



**SÜDTIROL
ULTRARACE**

119 KM // 7.850 M



REGLEMENT



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SÜDTIROL ULTRARACE

START: Friday 26th August 2023 at 5 pm from Piazza Walther in Bolzano.

ORGANIZERS

The extreme mountain running race Südtirol Ultra Skyrace is held by the amateur sports club “Südtirol Ultra Skyrace”, in cooperation with various associations, and “Sportler AG”.

ENTRY REQUIREMENTS

All men and woman can participate who have reached their 18th birthday on or before August 25th, 2023 and who meet the following requirements:

- participants with residence in Italy: must have a valid sports medical certificate for track and field pursuant to art. 5 of Ministerial Decree 18.02.1982. The certificate must be issued by a doctor specialized in sports medicine. A copy must be sent until 14th August 2023 via E-Mail: info@suedtirol-ultraskyrace.it.
- participants with residence outside Italy: according to the Italian law, in order to participate in extreme races in Italy, contestants residing abroad must submit a medical certificate of physical fitness, which must be sent until 14th August 2023 to the organizers via Email: info@suedtirol-ultraskyrace.it.

You can download a submission form of a medical certificate here: www.suedtirol-ultraskyrace.it/en/registration.html

Each participant must be able to complete the race at his/her own risk, and must take care for his/her own self-supply and equipment. The Südtirol Ultrarace proceeds on a very demanding route and requires:

- surefootedness,
- head for heights,
- excellent psycho-physical condition,
- self-supply,
- experience with extreme mountain races,
- a good sense of direction and confidence by day and night.

LIMITED NUMBER OF CONTESTANTS

This race has a limited number of participants. A maximum of **300 persons** can participate, and the organization reserves the right to exclude persons from participation and to vary the maximum number of participants. In such a case, the date of entry will be used as the criterion for determining the entry.

ENTRY

Participants must sign online at www.suedtirol-ultraskyrace.it/en/registration.html or www.datasport.com/en/. Personal information will be collected by Datasport and by the organizers. The entry opens November 1st, 2022 and closes August, 14th 2023. When entering the Südtirol Ultrarace, participants implicitly accept the rules of the race.

RESIGNATION – TRANSFER OF START NUMBER

The entry fee usually will **NOT** be refunded. Expectations are made for athletes who cannot participate due to illness or injury, but certified by a doctor. If the route is shortened or the race is cancelled due to reasons beyond the organizers' control, the entry fee will **NOT** be refunded or credited toward next year's race. Datasport Spa offers an insurance to refund the entry fee in case of illness or injury. Further information is available during the online entry process. The start number can be transferred to another person for justified reasons (illness or injury) until August 14th, 2023. A reregistration on a shorter race (Südtirol Ultrarace 63 km, 45 km, 28 km) is possible. The difference will not be refunded

CATEGORIES

(contestants must be at least 18 years old)

MEN

M1	2005 - 1984	18 - 39 years
M2	1983 - 1974	40 - 49 years
M3	1973 - 1964	50 - 59 years
M4	1963 and earlier	60 years old and older

WOMEN

W1	2005 - 1984	18 - 39 years
W2	1983 - 1969	40 - 54 years
W3	1968 and earlier	55 years old and older

RANKING AND PRIZES

Prizes will be awarded to the top five women and men, for general ranking and to the top three participants for each of the categories and the youngest and oldest participant of the entire event. A „Finisher“ medal will be given to all contestants who finish the race. Only participants who cross the finish line will be listed on the ranking and will be officially considered as having participated in a UTMB qualifying race. All participants receive a participation bag handed-out in the finish area.

The winner's ceremony will take place at the finish area in Sarentino on Saturday, August 26th 2023 at 8 p.m. All athletes are invited to attend. The winner's not able to be present at the ceremony are requested to contact the organizing committee +39 0471 622786 within 3 days after the race for the prize handover.

ITRA: 5, Mountain points: 10

ENTRY FEE

To 31.12.2022	140 €	To 31.07.2023	170 €
To 31.05.2023	150 €	To 14.08.2023	190 €

Postannouncements are possible with a surcharge of 30€!

Deposit for GPS-Tracker: 50€

The deposit will be collected upon delivery of the start number and refunded when the GPS-Tracker is returned at the finish area in Sarentino.

CATERING - SELF SUPPLY

The map of the route shows the locations with catering. The following will be available at each catering point: water, energy drinks, energy bars, fruit and nuts. A hot meal (soup, pasta) will also be served at each supply station. The dishes offered at catering points must be eaten on place; they can not be taken away. Participants must bring their own cup or a suitable container.

