

## REGULATIONS

### LOWA TRAIL TROPHY 2025



#### 1. EVENT CHARACTER / PARTICIPATION CONDITION

The following applies: everyone is an individual starter and must be at least 18 years old.

All routes include high alpine sections, so absolute sure-footedness on alpine paths and trails is very important. In addition, everyone should be able to cope with routes that include sections secured by ropes.

A well-developed sense of orientation in the terrain, even in bad weather and visibility conditions, as well as orientation using your selected map material (GPX data on the watch or printed map)

By signing the declaration of liability, everyone confirms their full fitness for sports. Therefore, we ask for a great sense of personal responsibility and consideration. If in doubt, we advise against starting if you have any illnesses or injuries.

The points listed here are not exhaustive, but rather serve as examples and are based on general experience.

#### 2. AUTONOMY OF THE PARTICIPANTS

It can get lonely on the route, and you are completely on your own. This means that each participant must be able to orient themselves on the route under their own steam. External help is only allowed in emergencies, see point 19.

#### 3. ROUTE

The LOWA TRAIL TROPHY involves running multi-day stages of varying lengths and difficulty. There is no guarantee of good weather. Therefore, if the weather is bad and safety can no longer be guaranteed, sections of the route can be changed at short notice, replaced by alternative routes, or canceled completely. All information can be found at [www.trail-trophy.com/en/route/](http://www.trail-trophy.com/en/route/)

#### 4. CATEGORIES

The following categories are offered:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (from 40 Years of age)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (from 50 Years of age)
- GRAND MASTER MEN and GRAND MASTER WOMEN (from 60 years of age)

The cut-off date for the age groups is the start date of the event. If the minimum number of 15 starters per category is not reached, the affected participants will be grouped with another category.

#### 5. CLOTHING/EQUIPMENT

The weather in the high mountains can change suddenly. You must wear the following clothing/equipment or carry it in your backpack during the entire competition. We will check before the start and at the checkpoints and, in case of doubt, we will also impose time penalties or disqualifications.

**Each participant must carry the complete mandatory equipment listed below!**

- **Closed trail running shoes** with a profiled sole that are suitable for running in alpine terrain
- **Waterproof jacket** with taped seams and, if indicated, with a water column of at least 10,000 mm.
- **Extra clothing** (long-sleeved top or short-sleeved shirt with arm warmers and long trousers or leg warmers ) as an insulating intermediate layer under the outer clothing (for bad weather that can come unexpectedly in the high mountains). As a general rule, no skin should be visible!
- **Gloves and beanie**
- **Folding cup** for drinks and food at the refreshment points and in the finish area
- **Water container** with at least **1.0 liter capacity**
- **Emergency equipment** (2 rescue blankets, 2 compresses 10x10, 2 first-aid dressings, 2 pairs of disposable gloves, 2 triangular bandages, 4 plasters, emergency whistle)
- **Navigation watch** with pre-installed GPS track of the selected route or, **alternatively, route maps** in printed form. Map material will be provided online by the organizer for printing.
- **Mobile phone** with medical crew number stored for making emergency calls (mobile phone must also work abroad).
- **Labeling** of food packaging with the start number
- **Identity card**
- **Shoe spikes** for snow passages (at least 0.75 cm long steel spikes) on certain stages (stages will be announced by the race director in good time at the briefing)
- **Helmet** on certain stages (stages will be announced by the race director in good time at the briefing)

OUR TIP: Don't forget sun cream, cream for chafing, sunglasses, poles, and your own food. We also recommend that you bring your own folding bowl for separate food distribution at the refreshment points.





## 6. START NUMBER

Each participant receives a start number, which is non-transferrable, in return for the signed declaration of liability (can be downloaded in advance in the registration form) and presentation of the respective identity card. The start number must be completely visible during the race and must not be removed.

## 7. TIMEKEEPING

The timekeeping is fixed to the back of the start number and transmits your running time. If the timekeeping does not work or the start number has been lost, please inform the control points and the race office immediately. Wear it clearly visible on your body and do not cover it.

