



RULES 2018

Article 1: Organisation

On Sunday 24th June 2018 The Amateur Sport Club, ASD SKYLAKES, in collaboration with local institutions and associations, will organise the event called SKYLAKES. The event is a Sky-running category mountain running competition. The track is about 21 kms long and includes 1550 metres of climbing. SKYLAKES is an eco-friendly event, that takes advantage of the already-existing infrastructure and has no impact on the environment.

Article 2: Acceptance of the regulation

Participation in SKYLAKES is subject to the acceptance of the rules and the regulations by the competitors. By subscribing, each competitor undertakes to accept these regulations and clears the organisers of any civil and criminal liability for any accident, personal injury to himself or other persons or goods, that can happen before, during or after the race. SKYLAKES will be run in accordance with these Regulations. Any possible changes and notices will be posted on our website and Facebook page.

Article 3: General information

Event name: SKYLAKES

Category: Skyrace

Total distance: 21,00 kms

Total climb: 1,550 metres

Total decent: 1,550 metres

Max altitude: Maggio Mtn 1,853 above sea level (GPM)

Municipalities: 4 (Laghi, Arsiero, Folgaria, Posina)

County: 2 (Vicenza, Trento)

Regions: 2 (Veneto, Trentino Alto Adige)

Start and Finish: Municipality of Laghi (VI)

Track: 5% tarmaced - 95% dirt track

Peaks: 2 (Maggio Mtn 1853 asl - Majo Mtn 1470 asl)

Rest stop: 6 (along the track) + 1(Finish)

Max racing time: 5 hours (1st gate Campo Azzaron 1h45mins - 2nd gate Maggio Mtn 3h30mins)

On the SKYLAKES website the race map will be published with the rest points and first aid points

Article 4: Conditions of participation

ASD SKYLAKES is affiliated to FEDERAZIONE ITALIANA SKYRUNNING (F.I.Sky) and is part of the Federal calendar.

For insurance purposes, the athletes that don't have a F.I.Sky membership, it is mandatory to have a daily F.I.Sky membership that will add €5,00 (five) to the entry fee of the race.

Even people that are in possession of one or more of the memberships listed below must get a daily F.I.Sky membership:

- Italians and foreigners registered F.I.D.A.L.
- Italians and foreigners registered to a Sport Promoting Unit affiliated to F.I.D.A.L., A.C.S.I. etc...
- Runcard or Mountain & Trail Runcard F.I.D.A.L. holder (Italian or foreigner)

This membership doesn't under any circumstances commit the athletes to ASD SKYLAKES and is valid for 24 hours

The membership/insurance is only valid for the day of 24th June 2018

The race is open to any person over the age of 18, holding a valid medical certificate for athletes (D.M.18.02.1982 tab. B) recognised in the country of residence, regardless of their affiliation to any sport society.

The organisation will check the medical certificate before handing over the race number; if it is not valid, the athlete won't be able to compete in the race and will not be refunded the entry fee.

Art. 5: Water and food self-sufficiency

The race is partly self-sufficient. A few check-points will be available during the race to provide food and water.

Each athlete must to be fully self-sufficient between 2 checkpoints for for their own safety, which included food and equipment, in the event they are injured or there is bad weather, physical discomfort, exhaustion, etc...) Personal assistance will be provided just at the checkpoints. It's forbidden receive any kind of assistance during the race from anybody that is not taking part the race.

Art. 6: Quotas

The athletes will be able to register ONLINE from Thursday 1st of March 2018 at 12:00 (or at one the the two associated shops from the 5th of March 2018 to the 24th of June 2018). A maximum of 800 entries will be allowed. In the event that there is an over subscription there will be a waiting list; the organisers reserve the right to increase or decrease the number of places available and any decision will be posted on the official website and social media.