ROUTE AND CHECKPOINTS

Participants must follow the established route, which is suitably marked. Any deviations from the route will result in disqualification of the participant (see the „Sanctions“ section, below). Participants are required to pass by various checkpoints. If a runner does not run through a checkpoint, he/she will be disqualified.

EQUIPMENT

By entering the race, every participant is obligated to carry the equipment listed below. Sanctions will be levied against participants who fail to comply.

REQUIRED:

- a backpack or waist-bag
- a mobile phone, which must be charged and kept on at all times
- safety numbers of the organization (+39 0471 1551040) and emergency number (112) stored in the mobile phone directory
- a canteen or CamelBak container
- cups or a container for drinking
- enough food to enable the contestant to reach the next refreshment point
- two working flashlights or one flashlight with extra batteries
- aluminium survival cover / emergency cover
- a whistle
- a first-aid kit: Sterile absorbent gauze compresses, cloth bandage, adhesive bandages
- a waterproof jacket and warm clothes suited for use in bad weather and at high altitudes
- racing pants extending at least below the knee, or leg-warmers

- a cap, headband or other type of hat
- gloves
- the map of the circuit/Road-Book or GPS
- the safety plan in case of bad weather and accidents

RECOMMENDED:

- a change of clothes
- sunblocker
- a knife
- string

BAG CONTROL

The organisers may require contestants to bring other equipment before the start. Spot checks to verify the equipment will be made at the start, along the circuit and at the finish line.

RETURN

If for any reason, an athlete terminates the run, he/she will be responsible for his/her own return. The race's organization has set up a shuttle service at strategic points. These points are marked in the map of the route. Expect waiting times.

SHUTTLE SERVICE - FINISH - START

A shuttle service is available in Sarentino (public bus parking area) to bring the athletes back to Bolzano (bus station).

START NUMBERS

Sarentino, GRW Sarntal, Piazza Chiesa 10

Thursday, August 24th, 2022 from 06:00 p.m – 08:00 p.m

Bolzano, Sportler, Via dei Portici Nr. 1 (5th floor)

Friday, August 25th, 2022 from 09:30 a.m – latest 02:00 p.m

Each participant will be provided with:

- **Start number:** one must be worn in a clearly visible position in front on the chest. The start number provides access to catering areas, first aid and rest points, the clothing storage area, the showers and the shuttle service.
- **GPS-Tracker:** So that the GPS device can send correctly, it must not be stowed in the backpack at the bottom, but in the upper area. The GPS device must be handed in immediately after crossing the finish line. The runner receives the deposit of € 50 refunded.
- **Map of the route:** all participants have to download the map from the homepage and take it behind during the competition.
- **Safety plan:** all participants have to download the map from the homepage and take it behind during the competition.
- **Runner bags:** participants will be given two bags: one for the „Pennes border crossing“ catering point and the other for the finish line. No valuables or fragile items should be left in the bags. The starting package will include two adhesive labels with the start number, which must be affixed to the bags.

BRIEFING

The briefing is obligatory for all athletes and will take place at the Hotel Kolping Haus (Adolph-Kolping- Str., 3) / Bolzano on Friday, August 25th, 2023 at 03:00 p.m.

Distance between Hotel Kolping Haus and Piazza Walther are 450 m, approx. 6 minutes' walk.

ATTENDANTS

Attendants are allowed and must comply with the rules of the race and are not allowed to offer unfair assistance (carrying, pulling, pushing, transporting equipment by car). But they can encourage and provide moral support to participants. If an attendant does not obey the rules, the participant will be disqualified.

PARTICIPATION PACKAGE

The participation package will be handed out together with the T-shirt and the meal voucher in the finish area in Sarentino upon presentation of the voucher (which you will find on the starting number). All finishers receive a medal.

BAG DEPOT

Runner bags can be handed in at the starting area on Piazza Walther, Bolzano. It is possible to hand in 2 bags, one for Penser Joch and one for the finish area in Sarentino. Bags are returned with the voucher (attached to the start number) in the finish area in Sarentino. The bags to put in the personal belongings is issued together with the start number.

CATERING AT THE FINISH AREA

Finish area, sports field, Sarentino. There is a catering offered with the meal voucher the organizing committee provides.

MASSAGE AND SHOWER FACILITIES

After the run you can have a massage in the finish area in Sarentino and shower facilities are available.

SAFETY AND MEDICAL CARE

Along the route there will be assistance points with phone connection to the race control, ambulances, civil defense service and a number of

doctors. The assistance services are required to help participants who are in trouble and to use the organizers' resources. The race judges, official doctors, auxiliary personnel, White Cross, and the official mountain rescue service are authorized to exclude any participant from the race, who are considered to be unfit. Auxiliary personnel are authorized to evacuate -with all means at their disposal - any participant considered to be in danger. If necessary, the official mountain rescue service will be called in. It will then take charge of and employ all suitable means (including helicopters) at its disposal. The decision to call the mountain rescue service in order to aid a person requiring assistance is exclusively left up to rescue team. Any expenses associated with the use of these extraordinary means will be charged to the participant receiving assistance, in accordance with applicable regulations. Participants who see a doctor or auxiliary personnel must recognize their authority and agree to comply with their decisions.

