



## REGULATIONS

### SCOTT ROCK THE TOP - ZUGSPITZ TRAILRUN CHALLENGE 2017

The following rules and regulations shall apply to the SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge. By registering for the event, every participant confirms that he has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing the waiver of liability.

#### 1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge is a single trail run around the Zugspitze massif. Certain courses of the SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge include high alpine trails passages demanding particular experience and skill of the participants.

Specifically, prior experience and applicable competencies must relate to:

- **Profound experience** in alpine environments / trail-running settings
- **Awareness** of the extraordinary **course length** and associated **physical** and **psychological challenges**
- Understanding that signing the liability waiver **confirms an unreserved fitness-to-compete and a physical /mental disposition** allowing participation in / coping with the strains and challenges of extreme endurance competitions (submission of a medical certificate not required)
- **Being sure-footed** on alpine trails, faint paths and across terrain without a recognizable trail tread even where participants are exposed to precipitous vertical relief. Such ability may not be compromised by an undue and known fear of heights.
- **Prior experience** in negotiating difficult alpine terrain (e.g. exposed cliffsides that may be secured by fixed ropes)
- Orientation skills that corroborate **a good sense of direction** in mountainous terrain even during inclement weather and visibility. Navigational competencies that allow following a bearing /path using topographical maps or digital course information provided by the race organizers
- Familiarity with **basic emergency procedures** as applicable to high alpine and mountainous terrain.
- **Full physical aptitude** to exceed or at least meet predefined minimum speed requirements for the course (or segments thereof) as spelled out in the race documentation – even under challenging environmental conditions as would often be prevalent in the High Alpine, on technically demanding trail sections (e.g. trail segments secured by fixed ropes or subject to severe exposure) or during difficult weather (e.g. rain, snow cover or frozen surfaces).
- There is **no need for participants to qualify** in preliminary runs in order to participate in the SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge
- Eligible for participation are all persons that are at least **18 years old** and thus of legal age (except at the Short Distance)

The fact that the participant actually fulfills these necessary pre-conditions cannot be verified by us as the organizer of the event. By registering for the event and signing this document, the participant represents and warrants to the organizer that he or she has the above listed skill and expertise, where the individually mentioned skills are by no means to be understood as a complete list but merely represent examples we have taken from experience with the event.

#### 2. SELF-SUFFICIENCY OF PARTICIPANTS

The SCOTT ROCK TOP - Zugspitz Trailrun Challenge is a trail-running event for individual competitors whom race organizers expect to be competent to fend for their own and to demonstrate self-reliance over extensive course sections. Self-sufficiency is defined in this context as the ability of each individual participant to be able to (a) maintain adequate orientation and direction on the course without outside assistance, (b) evaluate objective hazards (e.g. darkness, rain, lightning storms, fog, snowfall, slippery trail sections) and to demonstrate apt mental disposition to respond to such and other challenges within reason, (c) to supply themselves with stores of food and beverages for prolonged trail sections where catering facilities may not be available. The requirement for self-sufficiency may not be waived during night hours, during adverse weather (e.g. downpour, snowfall, etc.), on challenging course sections (e.g. wet or weakened trail surfaces) or due to alterations in the competitor's physical or mental capacities (as a consequence of fatigue or injury).

#### 3. COURSE

SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge consists of several races on three days. The races will start as follows:

- Zugspitz Uphill Trail (Ehrwald – Top of Zugspitze)
- Zugspitz Marathon Trail (Ehrwald –Top of Zugspitze)
- Half Marathon Trail (Ehrwald)
- Short Distance Trail (Ehrwald)

Depending on the weather and the circumstances the event organizer can change the course and may use alternatives routes instead of the original course.

Due to this possible development it may occur that altitude differences, horizontal distances and difficulties of the course will change.

#### 4. RANKING CATEGORIES

There are the following categories to compete in:

- MEN
- WOMEN
- MASTER MEN (age 40+, cut-off date July 22<sup>nd</sup> 2017)
- MASTER WOMEN (age 40+, cut-off date July 22<sup>nd</sup> 2017)
- SENIOR MASTER MEN (age 50+, cut-off date July 22<sup>nd</sup> 2017)
- SENIOR MASTER WOMEN (age 50+, cut-off date July 22<sup>nd</sup> 2017)

The minimum number of participants in each category is 15. If the minimum number of participants in a given category should not be reached, participants will automatically be ranked one category below (e.g. Senior Master in case of Master)

Special rankings:

The SCOTT Rock the Top DOUBLE is a special ranking including the marathon and the halfmarathon. Participants must register specifically with their registration to take part in this ranking.

