

## COMPETITION RULES

### TrailTriple Imst

Before the race, there is some work. So before you go out on the track, it's time for each of you: Please read these regulations in full, understand them and sign the liability declaration at the end. As organisers we trust you, we cannot check your fitness or previous experience. So please be honest with yourself. Otherwise nothing will happen. To make it short. It's about you, about your safety, about your equipment, about time limits. Everything in 22 points about the TrailTriple!

**ATTENTION: ALL COVID19 REGULATIONS ARE NOT PART OF THESE RULES! WE WILL ONLY DEFINE THEM ONCE IF THE APPLICABLE LEGAL AND OFFICIAL REGULATIONS HAVE BEEN DEFINED!**

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

What is the TrailTriple Imst, who can take part in the TrailTriple Imst and what do you have to be able to do?

- Basically: you run in a team of two and must be at least 18 years old. High-alpine passages await you on all days. If you have no previous experience or knowledge of high alpine passages, it is better to stay at home. If you complete the three distances in three days, bear in mind that the three races on the consecutive days are anything but a piece of cake. If you have not trained enough, it is better not to participate.
- Mountains and fear of heights? That doesn't work at all. It's important to be sure-footed on alpine paths and climbs, even when it's getting really tough. Short rope-secured sections are no problem for you. And if something does happen, you know what to do in an emergency.
- In the age of smartphones, you know your way around topographical maps and GPS technology. Important: Even without the technology, you need to be able to orientate yourself in the alpine terrain, even if the weather and visibility are poor.
- If you are ill, injured or simply not fit enough, you'd better try again next year. By signing the liability declaration, you confirm that you are fully fit for sport.
- No qualification is necessary for the TrailTriple and individual registration is possible for all participants.

The points we have listed here are not exhaustive, but rather serve as examples and general empirical values.

### 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 to drink with you on the laps.

### 3. COURSE INFORMATION

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

### 4. CLASSIFICATION/ LEADER SHIRTS/ FINISHER SHIRT

The TrailTriple Imst consists of three races on three consecutive days:

- Uphill Trail Hochzeiger, Friday 17 September 2021
- Starkenberger Homerun, Saturday 18 September 2021
- Mountain Challenge Imst, Sunday 19 September 2021

The TrailTriple Imst is a team race and that is also the character of this stage race. Sometime you will start in teams of two for safety reasons. This means that you have to reach all the checkpoints and the finish on Sunday together, otherwise you will be disqualified. The pain threshold here is less than 2 minutes. If there is a difference of 2 minutes or more at a checkpoint or at the finish, you will be penalised by 5 - 120 minutes and, in the worst case, disqualified if you repeat the race.

If one of the two team members has to withdraw, e.g. due to exhaustion, the organiser will try to integrate the partner into another team. However, he or she will then run outside the classification and will be considered an individual finisher if he or she completes all stages.

### 5. CLASSIFICATION CATEGORIES

The following categories have been announced:

- MEN
- WOMEN
- MIXED

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

## 6. CLOTHING / EQUIPMENT

Weather conditions can change quickly. However, all competitors are free to choose their own equipment that they are willing to carry during the race. In case, the weather conditions get extremely bad, the race director can choose mandatory equipment that every participant must wear or carry during their race. The equipment is valid for all three distances. Any changes, e.g. for the Uphill and the Homerun, will be announced at the corresponding race briefing by the Race Director.

- 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 hat
- Label your food packaging with your race number
- Foldable cup to take drinks and food at the refreshment station
- Water container with a volume of at least 1.0 litres
- Emergency kit (1x compress 10x10cm, 2x bandages, 2x gloves, 1x triangular bandage, 4x plasters, emergency whistle, blister plasters, survival blanket)
- Disinfectant, cover of mouth and nose and gloves
- Navigation watch with saved GPS track of the selected route or alternatively route maps in printed version. Maps are provided by the organizer online for printing
- Mobile phone with Medical Crew Number saved in its address book to be able to make emergency calls (it must be made sure that the phone can make calls from within Austria as well)

Our Advice: 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. BIB NUMBER

You will receive your bib 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 at online registration). Your bib number must be visibly at all times during the race and cannot be taken off.

## 8. ELECTRONIC TIMING

Your start number contains an electronic transponder, which will record your time. If this chip does not work or becomes lost, please immediately inform a member of staff at the Race Office.

## 9. BRIEFINGS / START

In the run-up to the race there will be a lot of information about the individual races in Imst or online (note the short notice; due to COVID19 conditions the briefings may be virtual) as well as a detailed course briefing for each distance. Here you will learn all the specifics about the course and the most important rules from the current regulations. Participation is compulsory.

## 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) Uphill Trail Hochzeiger: finish only
- b) Starkenberger Homerun: 2 checkpoints and refreshment points
- c) Mountain Challenge Imst: 3 checkpoints and refreshment points

Refreshment points:

The supply at the foodstations depends on the COVID19 rules in force at the time and will only be determined at short notice. The exact location of the refreshment points can be found on the respective course map and is numbered consecutively.

Checkpoints:

At the checkpoints the participants will be registered electronically by means of a timekeeping system. Anyone who does not pass a checkpoint and later crosses the finish line anyway (e.g. because of shortcuts or running off course) will be disqualified.

### 13. TIME CUT-OFFS / FINISH

You know this from the Tour de France. If you are late at the finish or at a checkpoint, you are out of the race and out of the classification. These participants can start again the next day, but they no longer run in the official classification and do not receive the finisher shirt. You will find the time limits in the map material. By the way, the organiser can adjust the time limits at any time. Who is allowed to take you out of the race: Race director, course director, the staff at the control and aid stations, the medical crew, mountain rescue and the final runners.

### 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 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 TrailTriple Imst 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.

## 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 PLAN B RULES

The TrailTriple Imst 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 traffic rules 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.
- 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**