

# REGULATIONS

## GORE-TEX® TRANSALPINE-RUN 2018



The following rules and regulations are valid for the GORE-TEX® TRANSALPINE-RUN 2018. By registering for the event, each participant confirms that he/she has read and understood these rules and regulations and thoroughly accepts them. The participant confirms this by signing the declaration of liability.

### 1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The GORE-TEX® TRANSALPINE-RUN is an extreme team stage run across the Alps, i.e. going from the Northern Alps, across the Central Alps, to the Southern Alps. The different sections of the distinct daily stages contain high alpine passages, requiring particular prior experience and skills from participants.

In detail, this means:

- A general alpine experience
- Awareness of the course length and associated physical challenges
- Understanding that signing the declaration of liability confirms an unreserved capacity to compete in an extreme endurance competition with physically challenging loads (submission of a medical certificate is not required)
- Surefootedness on alpine trails and steep paths, also in exposed terrain, which must not be impaired by fear of heights
- Prior experience in the exploration of difficult alpine passages, e.g. short partially equipped paths
- Well-developed orientation skills with regard to alpine terrain, even in bad weather and visibility conditions, as well as orientation by means of topographical maps, map sections, course information or digital route information provided by the organizer
- Knowledge about behavior in emergencies with respect to alpine terrain
- Full physical and mental capability to handle the minimum speed required as specified within the respective detailed schedule during each stage, even on high alpine or technically challenging passages (e.g., exposed sections) or during difficult conditions (e.g., rain, snow cover or glaciation)
- There are no qualification runs required to participate in the GORE-TEX® TRANSALPINE-RUN
- Legal age at the beginning of the event

We as organizer cannot verify these required experiences. By signing the declaration of liability, the participant confirms that he/she has got the above-mentioned experiences and knowledge. The points listed are by no means exhaustive, but rather serve as examples and are based on practical values.

### 2. AUTONOMY OF PARTICIPANTS

The GORE-TEX® TRANSALPINE-RUN is a trail running team competition in which participants are on their own on long distances, i.e. autonomous. In this context, autonomy is understood as the ability of each participant to make own decisions in respect of both objective hazards (darkness, rain, thunderstorm, fog, snowfall, risk of falling, glaciation, etc.) and his/her own subjective capability, maintain adequate orientation, and to look after his-/herself in relation to food and beverages, despite marked routes, partial track safety measures by different emergency personnel (MEDICAL CREW, mountain rescue, etc.), and food stations provided by the organizer. The autonomy of participants is not reversed due to darkness (during night hours), difficult weather conditions, challenging course sections (e.g., soaked grounds), and an altered performance (e.g., as a consequence of fatigue or injury).

### 3. COURSE

The GORE-TEX® TRANSALPINE-RUN consists of several daily stages of varying length and difficulty. Depending on the weather and the circumstances the organizer reserves the right to switch to an alternative route. This implies a possible change in difference of altitude, difficulties of the course and changes regarding the total distance. At the starting location of each stage there will be a collective start as well as a finish with timekeeping.

### 4. TEAM RANKING

Due to safety reasons, participants of the GORE-TEX® TRANSALPINE-RUN compete in teams of two. Both participants of a team have to show up together at the start, at all control points, and at the finish line, otherwise they will not be ranked. If one of the partners arrives two minutes earlier than the other at a checkpoint or at the finish line, a time penalty of 5 to 120 minutes will be imposed, in case of recurrence disqualification follows. Should only one of the participants of a team retire due to exhaustion, injury or other reasons, the organizer will endeavor to integrate the other partner in a new team, which corresponds to his running time as far as possible. He/she will then be excluded of the official ranking, but will be given his/her individual split times and will remain in the overall finisher ranking, provided he/she has completed all stages in accordance with the regulations. The respective participant is then considered an individual finisher.