Art. 7: Entry fee

Payment of the entry fee will provide the athlete all the services listed below:

Athlete gadget/race package, number, microchip, gnocchi party (a ticket will be provided to take part to attend the gnocchi party), checkpoints during the race, stands and showers at the finish,

physiotherapist service, technical and medical assistance during the race, recovery service after dropping out of the competition, possible gadgets and sport products in the race package, afternoon entertainment with music and fireworks in the evening.

All other extras are not included in the entry fee.

Art. 8: Entry fee refund

Payment of the entry fee includes everything listed above.

Once the payment has being approved, there will be no refund for any reason.

It is possible to change the name of the competitor by going online at www.endu.net. An additional €10,00 fee will be charge up to the 15th of June 2018. After this date, no changes will be possible.

Art. 9: Equipment

Mandatory equipment: none

Recommend equipment: Trail Running shoes (A5 type, normally recommended for this type of track, reduces the risk of accident and increases ankle protection) - racing pants below your knees (to reduce the risk of abrasion in case of an accident) - hat or bandana - retractable sticks (if used, they must be carried for the full length of the competition) - water bottle

Art. 10: Number and race pack pickup

The number and the race pack will be available for pickup at the race paddock. The area designated as the athletes car park is beside the paddock area, near the race start. Each race number will be personally given to the athletes that show up with a valid ID card, a copy of the medical certificate and a signed liability release form. The number must be placed on the chest or stomach and be completely visible during the race. It is mandatory to put the number on top of all your clothes and must not be put in a different place. The number is valid as the ticket for the shuttles, checkpoints, showers and bags pickup. A dedicated ticket will be issued for the gnocchi party. Athletes that paid the entry fee but can't take part in the race, can pickup their race pack after the start at the registration area.

The athlete will be required to present their ID When they collect their race number. In the event they loose their microchip, the athlete will be charged an additional €50,00 fee.

Art. 11: Athletes bags and runners

Personal bags with the clean clothes can be given in at the race number pickup or before the start at the registration at the event paddock. Each athlete should hand over the spare clothes marked with his personal race number. It is kindly advised not to leave any fragile or valuable object in your bag. Bags wont be accepted with items hanging outside of it. The organisers won't be liable for any lost or damaged items. The bags will be handed over to the athletes after the race by presenting they personal race number. Under no circumstances will the organisers be sending lost items to athletes after the race.

Art. 12: Security and medical assistance

First aid points will be set up along the race track. At the check points it will be possible to call for medical assistance. These check points will be connected via radio or mobile to the organisers. Ambulances, civil defence, mountain rescue and doctors will be on standby in the area. Each first aid point is assigned to getting aid to anyone in need of assistance and is covered by the organisers or accredited organisations. The official doctors can stop the runners that look unfit to finish the race. The rescuers will evacuate by any possible means the runners in need of assistance.

The rescuers and the doctors can stop the runners, by taking away the race number, if they are considered unfit to finish the race. In case of a real emergency, for the athletes sake, and only if the organisers consider it necessary, the Medical team will be called, that will take charge of the rescue operations and will put into action the necessary emergency vehicles, including the helicopter. Any expenses for medical vehicles will be charged to the rescued athlete as per law. The runner that requests medical assistance will have to agree to this decision.

Art. 13: Check points

The tracking of each competitor, done manually or by the microchip device, will be done at the check or water points. Only the competitors with a visible number will have access to the water points. On the website the race map will be published with the checkpoint and first aid points. The mobile check points, with the race officials, will be posted along the trail outside of the first aid and water points. The location of these officials will not be published.

Art. 14: Maximum time allowed/gates time/check points

The maximum allowed time to complete SKYRACE is 5 hours.

The maximum allowed time for the main gates will be published on the race map. These gates are calculated to allow the competitors to finish the race in the maximum time, even in the event of rest stops.

To be authorised to continue the race, the competitors must leave the check point before the maximum time. Otherwise, they'll be disqualified and the race number taken away. The athletes that want to continue the race without their number, out the competition, do so at their own risk and accept full responsibility for any possible consequences.

