



## BALDO TRAIL FEST - REGULATION

This regulation is subject to updates and modifications until the wording "final regulation" appears.

### 1. ORGANIZATION

The ASD Verona Trail Runners, a UISP affiliate, in collaboration with the Municipality of Caprino Veronese (VR) and local associations, is organizing the 3rd edition of the "BALDO TRAIL FEST", trail running sport event on Sunday October 1st 2023.

### 2. RACES

Trail running races in natural environment on the paths of Monte Baldo with departure and arrival in Caprino Veronese (VR). The races take place in a single stage.

#### Competitive timed races with ranking:

#### BIG BALDO

Start 7.30 AM

Distance 45 km – 2950 m+

#### MEDIUM BALDO

Start 8.00 AM

Distance 30km – 1950 m+

#### SHORT BALDO

Start 9.00 AM

Distance 20km – 1400 m+

### 3. PARTECIPATION CONDITIONS

The competitions are open to athletes who have turned 18 at the time of registration, in possession of a competitive medical certificate with the suitability for ATHLETICS, valid on the date of the competition.

Certificates with other wordings/specialties (running, triathlon, etc.) will not be accepted.

Participation is limited to a maximum of 500 athletes on the three competitive races.

Entries from athletes who are serving disqualifications for doping in any discipline will not be accepted.

### 4. COURSES – RUNNERS COMMITMENT

The tracks are technical and demanding, almost entirely on single tracks. Participation requires adequate physical preparation and self-management skills. The routes take place on paths or evident traces with adequate signs; they also involve steep slopes and short sections exposed but protected with barriers or secured with cables and chains and sometimes assisted by specialized personnel (Alpine Rescue, etc.). They require experience in mountain running, "alpine environment knowledge", suitable footwear and equipment, good training.

It is mandatory to always stay on the race track, which will be marked with signs and marks, as well as tables with the race or VeronaTrailRunners logo.

Competitors are required to pay attention to danger signs and to follow all the indications given on the signs that will be displayed along the course.

The road book and the links to the GPS tracks will be published on the website

[www.veronatrailrunners.it](http://www.veronatrailrunners.it) in the section dedicated to the routes

The official tracking can have variations compared to the GPS track, always follow the trail:

	Dist.	El. gain	Start time	Cut off time	Max time	Time limit
Big Baldo	45 km	2950 m+	7:30	25° km 1 PM	11h	6:30 PM
Medium Baldo	30 km	1950 m+	8:00	No	9h	5:00 PM
Short Baldo	20 km	1400 m+	9:00	No	8h	5:00 PM



The Organization reserves the right to vary or increase the "time gates" at any time, as well as the right to modify the route in the event of dangerous situations or adverse weather conditions.

The decisions taken by race judges, by the safety officers are communicated during the briefing or by those in charge on the route will prevail.

## 5. BIBS DISTRIBUTION

- Saturday 30th Sept. c/o SPORTLER AFFI: from 3PM to 6PM (only competitive races)
- Sunday 1st Oct. c/o race start line in Caprino Veronese (VR):
  - o BIG BALDO: from 6.00AM to 7AM
  - o MEDIUM BALDO: from 7.00AM to 7.45AM
  - o SHORT BALDO: from 8.00AM to 8.45AM

## 6. AID STATIONS

Competitions in semi-autonomous food sufficiency. Some refreshment points will be set up, some with only water, others with liquids and solids. The details of the refreshment points will be available in the sections dedicated to the various routes on the Organization's website and/or in the Roadbook. All participants are invited to run respecting the environment, without leaving waste.

It is essential for the participants to have a water bottle and personal glass, as there will be no glasses at the refreshment points on these routes.

The Baldo Trail Fest adheres to the "*I don't throw my waste*" campaign.

- **BIG BALDO:**

- o Spiazzi km 9;
- o Novezzina km 20;
- o Ref. Telegrafo km 29;
- o Malga Colonei km 37.

Water points on the route: Ferrara di Monte Baldo km 14(fountain), Refuge Chierego km 31, loc. Gaon km 43 (fountain).

- **MEDIUM BALDO:**

- o Spiazzi km 9;
- o Malga Colonei km 22.

Water points on the route: Ferrara di Monte Baldo km 14(fountain), loc. Gaon km 29 (fountain).

