

# RACE RULES TFT 2017 21K

## **ART. 1 ORGANIZATION**

Emozioni Sport Team ASD organizes the **3rd edition of Three for Team Trail Race on Sunday, February 26, 2017.**

A semi self-sustaining race along the trails of the Global UNESCO Beigua Geopark.

## **ART.2 GENERAL INFORMATION**

Three for Team Trail Race runs along the paths of the Global UNESCO Beigua Geopark which is the widest protected area in Liguria, a landscape full of emotions.

Starting from Via Bocca in Arenzano (Ge) on Sunday, February 26, 2017 at 9.30 am, the race will follow a 21 km long trail, with an elevation change of 1100 mt and an expected maximum time of five hours to finish the race.

Each team is composed of 3 (three) athletes who must start the race together, cover the entire distance together and cut together the finish line.

The race will be considered valid only if the all the three participants get to the arrival together.

The running time will be detected and will decide the classification.

Each team may be composed of man and women.

At registration each team has to choose a "Team name" that will be used for the race.

## **ART.3 CONDITIONS OF PARTICIPATION**

The main rule of the event is that each athlete has to run in semi self-sufficiency being autonomous between two refreshment points.

There will be two refreshment stations along the route providing water, tea, energy drinks and/or food.

Each athlete has to carry all supplies (food and drink) enabling him/her to get to the next refreshment point or to the arrival.

During the race it is forbidden to be accompanied and/or assisted by a person who is not registered for the race. The personal assistance is only admitted at the official refreshment stations.

An accurate training is very important for the success of the race.

There are no particular restriction for participating, but it is highly recommended for the athletes to have already taken part to other races with these features.

## **ART.4 REGISTRATION**

### **a) Requirements**

Entry is open to foreign athletes who are in possession of the Health Form correctly filled which will be valid as a medical certification. The Health Form can be downloaded from the website [www.threeforteam.com](http://www.threeforteam.com) and must be submitted for the purpose of the registration, via e-mail or handed directly when collecting the race bib number. In lack of the filled Health Form, the foreign athlete will occur under penalty of cancellation of the registration without having any right for refund of the registration fee.

Athletes who have been disqualified in any sport for use of doping substances, will not be admitted to the race.

### **b) Opening of the registration**

Registration will be possible starting from October 1, 2016 and will be closed on February 24, 2017.

For any further information the contact email is [info@threeforteam.com](mailto:info@threeforteam.com)

**c)Registration terms and entry fee** : [www.threeforteam.com](http://www.threeforteam.com) section "registration"

- o Filling in the registration form
- o Enclosing the Health Form correctly filled

- o Enclosing payment receipt

The entry fee amount is Euro 60,00 per team if registration is done before January 31, 2017; Euro 80,00 per team from February 1, 2017 up to February 24, 2017. Deadline for registration is February 24, 2017.

Payment of the entry fee can be done starting from October 1, 2016 as follows:

- on line at [www.threeforteam.com](http://www.threeforteam.com) simultaneously with the registration of the team and by enclosing a copy of the bank payment receipt;
- after completing the registration, by sending a copy of the payment receipt to [info@threeforteam.com](mailto:info@threeforteam.com);

Please mention in the subject of the email "TEAM NAME - REGISTRATION THREE FOR TEAM 2017"

Bank payment in favour of Emozioni Sport, Banca Carige IBAN: IT84 D061 7531 8900 0000 0582 080 please mention "TEAM NAME - THREE FOR TEAM 2017"

#### **d) Race pack**

In the race packs the participants will find a personalized gadget THREE FOR TEAM, and whatever the sponsors will donate.

**e) Cancellation:** in case of cancellation of the race for causes of major force, the entry fee will be kept on hold and valid for 2018; as an alternative, a refund of 50% of the prepaid fee will be given.

In case a team cannot participate in the race, a 50% of the paid fee will be refunded if the communication that their participation is not possible will be given by the team and duly supported by a medical certificate, within January 31, 2017. After this date no refund will be given.

**f) Substitution of one or more athletes:** if one or more athletes will not be able to take part to the race it will be possible to replace them with other athletes no later than February 24, 2016 without paying any additional fee. The new athletes shall submit a medical certificate/Health Form filled as above described, when collecting the bib number.