The maximum times for the 2 main checkpoints are:

1^ gate Campo Azzaron 1h45mins

2^ gate Mt. Maggio 3h30mins

When you pass through these two gates, in order to monitor your position an official will register your number. We kindly request you to make that operation as easy as possible as it is essential for your personal safety. By comparing the numbers between two checkpoints it gives the organisers the opportunity to check if there are any missing competitors.

In the event of bad weather or for safety reasons, the organisers can decide to postpone the start, stop the race, modify the track or change the checkpoint timing.

Art. 15: Race track and urban roads

It is mandatory to follow the race trail, which is marked with tape and flags. The competitors that don't follow safety rules and the officials directions will get 5 or 10 minutes penalties. The urban roads won't be closed to normal traffic. It is mandatory to follow the rules of the road. Traffic officials will be patrolling the crossroads. where there are no officials, the competitor must give the right of way and mustn't interfere with the road traffic.

Art. 17: Dropping out and going back

If a competitor has to retire from the race, they must go to the nearest checkpoint as soon as possible, report to the race official that they are retiring, who will register and take back the microchip. The organiser will be in charge of taking them to the finish area. If you do not notify the officials that you are retiring, all the expenses for the rescue operation will be charged to the competitor.

Art. 18: Penalty and disqualifications

Each competitor is liable for disqualification through any irregularities proven, even with videos that the organisers receive after the race. The competitor can be disqualified if the jury decides that the competitor has not observed the event regulations, especially:

Number worn not in accordance with the regulation; numbers swapping; not showing up at a checkpoint; taking a lift; leaving a checkpoint after the time; doping or refusing to get an anti-doping test; not giving assistance to another competitor who is in great difficulty; use of personal support outside the allowed areas; abandoning of personal belongings along the track; abandoning refuse along the track; polluting or degrading the environment by the competitor or a member of his staff; swearing, insulting or intimidating the race officials or the volunteers; refusing medical examination from an official doctor at any moment of the race

Art. 19: Modification of the course - race suspension- cancellation of the race

The race will take place regardless of the weather conditions.

The organisers reserve the right to suspend the race in case of danger for the competitors or an imminent hazard, extreme weather, unforeseeable circumstances or due force majeure.

In the event of disruption the race fee won't be refunded and the competitors that are still racing must go to the race officials and follow their instructions to go back to the finish in Laghi.

The race director is the only person that can make these decisions in the interest of everyone's safety and to protect the environment according to his personal experience, the data available and his wisdom. Nobody can dispute his decision.

Art. 20: Race track and map

SKYLAKES is an event that requires the ability to run in particular terrain conditions, which includes tricky and treacherous paths (rocky and slippery downhills) without side protections.

The competitors must follow the track and avoid taking shortcuts. Any athlete who goes out of the official track will do so at their own risk and will be disqualified from the final result. The latest race track will be published on www.skylakes.it

Art. 21: SKYLAKES Insurance

Third-party insurance will be subscribed for all the duration of the event.

Art. 22: Insurance/personal subscription

ASD SKYLAKES is affiliated to FEDERAZIONE ITALIANA SKYRUNNING (F.I.Sky) and is part of the Federal calendar.

For insurance purposes, for the athletes that don't have a F.I.Sky membership, it is mandatory to have a daily F.I.Sky membership that will add €5,00 (five) to the fee of the race.

Even people that are in possession of one or more of the membership listed below must get a daily F.I.Sky membership:

- Italians and foreigners registered F.I.D.A.L.
- Italians and foreigners registered to a Sport Promoting Unit affiliated to F.I.D.A.L., A.C.S.I. etc...
- Runcard or Mountain & Trail Runcard F.I.D.A.L. holder (Italian or foreigner)

This membership doesn't any under circumstances commit the athletes to ASD SKYLAKES and is valid for 24 hours

The membership/insurance only valid for the day 24th June 2018

Art. 23: Risk-taking subscription and liability exoneration

By subscribing to the race and taking part in it, the athlete fully accepts this regulation and any possible further changes. Upon signing up, the competitor exonerates the organisers from any civil and criminal liability, for any damages caused to person or property.