### 5. RANKING CATEGORIES

There are the following categories to compete in:

- MEN
- WOMEN
- MASTER WOMEN (both participants' combined age 80+, cutoff date equals start date of event)
- MASTER MEN (both participants' combined age 80+, cutoff date equals start date of event)
- SENIOR MASTER WOMEN (both participants' combined age 100+, cutoff date equals start date of event)
- SENIOR MASTER MEN (both participants' combined age 100+, cutoff date equals start date of event)
- MIXED
- MASTER MIXED (both participants' combined age 80+, cutoff date equals start date of event)
- SENIOR MASTER MIXED (both participants' combined age 100+, cutoff date equals start date of event)

The organizer reserves the right to add a category only if at least 15 teams are registered. If the minimum number of participants in a category is not reached, results of participants concerned will be compiled with another category.

**WIN** <sup>WIN</sup>

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## 6. CLOTHING/EQUIPMENT

The following equipment is mandatory during the entire competition:

EACH PARTICIPANT must carry:

- Closed trail running shoes with a grip sole, suitable for running in alpine terrain
- Rainwear or outerwear as rain protection (at least a waterproof rain jacket)
- Warm clothing (top and long trousers or leggings/leg warmers) as isolating intermediate layer under overcoat (basic rule: no skin may be visible!)
- Gloves and cap
- Cups in order to receive drinks at food stations
- Water tank with a minimum holding capacity of 1 liter
- Labeled food (marked with bib number)
- ID Card

EACH TEAM must carry:

- Emergency equipment (1x compress 10x10, 2x bandage packages, 2x gloves, 1x triangular bandage, 4x adhesive plasters, emergency whistle, blistering plasters, rescue blanket)
- GPS watch with complete course data stored or alternatively printed course map(s)
- Backpack for running
- Mobile phone with stored number for emergency calls (it must be ensured that the phone can make calls abroad)

We also recommend: sun cream, fatty cream against chafing, sticks, sunglasses and personal catering.

Carrying along the mandatory equipment will be randomly checked prior to the race and at control points. In case of missing equipment, the participant in question will be punished with a time penalty or disqualification from the race.

Exceptions from this rule can only be made by the race or course director and will be announced during the briefing for the respective stage.

Additionally, for participants spending the night at the Transalpine-Camp, sleeping bag and camping mat are mandatory.

## 7. BIB NUMBER, LEADER JERSEY AND FINISHER SHIRT

Each participant receives his/her bib number at the registration office on presentation of the signed declaration of liability (download available in the registration form). This bib number must be worn clearly visible during the entire race and must not be covered by clothing. The number is individual and non-transferable. Advertisements must not be hidden. The transponders at the number of both participants are scanned before the start, at control points, and at the finish line.

The bib number must never be taken down, unless the participant is disqualified due to a rule violation. In case of a withdrawal from the race the number is also taken down.

As part of an "evening party", the winners of the day and the overall leaders will be honored. In addition, the overall leaders of each category will receive their leader shirts and have to wear them the next day during the race. At the finish of the last stage, all times are added up and the overall winners of the individual categories are determined. Here, each team and each individual finisher receives the finisher shirt, provided that every meter of the course was run.

## 8. TIMING

Timing is done using a transponder chip system. The chip is attached to the back of the bib number and must not be removed! It electronically records the individual time of each participant. If the chip is lost or does not work properly, please inform the personnel at the control points and race office immediately. A new transponder chip will be issued there. The chip holds € 50 in pledge. If a participant loses the chip, the organizer will retain this deposit. After the competition and upon return of the chip, the deposit will be refunded to participants.

## 9. BRIEFINGS/START

At the starting location, the night before the race, as part of the pasta party, a detailed briefing for the entire race as well as a route briefing for the first stage will be held by the responsible race and course director. At each subsequent stage, participants will receive a detailed route briefing for the next stage as part of the respective pasta party. Participation in the briefings is obligatory for at least one team partner. In the briefings, participants are made aware of the peculiarities of the upcoming route by the responsible race and course director.

