



REGULATIONS

SALOMON Trails 4 Germany 2017

The following rules and regulations shall apply to the SALOMON Trails 4 Germany. By registering for the event, every participant confirms that he has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing the waiver of liability.

1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The SALOMON Trails 4 Germany are 4 single trails in Germany on 4 different days. Certain courses of the SALOMON Trails 4 Germany include alpine trails passages demanding particular experience and skill of the participants.

Specifically, prior experience and applicable competencies must relate to:

- **Profound experience** in alpine environments / trail-running settings
- **Awareness** of the extraordinary **course length** and associated **physical** and **psychological challenges**
- Understanding that signing the liability waiver **confirms an unreserved fitness-to-compete and a physical /mental disposition** allowing participation in / coping with the strains and challenges of extreme endurance competitions (submission of a medical certificate not required)
- **Being sure-footed** on alpine trails, faint paths and across terrain without a recognizable trail tread even where participants are exposed to precipitous vertical relief. Such ability may not be compromised by an undue and known fear of heights.
- **Prior experience** in negotiating difficult alpine terrain (e.g. exposed cliffsides that may be secured by fixed ropes)
- Orientation skills that corroborate **a good sense of direction** in difficult terrain even during inclement weather and visibility. Navigational competencies that allow following a bearing /path using topographical maps or digital course information provided by the race organizers
- Familiarity with **basic emergency procedures** as applicable to mountainous terrain.
- **Full physical aptitude** to exceed or at least meet predefined minimum speed requirements for the course (or segments thereof) as spelled out in the race documentation – even under challenging environmental conditions as would often be prevalent on technically demanding trail sections (e.g. trail segments secured by fixed ropes or subject to severe exposure) or during difficult weather (e.g. rain, snow cover or frozen surfaces).
- There is **no need for participants to qualify** in preliminary runs in order to participate in the SALOMON Trails 4 Germany

The fact that the participant actually fulfills these necessary pre-conditions cannot be verified by us as the organizer of the event. By registering for the event and signing this document, the participant represents and warrants to the organizer that he or she has the above listed skill and expertise, where the individually mentioned skills are by no means to be understood as a complete list but merely represent examples we have taken from experience with the event.

2. SELF-SUFFICIENCY OF PARTICIPANTS

The SALOMON Trails 4 Germany is a trail-running event for individual competitors whom race organizers expect to be competent to fend for their own and to demonstrate self-reliance over extensive course sections. Self-sufficiency is defined in this context as the ability of each individual participant to be able to (a) maintain adequate orientation and direction on the course without outside assistance, (b) evaluate objective hazards (e.g. darkness, rain, lightning storms, fog, snowfall, slippery trail sections) and to demonstrate apt mental disposition to respond to such and other challenges within reason, (c) to supply themselves with stores of food and beverages for prolonged trail sections where catering facilities may not be available. The requirement for self-sufficiency may not be waived during night hours, during adverse weather (e.g. downpour, snowfall, etc.), on challenging course sections (e.g. wet or weakened trail surfaces) or due to alterations in the competitor's physical or mental capacities (as a consequence of fatigue or injury).

3. COURSE

SALOMON Trails 4 Germany consists of 4 races on 4 days. The races dates are the following:

- May 13th 2017
- June 3rd 2017
- September 23th 2017
- October 14th 2017

Depending on the weather and the circumstances the event organizer can change the course and may use alternatives routes instead of the original course. The locations will be set by a competition.

Due to this possible development it may occur that altitude differences, horizontal distances and difficulties of the course will change.

4. RANKING CATEGORIES

There are the following categories to compete in:

- JUNIOR m/w (16-17 years old)
- MEN
- WOMEN
- MASTER MEN (age 40+, cut-off date: race day)
- MASTER WOMEN (age 40+, cut-off date: race day)
- SENIOR MASTER MEN (age 50+, cut-off date: race day)
- SENIOR MASTER WOMEN (age 50+, cut-off date: race day)

The minimum number of participants in each category is 15. If the minimum number of participants in a given category should not be reached, participants will automatically be ranked one category below (e.g. Senior Master in case of Master)

Special rankings:

There will be a special lottery for all runners who will run all 4 race days by SALOMON price.

Additional special rankings can be added to the regulations and will be described if necessary in more details.

Subject to change, please see latest race- info

5. CLOTHING/EQUIPMENT

There is **NO mandatory equipment!**

Depending on the weather and the circumstances the race director can change this rule and set a mandatory equipment: rain gear, hat, gloves!