## 8. BRIEFINGS/START

The **course briefing will take place online** (all the special features of the route will be communicated here). In other words, each participant will receive the link to the briefing together with the final information by email about a week before the start. This briefing must be viewed and confirmed. Only then will the start number be handed out at registration. At each stage location, there will be a short but detailed route briefing for the following stage as part of the evening event. On the day of the race, the starting line-up begins 45 minutes before the official start time. 15 minutes before the starting signal, the latest news will be given in the starting area.

## 9. NEUTRALIZED START

If there is a neutralized start, overtaking the lead vehicle is not allowed during this time.

## 10. MARKING OF THE ROUTE

We will make sure you find your way. The route will be marked by our experienced route team with chalk spray, signs, barrier tape, flags, etc. Markings may be removed or changed by third parties, or may disappear or be obscured by wind, darkness, fog or snow. The route will be marked immediately after the time limit has expired.

## 11. CHECKPOINTS AND AID STATIONS

There are one or two checkpoints on each stage.

Aid stations:

Each aid station offers drinks and bread, bars, fruit, etc., and selected stations also offer hot food and drinks. The exact location of the feeding stations can be found online on the respective route map and is numbered.

Checkpoints:

All participants will be recorded in the order of their arrival at the checkpoints. Anyone who does not pass a checkpoint but still reaches the finish line later (e.g. because of taking a shortcut or getting lost) will be disqualified.

## 12. TIME LIMITS/FINISH

The time limits are posted on the homepage. The organizer can adjust the time limits at any time, e.g. due to weather conditions. The race director, route manager, staff at the checkpoints and refreshment points, medical crew and the runners at the end of the field are authorized to take you out of the race.

If you exceed the time limit for any reason, you will no longer be entitled to the finisher shirt.

Anyone who is too late at the finish or at a check point will be removed from the official ranking and will also be taken out of the race on that day. Runners may start again the next day, but will no longer be considered finishers.

## 13. WITHDRAWAL FROM THE RACE

If a participant withdraws from the race, they must immediately notify the medical crew by calling **+49 151 550 101 48**. Otherwise, an expensive and time-consuming search operation may be initiated at the participant's expense. Participants who withdraw from the race are not entitled to a transfer.



## 14. TIME PENALTIES AND DISQUALIFICATION

There must be no health problems and no doping is permitted. Everyone is obliged to comply with the LOWA TRAIL TROPHY rules and to fulfill the requirements under point 1 of the regulations. In addition, all instructions of the official staff as well as the road traffic regulations must be observed. Everyone must have the mandatory equipment with them and may not refuse to be checked. No one may pollute the environment or shorten the route. In an emergency, you must help each other and you must pass every checkpoint. Anyone who disregards these points can be given a time penalty of between 5 and 120 minutes or be disqualified. The entry fee will also not be refunded in this case.

## 15. MEDICAL EMERGENCY CARE (MEDICAL CREW)

Start/finish area: We care about your health. The MEDICAL CREW's medical service is available for one hour before each start and one hour after the last runner. Please remember this. Come in good time, as the rush can be great. There is no entitlement to medical care if you do not present yourself in time.

During the race: Safety is our top priority. That is why forces of the MEDICAL CREW and/or public rescue organizations are on standby along the route until the last participant has passed the finish line. If you should find yourself in need, call the medical info hotline or ask other participants to do so. Or for first aid. Important: Every participant is obliged to do this.

Don't worry: Any time lost will be credited to you.

In nature, there are always unforeseen circumstances that delay immediate assistance. And that's where you come in – through personal responsibility and self-discipline. It is better to end the race earlier than too late, ideally at a check point or supply station, or to return there. Please be sensible, as the MEDICAL CREW is authorized to disqualify and remove from the race at any time any participants who are no longer able to finish the race under their own steam or only with an impending risk to their health and/or endangering the deployed route personnel or the MEDICAL CREW.

