

TRAIL DELLO ZU PARDO REGULATION

ORGANIZATION

Triscele Trailers - ASD Ecotrail Sicilia

DATE

5th May 2024

GENERAL INFORMATIONS

Trail dello Zu Pardo is a running and walking event along the paths of the Riserva Naturale dello Zu Pardo

Competitive races:

- Trail dello Zu Pardo: 20 km; D +/- 1.200 m;
- Trail di Mestraton: 11 km; D +/- 500 m;

Non-competitive walk:

- Walktrail: 11 km; D +/- 500 m;

GENERAL RULES

It is possible to participate as agonist (Trail), walker (Walktrail), or volunteer. The races and walks take place in semi-autonomy. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...).

The routes are for at least 90% dirt roads and paths even with very high slopes and in difficult terrain. Participation is not recommended without an adequate training. Who participates, it does so with the knowledge that, due to the nature of the routes, he/she runs the risk of incurring even very serious traumas, and that it can take a long time to get any help.

Along the route, are planned refreshment stations in a variable number in relation to the length of the route. The refreshment stations will be supplied with food and water. In the refreshment areas, plastic cups will not be available. Participants will use their personal glass. Drinking directly from the organization's bottles or bins is not permitted.

Athletes must throw the waste into the bins provided by the organization. For safety reasons, it is not allowed to leave the route. The competitor who leaves the marked paths is no longer under the responsibility of the organization. The race will take place in any weather condition that does not put the safety of the participants at serious risk. The timetable program may undergo, based on contingent situations, variations that will be communicated during the briefing.

Competitors are obliged to provide any assistance to participants in difficulty.

The race-bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race. It must always be placed on top of all clothing and can in no case be positioned on a leg or backpack. The name and partner's logos must not be either modified or hidden.

It is forbidden to be accompanied on the course by a person who is not properly registered. For safety reasons the use of headphones for listening to i-pods or similar devices is not permitted. The organization reserves the right to impose mandatory equipment. For each race will be set a maximum time which will run from the official start. Athletes who will finish the race beyond this limit, even if they will be included in the ranking, will have attributed only 0.5 points and will not take part in awarding ceremony.

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Those who believe that they are unable to complete the race within the maximum time can request, where applicable, early departure.

Since the early departure is an option created to favor slow athletes, the use of it by faster athletes who have no real need of it, is to be considered unfair to other athletes of equal value and, moreover, complicates the work of the organizers. To discourage therefore those who make improper use of them, it is not allowed to those who start early, to cross the finish line before the winner (man / woman). Athletes who choose to start early and will cross the finish line before the winner (man / woman), will receive a time equal to that achieved by the first + a time equal to the advance + 15 '.

In the sections where the route crosses the road, which will not be closed to vehicular traffic, competitors are required to respect the traffic regulations.

SCHEDULE

Saturday 4th May, Mistretta – Cinema Odeon:

- Ore 18,00/19,30 race-bib distribution
- Ore 17,45 Guided tour
- Ore 18,45 Briefing

Sunday 5th May, Mistretta - Piazza unità d'Italia:

- 7,45 Meeting – Check – Race-bib distribution
- 9,10 Briefing
- 9,30 Start Trail dello Zu Pardo km, Trail di Mestraton 11 km and Walktrail 11 km
- 9,35 Guided tour
- 9,45 Start Trail Junior 1,2 km and Doggy Trail
- 12,45 Award ceremony

PARTICIPATION

Trail: participation is open to ACSI or FIDAL members holding a medical certificate for competitive activity. Non-members can participate by applying for a membership card for the ACSI and by presenting a copy of the identity document, tax code and medical certificate for competitive activity.

Walktrail: participation is open to ACSI or FIDAL members holding a medical certificate for competitive activity. Non-members can participate by applying for a membership card for the ACSI and by presenting a copy of the identity document, tax code and medical certificate for non-competitive activity.

Volunteers: free participation

Foreign athletes: participation is open for athletes in possession of a medical certificate for competitive activity. The organization will issue the ACSI card

REGISTRATION

Until 3rd May 2024 on www.ecotrailsicilia.it

The 5th May at the start of the race

REGISTRATION FEES

Trail dello Zu Pardo 20 km:

- until 1st May: € 20.00
- from 2nd to 3rd May: € 25.00

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- the 5th May before the start: € 30.00

Trail di Mestraton 11 km:

- until 1st May: € 16,00
- from 2nd to 3rd May: € 20.00
- the 5th May before the start: € 25.00

Walktrail 11 km:

- until 1st May: € 13,00
- from 2nd to 3rd May: € 15,00
- the 5th May before the start: € 18,00

Guided tours:

- before the start € 2,00

The free race pack is guaranteed only to those who register by April 27.

TERMS OF PAYMENTS

- Bank transfer on IBAN n. IT30L0306909606100000156666, BIC n. BCITITMX, to A.S.D. ECOTRAILSICILIA (indicate the surname and the chosen race in the description).
- Credit Card.