#### **ART.5 MEDICAL CERTIFICATE**

Foreign participants are required to fill the Health Form, which can be downloaded from the website [www.threeforteam.com](http://www.threeforteam.com), and submit it on registration.

No other document will be accepted as proof of possessing this certificate.

#### **ART.6 BIB NUMBERS COLLECTION**

The bib numbers collection will take place on Saturday February 25 from 2:00 pm to 7:00 pm and on Sunday February 26, 2017 from 7:00 am to 9:00 am, at the Sala Polivalente of the Municipality of Arenzano (bocce ground).

An ID is required for the athletes when collecting the bib number.

**IMPORTANT:** a telephone number, written on the bib, will be active on the day of the race; it corresponds to the « Service Center Rensen ».

Please do not use this number if not necessary since it is an emergency number.

#### **ART.7 ROUTE**

The race follows the permanent paths marked by F.I.E. (Italian Hiking Federation), by C.A.I. (Italian Alpin Club), by Alta Via dei Monti Liguri and by Hiking Associations located in Arenzano. There are no alpinistic trail difficulties or cable and ladder assisted routes.

Some of the paths can be classified as EE (itinerary for expert hikers), a type of itinerary that requires the ability to run on a particular terrain, arduous or shaky ground, (slopes showing rock outcrops, sometimes exposed).

In case of bad weather or if one or more paths would not be feasible, an alternative route will be communicated during the briefing that will precede the race.

Kilometers are not marked.

Runners have to follow the marked route and must avoid taking shorter paths or cut out some portions of the path.

Moving away from the official route will be at exclusive risk of the runner with the result of disqualification at the arrival.

## **ART.8 SAFETY AND CONTROL**

Control points will be set along the trail. Members of the organization will monitor the passage of the athletes and simultaneously a radio/telephone service will be active and connected with the Rensen Center.

First aid stations with medical and sanitary personnel will be established in the strategic points of the route in order to guarantee an immediate intervention when needed.

The medical/sanitary personnel will be authorized to suspend a runner from the race and invalidate the bib number if they judge it necessary for safety reasons.

The rescuers will carry away from the trail route with all possible means the athlete considered to be in a critical conditions.

In case of withdrawal before or after a control point, the Sweepers Service will be authorized to invalidate the bib number and the athlete will no longer be under the control of the organization.

In case of suspension of the race or of withdrawal of a competitor, the organization will guarantee for coming back to the start as quickly as possible through a shuttle service. In case of activation of an alpine rescue service or 118 service, they will make use of their own means, including if necessary the use of an helicopter.

Any expenses deriving from the use of any other structure external to those of the organization, during or after the race, shall not be ascribed to the organization and will be charged to the rescued participant.

## **ART.9 ENVIRONMENT**

Competitors must behave in respect of the environment, in particular by avoiding littering, picking flowers and disturbing wildlife.

Anyone that will be seen to abandon wastes along the trail will be disqualified from the race and shall incur into penalties according to the municipal regulations.

In order to reduce the environmental impact, no plastic glass will be distributed at the refreshment stations. Every runner shall have its own glass or a water bottle or a flask that will be filled at the refreshment stations.

This race join to the campaign «I do not litter» promoted by Spirito Trail.

## **ART.10 WEATHER**

In the event of particular weather conditions (dense fog, snow or thunderstorms), the organization reserves the right to make changes, even during the race, to the race route in order to avoid any potential risk for the participants. The staff shall inform the participants of any changes.

The organization also reserves the right to suspend or cancel the race if the weather conditions are such that they put the athlete, staff or rescuers at risk.

## **ART.11 MANDATORY EQUIPMENT**

It is mandatory for the athletes to have the following equipment, for the full duration of the race:

- bottles that contain at least half liter of liquid;
- race bib with visible number;
- survival blanket/ heatsheet;
- cap, hat or bandana
- energy bars or solid food reserve;
- whistle;
- mobile phone with enough credit and properly charged battery

The mandatory equipment will be checked when collecting the bib numbers.

In addition, the use of technical shoes and adequate warm winter clothing, a road-book and gloves are highly recommended.

The use of poles is also admitted.

