- Safety officer
- Course technical supervisor
- Race Management

These figures will also have the power to accept, or not, any type of complaint.

## 18 OBSERVANCE OF THE RULES

To ensure that the rules are observed, the race judges will be authorised to make checks along the course.

These are the penalties for non-compliance or infringements.

- Absence of mandatory equipment and water supplies on leaving the refreshment points **Disqualification**
- Not permitting checks by the judges **Disqualification**
- Assistance outside the official refreshment points **Disqualification**
- Taking short cuts **Disqualification**
- Failure to pass through a checkpoint **Disqualification**
- Leaving refuse outside the refreshment points **1 hour**
- Lack of assistance to the person in difficulty along the course **Disqualification**
- Lack of respect, loyalty or solidarity towards other athletes **1 hour**

The race judges will also be able to disqualify competitors after viewing photos or videos that they have received after the race has ended.

Appeals cannot be made against the decisions.

## 19 COMPLAINT

All complaints must be delivered to the organising committee within two hours following arrival at the finish line; they must be written and handed over with a deposit of 50 euros. This amount will not be returned if the complaint is not accepted.

## 20 ANTI DOPING

At their discretion, the organisers have the power to make checks to ascertain the use of doping substances. Failure to give consent to these tests will be considered proof of use of prohibited substances, and will result in disqualification.

## 21 CHANGES TO THE COURSE, SHORTENING OF THE COURSE, CHANGES TO TIME BARRIERS, START TIMES,

## **CANCELLATION OF THE RACE**

The race judges have the power to decide at any moment before or during the race, whenever conditions are such that the safety of the athletes, volunteers or staff is put at risk or they compromise regular performance of the event, to change previous communications in terms of rules. They may also decide change the official times previously communicated, temporarily or definitively suspend the race and/or consider a more suitable place as the finishing line.

Refunds are not envisaged in the event, due to an unsafe path, the course is changed by the organisation within 1 July 2019, meaning it is shortened or the elevation gain is reduced by less than 30%. Should the changes be greater than this, a refund of 50% will be paid minus administration fees.

In the event of particular and harsh weather conditions, the race judges may decide to delay the start of OUT, GTO, MTO, BGUT for a maximum of 3 hours, communicating the change in time-control barriers. Over three hours, the race shall be considered cancelled.

In the event the race is cancelled before 30 June 2019, the organisation reserves the right to pay back the registration fee in part, deducting pro rata the expenses sustained up to that time for organisation of the event. In the event the race is cancelled after 1 July 2019, the organisation reserves the right to assess whether or not to give any refunds or carry the registration over to the next event.

In case of interruption or cancellation of the race due to weather conditions, or for any other reason independent of the Organization, no refund will be due to the participants.

## **22 INSURANCE COVER**

The organisation shall cover the entire event with insurance cover that is able to protect it from the point of view of its civil liability.

The insurance in question does not cover the individual participants, who must sign a release form discharging liability, by which they waive any claims against the organisers in the event of damage and/or consequences that could occur during and/or following the race.

## **23 RANKING AND PRIZES**

All competitors arriving in Bergamo or one of the finish lines set up arbitrarily by Race Management, after passing through all the checkpoints present along the course within the time limit will be classified.

Each athlete that crosses the official line within the time limit will be considered a “finisher”. The official finish line may be changed due to force majeure by Race Management during the event. A “finisher” prize will be given to all at the finish line.

For OUT, GTO, MTO, BGUT, the first 10 men and the first 5 women in the overall ranking and the first 3 in each individual men’s and women’s categories, with the exception of the overall winners, will be awarded a prize: these are the men’s and women’s categories present:

- under 30 years old (at the time of the start)
- From 31 years old to 60 years old (at the time of the start)
- Over 60 years old (at the time of the start)

## **24 IMAGE RIGHTS**

By taking part in OUT, GTO, MTO and Bergamo Urban Trail the competitors authorise the organisation and its partners and sponsors to use their photo and personal data (respecting the Italia law n. 675 del 31 dicembre 1996 - “Tutela e trattamento dei dati personali”) for disclosure and promotional aims, waiving in this way all personal rights.

## **25 NEWS**

Any news or changes to the rules will be stated in the website in the appropriate section [orobieultratrail.it/it/news.asp](http://orobieultratrail.it/it/news.asp) or on the official Facebook page [facebook.com/OrobieUltraTrail](https://facebook.com/OrobieUltraTrail).