- **SHORT BALDO:**

- o Malga Colonei km 11.

Water points on the route: Braga km 4, loc. Gaon km 18 (ountain).

## 7. MANDATORY EQUIPMENT

- **BIG BALDO**

Participants are required to bring with them:

- o Water reserve 1 liter;
- o Windbreaker suitable for bad weather conditions in high mountains;
- o Emergency blanket;
- o Personal glass/wide-cap bottle
- o Whistle;
- o Cap/buff
- o Gloves;
- o Food supply;
- o Charged mobile phone with visible number.

- **MEDIUM BALDO** - i partecipanti hanno l'obbligo di portare con sé:

- o Water reserve 1 liter;



- Windbreaker suitable for bad weather conditions in high mountains;
  - Emergency blanket;
  - Personal glass/wide-cap bottle
  - Whistle;
  - Cap/buff
  - Gloves;
  - Charged mobile phone with visible number.
- **SHORT BALDO** - i partecipanti hanno l'obbligo di portare con sé:
    - Water reserve 1 liter;
    - Windbreaker suitable for bad weather conditions in high mountains;
    - Emergency blanket;
    - Personal glass/wide-cap bottle
    - Whistle;
    - Charged mobile phone with visible number.

Further equipment may be decided by the organizers on the basis of the weather forecast with advance notice to the participants by e-mail or publication on the Organisation's website, as well as dispensing with certain obligations on the day of the race before departure.

The use of poles is allowed, which must be carried with you from the start to the end of the race, taking care not to hinder the other competitors.

The Organization reserves the right to carry out checks on the course through judges, i.e. clearly identifiable people from the organization of the race located on the track, in order to verify the obligatory material and, in general, compliance with the entire regulation.

## 8. PENALTIES - DISQUALIFICATIONS

The Race Direction can pronounce the disqualification/penalty of a competitor, in case of serious failure to comply with the regulation, in particular of:

- bib worn in a non-compliant way
- absence of mandatory equipment, where foreseen
- bib exchange
- failure to pass through a checkpoint/tick
- use of transportations
- departure from a checkpoint after cut-off times
- doping or refusal to submit to an anti-doping control
- lack of assistance to another competitor in case of difficulty
- use of personal assistance outside the permitted points
- abandonment of own material along the way
- pollution or degradation of the site by a competitor or a member of his staff
- insults, rudeness or threats against members of the Organization or volunteers
- refusal to be examined by a doctor of the Organization at any time of the race.

## 9. INSCRIPTIONS

Inscriptions opens 06.05.2023

Registration can only be made ON-LINE, on WEDOSPORT website.

- payment by credit card / Paypal / Satispay / Bank transfer;

The competitive medical certificate with suitability for ATHLETICS must be uploaded during the registration procedure

Entries will close when 500 athletes are reached and in any case on 27.09.2023 at 11.59pm



The medical certificate for non-resident foreigners may be issued in your country, with the same examinations required by Italian legislation:

- medical examination;
- complete urine analysis;
- resting electrocardiogram after effort;
- spirometry.

## 10. ENTRY FEES

### BIG BALDO:

- € 45,00 until 30.06.2023 11.59PM
- € 50,00 from 01.07.2023 at 00.00AM until 31.08.2023 11.59PM
- € 55,00 from 01.09.2023 at 00.00AM until 27.09.2023 11.59PM

### MEDIUM BALDO:

- € 35,00 until 30.06.2023 11.59PM
- € 40,00 from 01.06.2023 at 00.00AM until 31.08.2023 11.59PM
- € 45,00 from 01.09.2023 at 00.00AM until 26.09.2023 11.59PM
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### SHORT BALDO:

- € 25,00 until 30.06.2023 11.59PM
- € 30,00 from 01.07.2023 at 00.00AM until 31.08.2023 11.59PM
- € 35,00 from 01.09.2023 at 00.00AM until 27.09.2023 11.59PM

Bib swap permitted until 27.09.2023 11.59PM, cost 10€.

## 11. BIBS & CHIP

The bib is returned individually to the single competitor upon presentation of an identity document. The bib is the pass needed to access the aid stations, and must be worn clearly visible on the front.

The timing service is with chip, provided by WEDOSPORT

Before departure, it is necessary to enter the respective closed areas by registering. Personal assistance is forbidden, and it is forbidden to be accompanied on the route by another person who is not duly registered.

