



COMPETITION RULES

DYNAFIT Trail Run³

Three day's stage, 70 kilometers, 5,150 meters of elevation gain, 200 teams – endurance performance at its finest – this is the DYNAFIT Trail Run³. This event will be held only this year together with the Starkenberger Homerun. From September 18 to 20, 2020 400 athletes in a team of two will cover around 70 kilometers and 5,150 meters of elevation gain on the unique panorama trial course through the alps of Tyrol. The DYNAFIT Trail Run³ starts on Friday, September 18 with a seven-kilometer-long mountain sprint from Jerzens to the Hochzeiger (2,560m), Pitztal. You will have to cover 1,205 meter of elevation gain. At the second stage of the three-day event the teams will run the long distance of the Starkenberger Homerun. The final course on Sunday, September 20 is also the highlight of the alpine run and challenges the runners once more. The course leads over 33 kilometers with 2,270 meters of elevation gain.

But before the fun part starts, you have to work. Before entering the course you will have to do one thing: please read these competition rule thoroughly, understand them and finally signed it with the declaration of liability. As organisers we trust you, because we cannot check your level of fitness and your previous experience. So please, be true to yourself – otherwise it won't work. To make it short: it's about you, your safety, your equipment, your time limits. Everything about the DYNAFIT Trail Run³ summed up in 22 points!

ATTENTION: ALL COVID-19 RELATED REGULATIONS ARE NOT YET PART OF THIS COMPETITION RULES. WE WILL DETERMINE THOSE AS SOON AS THE THEN CURRENT LEGAL AND OFFICIAL REGULATIONS ARE DEFINED. THE THEN RULING COVID-19 REGULATIONS WILL THEN BE A FIXED PART OF THIS COMPETITION RULES AND THE GENERAL TERMS. THE SPECIAL COVID-19 REGULATIONS WILL BE ANNOUNCED 14 DAYS BEFORE THE EVENT.

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the DYNAFIT Trail Run³, who is allowed to take part and what are the requirements?

- Basically: you run in a team of two and must be at least 18 years old. High alpine passages await you on all days. Without the relevant previous experience and previous knowledge of climbing high-alpine passages you should stay at home. If you complete the three distances in three days, keep in mind that the three races on the successive days are not easy. If you haven't trained enough, you should refrain from participating.
- Mountains and fear of heights? That doesn't work. Absolute surefootedness on alpine paths and climbs is important, even when things get really difficult. Short rope-secured sections do not cause you any difficulties. And if something does happen, you know how to act in an emergency.
- Almost everyone knows about topographic maps and GPS technology in times of mobile phones. Important: Even without technology everyone must be able to orientate themselves in alpine terrain, even if the weather and visibility are poor.
- Those who are sick, injured or simply not fit enough should try again next year. With your signature under the liability declaration, you confirm that you are fully fit for sports.
- No qualification is required for the DYNAFIT Trail Run³ and individual registration is possible for all participants.

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

It can get lonely on the course because everyone is completely on their own. Competitors must be self-reliant throughout the race. That means all runners must be able to orientate themselves without external support. This also means that everyone has enough food and drinks with them.

3. COURSE

There is no guarantee that the weather will be good.

Therefore, if the weather goes crazy and safety is no longer guaranteed 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: <https://starkenberger-homerun.com/info/#strecken>

4. TEAM RANKING

The DYNAFIT Trail Run³ is a team race, consisting of two starters per team. If one of the team members has to withdraw from the race, the entire team is out of the ranking. Should the other team member still finish, there is no individual ranking. He runs out of the ranking.

5. SCORING

The DYNAFIT TRAILRUN³ consists of three races on three consecutive days:

- Mountain sprint, Friday September 18, 2020
- Homerun, Saturday September 19, 2020
- DYNAFIT Trail Run Imst, Sunday September 20, 2020

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The DYNAFIT TRAIL RUN³ is a team race and that is what characterizes this race. For safety reasons, you start in teams of two. This means that you reach all checkpoints and the finish on Sunday together, otherwise you will drop out of the classification. The pain limit here is less than 2 minutes, if there is a difference of 2 minutes and more at a control point or at the finish line, there is a time penalty of 5 - 120 minutes and, in the worst case, disqualification.

If one of the two team members has to leave, e.g. due to exhaustion, the organizer will try to integrate the partner into another team. From then on, he or she runs outside of the classification and, insofar as he has mastered all stages, is considered an individual finisher.

6. CLASSIFICATION CATEGORIES

There will be the following classification categories:

- MEN
- WOMEN
- MIXED

The organizer reserves the right to only start a category if at least 15 teams start in the category.