TIME LIMIT

TIME LIMIT: 38 hours

1. START Bolzano	Fri. 05.00 pm	00 h
2. Corno del Renon	Fri. 11.00 pm	06 h
2. Corno del Renon	Sat. 04.00 am	11 h
4. Passo Pennes	Sat. 10.00 am	17 h
5. Monte Piano	Sat. 02.00 pm	21 h
6. Rif. Punta Cervina	Sat. 06.00 pm	25 h
7. Rif. "Kesselberghütte"	Sat. 11.00 pm	30 h
8. Malga sul Salto	Sun. 03.00 am	34 h
9. TARGET Sarentino	Sun. 07.00 am	38 h

Time limits (maximum times for the individual sections) are shown on the map of the route. Athletes must leave the checkpoint by 30 minutes – at the latest – after the time limit expires. Runners who exceed the time limit will be excluded from the race. The final runner called „Besenläufer“ from the

organizer will accompany the last runners up to the next checkpoint. All participants must follow the instructions given by the race judges. Participants can exit from the race only when they are near a check- point, unless they are injured or suffering from exhaustion. The judge will decide what to do and will organize the return to Bolzano. Every participant must communicate the exit from the race to a race marshal or the race control, phone nr. +39 0471 1551040. The organizers reserve the right to end the race or change the dead- lines in case of inclement weather and/or for safety reasons.

INFRACTIONS AND SANCTIONS

Officials along the circuit will be authorized to check whether participants are complying with the rules. Officials are authorized to disqualify athletes immediately or inform the jury about infractions they observe. The jury will then levy sanctions according to the following table:

INFRACTION	SANCTION
Failure to have the required safety equipment	From 2 hours to disqualification
Taking a short cut or leaving the marked route	Disqualification
Refusal to submit a check	Disqualification
Voluntary littering by a contestant or attendant	Disqualification
Using means of transport, sharing or exchanging start numbers, failing to pass a checkpoint, doping or refusal to submit to an anti - doping check, failing to help a contestant in trouble, insulting or failing to respect others, threatening members of the organisation or volunteers, unsportsmanlike conduct	Disqualification

Start number not clearly visible	30 minutes
Refusal to obey the instructions of the jury, an official, a doctor or an auxiliary staff member	Disqualification
Leaving a checkpoint after the maximum time has expired exit from the race without notice	Disqualification
Failure of the attendant to follow the rules of the race	Disqualification
Failure of the participants of attendants not following the COVID-19 regulations.	Disqualification

This list should not be considered to be complete. If a participant is disqualified, no expenses will be reimbursed by the organizers.

COMPLAINTS

Only written complaints will be accepted up to 2 hours before the closing celebration for the event. A deposit of 50.00 € will be collected.

JURY

- President of the Organizing Committee
- Race Director
- 2 members of the Organizing Committee
- Route Manager

DOPING

All contestants must abide by international rules on doping. Athletes may be given an antidoping check before, during and after the race.

CHANGE OF ROUTE AND CANCELLATION

The organizers reserve the right to change the program, the route, the locations of the assistance and refreshment points, and the time limits at any time and without notice. The race may be cancelled at any time for safety reasons. The start of the race may be postponed or invalidated due to bad weather. The organizers reserve the right to modify or remove sections of the route as necessary. If changes are made or the race is suspended, contestants will not be entitled to a refund of the entry fee.

INSURANCE

The organizers will stipulate a liability insurance policy for the entire duration of the competition. Participation in the race assumes that contestants take full responsibility for their participation. Thus, if damage or other consequences are reported after the race, the contestants waive their right to take action against the organizers.

RIGHTS

All contestants waive their rights on their own image before, during and after the race.

TIMEKEEPING

www.datasport.com/en/

DATA PROTECTION – GDPR 2016/679

Personal data provided by participants at the time of registration will be recorded and processed for the sole purpose of implementing and managing the event. By registering, participants give their consent to the registration of their data. Participants agree that their personal data collected will be passed on to third parties in order to collect race timing, compile and communicate result rosters, and add the latter to the homepage. By registering, the organizer undertakes to publish these data on all the main media (homepage, press and Internet).