DISCOUNTS AND GRATUITIES

- Groups with at least 10 people: 10% of the registration fee
- Presidents of clubs: free registration.
- Leaders of the Ecotrailsicilia points ranking: free registration
- Second in the Ecotrailsicilia points ranking: 50% discount
- Third in the Ecotrailsicilia points ranking: 20% discount

Please, contact the organization to access discounts and gratuity.

CANCELLATION

In case of cancellation of the race due to force majeure, up to 12 days before the race, the Organization will reimburse the 50% of the registration fee paid.

In case of cancellation of the race due to force majeure, less than 12 days before the race, no refund will be due to the participants.

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.

If the event will be recovered in a future date, the organization will decide whether to save the entire fee of those who are already registered, or apply a reinstatement fee based on the expenses already incurred by the organization.

SAFETY AND CONTROL

Organization staff will be in the course in constant contact with the base. Ambulances with paramedics will be stationed at different points along the route, as well as at departure and arrival. Along the route control points will be set up, where the organization's staff will monitor the passage of the athletes.

ENVIRONMENT

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The race takes place within natural parks and total protection ecosystems. Athletes must maintain an environmentally friendly behavior. It is forbidden to disperse waste, collect plants and flowers, remove rocks, harass wildlife.

Bins will be allocated along the entire route, near each refreshment point, where the competitors have to throw away their used glasses and any other waste.

WEATHER CONDITIONS

The organization also reserves the right to suspend or cancel the race in the event that weather conditions put at risk the safety of the participants, volunteers or rescuers.

OBLIGATORY EQUIPMENT

- Water reserve minimum ½ litre
- Personal beaker
- Waterproof Jacket
- Long running trousers or leggings or a combination of leggings and long socks which cover the legs completely
- Long Sleeve Top
- Survival blanket
- Whistle
- Mobile phone

Checks are carried out at the race-bib distribution and during the race.

RECOMMENDED EQUIPMENT

- Trail shoes
- Food reserve
- sticks

MAXIMUM TIME: 3h45'

TIME BARRIERS

To be defined.

WITHDRAWN

The athletes withdrawn, stopped at the time barriers, the injured ones, those who will be judged by the medical staff not eligible to continue the race and other athletes who wish to voluntarily retire, will be accompanied to arrival by a shuttle service. For logistical reasons, the competitors withdrawn could have to wait for some time before being returned to the arrival area. Each competitor who withdraws from the race outside the pre-established points, will have to provide for the return to the finish area on his own account, immediately communicating his withdrawal by phone to the indicated number.

REFRESHMENTS

There are 4 refreshment points along the route.

Only competitors with visible bib numbers have access to the refreshment point.

The food and drinks of the refreshment must be consumed on the spot; it is forbidden to drink directly from the bottles of the refreshments; the waste must be thrown in the appropriate containers.

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Flasks or camelbacks can only be filled with water.

At the start of each refreshment the riders must have the amount of water and food necessary to reach the next refreshment point. At the finish there will be an additional refreshment point.

The organization will apply the following penalties for those who do not comply with the regulation:

1. Drinking from the bottles or bins of the organization: 10 MINUTES.
2. Badly placed or clipped bib: 10 MINUTES.
3. Use headphones for listening to i-pods or similar devices: 15 MINUTES.
4. Be accompanied on the route by a person who is not regularly registered: 40 MINUTES.
5. Abandonment of the race without communicating it to the organization: 1 HOUR (the penalty will be applied to the next stage).
6. Involuntary cutting: - if quantifiable with certainty: 20 '7 km or fraction of km - if not quantifiable: Placing in last position of classification
7. Voluntary cut: DISQUALIFICATION.
8. Abandoning waste outside the baskets: DISQUALIFICATION.
9. Do not provide assistance to participants in difficulty: DISQUALIFICATION.
10. Failure to comply with volunteers: 1 HOUR.
11. unauthorized political, religious or social claims: DISQUALIFICATION.
12. Lack of mandatory equipment: at the discretion of the Commission.

Any aggravating circumstances can increase the penalties. Any complaints must be submitted in writing to the organizing within 30 minutes of posting the ranking in the finish area, paying a deposit of € 20.00 which will be returned only if the complaint is accepted.

PRIZES

Trail dello Zu Pardo:

To the first man and to the first woman in the absolute ranking

To the first 3 classified of each category.

To the first classified club.

To the largest Walktrail group.

Trail di Mestraton:

To the first 5 men and women classified.

IMAGE RIGHTS

By registering, the competitors authorize the organization to use, without territorial limits or time limits, still and moving images that portray them on the occasion of participation in the Etna Extreme.

DECLARATION OF RESPONSIBILITY

The voluntary registration and the consequent participation in the race indicate the full acceptance of this regulation and of any changes made. By registering, the participant exempts the organizers

from any liability, both civil and criminal, for damage to persons and/or things caused by or to him/her.