Additional special rankings can be added to the regulations and will be described if necessary in more details.

**Subject to change, please see latest race- info**

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## 5. CLOTHING/EQUIPMENT

There is **NO mandatory equipment** at the **Half Marathon** and the **Short Distance**

It is mandatory to carry the following equipment during the **Zugspitz Marathon** and **Zugspitz Uphill**:

- **Trail running shoes** with a tread that is suitable for running in alpine terrain
- **Labeling of a competitor's food / beverage supplies** by the individual's start number
- **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); **basic rule: it is not allowed to see any skin!**
- **Gloves** and a warm **hat**
- **Drinking vessel** to receive drinks at the food stations
- **Water tank** containing at least **1.5 liters** (ZUGSPITZ UPHILL 1I)
- **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)
- **GPX watch** with complete course data saved to memory, **alternatively:** the printed course map(s) and elevation profile (issued at registration on race date)
- **Running Back pack**
- **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)

Also recommended: sun screen, fatty cream against chafing, additional supply of own food and beverages, blister tapes.

**The race organizers will perform random checks prior to the race start and at various check points on whether the aforementioned mandatory equipment/clothing is indeed being carried along. If mandatory equipment were to be missing, the participant in question will be disqualified from the race.**

## 6. START NUMBER TAG AND FINISHER SHIRTS

This start number tag must be worn on the body and remain visible at all times during the race and not be covered by items of clothing. It is issued personally per participant and non-transferable. Advertisements on the start number tags must remain visible during the race. The transponder chip in the start number tags is scanned before the start, at check points, and in the finish.

Those participants of the Marathon and Uphill race who finish their races from start to finish and as such have completed every step of the course will receive the Finisher Shirt.

Participants are given separate start numbers for the races.

## 7. TIMING

Times are recorded with an electronic transponder chip system. The chip is attached to the back of the start number tag and may not be torn out! The chip records the individual participant's time electronically. Should a chip get lost or fail to work properly, please inform the personnel at a check point and the race office immediately.

## 8. BRIEFINGS/START

A thorough briefing on the Zugspitz Marathon and Uphill will be provided by the responsible race-course director on Friday. On Sunday morning a short course-briefing on the Half Marathon and Short Distance will be held in the start area. In that briefing the specific features of the following race will be brought to the attention of the participants.

Participants can position themselves within the starting grid **45 minutes prior to the officially announced race start**. An updated, daily briefing will be given by the responsible race-course director approximately **15 minutes before the start** to ensure that all participants can be in attendance. All briefings will be given by the authorized race and course director.

## 9. NEUTRALIZED START

A neutralized start will be announced always during the briefing by the race and course director in charge. During a neutralized start it is not allowed to pass the pilot vehicle / motorcycle.

## 10. SIGNPOSTING

The course of SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge will be marked with chalk spray, signposts, barrier tape, flags, etc. by an experienced and competent team. This, however, does not guarantee a continuously marked course and it does not free the participants from their obligation to keep their bearings in alpine territory. Especially at nightfall, after heavy rain, in case of snow, or other adverse weather conditions, markings can disappear, be covered up, or not be visible in time. That is why participants have to carry with them the detail map, and altitude profiles of the course (printed or digital).

## 11. CHECK POINTS & FEED ZONES

On each stage there are between one and four check points, the location of which is unknown to participants before the race, where participants have to check in. Participants that miss one of the check points but still arrive at the finish (e.g. because they lost the way or took a shortcut), will receive a time penalty of 60 minutes for every check point they missed. The jury reserves the right to impose a higher time penalty depending on the specific circumstances.

At each feed zone sports drinks, energy bars, and fruit are available for participants. The exact location of the feed zone is pointed out on the map and the Trail Book. Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly. Depending on the weather, some feed zones will also offer warm meals.

Medical Check:

ZUGSPITZ MARATHON: medical check for all runners at the food station V3/Pestkapelle by the MEDICAL CREW.

## 12. TIME LIMITS/FINISH

Time limits will be defined (e.g. check point 3 by 15:00) by which participants have to have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the trail book to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. The official results of the race are determined in the finish. Participants will be scanned in the order in which they arrive. That way the official ranking of the race is calculated. For their own safety, participants that do not make the cut-off times (e.g. from 15:01 at check point 3) will officially be taken out of the race by the race and course director, the personnel at the check points, or the officials trailing the field.

