

COMPETITION RULES

TRAILRUN WORLDMASTERS SAALBACH 2019



If you believe that life (or at least trailrunning) begins at 40 then the TRAILRUN WORLDMASTERS SAALBACH are the perfect event for you. Taking place from 7 to 9 June 2019, these international championships are open only to athletes aged 40 years or older and will see brand new Worldmasters crowned in eight Masters age categories. All the races will be held on the beautiful trails around Saalbach in the Salzburger Land region of Austria. Here in the heart of the Kitzbühel Alps and the Hohe Tauern Mountains we invite you to "become a legend", as the event's motto says, in a truly spectacular setting. Sounds like your kind of thing? First of all, please take the time to read the following rules and regulations carefully. At the end you will be asked to sign a declaration of liability confirming that you have understood them. As organisers we are not able to check the level of fitness of each competitor, so please be honest with yourself to make sure everyone stays safe and has fun on the trails. In the following 22 points you will find details on important things like safety, equipment, cut-off times, etc. for the TRAILRUN WORLDMASTERS SAALBACH.

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the TRAILRUN WORLDMASTERS SAALBACH, who is allowed to take part and what can you expect?

- The event is for individual competitors who are at least 40 years old. No matter which of the three races you have chosen to run (Trail Short, Trail Medium or Trail Long), they all include sections in the high mountains. That's why this event is only suitable for people who have experience of running in this kind of terrain. If you do not have such experience, it is better to stay at home. Running those mentioned distances in high alpine terrain is tough. Really tough if you challenge yourself with the Trail Combined, running on three consecutive days. If you haven't trained enough to complete all three days we recommend you start off with one of the three races.
- Mountains + vertigo = problems. Competitors must be absolutely sure-footed even on narrow and twisting alpine trails. The courses may also include short sections where you will have to hold onto a rope for safety. And, of course, it is essential that you know how to act in case of emergency.
- Thanks to smartphones most of us these days know how to use topographic maps and GPS. However, competitors must also be able to orientate themselves in alpine terrain without the help of technology, even when the weather closes in and visibility is poor.
- No qualification is necessary for the TRAILRUN WORLDMASTERS SAALBACH. Participants can sign up individually to take part.
- Ill, injured or simply not fit enough? In that case don't risk it. Instead, rest up and start preparing for next year's event. By signing these competition rules you declare that you are 100% fit and ready to take part in this sporting event.

The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits competitors.

2. SELF-RELIANCE

Even if things are busy at the start line, running in the mountains can be a lonely experience. Competitors must be self-reliant throughout the race. That means all runners must be able to orientate themselves without external support. And, of course, it is essential that you always have enough food and drink with you.

3. COURSE

There is no guarantee that the weather will be good. Therefore, if the weather gods are not smiling on us and we are unable to ensure the safety of the competitors we may be forced to change sections of the courses at short notice. For all the latest information visit www.trailrunworldmasters.com

4. CLASSIFICATION / LEADER SHIRTS / FINISHER SHIRT

The TRAILRUN WORLDMASTERS SAALBACH comprise three races on three consecutive days:

- Short Distance Trail, Friday 7 June 2019
- Long Distance Trail, Saturday 8 June 2019
- Medium Distance Trail, Sunday 9 June 2019

For each of these races there is an individual Worldmasters classification (see point 5). For the Combined Trail (triple) classification all three races must be completed.

The overall classification will be calculated by adding together the points from the individual classifications (in the respective categories) using the following formula: $\text{points} = \frac{\text{winning time} \times 1000}{\text{own time}}$.

At the evening events the winners of each individual race (Worldmasters) will be honoured and the Leader Shirts will be presented to the runners in first place in the overall classification. These Leader Shirts must be worn by these runners the following day.

The coveted "I am Legend" finisher shirt will only be given to participants who have completed all three races for the Combined Trail classification and have run every metre of all three courses.



5. CLASSIFICATION CATEGORIES

The following eight classification categories are advertised :

- MASTER MEN und MASTER WOMEN (ab 40 Jahre)
- SENIOR MASTER MEN und SENIOR MASTER WOMEN (ab 50 Jahre)
- GRAND MASTER MEN und GRAND MASTER WOMEN (ab 60 Jahre)
- SENIOR GRAND MASTER MEN und SENIOR GRAND MASTER WOMEN (ab 65 Jahre)

When it comes to the age categories, competitors must meet the respective age requirement on the start day of their event (Short Trail = Friday 7 June 2019, Long Trail = Saturday 8 June 2019, Medium Trail = Sunday 8 June 2019). Competitors participating in the Combined Trail classification must meet the respective age requirement on Friday 7 June 2019. Should a category fail to attract at least 15 competitors, runners who have signed up for this age category will compete in another age category.

6. CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all competitors must wear or carry in their running rucksack the following clothing and equipment. We will carry out checks on the start line and at the control points. Competitors who do not have all of the items listed below may be subject to time penalties or disqualification.

- Closed trailrunning shoes with plenty of grip on the sole.
- Running backpack.
- Waterproof rain jacket.
- Warm clothing (top and trousers / running tights) as an insulating layer between the outer clothing and the skin. No skin should be visible when wearing these layers!
- Gloves and woolly hat.
- Food supplies with your name and race number written on every single item of food packaging.
- Cup to take drinks at the refreshment stations.
- Water container with a volume of at least 1 litres.
- Emergency kit (1x compress 10x10cm, 2x bandages, 2x gloves, 1x triangular bandage, 4x plasters, emergency whistle, blister plasters, survival blanket).
- Navigation watch loaded with the GPS track of the course you are running or, alternatively, a printed route map or map stored on a mobile device.
- Mobile telephone with emergency telephone number saved into the phone in order to make emergency calls and inform the race organisers if you have to pull out of the race before reaching the finish (mobile phone must work in Austria).

Don't forget to also bring sun cream, oil-based skin cream to combat chafing, a pair of sunglasses, poles and plenty to eat and drink.

7. START NUMBER

You will receive your start number, which is unique to you and cannot be transferred to other people, at the registration desk (Grainau). Please bring along a signed copy of our declaration of liability (can be downloaded when registering to take part). Your race number must be worn visibly at all times during the race and must not be taken off.

8. ELECTRONIC TIMING

Your start number contains an electronic transponder chip which will record your time. If this chip does not work or becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office (+49 151 550 101 50).

9. BRIEFINGS / START

Before the start of each race there will be a briefing in Saalbach with lots of information, including a detailed description of the course. This will also be an opportunity to remind participants of the most important rules. All runners must take part in the briefing. The briefing for the Short Trail will take place 30 minutes before the scheduled start time. Runners will be asked to line up 15 minutes before the start time. Each race will begin with a mass start, though the organiser reserves the right to send runners out onto the course individually one at a time. The course briefings for the Long Trail and Medium Trail will be held as part of the evening event the night before the race. On race day the runners taking part in the Long Trail and Medium Trail will be asked to line up 45 minutes before the scheduled start time. Checks will be carried out to ensure that all runners have all the mandatory safety equipment with them. There will then be one final briefing on the start line 15 minutes before the gun goes.

10. NEUTRALISED START

In case of a neutralised start, runners are not permitted to overtake the lead vehicle during this time.

11. COURSE SIGNPOSTING

We will make sure you find your way along the course. The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that other runners may knock off these markings, disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all runners.



12. CHECKPOINTS AND REFRESHMENT STATIONS

- a) Trail Short: 1 checkpoints and refreshment station
- b) Trail Medium: 2 checkpoints and refreshment stations
- c) Trail Long: 4 checkpoints and refreshment stations

Refreshment stations:

Each refreshment station has drinks, energy bars and fruit. Some refreshment stations also have hot food and hot drinks. Please see the route map of your course to find out where exactly each numbered refreshment station will be located.

Checkpoints:

Competitors will be scanned at each checkpoint as they arrive. Competitors who do not pass through all the checkpoints (due to short-cuts or losing their way) but make it to the finish will be disqualified.

13. TIME CUT-OFFS / FINISH

You are probably familiar with time cut-offs from races such as the Tour de France. If a competitor reached a checkpoint after the time cut-off, he/she will be withdrawn from the race. Details on the time cut-offs can be found in your information pack. Please be aware that the organisers reserve the right to change the time cut-offs. People who have the right to remove competitors from the race are: the race director, course director, members of staff at the checkpoints and refreshment stations, the medical crew, mountain rescue and the officials trailing the field.

14. WITHDRAWING FROM THE RACE

What should you do if, for whatever reason, you are forced to withdraw from the race? Inform the Medical Crew immediately by calling **+49 151 550 101 48**. If you fail to do this it may result in an expensive and complicated search mission being launched to find you. You will have to bear the costs of any such search mission. Please be aware that runners who have withdrawn from the race are not automatically entitled to a transfer.

15. TIME PENALTIES AND DISQUALIFICATION

Nobody in a trailrun race wants to get handed a time penalty of between 5 and 5 und 120 minutes, or even be disqualified. It's not a nice thing, especially as in such cases your start fee will not be refunded. All you have to do to avoid this happening is make sure you pay attention to a few simple points.

Basically, most of it is common sense. Don't take part in the race if you're not physically fit enough and, of course, don't dope. Adhere to all the TWM rules, meet the requirements listed in point 1 of these competition rules, follow the instructions given by race staff, respect the rules on public roads, make sure you have all your essential equipment with you at all times and comply with all checks. On top of that, make sure you keep the environment clean, help each other in emergency situations, don't take any short-cuts, make sure you pass through all the checkpoints, wear your start number in a clearly visible position at all times and don't tamper with it. Last but not least, be fair and friendly to staff, race organisers and your fellow competitors.

