

REGULATIONS

WOMEN`S TRAIL 2017



The following rules and regulations shall apply to the WOMEN`S TRAIL. By registering for the event, every participant confirms that she has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing the liability disclaimer.

1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The WOMEN`S TRAIL is a single trail run in Zell am See-Kaprun. Portions of the courses include high alpine trails passages demanding particular experience and skill of the participants.

In detail this means:

- Each participant has to have an appropriate level of alpine running experience (beginner, hobby or active sportician)
- Each participant has to be sure-footed and have the ability to move safely on alpine mountain trails, across what would seem to be trail-less terrain and in steep terrain with exposure. This ability must not be compromised by any possible fear of heights
- Each participant has to be experienced in hiking difficult alpine trails passages such as short cliffsides secured by ropes
- Each participant has to possess a good sense of direction in mountain terrain, even when weather and visibility turn for the worse. This also means being able to follow a path by topographical maps or by maps and course information contained in the Trail Book
- Each participant has to be familiar with emergency procedures in alpine mountain terrain

The fact that the participant actually has the necessary skill and expertise cannot be verified by us as the organizer of the event. By registering for the event and signing waiver, 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. COURSE

Three courses are offered at the WOMEN`S TRAIL:

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|--|------------|--|
| a) Friday, May 19 th 2017 | 8:30 p.m. | Women`s Night on Trail - 5,5 km und 300 HM (head lamp) |
| b) Saturday, May 20 th 2017 | 10:00 a.m. | Women`s Panorama Trail - 16 km und 760 HM |
| c) Sunday, May 21 st 2017 | 9:00 a.m. | Womens`s Challenge - 15 km und 500 HM |

3. RANKING CATEGORIES

There are the following categories to compete in:

- SUPER-GIRLS (age 14 - 17, cut-off date May 19th, 2017)
- WOMEN
- MASTER WOMEN (age 40+, cut-off date May 19th, 2017)
- SENIOR MASTER WOMEN (age 50+, cut-off date May 19th, 2017)
- GRAND MASTER WOMEN (age 60+, cut-off date May 19th, 2017)

The minimum number of participants in each category is 10. 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 Women in case of Master Women)

There are additional special rankings (single, Team or relay rankings):

Miss „Women`s Trail“ 2017 = overall fastest time for all three races

Team ranking = 3 Women (you need the same written team name and you can choose which race which runner will participate)

Daily ranking = participation only one day

4. CLOTHING/EQUIPMENT

It is mandatory to carry the following equipment during the entire competition:

- 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 high mountain territory)
- Gloves and a warm hat
- Emergency gear (first aid kit, rescue blanket, whistle)
- Back pack or Hipbag

The race organizers will perform random checks prior to the race start and at various check points on whether the aforementioned mandatory equipment/clothing is indeed being carried along. If mandatory equipment were to be missing, the participant in question will be disqualified from the race.

5. START NUMBER TAG

Each participant receives his/her start number tag at the registration. 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.



6. BRIEFINGS/START

The race director will give a briefing prior to the start each day. The exact times will be announced at the registration.

7. 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.

8. SIGNPOSTING

The course of the WOMEN`S TRAIL 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 alpine 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 Trail Book with outline map, detail map, and altitude profiles of the course. As well we have to indicate that it might happen sometimes that the markings were removed by someone else.

9. FEED ZONES

At each feed zone sports drinks, energy bars and gels, and fruit are available for participants. The exact location of the feed zone is pointed out on the map and in the trail book. Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly.

10. TIME LIMITS

Time limits will be defined by which participants should have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the course map 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. For their own safety, participants that do not make the cut-off times 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. For the MISS Trail Queen ranking you can go on the next day, but you are no more finisher!

11. FINISH

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.

12. 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 +49/151/55010148. 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 mountain rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. Participants who want to withdraw from the WOMEN`S TRAIL also have to cancel with the Race Office at the finish and return the transponder chip.

13. 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 WOMEN`S TRAIL 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
- Not carrying the complete, mandatory equipment at the start (for a complete list see clothing/equipment)
- Refusal to be subjected to an equipment check
- Littering/polluting the environment
- Unfair behavior or misconduct toward other competitors
- Failing to help a person in danger
- Health problems of a participant
- Deliberately taking shortcuts
- Intentionally lining up in the wrong sector of the starting grid
- 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.

14. EMERGENCY MEDICAL CARE (MEDICAL CREW)

Start/finish area

In the finish area the Medical Crew keeps a mobile assistance site. There will also be an additional medical service provided by a local aid agency. There a heated marquee stands ready. The aid personnel at this site will



make sure care is provided until the last runner arrives. Service in the start area begins 1 hour prior to race start.

During the WOMEN`S TRAIL

Numerous stationary and mobile emergency assistance sites will provide help along the course. They will be staffed both by personnel from local medical teams and mountain rescue services and people from our own rescue team. There participants will get immediate medical assistance. Additionally, there will be our mobile Medical Crew on mountain bikes and motor cycles. It will also make sure that participants get immediate assistance in case of an emergency.

The Medical Crew provides medical care for athletes and gives emergency first aid to participants. It is available around the clock in case of emergencies.

Emergency phone number for all participants

The emergency telephone number is written on all race passes and course maps given to participants by the organizer. Additionally, the number of the organizer's phone hotline is written on the event map.

The medical info hotline is: +49 151 55010148

What to do in case of an emergency?

- Stay calm
- Dial emergency phone number: **+49 151 55010148!**
- Give exact location and start number
- If unable to make an emergency call yourself, please inform other runners so they can call for help at the next check point
- After the facts have been clarified by the head of the rescue operations, immediate help will be provided.
- In trivial cases special arrangements apply

Important notice: Please make sure that you take out a specific insurance covering salvage costs and return transportation which your normal foreign health insurance policy usually does not cover. If you do not take out those specific insurance covers substantial additional costs may occur.

15. 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 and treatment from the WOMEN`S TRAIL Medical Crew.

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.

16. ENVIRONMENTAL PROTECTION/NATURE

Since the VIKING WOMEN`S TRAIL leads through the nature, appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated feed zones and check points or deliberate damages to the environment will carry severe time penalties or lead to disqualification.

17. THE WOMEN`S TRAIL RULES

- The VIKING WOMEN`S TRAIL 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 VIKING WOMEN`S TRAIL mostly makes use of forestry roads, hiking trails, paths, and high mountain alpine territory. Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants are forbidden to take any shortcuts (including the shortcutting of switchbacks, bends, serpentines, etc.) 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.
- A vehicle escorting participants must not interfere with the race in any way; coaching from an accompanying vehicle is prohibited. The jury may penalize interference of the race by accompanying vehicles by issuing time penalties or disqualifying the participant receiving support from the interfering vehicle. Finding accompanying vehicles on portions of the course that are closed to traffic will result in the immediate disqualification of the participant who received or was to receive support from that vehicle.
- 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 expected that participants act in accordance with the principles of courtesy, sportsmanship and fair play.

18. 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!