When passing through the checkpoints, each participant must make sure they have been registered.

Failure to register will result in exclusion from the ranking.

## 12. END-RACE SERVICE

An "End-Race" service is foreseen which will have such a pace to reach the finish line within the maximum time. Any athletes who, when reached by the "End-Race", do not keep up with it will have to stop at the next refreshment point to be taken to the finish line by means of the organization.

## 13. SECURITY – MEDICAL ASSISTANCE

An Organization Manager is present at each aid station or water point. The ambulance service with doctor, the National Alpine Rescue Corps and Civil Protection will be present. The aid posts are intended to bring assistance to all people in danger with the means of the Organization or through affiliated associations. The rescuers are authorized to evacuate the runners judged in danger by all the means of their convenience. In case of need, for reasons that are in the interest of the rescued person, only and exclusively in the judgment of the Organization, the official Alpine Rescue will be called upon, which will take over the direction of operations and will implement all the appropriate means, including 'helicopter. Any expenses deriving from the use of these means will be borne by the rescued person according to the regulations in force.

A runner subjected to rescue or intervention by a doctor or a rescuer submits in fact to his authority and undertakes to respect his decisions.



Judges, i.e. clearly identifiable people from the organization of the race located on the track, are authorized to suspend competitors deemed unsuitable to continue the race.

#### **14. ABANDONS**

In case of race abandon along the route, the competitor is obliged, as soon as he has the possibility, to go to the nearest checkpoint or aid station, communicate his abandonment and the organization will take care of his return to Caprino, with the possibility of the participant to return on foot.

In the event of failure to notify the withdrawal and the consequent start of the athlete's research, any resulting expense will be charged to the athlete himself.

#### **15. COURSE MODIFICATIONS**

The Organization reserves the right to change the route or location of the refreshment points at any time, without notice. In case of adverse weather conditions, the departure can be postponed and canceled beyond a certain limit.

In the event of cancellation of the race for reasons not dependent on the organization (e.g. Covid restrictions and/or adverse atmospheric agents and/or other), any methods of reimbursement of fees and/or postponement of the competition to a new date will be communicated.

#### **16. ROAD-BOOK**

The road book and the description of the routes will be available on the organization's website, with possible subsequent updates, once the site inspections and definitive tracking have been completed.

#### **17. CLASSIFICATIONS - PRIZES**

The measurement of the chronometric result will be taken care of by WEDOSPORT  
General, male and female rankings will be drawn up (without distinction of category)

- BIG BALDO: prizes for first 3 men and women.
- MEDIUM BALDO: prizes for first 3 men and women.
- SHORT BALDO: prizes for first 3 men and women.

Cash prizes are excluded. Anyone who is not personally present at the award ceremony loses the right to the prize.

#### **18. RUNNER'S BAG**

Each athlete registered for competitive competitions will be entitled to a runner's bag.

The contents of the bag and any awards to the finishers will be disclosed by the organization before the competitions take place.

#### **19. INSURANCE**

A.S.D. Verona Trail Runners guarantees insurance coverage for the event. Once everything has started, we also move for this (To view the insurance policy, send a request to the association to the e-mail address ( [info@veronatrailrunners.it](mailto:info@veronatrailrunners.it) ).

He declines all responsibility for any damage to the athletes or that they may cause to others or to things before, during or after the event.

#### **20. REGULATION ACCEPTANCE / DISCLAIMER**

BALDO TRAIL FEST participation leads to the unreserved acceptance of these regulations, the ethics of the race and the "Trail Manifesto" published on the Organization's website.

Participation takes place under the entire responsibility of the competitors, who waive any recourse against the organizers in the event of damages and further consequences that arise following the race. When collecting the race bib, the athlete must sign the release of liability.



## **BALDO TRAIL FEST NON-COMPETITIVE "MINI BALDO"**

### **1. DESCRIPTION**

A.S.D. Verona Trail Runners organizes the NON-COMPETITIVE BALDO TRAIL FEST "MINI BALDO", a non-competitive recreational running/walking event, with a distance of 14 km for an elevation gain of 800 m+. The route will be traced by the organizers and marked by colored tapes and/or directional arrows and develops on mixed asphalt/dirt/mountain terrain.