We always recommend:

- **Trail running shoes** with a tread that is suitable for running in alpine terrain
- **Labeling of a competitor's food / beverage supplies** by the individual's start number
- **Foul-weather gear** for protection from the elements (as a minimum water-proof rain coat)
- **Warm clothing** (long-sleeved shirt and running pants) as insulating layers underneath the rain gear (in case of bad weather conditions which may set in suddenly in mountain territory); **basic rule: you should be protected!**
- **Gloves** and a warm **hat**
- **Drinking vessel** to receive drinks at the food stations
- **Water tank** containing at least **1 liter**
- **Emergency kit** (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids 1x emergency whistle, blister pads, rescue blanket)
- **GPX watch** with complete course data saved to memory, **alternatively:** the printed course map(s) and elevation profile (issued at registration on race date)
- **Running Back pack**
- **Mobile phone**

Also recommended: sun screen, fatty cream against chafing, additional supply of own food and beverages, blister tapes.

6. START NUMBER TAG

This start number tag must be worn on the body and remain visible at all times during the race and not be covered by items of clothing. It is issued personally per participant and non-transferable. Advertisements on the start number tags must remain visible during the race. The transponder chip in the start number tags is scanned before the start, at check points, and in the finish.

Those participants of the Marathon and Uphill race who finish their races from start to finish and as such have completed every step of the course will receive the Finisher Shirt.

Participants are given separate start numbers for the races.

7. TIMING

Times are recorded with an electronic transponder chip system. The chip is attached to the back of the start number tag and may not be torn out! The chip records the individual participant's time electronically. Should a chip get lost or fail to work properly, please inform the personnel at a check point and the race office immediately.

8. BRIEFINGS/START

Participants can position themselves within the starting grid **45 minutes prior to the officially announced race start**. An updated briefing will be given by the responsible race-course director approximately **15 minutes before the start** to ensure that all participants can be in attendance.

9. NEUTRALIZED START

A neutralized start will be announced always during the briefing by the race and course director in charge. During a neutralized start it is not allowed to pass the pilot vehicle / motorcycle.

10. SIGNPOSTING

The course of SALOMON Trails 4 Germany will be marked with chalk spray, signposts, barrier tape, flags, etc. by an experienced and competent team. This, however, does not guarantee a continuously marked course and it does not free the participants from their obligation to keep their bearings in the territory. Especially at nightfall, after heavy rain, in case of snow, or other adverse weather conditions, markings can disappear, be covered up, or not be visible in time. That is why participants have to carry with them the detail map, and altitude profiles of the course (printed or digital).

11. CHECK POINTS & FEED ZONES

On each stage there are between one and two check points, the location of which is unknown to participants before the race, where participants have to check in. Participants that miss one of the check points but still arrive at the finish (e.g. because they lost the way or took a shortcut), will receive a time penalty of 60 minutes for every check point they missed. The jury reserves the right to impose a higher time penalty depending on the specific circumstances.

At each feed zone sports drinks, energy bars, and fruit are available for participants. The exact location of the feed zone is pointed out on the map. Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly. Depending on the weather, some feed zones will also offer warm meals.

12. TIME LIMITS/FINISH

Time limits will be defined (e.g. check point 2 by 15:00) by which participants have to have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the trail book to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. The official results of the race are determined in the finish. Participants will be scanned in the order in which they arrive. That way the official ranking of the race is calculated. For their own safety, participants that do not make the cut-off times (e.g. from 15:01 at check point 2) will officially be taken out of the race by the race and course director, the personnel at the check points, or the officials trailing the field.

13. WITHDRAWAL FROM THE RACE

Participants that decide to withdraw from the race for whatever reason (i.e. exhaustion, injury) must inform the race organizers immediately by calling +49/151/55010150. Participants that do not inform the race organizers of their decision to withdraw will be considered "gone missing" and a search and rescue operation (including official rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. In case of withdrawal from the race the organizer has no duty to transport the runners for example by shuttle, as well in case of cancellation the race or changing the route.





14. TIME PENALTIES AND DISQUALIFICATIONS

The jury reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following violations:

- Failure on the part of the participant to fulfill the particular pre-conditions mentioned under heading 1 of this document
- Noncompliance with / violation of the SALOMON Trails 4 Germany rules
- Disregard of the directives of the race and course director, rescue director, officials at the check points, or officials within and trailing the field
- Breach of traffic regulations
- Littering/polluting the environment
- Unfair behavior or misconduct toward other competitors
- Missing one of the check points
- Failing to help a person in danger
- Health problems of a participant
- Doping
- Deliberately taking shortcuts
- Tampering with start number tags

This is a list of examples and by no means to be understood as complete!
Participants that are disqualified from the race cannot claim reimbursement from the organizer.

