



## COMPETITION RULES

### DYNAFIT Transalpine Run 2021

The DYNAFIT Transalpine Run is unlike any other race in the world. In the space of eight days, 600 runners in teams of two complete over 260 kilometres and 16,000 vertical metres across the Alps on foot. It is a challenge. Which trailrunner hasn't dreamt of challenging him- or herself and crossing the Alps on foot?

Words can't describe the feeling once you have crossed the finish line after the final stage. It is – unbelievable! But there's a lot of hard work that goes into making this dream a reality. That's why we ask all runners to read these competition rules carefully.

As organisers, we trust you – we cannot check your level of fitness and previous experience at running events. Therefore we ask you to be honest with yourselves. That is the best way to ensure that everyone taking part in the DYNAFIT Transalpine Run has a memorable time and stays fit and healthy. The following 22 points are about you as a person, safety measures, equipment and time cut-offs at the DYNAFIT Transalpine Run.

#### 1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the DYNAFIT Transalpine Run, who is allowed to take part and what can you expect?

The event is for teams consisting of two runners who are at least 18 years old. The DYNAFIT Transalpine Run is an extreme team stage race. The different stages, 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 haven't trained enough to complete the eight stage, we recommend you start off with the new format RUN2.

Eight extremely long stages are no walk through the park but a physical and mental challenge that you need to be up to. 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. 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 even as a team of two. 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 drinks as well as a first aid kit with you.

#### 3. COURSE

The DYNAFIT Transalpine Run consists of several daily stages of varying length and difficulty. 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: <https://transalpine-run.com/en/course/>

#### 4. TEAM RANKING

The DYNAFIT Transalpine Run is a team race. Also due to safety reasons, participants of the DYNAFIT Transalpine Run compete the stages 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, e.g. due to exhaustion, the organizer will endeavor to integrate the other partner in a new team. 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. CLASSIFICATION CATEGORIES

There will be the following classification categories:

- MEN, WOMEN, MIXED
- MASTER MEN, MASTER WOMEN, MASTER MIXED (combined 80 years and over)
- SENIOR MASTER MEN, SENIOR MASTER WOMEN and SENIOR MASTER MIXED (combined 100 years and over)

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A competitor's age is defined as his/her age on the start day of the event. If there are fewer than 15 runners signed up for a category, these competitors will be classified together with another category.

## 6. CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all competitors must wear or carry in their running backpacks 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.

EACH PARTICIPANT must carry:

- Closed trail running shoes with a grip sole, suitable for running in alpine terrain
- Shoe spikes for glacier and/or now snow passages (minimum 0.75 cm long steel spikes) on certain stages (respective stages will be announced on time by the race director during the daily briefings on-site)
- 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
- Foldable cup for drinks / food at the food stations
- Water tank with a minimum holding capacity of 1 liter
- Labeled food (marked with bib number)
- ID Card
- Desinfectant, mouth and nose protection, disposable gloves

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)

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. Furthermore, we recommend a separate foldable bowl for the food at the food stations.

Additionally, for participants spending the night at the TAR-Camp, sleeping bag and camping mat are mandatory. Otherwise nights will get quite uncomfortable.

## 7. START NUMBER / LEADER JERSEY AND FINISHER SHIRT

You will receive your start number, which is unique to you and cannot be transferred to other people, at the registration desk. 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.

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. ELECTRONIC TIMING

The time measurement is fixed on the back of your start number, which will record your time. If it does not work or becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office.

## 9. BRIEFINGS / START

At the starting location on the evening before the race there's not just calories galore at the Pasta Party but also a compulsory briefing on the race as a whole and on the first stage you will be running. It is here that you will be told about the route in detail and the regulations. At each subsequent stage, participants will receive a detailed route briefing for the next stage as part of the respective pasta party. One team member at least must attend the briefings. On the day of the competition runners must gather at the start area 45 minutes before the official start time. There will be a final briefing in the start area 15 minutes before the gun goes off.

## 10. NEUTRALISED START

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

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## 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

There are between one and four control points along each stage, where both participants of a team have to check in.

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 and out of the ranking for the respective day. 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.

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 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 trailrunning 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 TAR 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.

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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. 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.

## 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 DYNAFIT TRANSALPINE RUN RULES

The DYNAFIT Transalpine Run 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.

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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.

Mechanical connections between two runners are prohibited for safety reasons.

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.**

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