After having carefully read the regulations and understood the difficulties of the race, including the personal risk related to the competition, the competitor declares:

- 1) to have fully read and comprehended the regulations of the race
- 2) To be over the age of 18 at the day of the event
- 3) To have a valid medical certificate (for mountain races or similar disciplines)
- 4) To be aware that this event is potentially dangerous and requires appropriate training, and to be aware of the length and the special features of the competition that takes part in high mountains, with possible bad weather conditions (cold, wind, rain, snow) and requires adequate training and real personal autonomy
- 5) To be fully liable for any accident that can happen on the way to/from the event, during and after the competition
- 6) To be fully liable for all the risks connected with the race, that included falling down, contact with other runners, events caused by the weather, traffic or race conditions
- 7) I declare that I exempt the organisers, the sponsors, the promoters and each one of their agents, from any responsibility, complaint, legal action and compensation that I could bring against them during any part of the event, or by any chance connected to it on behalf of myself and my

inheritors and executors,. I'm fully aware that this release form includes any claim caused by negligence, action or failure for anyone of the people listed above.

8) To take full responsibility for the damage I can cause to other people or to other people's property.

Art. 24: Declaration on honour

Each competitor declares:

- 1) to commit to follow the trail and be aware that any deviation from it can get me disqualified
- 2) to not use any form of doping

Art. 25: Course sweeper

The course sweeper will be going around after the last runner and will be responsible for bringing back any stranded athlete to the finish or to the first available checkpoint if overtime

Art. 26: Claims

Any claims must be lodged with the organisers after they post the results, but before 3pm of Sunday 24 June 2018, with a €50 fee that will be refunded if your appeal is successful.

The claims will be judged by a committee that consists of:

- the president of the organisation
- the race officer
- Persons chosen by the president and the race officer because of their knowledge of the sport.

Art. 27: The Committee

The committee will deliberate according to the race regulations all claims posted during the race. The decisions of the committee are final.

Art. 28: Personal Sponsors

Sponsored runners can display the logos just on their clothes and equipment used during the race, underneath the race number given from the organisers. It is strictly forbidden to display any other advertising like banners or flags on any section of the race, including the finish.

Art. 29: Royalties, privacy and newsletter

All the competitors release their image rights during the race, and must allow the the organisers and their partners, to use their image for official publications and media outlets.

According to D.Lgs. n. 196 of 30/06/2003 ("Testo unico della privacy") The athletes are informed that the personal data collected will be used only to set up the runners list, the rank and the historical record, for providing the services established by the regulation, for sending information documents or publicity from the event or its partners. The committee that organise the event points out that all the competitors are entitled to the rights on art. 7 D.Lgs. n. 196 from 30/06/2003.

Signing up to the race the athletes will be automatically subscribed in the event newsletter to receive news and race details. It's possible to unsubscribe to the newsletter by sending an email to info@skylakes.it with "RIMOZIONE NEWSLETTER"

Art. 30: Campaign "IO NON GETTO I MIEI RIFIUTI"

"IO NON GETTO I MIEI RIFIUTI" is a campaign promoted from Spirito Trail targeted at the real trailers, athletes and organisers to preserve the environment. Too many times after the races we find rubbish left behind from the competitors. Increased awareness is the way to make people understand that trail running can follow this simple rule: Don't leave your rubbish behind! Please help us to increase awareness during your race , on your website, your blog or by word of mouth. Thank you!

Art. 31: Final directions

By not following the rules listed above, the athlete will be disqualified from the race or be liable of any possible sanction in accordance with the rules laid down by law.

The organisers reserve the right to modify the regulation in any moment without any notice in the interest of the greater race organisation; the latest version of the regulation will be available to download on www.skylakes.it