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### 13. WITHDRAWAL FROM THE RACE

Participants that decide to withdraw from the race for whatever reason (i.e. exhaustion, injury) must inform the race organizers immediately by calling +49/151/55010148. Participants that do not inform the race organizers of their decision to withdraw will be considered "gone missing" and a search and rescue operation (including official rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. In case of withdrawal from the race the organizer has no duty to transport the runners for example by shuttle, as well in case of cancellation the race or changing the route.

### 14. TIME PENALTIES AND DISQUALIFICATIONS

The jury reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following violations:

- Failure on the part of the participant to fulfill the particular pre-conditions mentioned under heading 1 of this document
- Noncompliance with / violation of the SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge rules
- Disregard of the directives of the race and course director, rescue director, officials at the check points, or officials within and trailing the field
- Breach of traffic regulations
- Not carrying the complete, mandatory equipment at the start (for a complete list see clothing/equipment)
- Refusal to be subjected to an equipment check
- Littering/polluting the environment
- Unfair behavior or misconduct toward other competitors
- Missing one of the check points
- Failing to help a person in danger
- Health problems of a participant
- Doping
- Deliberately taking shortcuts
- Tampering with start number tags

This is a list of examples and by no means to be understood as complete!

Participants that are disqualified from the race cannot claim reimbursement from the organizer.

### 15. MEDICAL CARE, CASE OF EMERGENCY, MEDICAL CREW GBR

#### *Start/finish area*

In the finish area the MEDICAL CREW keeps a mobile assistance site. There will also be an additional medical service provided by a local aid agency. There a heated marquee stands ready. The aid personnel at this site will make sure care is provided until the last runner arrives. Service in the start area begins 1 hour prior to race start.

#### *During the races*

Numerous stationary and mobile emergency assistance sites will provide help along the course. They will be staffed both by personnel from local medical teams and mountain rescue services and people from our own MEDICAL CREW. There participants will get immediate medical assistance. Additionally, there will be our mobile MEDICAL CREW on mountain bikes and motor cycles. It will also make sure that participants get immediate assistance in case of an emergency.

The MEDICAL CREW provides medical care for athletes and gives emergency first aid to participants. It is available around the clock in case of emergencies

Competitors are not just morally but also legally required to assist others in need of help by (a) administering First Aid, and/or (b) assisting in calling the MEDICAL CREW or national/regional emergency services. Racers who assist others in distress situations receive an according time credit upon confirmation by MEDICAL CREW and in consultation with race organizers.

Participants need to be aware that unforeseen circumstances, a force majeure or decisions passed in connection with the aforementioned may lead to delays in providing assistance. Participants' safety therefore relies to a large degree on assuming personal responsibility and racing with due diligence. Compliance with all equipment requirements as laid out by race organizers - verbally or in writing - is compulsory as it may determine the course / outcome of any efforts in connection with a distress or emergency situation. In case a participant were to knowingly stray from the marked course, he/she directly contravenes the efforts by race organizers and their third-party service providers to meet their legal responsibilities for emergency assistance. Participants unable/unfit to continue the race due to physical problems or psychological distress are required to inform the closest checkpoint, catering stop or trail monitor. Participants who sense an increasing degree of incapacitation are strongly advised to cease participating in the competition while they can still safely reach trailside assistance. Applying common sense and recurrent prudent assessments of one's capacities are paramount to participation in the competition.

MEDICAL CREW is authorized in this context to:

- Disqualify or de-register participants who - from a medical perspective - are deemed unfit to continue the race under their own power or would only be able to do so with grave risk to their own well-being or that of official course monitors or personnel of MEDICAL CREW. The start number / transponder chip would be removed under such circumstances and be passed on to the Race Office.
- Remove disqualified / de-registered participants from the course using appropriate means of transportation, evacuation or recovery as deemed necessary under the given circumstances.
- Transfer participants directly or through public rescue / ambulance services to the nearest hospital /infirmary if the participant's condition were to necessitate such measures.
- Examine participants at any time as medically indicated or to screen a participant's gear whether it meets equipment requirements. Participants are obliged to comply with directives issued by trailside medical personnel.

