



## COMPETITION RULES

### SALOMON 4 TRAILS 2020 - TRAILRUNNING

Sometimes, less can be more. Crossing the Alps on foot may sound attractive, but why not start off slowly and take things step by step? Not every day has to be a marathon day: 25 kilometres is plenty. After all, we're all here to enjoy ourselves, experience new emotions, take in the spectacular landscapes and create memories for a lifetime.

That is precisely what the legendary SALOMON 4 TRAILS is all about. Unlike any other event in the Alps, it takes runners along brand new routes all the way to Lake Garda in Italy. But before you pull on your running shoes and head out of the door to start training, please read these rules and regulations carefully and sign the declaration of liability at the end to confirm you have understood everything. As organisers we trust you to know your own level of fitness and experience, so please be honest with yourself. That is the best way to stay safe and have fun. The 21 points below contain everything you need to know about equipment, time limits, etc. at the SALOMON 4 TRAILS.

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

What are the SALOMON 4 TRAILS, who is allowed to take part and what can you expect?

The event is for individual competitors who are at least 18 years old. The SALOMON 4 TRAILS are 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 walking in this kind of terrain. If you do not have such experience, it is better to stay at home.

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. 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 drink with you.

#### 3. COURSE

The SALOMON 4 TRAILS 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://4trails.net/course/?lang=en>

#### 4. CLASSIFICATION CATEGORIES

There will be six classification categories:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (40 years and over)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and over)

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.

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PLAN B event company GmbH | Geiseltagestr. 120 | D-81545 München | T +49 (0)89 651299 30 | F +49 (0)89 651299 44 | M info@planb-event.com | H www.planb-event.com  
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## 5. CLOTHING / EQUIPMENT

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

- Closed trail running shoes or hiking shoes with a tread that is suitable for running or hiking 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 hat
- Drinking vessel to get drinks at the food stations
- 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)
- GPX watch with complete course data saved to memory, alternatively: the printed course map(s) and elevation profile
- 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, sports glasses, fatty cream against chafing, additional supply of own food and beverages, blister tapes.

## 6. START NUMBER / LEADER SHIRTS

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) and your ID Card. 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 finisher receives the finisher shirt, provided that every meter of the course was run.

## 7. ELECTRONIC TIMING

Your start number contains an electronic transponder chip which will record your time and for safety reasons. 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.

## 8. BRIEFINGS / START

At the starting location on the evening before the race there's 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. Every participant 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.

## 9. NEUTRALISED START

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

## 10. 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 third parties may knock off these markings, that they disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all runners.

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## 11. CHECKPOINTS AND REFRESHMENT STATIONS

There are between one and two control points along each stage.

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 the course online 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.

## 12. 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. 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.

## 13. 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.

## 14. 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 SALOMON 4 TRAILS 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.

## 15. 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 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.

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## 16. 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.

## 17. 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.

## 18. 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.

## 19. THE SALOMON 4 TRAILS RULES

The SALOMON 4 TRAILS 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.

Mechanical connections between two runners are prohibited for safety reasons.

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

## 20. 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 € 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.

## 21. 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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