What else is the MEDICAL CREW allowed to do? First of all, they are allowed to examine participants from a medical point of view and check the mandatory equipment, transport or evacuate participants by suitable means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition requires it.

Costs for a possible deployment for suitable recovery outside the services of the MEDICAL CREW shall be borne by the participant.

**MEDICAL INFO HOTLINE: +49 151 550 101 48**

**EUROPEAN EMERGENCY CALL 112**

The medical info hotline is available on the route maps and on the back of the start number. If the medical info hotline is not available, the emergency number 112 must be contacted immediately.

## 16. DOPING

Any case of doping will result in the immediate disqualification of the participant concerned. Intravenous infusions without a therapeutic use exemption are prohibited, even in the case of exercise-induced dehydration. The race doctor decides on justified medical applications in accordance with the WADA regulations. Doping controls are possible at any time.

## 17. HELP FROM THE OUTSIDE

Help from the outside (from spectators, supporters or other participants) is not allowed! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. You may accept food and/or drinks from supporters at the official refreshment points. Attention! Please note point 19!
2. In case of falls, injuries or other emergency situations, you may accept help at any time (in the form of food, drinks and/or replacement clothing).

## 18. ENVIRONMENT/NATURE CONSERVATION

Trail runners are not environmental polluters. Therefore: Only dispose of waste at the refreshment points and do not deliberately pollute or damage nature.





## 19. THE LOWA TRAIL TROPHY RULES

The Lowa Trail Trophy takes place on public and non-closed roads, forest roads, hiking trails and alpine paths.

Participants must always follow the traffic regulations of the respective country. All participants must follow the instructions of the police and the official route staff.

There may be a risk of falling off the official route, which is why shortcuts (including shortcutting hairpin bends, etc.) or self-selected route variants are prohibited. Each participant runs at their own risk.

If it becomes unclear or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is under no obligation to do so.

Any interference with the race by support vehicles of any kind may result in time penalties or disqualification of the supported participant. If support vehicles are encountered on sections of the route closed to public traffic, this will immediately lead to the disqualification of the participant to be supported. For reasons of nature conservation, companions of individual participants or teams are strictly prohibited from polluting or damaging the route and the surrounding nature. This includes, in particular, spraying or painting on the route. Any violation will immediately lead to the disqualification of the participants who were supported or were supposed to be supported.

Anyone who disposes of waste such as food packaging, bottles or beverage cups in nature instead of at the refreshment stations will be immediately disqualified.

Those who start with poles must also carry them to the finish. Conversely, no participant who started without poles may be given them along the way.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams are required to be considerate, sporting and fair.

### ATTENTION:

IN THE EVENT THAT COVID-19-RELATED OFFICIAL REGULATIONS ARE DEFINED, WE RESERVE THE RIGHT TO CARRY OUT THE EVENT IN ACCORDANCE WITH THE RULES THEN IN FORCE IN ORDER NOT TO ENDANGER THE ENTIRE EVENT. THE SPECIAL COVID-19 RULES WILL BE ANNOUNCED AT THE LATEST 14 DAYS BEFORE THE EVENT!

## 20. PROTEST AND JURY

Any participant can file a protest at the race office and name witnesses up to one hour after the finish if other participants violate the rules or against decisions made by the race management. A jury will then decide on the protest within 24 hours. All named witnesses must appear. The protest fee is EUR 100.00. If the protest is rejected, the protest fee will be retained by the organizer. The violations listed above that can lead to time penalties or disqualifications are only a selection of the possible actions that can be penalized.

## 21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract with each individual participant up to the official end of the event in the form of a right of withdrawal according to §§ 324, 241 para. 2 BGB. The settlement then takes place according to § 346 BGB.

**The race and organization management always reserves the right to make any changes to these regulations.**

Note: For reasons of readability, the masculine form has been chosen in the text, but the information nevertheless refers to people of all gender identities.