### **2. LOGISTIC**

The event is set for 01/10/2023 at the sports facilities in Via A. De Gasperi in Caprino Veronese. Departure on free "French time" between 9:30/10AM

By registering, the participant declares:

- to enjoy good health and not to have impediments to NON-competitive sporting activity;
- to accept all the conditions requested by the Organizer, under penalty of exclusion;
- to be fully aware of any risks incurred during the performance of the activities and that one's participation is voluntary and optional;
- to assume personal responsibility for the consequences that may derive from the aforementioned actions, both civilly and criminally, relieving the Organizer.

### **3. ENTRY FEE**

Entry fee is 10€.

### **4. ENTRY FEE INCLUDE:**

- Identification bracelet
- Toilets in Start/Finish area
- N. 1 water point along the route
- Final Pasta Party at the finish area (which includes a plate of pasta and a bottle of water)
- Participation prize

### **5. MODALITA' D'ISCRIZIONE**

Registrations are possible only on the day of the event between 08.30/09.30 with payment in cash.

### **6. IMAGE RIGHTS**

By registering for the NON-COMPETITIVE BALDO TRAIL FEST, the participant expressly authorizes the Organizers to film the image of the competitors before, during and after their participation in the event using television, cinema, photography or other means.

He also authorizes the Organizers to record, reproduce, print, publish and project them, disseminate them and more generally use them with any means currently known or that will be invented in the future, without time limits or of any kind, throughout the world and to transfer to its commercial and institutional partners the rights to use the image also for promotional and/or advertising purposes. Finally, the participant declares that he has nothing to claim from the Organizers and/or his assignees and/or assignees, and in general from anyone who uses and exploits his image, every claim of the participant being amply satisfied by the opportunity to take part in the manifestation.

### **7. DISCLAIMER**

By registering for the NON-COMPETITIVE BALDO TRAIL FEST, the participant declares to fully understand and accept these regulations, as well as to exempt the Organizers from any liability, both civil and criminal, for damage to persons and/or things caused by him caused or derived from him; He also declares that he is in good health and has no impediments to NON-competitive sporting activity. Participants must respect the rules of the Highway Code.

The member is responsible for the ownership and custody of his race bib, acquiring the right to use all the services mentioned in these regulations and/or subsequently communicated. It follows therefore



that, anyone without regular registration, who participates without a bib or with a non-compliant/counterfeit bib may incur sanctions by the Federal Bodies as well as Criminal sanctions.

## **21. PRIVACY**

Each competitor expressly renounces to make use of the image rights during the test, also renounces any recourse against the Organization and its authorized partners, for the use made of his image. The data of the athletes, including the medical certificate of competitive fitness, are collected by ASD VERONA TRAIL RUNNERS, as Data Controller, in order to allow the participation of the athletes in the event.

The data processing, carried out pursuant to Regulation (EU) 2016/679, will take place with methods and procedures strictly necessary for the pursuit of the purposes for which they were collected. As part of the aforementioned purposes, ASD VERONA TRAIL RUNNERS may communicate the personal data in its possession to third parties whose services it uses for the purposes set out above.

As part of the same purposes, ASD VERONA TRAIL RUNNERS may disseminate data, photos and audio/video recordings on the website [www.veronatrailrunners.it](http://www.veronatrailrunners.it), other social networks of the Association, as well as through any other possible means of communication to the public.

The organization is not responsible for the use by unauthorized third parties of audio and video material acquired during the event.

The interested party of the treatment can exercise the rights referred to in articles at any time. 15 et seq. of Regulation (EU) 2016/679 by sending a written request to ASD VERONA TRAIL RUNNERS, Via della Carica 14 – 37010 Pastrengo (VR) or by sending an email to [info@veronatrailrunners.it](mailto:info@veronatrailrunners.it).

Registration for the event implies acceptance of the Privacy Policy adopted by the Association and available upon request to A.S.D. VERONA TRAIL RUNNERS.

## **22. FINAL WARNING**

The Organization reserves the right to modify these regulations at any time in order to guarantee a better organization of the competition; the version of the regulation in force will be available at any time and can be downloaded from the website [www.veronatrailrunners.it](http://www.veronatrailrunners.it). Although not covered in the following regulation, the UISP rules are valid