Starting set-up will begin at least 45 minutes before the official starting time. The additional up-to-date briefing for all starters will begin approximately 15 minutes before the race officially commences. At the starting location, starting set-up will be once based on the order of appearance. From the second stage on, teams will line up in different starting sectors according to their position in the overall ranking. Depending on the number of participants and according to the local and temporal circumstances, the organizer reserves the right to conduct the start as one block.

## 10. NEUTRALIZED START

A neutralized start will be announced during the briefing by the responsible race and course director. During a neutralized start it is not allowed to pass the leading vehicle.

## 11. ROUTE MARKING

The course of the GORE-TEX® TRANSALPINE-RUN will be marked by an experienced marking team, using chalk spray, signs, barrier tapes, flags, etc. There is, however, no claim to a continuous marking of the route, which would make one's own orientation needless. Especially during the night, in case of heavy rainfall, snowfall or other unfavorable climatic conditions, markings can be disappeared, covered or not be visible in time. Accordingly, each participant has to carry along the map excerpt as well as the elevation profile of the respective route or the digital form provided by the organizer. Unfortunately, it must also be pointed out that sometimes markings are removed by a third party. Markers are dismantled in sections by official final runners immediately after the expiry of the time limit. From then on the route is no longer marked, blocked and further running is prohibited.

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## 12. CONTROL POINTS & FOOD STATIONS

There are between one and four control points along each stage, where both participants of a team have to check in. Teams who do not pass a control point but still finish in the end (for example due to shortcuts or getting lost) will be disqualified and are dropped out of the official ranking. Still, they are allowed to compete the next day. They are not regarded as finishers in the end. At the control points, participants (both together) are scanned according to the order of their arrival. Should a participant arrive at a control point more than two minutes earlier than his or her team partner, the team will receive a time penalty of up to 120 minutes. There are sports drinks, energy bars, and fruits for each participant. The participant has to ensure that he/she always carries enough food and drinks for his/her personal needs. At some food stations also hot dishes and drinks will be offered (depending on the weather).

**IMPORTANT:** Each participant is obliged to bring a cup, as this constitutes the only possibility to receive drinks at food stations. There are no cups for filling or refilling.

## 13. TIME LIMITS/FINISH

There are strict time limits (e.g., 3 p.m. for control point 3), to which participants have to pass the relevant control points or other defined points on the route at the latest. These time limits are stated on the map (printed or digital), but can be adjusted by the race and route director according to current course and weather conditions and accordingly be modified. If time limits are exceeded, for their own good participants concerned will be taken out of the race, and thus out of the ranking for the respective day, either by the organizer, by staff members at control points or by official final runners. Teams who have been taken out of the race due to an exceedance of the time limit (applies also to the finish line) are excluded from the official ranking. Still, they are allowed to compete the next day, however are no longer regarded as finishers. In addition, teams who have already been excluded from the official ranking can be taken out of the race, if they are trailing 30 minutes behind the last running team, even though they would reach the food stations within the stated time limits. Participants are required to cross the finish line of each stage and check in their bib number together as a team. This is also, when the official ranking with regard to the respective stage takes place.

## 14. WITHDRAWAL FROM THE RACE

Teams or individual participants who withdraw from the race for whatever reason (e.g., exhaustion, injury, etc.) must immediately unsubscribe and inform the organizer (PLAN B event company GmbH) by calling +49 151 55010148. For teams or participants who do not sign out under the stated phone number, the organizer will initiate a search operation (possibly with the use of mountain rescue staff and helicopters) at the expense of the participant. In case of withdrawal from the race, the participant shall not be entitled to any transfers by the organizer. This also applies to teams who do not participate in one single stage and to a possible relocation or cancellation of single stages due to force majeure. If the GORE-TEX® TRANSALPINE-RUN is terminated at an early stage, participants must also unsubscribe, informing the race office of the respective location, hand in their transponder chip and eventually cancel booked accommodations. In this case, participants have to organize their return home on their own; however, local tourism offices will be of help.