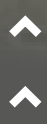
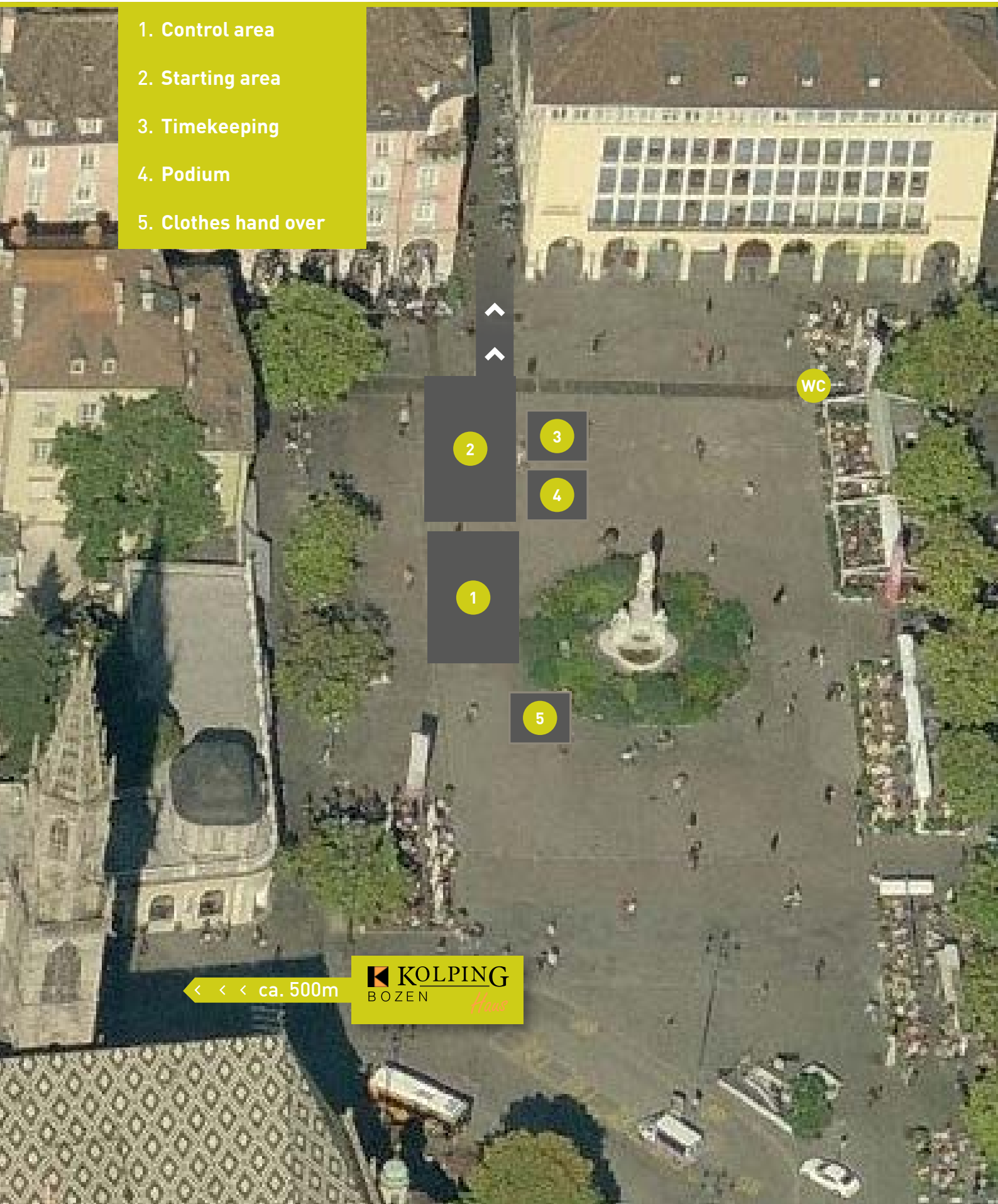
By registering, participants accept that their personal data provided in the registration form will be recorded and that photos and videos made during the Südtirol Ultrarace 119 km, 63 km, 45 km, 28 km are used and published without any right to compensation. Participants are also invited to review the privacy policy of our partner DATASPORT AG at the following link: www.datasport.com/en/privacy-statement/

THE ORGANIZERS WISH ALL CONTESTANTS AN ACCIDENT - FREE RACE RUN WITH THE HIGHEST DEGREE OF SPORTSMANSHIP.

MAP

STARTING AREA // PIAZZA WALTHER

1. Control area
2. Starting area
3. Timekeeping
4. Podium
5. Clothes hand over



2

3

4

1

5

WC

< < < ca. 500m

KOLPING
BOZEN
Haus

FINISHING AREA // SARENTINO

1. Target
2. Refreshment participants
3. Athletes area
4. WC // shower // massage
5. Spectators
6. SHUTTLE



SCAN THE QR CODES FOR GOOGLE MAPS LINKS

piazza Walther



Sarentino