15. MEDICAL CARE, CASE OF EMERGENCY

There will be a doctor and other rescue services available during the race.

16. DOPING

The organizer reserves the right to perform unannounced doping tests. Doping in any way or form will lead to the immediate disqualification of a competitor. Prohibitions in this context include in particular intravenous infusions without prior medical authorization (i.e. in a proven case of intractable vomiting). In turn, the administration of an infusion in a case of stress-induced dehydration by the race physician or the competitor's own medical team is considered a form of doping and, as such, would lead to disqualification. The race physician decides on the basis of the rules and regulations of WADA whether a medical indication for the administration of an infusion were to be justified or necessary.

17. EXTERNAL SUPPORT

Participants are not allowed to accept help from a third person (spectators, supporters, other participants) during the race, except in emergency situations, injuries, or bad falls. It is acceptable though to receive food, beverages, clothing, and gear in need of replacement from assistants along the trailside. It is also permissible to accept medical attention. If a participant requires or enlists third-party services, in particular search and rescue services, the race organizers are indemnified from payment for such services. The participant further authorizes the race organizers to collect any incurred charges.

18. ENVIRONMENTAL PROTECTION/NATURE

Since SALOMON Trails 4 Germany traverses some of the most delicate nature reserves of the region appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated food stops and check points or deliberate damages to the environment will carry severe time penalties or even lead to disqualification from the event.

19. THE SALOMON TRAILS 4 GERMANY RULES

The SALOMON Trails 4 Germany takes place on public roads, roads that are not closed to traffic, forestry roads, hiking and alpine trails.

- Participants have to **obey the traffic laws** of the respective countries. Participants also have to comply with directives issued by police officers; the race and course director in charge, and any authorized trail patrol.
- The SALOMON Trails 4 Germany mostly makes use of forestry roads and paths. Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants are **forbidden** to take any **shortcuts** or detours of their own choosing. All participants take part in the event at their **own risk**.
- Each participant is obliged to **exercise caution** with due diligence at confusing or dangerous trail/road passages. The race organizer reserves the right to designate high-risk sections where the specific directives apply, such that participants may not pass each other or that a reduction in speed and appropriate caution is appropriate. The organizers may place warning signs at such sections and may provide additional safety measures (such as fixed ropes to be used as handrails). There is, however, no obligation on the part of the organizer that such measures be taken.
- The organizer reserves the right **to change portions** of the course or use **alternative routes** on short notice if weather conditions demand such changes.
- For reasons of environmental preservation it is **strictly prohibited** that people accompanying/assisting individual participants pollute or, worse, damage the course and/or the natural environment. This especially includes the spraying or painting of appeals to participants onto the course, even if it is done by biologically recyclable chalk spray. If people accompanying/assisting participants are found to be violating this rule, the participant(s) that received or were to receive such appeals will be disqualified immediately.
- It is **prohibited to throw away litter** such as food wrappings, bottles or drinking cups in the nature, except at check points where there will be designated containers for that purpose. Any violation of this rule leads to an immediate disqualification.
- As a principle, the following regulation applies with regard to using poles: **Participants starting into the race using poles must carry them until they arrive in the finish**. Conversely, no participant who has started the race without poles is allowed to pick up any along the way.
- It is prohibited to go on the course by car (supporter for example)
- It is expected that participants act in accordance with the principles of **courtesy, sportsmanship and fair play**.

20. APPEALS AND THE JURY

Each participant has an opportunity to raise an objection in case of a perceived breach of rules by other participants or to enter a caveat against decisions of the race and course director up to one hour after the finish time limit. Such objections have to be made in person in the race office and require the naming of (a) witness(es). A jury of three adjudicators (race and course director, the head of time keeping, event organizer) will consult on the issue of appeal and make a decision within 24 hours. All witnesses have to be present at the proceedings. The appeals fee is EUR 100. It will not be reimbursed if the appeal fails. The aforementioned contraventions, which may be reprimanded with time penalties or disqualification, provide only an incomplete rundown of other possible offenses that may be penalized.





21. TERMINATION OF CONTRACT BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the contractual right to cancel the agreement with any participant until the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 1 German Civil Code ["BGB"]. The settlement will then take place in accordance with § 346 German Civil Code ["BGB"].

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