## **ART.12 DISQUALIFICATION AND PENALTIES**

The following violations will cause the immediate disqualification and withdrawal of the bib number:

- dropping out a check point
- cutting the trail
- littering
- refusing to rescue a participant in difficulty
- insulting or threatening the organizers or the volunteers
- use of transport means during the race
- refusing to be checked by the medical personnel
- refusing to undergo the control of the mandatory material
- doping or refusing to be checked for doping
- use of personal assistance outside the authorized points
- non-observance of the prohibition to be accompanied.

The following violations will also cause the immediate disqualification:

being in lack of the whistle, of the thermal blanket, of the personal glass and a water bottle, of the bib and having a too great distance among the athletes of the same team.

## **ART.13 . TIME LIMIT, GATES, TIMETABLES, WITHDRAWALS**

The time limit to get to the arrival is set in 4 hours.

A Sweepers Service is provided and will follow the last runner so as to be of aid to the withdrawn participants and to avoid that any injured participant remains without assistance.

The participants who will not reach within the time limit the checkpoints that will be communicated in the morning briefing before the race, will be stopped and will no longer be authorized to continue the race.

The participants arrived at the gates beyond the time limit, those injured, those who will be considered by the medical personnel not suitable for continuing the race, and also those athletes who will withdraw voluntarily, will be accompanied to the arrival by a shuttle service.

Each participant who will withdraw from the race out of the checkpoints, will have to go back to Arenzano on its own, communicating it immediately by calling or by sending a text message to the number mentioned in the race road-book.

## **ART.14 COMPACTING STATIONS**

One or two «compacting» stations will be set along the trail with the aim of respecting the spirit of the race: three athletes must start, run and finish the race together.

At the compacting stations each team will regroup themselves before leaving, under penalty of being disqualified from the race.

The compacting team stations will be probably set in the following areas:

1° Compacting Team Station: Rifugio Cianella, near the 1° refreshment station

2° Compacting Team Station : Ponte Negrone

## **ART.15 REFRESHMENT STATIONS**

The self-sufficiency runner shall compulsorily have a bottle with minimum ½ lt of water.

Two refreshment stations are set along the route as well as a final refreshment station.

1° refreshment:in Rifugio Cianella refreshment WATER-FOOD

2° refreshment:in Rifugio Passo Gua, refreshment WATER-FOOD-WARM TEA

3° refreshment:at the arrival

Food and drinks served at the refreshment stations will have to be consumed on site: it is forbidden to drink directly from the bottles; littering in appropriate containers.

When leaving the refreshment station, the runners must have the amount of water and food necessary to go to the subsequent refreshment station.

At the arrival there will be a final refreshment station; moreover, every athlete will be entitled to have a ticket to be consumed at the « Pasta Party ».

Along the route there are various water sources, streams and fountains where it is possible to stock up on water.

#### **ART.16 ROAD BOOK**

A Road Book will be available; information as to how to download it from the web will be supplied. All participants are invited to download and print it.

A summary table of the times at the various checkpoints, gates and times of passage to the several check points will also be available.

No copy of the Road Book will be available when collecting the bibs.

#### **ART.17 INSURANCE**

The organization is covered with an insurance for civil responsibility that will be valid throughout the day of the race.

The participation to the race is under the responsibility of every athlete or, in case of minors, of their parents or tutor who will renounce to undertake any action against the organization in case of damages or consequences that may arise also afterwards.

#### **ART. 18 AWARDS**

Prizes will be awarded on the day of the race near the arrival in via Bocca or, in alternative according to the weather conditions, in Sala Polivalente of the Municipality of Arenzano (near the bocce ground) starting from 12:30 p.m. No prize-money will be awarded.

In-kind prizes will be offered to the first 5 men teams to the first 5 women teams and to the first 5 mixed teams.

A prize will be awarded to the associations with the largest number of participants.

Other prizes will also be drawn depending on the availability of the organization.

#### **ART.19 COMPLAINTS**

Only written complaints will be accepted during the 60 minutes following the posting of the provisional results.

#### **ART. 20 IMAGE RIGHTS**

With the registration, the participants authorize the organization to freely use, without territorial and time limits, either still or moving images that portray them when participating in Three For Team Trail Race.

#### **ART. 21 DECLARATION OF RESPONSIBILITY**

The voluntary registration and the participation to the race will result in the full acceptance of the present rules and of the amendments that might be brought .

With the registration, the participant releases the organizers from all liability, whether civil or penal, for damages to persons and/or property that have been caused by himself/herself or deriving therefrom. If not yet in possession, i