16. MEDICAL EMERGENCIES (MEDICAL CREW)

Start/finish area:

Your health is our number one priority. An hour before the official start time and an hour after the last runner reaches the finish area there will be a MEDICAL CREW on-site. Please use their services if you need to. Important! Please make sure you get there in plenty of time – things can get pretty busy. Competitors who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

During the race:

Safety first is the name of the game. That's why members of our MEDICAL CREW and/or public ambulance crews will remain at points along the course until the last runner has passed. If you get into trouble, call the medical info hotline or ask another competitor to do so for you. If things are acute, ask another competitor to provide first aid. Remember: every runner is obliged to help other runners in this way. Don't worry about losing time – any delay incurred as the result of helping another runner in a medical emergency will be deducted from your time at the finish.

In a natural environment there are often unpredictable circumstances which make it difficult or impossible to provide immediate medical assistance. This is where you, your own responsibility and your self-discipline come in. Please abandon the race too early rather than too late – if possible at a checkpoint or refreshment station. If you have recently passed one and are then forced to abandon, please turn around and go back to it. Be sensible. The members of our MEDICAL CREW have the right to withdraw competitors from the race at any time if they believe the runner will not be able to complete the race or will seriously jeopardise his/her health and/or the safety of the course team or MEDICAL CREW by doing so.

Which other powers does the MEDICAL CREW have? They can carry out medical examinations and check if competitors have all the necessary safety equipment. They can transport competitors off the course using the appropriate means of transport and take them either directly or with the help of the local ambulance service to the nearest hospital if this is necessary.

Please be aware that competitors must cover the costs of all rescue services apart from those carried out by the MEDICAL CREW.

MEDICAL INFO HOTLINE: +49 151 550 101 48

EUROPEAN EMERGENCY NUMBER 112

The medical info hotline can be found on the course maps and on the back of your start number. If you are unable to get through to the medical info hotline, please call the European emergency number 112 without delay.

BECOME A LEGEND!





17. DOPING

Any runner found to have doped will be immediately disqualified. Medical procedures not permitted include intravenous infusions (without a Therapeutic Use Exemption), even in cases of stress-induced dehydration. Working on the basis of the WADA rules, the race doctor will decide whether or not individual medical treatments are justified. Doping controls may be carried out at any time.

18. EXTERNAL HELP

Help from spectators, members of your support team and other runners is only permitted if you fall, are injured or find yourself in another emergency situation. There are, of course, exceptions. You are allowed to take food, drinks, spare clothing and medical assistance from people along the side of the course.

19. PROTECTING THE ENVIRONMENT / NATURE

Trailrunners respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

20. THE TRAILRUN WORLDMASTERS SAALBACH RULES

The TRAILRUN WORLDMASTERS SAALBACH takes place on tarmac roads, forest roads, walking paths and alpine trails which are not closed to the public.

- Competitors must adhere at all times to the rules of the road in the respective country. All competitors must follow instructions given by the police and the course marshals.
- Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Competitors take part in the event at their own risk.
- At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.
- It is forbidden for competitors to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the race as the result of accompanying vehicles of any kind may result in the competitor who is receiving support being given a time penalty or being disqualified from the race. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the competitor receiving support.
- For environmental reasons, members of support teams assisting individual competitors are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the competitor who was the recipient or the intended recipient of this support.
- Any competitor who disposes of food wrappers, bottles, cups, etc. by throwing them away in nature instead of at the refreshment stations will be disqualified.
- Competitors who begin the race with poles must keep them with them all the way through to the finish. Vice versa, competitors who begin the race without poles are not allowed to be given poles along the course during the race.
- Only one Worldmaster title can be awarded in each category, so runners in the top three are not permitted to intentionally cross the finish line together.
- All competitors must behave in a considerate, sporting and fair manner.

21. PROTESTS AND JUDGES

Every competitor has the right to lodge a complaint and name witnesses at the Race Office in the finish area if they believe another competitor has breached the race rules or if they are not willing to accept a decision made by the race director. Such protests must be made no more than one hour after finishing the race. A panel of judges will deal with the protest within 24 hours. All named witnesses must appear in person. There is a protest fee of EUR 100. This protest fee will be retained by the event organiser if the protest is rejected. The infractions listed above leading to time penalties or disqualification are just an example of some of the rule violations which may be punished by the race organiser.

22. CANCELLATION OF PARTICIPATION BY RACE ORGANISER

Up until the official end of the event, the race organiser reserves the right to cancel a competitor's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

The race management and organising team reserves the right to make changes to these competition rules.