## 15. TIME PENALTIES AND DISQUALIFICATIONS

The jury (see point 21) reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following reasons:

- Non-fulfillment of special requirements described in point 1 of these regulations
- Non-compliance with/violation of the GORE-TEX® TRANSALPINE-RUN rules
- Disregarding of instructions of the race and course director, medical supervisor, officials at control points, or official final runners
- Failure to comply with the essential rules with respect to a team competition, i.e. a spatial gap of 100 meters or temporal gap of more than two minutes may not be exceeded
- Failure to comply with road traffic regulations
- Incomplete mandatory equipment (for a complete list see clothing/equipment)
- Refusal of equipment control
- Environmental pollution
- Lack of sportsmanship
- Not passing one of the control points
- Denial of assistance
- Health problems of a participant
- Doping
- Track shortcuts
- Wrong starting set-up
- Modified or irregular attachment of bib number

This list is by no means exhaustive!

In case of disqualification there is no reimbursement of expenses made by the organizer.

## 16. MEDICAL EMERGENCY CARE (MEDICAL CREW)

### *Start/finish area*

Starting one hour before each race commences, services provided by the MEDICAL CREW can be used. Depending on the type of treatment required and the effort involved, care must be taken to ensure a timely appearance at the respective medical station. There is no entitlement to a medical service if the participant did not appear in sufficient time before the start. Medical care is available for all participants up to one hour after the last runners have finished.

### *During the race*

Medical staff will be provided on the route following the last participant. Staff is provided by the MEDICAL CREW and/or by public rescue organizations. All emergency personnel are connected by radio and/or telephone via a mobile coordination point (medical information hotline).

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Participants who are in need, will either obtain help from all medical staff members positioned along the route, via the medical information hotline stated below or by asking other participants to notify a medical staff member.

Each participant is obligated to give first aid to other runners who are in need as well as to notify the MEDICAL CREW or to make an emergency call via official rescue services! Participants who have given first aid will be credited the lost time through confirmation by the MEDICAL CREW and after consultation with the race organizer.

Unforeseen circumstances, force majeure or decisions taken in this context may delay (direct) assistance. The safety of participants also depends to a large extent on self-responsibility and self-discipline. Mandatory equipment must be carried along and may determine the course of an operation. If a participant deliberately leaves the marked route, he/she abdicates from the organizer's responsibility and the responsibility of associated service providers. If a participant is physically and/or mentally unable to continue the race, he/she is instructed to inform the last control point, food station or track marshal. If the participant concerned is enabled to do so, he/she should terminate the race at a control point or food station, and/or return to it and not participate any further in the race. At this point, it is called upon the self-appraisal ability and rationality of participants.

The MEDICAL CREW is authorized to:

- disqualify or de-register participants who, from a medical perspective, are no longer able to continue the race by their own efforts or would only be able to do so with an imminent health hazard or by endangering the safety of track marshals and staff of the MEDICAL CREW. In this case the bib number will be removed and passed on to the race office.
- cart off, evacuate or salvage participants from the course using appropriate means of transportation.
- take participants directly or through public rescue services to the nearest hospital, if required.
- examine participants at any time, if medically indicated, or to control a participant's equipment.

The instructions of the medical personnel must be followed.

Any costs associated with an appropriate evacuation outside the services of the MEDICAL CREW must be borne by the participant in question.

**Medical info hotline: +49 151 55010148**

**EURO emergency call: 112**

The medical information hotline is noted on route plans and on the back of the bib number. If the medical information hotline is not available, the emergency service of the respective country must be contacted immediately.

## 17. DOPING

The organizer reserves the right to carry out unannounced doping controls. Each case of doping leads to the immediate disqualification of the respective participant. In particular, intravenous infusions without medical exception permit are prohibited (an exception is, for example, the giving of an infusion in case of existing therapy-resistant vomiting). In case of stress-induced dehydration, giving of infusions by the race doctor or own medical personnel is prohibited. The race doctor decides on justified medical applications according to WADA regulations.