7. CLOTHING / EQUIPMENT

The weather conditions in the mountains can change quickly. You must wear the following equipment / clothing during the entire competition or take it with you in your running backpack. 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. Any changes, e.g. for the mountain sprint and the home run, will be announced by the race director / course boss at the corresponding race briefing.

EACH PARTICIPANT must carry:

- Trail running shoes with a tread that is suitable for running in alpine terrain
- Running backpack
- 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). The basic rule is that no skin is visible!
- Gloves and a warm hat
- Food and beverage supplies must be labeled (waterproof) with the start number
- Cups to hold the drinks at the refreshment points
- 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)
- Bottle or cloth with disinfectant
- Covering the mouth and nose is mandatory in the start / finish area and at the catering areas
- GPS watch with complete course data saved to memory, alternatively: the printed course map(s) and elevation profile (issued at registration on race date)
- A mobile phone which has the number of the rescue service saved in its address book in order to be able to make emergency calls (it must be made sure that the phone can make international calls and works abroad)

8. START NUMBER

You can get your start number, which is unique and cannot be transferred to other people, at the registration in Imst upon presentation of the signed liability declaration (previously downloaded in your account and under the link in your registration confirmation). It must be completely visible during the race and must not be removed.

9. ELECTRONIC TIMING

The start number contains an electronic transponder chip, which will record the 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).

10. BRIEFINGS / START

In advance there will be a briefing of the course, either in Imst or online (please note the short-term information; due to Covid19 the briefings might be held online). The briefing will contain information about each race and detailed information about the course for each distance. At the briefing you will get to know all characteristics of the course and the most important regulations of the new competition rules. Participation is compulsory.

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The starting times are as following:

- Mountain sprint Hochzeiger/Imst	2pm 3pm	start numbers 1-100 start numbers 101-200
- Starkenberger Homerun	10am 11am	top 50 from the overall ranking teams from 51 from the overall ranking
- DYNAFIT Trail Run Imst	08.30am 09.30am	top 100 Teams from the overall ranking teams from 101 from the overall ranking

11. NEUTRALISED START

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

12. COURSE SIGNPOSTING

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, they can disappear or be hard to see in darkness or snowfall. We ask for your understanding. Once the time cut-off has passed, the course is closed to all runners and the markings will be removed soon.

13. CHECKPOINTS AND REFRESHMENT STATIONS

a) Mountain sprint:	only in the finish area
b) Starkenberger Homerun:	2 control and refreshment points
c) DYNAFIT Trail Run Imst:	3 control and refreshment points

Refreshments:

The offer at the V-offices depends on the then applicable Corona rules and will only be determined at short notice. The exact location of the refreshment point can be found on the respective route map and is numbered consecutively.

Checkpoints:

At the checkpoints, the participants are recorded electronically using a timing system. Anyone who does not pass a checkpoint and later arrives at the finish line (e.g. due to abbreviations or progress) will be disqualified.

14. TIME CUT-OFFS / FINISH

You know that from the Tour de France. If a team member arrives late at the finish or at a checkpoint, the entire team is out of the official ranking. These participants can start again the next day, but will no longer run in the official classification. You can find the time limits in the map material. Incidentally, the organizer can adjust the time limits at any time. Who can take you out of the race: Race director, course manager, the staff of the control and refreshment points, the medical crew, mountain rescue and the final runner.

15. WITHDRAWING FROM THE RACE

If a runner is forced to withdraw from the race, he must inform the Medical Crew immediately by calling **+49 151 550 101 48**. If he fails to do this it may result in an expensive and complicated search mission being launched to find him. The runner 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.

16. TIME PENALTIES AND DISQUALIFICATION

Who wants to collect a time penalty between 5 and 120 minutes or even be disqualified? Not a nice thing, especially since your entry fee will not be refunded. To avoid this, you just have to consider a few points:

You shouldn't even have to talk about it, it is so natural. You have no health problems and don't dope either. You comply with the DTR³ rules, meet the requirements under point 1 of the regulations, observe all instructions from the official staff as well as the road traffic regulations, have your mandatory equipment with you and do not refuse to control. Of course, you do not pollute the environment, help each other in an emergency, do not shorten the route, pass all checkpoints, apply your start number correctly and leave it as it is. In conclusion: gross unsportsmanship is a foreign word for you.

17. 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 plenty of time ahead – things can get pretty busy. Competitors who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

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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. 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.

18. 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.

19. 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.

20. PROTECTING THE ENVIRONMENT / NATURE

Trail runners 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.

21. THE PLAN B RULES

The DYNAFIT Trail Run³ 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 or cups by throwing them away in nature instead of at the refreshment stations will be disqualified.

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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.

Mechanical connections between two runners are prohibited for safety reasons.

All competitors and teams must behave in a considerate, sporting and fair manner.

22. 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.

23. 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.

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