**Any costs associated with an evacuation or recovery from the course shall be borne by the participant in question.**

*Emergency phone number for all participants*

**Medical info hotline: +49 151 55010148**

**EURO-emergency phone number: 112**

Each participant is obligated to provide first aid to other runners who are in an emergency and inform the MEDICAL CREW! Participants that provided first aid will be credited with this time.

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## 16. DOPING

The organizer reserves the right to perform unannounced doping tests. Doping in any way or form will lead to the immediate disqualification of a competitor. Prohibitions in this context include in particular intravenous infusions without prior medical authorization (i.e. in a proven case of intractable vomiting). In turn, the administration of an infusion in a case of stress-induced dehydration by the race physician or the competitor's own medical team is considered a form of doping and, as such, would lead to disqualification. The race physician decides on the basis of the rules and regulations of WADA whether a medical indication for the administration of an infusion were to be justified or necessary.

## 17. EXTERNAL SUPPORT

Participants are not allowed to accept help from a third person (spectators, supporters, other participants) during the race, except in emergency situations, injuries, or bad falls. It is acceptable though to receive food, beverages, clothing, and gear in need of replacement from assistants along the trailside. It is also permissible to accept medical attention and treatment from the MEDICAL CREW.

If a participant requires or enlists third-party services, in particular search and rescue services, the race organizers are indemnified from payment for such services. The participant further authorizes the race organizers to collect any incurred charges.

## 18. ENVIRONMENTAL PROTECTION/NATURE

Since SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge traverses some of the most delicate nature reserves of the region appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated food stops and check points or deliberate damages to the environment will carry severe time penalties or even lead to disqualification from the event.

## 19. THE SCOTT ROCK THE TOP - ZUGSPITZ TRAILRUN CHALLENGE RULES

The SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge takes place on public roads, roads that are not closed to traffic, forestry roads, hiking and alpine trails.

- Participants have to **obey the traffic laws** of the respective countries. Participants also have to comply with directives issued by police officers; the race and course director in charge, and any authorized trail patrol.
- The SCOTT ROCK THE TOP - Zugspitz Trailrun Challenge mostly makes use of forestry roads and paths. Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants are **forbidden** to take any **shortcuts** or detours of their own choosing. All participants take part in the event at their **own risk**.
- Each participant is obliged to **exercise caution** with due diligence at confusing or dangerous trail/road passages. The race organizer reserves the right to designate high-risk sections where the specific directives apply, such that participants may not pass each other or that a reduction in speed and appropriate caution is appropriate. The organizers may place warning signs at such sections and may provide additional safety measures (such as fixed ropes to be used as handrails). There is, however, no obligation on the part of the organizer that such measures be taken.
- The organizer reserves the right to **change portions** of the course or use **alternative routes** on short notice if weather conditions demand such changes.
- For reasons of environmental preservation it is **strictly prohibited** that people accompanying/assisting individual participants pollute or, worse, damage the course and/or the natural environment. This especially includes the spraying or painting of appeals to participants onto the course, even if it is done by biologically recyclable chalk spray. If people accompanying/assisting participants are found to be violating this rule, the participant(s) that received or were to receive such appeals will be disqualified immediately.
- It is **prohibited to throw away litter** such as food wrappings, bottles or drinking cups in the nature, except at check points where there will be designated containers for that purpose. Any violation of this rule leads to an immediate disqualification.
- As a principle, the following regulation applies with regard to using poles: **Participants starting into the race using poles must carry them until they arrive in the finish**. Conversely, no participant who has started the race without poles is allowed to pick up any along the way.
- It is expected that participants act in accordance with the principles of **courtesy, sportsmanship and fair play**.

## 20. APPEALS AND THE JURY

Each participant has an opportunity to raise an objection in case of a perceived breach of rules by other participants or to enter a caveat against decisions of the race and course director up to one hour after the finish time limit. Such objections have to be made in person in the race office and require the naming of (a) witness(es). A jury of three adjudicators (race and course director, the head of time keeping, event organizer) will consult on the issue of appeal and make a decision within 24 hours. All witnesses have to be present at the proceedings. The appeals fee is EUR 100. It will not be reimbursed if the appeal fails. The aforementioned contraventions, which may be reprimanded with time penalties or disqualification, provide only an incomplete rundown of other possible offenses that may be penalized.

## 21. TERMINATION OF CONTRACT BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the contractual right to cancel the agreement with any participant until the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 1 German Civil Code ["BGB"]. The settlement will then take place in accordance with § 346 German Civil Code ["BGB"].

**These rules and regulations remain subject to change by the race organization!**

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