## 18. EXTERNAL SUPPORT

No participant may claim assistance from third parties (spectators, supervisors, other teams) – except for falls, injuries and other emergency situations – during the race. Excluded from this is only the supply of food, beverages, clothing or replacement materials by companions along the way as well as medical assistance. If a participant uses the services of third parties, in particular those of rescue services, he/she has to keep the organizers free of charge. Rather, he/she authorizes the organizer to collect any costs.

## 19. ENVIRONMENTAL PROTECTION/NATURE

As the GORE-TEX® TRANSALPINE-RUN largely leads through protected areas of the Alps, environmental behavior will be rigorously controlled. The disposal of any waste outside the control points or the deliberate damage to nature will lead to drastic time penalties or immediate disqualification.

## 20. The GORE-TEX® TRANSALPINE-RUN RULES

The GORE-TEX® TRANSALPINE-RUN takes place on alpine trails, hiking routes, forestry trails as well as public roads not closed to traffic.

- At all times, participants must **comply with road traffic regulations** of the respective country. All participants have to comply with the instructions of the police, the race and course director in charge, as well as other crewmembers.
- The GORE-TEX® TRANSALPINE-RUN largely takes place on forestry roads, hiking trails, paths, and high mountain alpine territory. Leaving the official routes may entail a high risk of falling, which is why **shortcuts** (including kick turns, curves, serpentines, etc.) or the use of self-chosen paths **are prohibited**. Each participant or team competes at his/her or its own risk.
- Each participant has to exercise the **necessary caution** in case of confusing or dangerous trail/road passages. The race organizer reserves the right to issue **restrictions on overtaking** on dangerous sections or to encourage participants to reduce their speed and to exercise appropriate caution. The organizer may place warning signs at such sections and may provide additional safety measures (such as fixed ropes to be used as handrails). These measures, however, do not constitute an obligation for the organizer.
- **Accompanying vehicles must not adversely affect the course of the race.** Support out of a driving companion vehicle is not permitted. The jury may penalize interferences caused by accompanying vehicles by issuing time penalties or disqualifying the participant receiving support from the interfering vehicle. Finding accompanying vehicles on sections of the course that are closed to traffic will result in the immediate disqualification of the concerned participant.

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- For reasons of environmental preservation it is **strictly prohibited** that people accompanying/assisting individual participants **pollute or, even worse, damage the course and/or the surrounding natural environment**. In particular, this includes the spraying or painting of appeals to participants onto the course, even if biodegradable chalk spray is used. If people accompanying/assisting participants are found to be violating this rule, the participant(s) supposed to receive such appeals will be disqualified immediately.
- Except for waste containers at the control points/food stations, it is **forbidden to dispose of waste, such as food packaging, bottles or drinking cups, in nature**.
- As a principle, the following regulation applies with regard to using sticks for running: **Participants starting the race using sticks must carry them until they arrive at the finish line**. Conversely, no participant who started the race without sticks is allowed to pick up any along the way.
- **Mechanical connections** between two team partners (e.g., ropes) are **prohibited** due to safety reasons.
- It is expected that participants act in accordance with the principles of **courtesy, sportsmanship and fair play**.

## 21. APPEALS AND THE JURY

Each participant may protest against rule violations by other competitors or against decisions of the race management for up to one hour after the end of the race, contacting the race office staff. A jury consisting of three members (organizing supervisor, race and track manager, timing supervisor) will discuss the protest at the same evening and announce a decision by the start of the race the next morning at the latest. All stated witnesses must appear at the protest hearing. The protest fee is € 100,00. In case of an unsuccessful protest, the fee remains with the organizer.

## 22. TERMINATION OF CONTRACT BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract until the official end of the event, in the form of a right of withdrawal in accordance with §§ 324, 241 (1), German Civil Code [BGB]. The settlement will then take place in accordance with § 346, German Civil Code [BGB].

**These rules and regulations always remain subject to change by the race organization!**

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