

# Regulation Dolomiti Sky Run 2016

## Art. 1 ORGANISATION

The Amateur Sports Association Dolomiti Sky Run, in cooperation with the Town of Belluno, the Town of Braies, the Alpine Rescue, the Italian Alpine Club, organises the second edition of "Dolomiti Sky Run", a semi self-sufficiency mountain running race in an alpine environment along the High Way number 1, on Friday, 1 July 2016.

## Art. 2 GENERAL INFORMATION

The Dolomiti Sky Run is a running race that takes place along paths in the Dolomite Mountains - Patrimony of Humanity, of about 130 km and 10300 meters of height gain, in semi self-sufficiency, starting on Friday 1 July 2016 from Braies (Ferrara) and arriving in Belluno; maximum time: 45 hours.

## Art. 3 PARTICIPATION REQUIREMENTS

In order to participate it is fundamental:

- To be aware of the length and specificity of the run and to be perfectly trained;
- To have mountain experience, to be able to manage any difficulties connected to the length and the type of the race route, which goes through mountain trails, with exposed sections and dangers which are recurrent in the mountain environment;
- To be able to manage climatic conditions that can be difficult (night, wind, rain, cold, snow) with temperatures that can range from -5 to + 30 degrees;
- To be aware that the Organization plays a role of pure support and cannot solve the problems of the participants that must be able to head out on the running autonomously;
- To be aware that for this kind of trial, the safety depends on the experience and capability of the runner to adapt himself/herself to the problems noticed or predictable.

The itinerary can be covered individually or in a relay team composed by 2 or 3 runners. The relay teams can be composed by men, women or mixed.

The changeovers will be, between the first and the second relay runner, at the Falzarego Pass and between the second and the third relay runner at the Duran Pass. The change will take place within spaces purposely delimited.

Relay races:

Braies – Passo Falzarego: about 40 km, approximately 3285 meters of height gain;

Passo Falzarego - Passo Duran: about 45 km, approximately 3300 meters of height gain.

Passo Duran – Belluno: about 45 Km, approximately 3683 meters of height gain.

## Art. 4 REGISTRATION

a) Requirements for participation

Athletes who are 18 years old on or before the date of the event may participate in possession of the sport medical certificate for the practice of competitive sports valid at least till the end of the race.

It is compulsory to sign and send by e-mail the consent form. mail

b) Registration mode

Registrations will begin at 08:00 of 01 January 2016 and close on 15 June 2016 or will close on reaching the maximum number of athletes allowed set at 500. Due to safety reasons or for any further incontestable

reasons, the organizers can fix a maximum number of participants. This decision will be published as soon as possible on the website of the event.

Submission can be done on line by filling in the application form, or downloading the application-form from the web site, filling it up and sending it by fax or mail together with the receipt of the subscription's bank transfer.

c) Registration fees

for members of the both editions 80,00€;

From 01 January to 15 March 2015

Single runners 100,00 €

relay 170,00€

From 16 March to 15 May 2015

Single runners 115,00 €

relay 200,00€

The entry fee includes:

- . race bib;
- . assistance and refreshments along the route;
- . lunch coupon at the arrival point;
- . t-shirt, medal and on line degree for the finishers.

Subscription by MySDAM

Send the application form together with the bank transfer receipt and the medical certificate for competitive activity by:

- Fax: 0521.1857115
- mail: SDAM srl - Via F.Paciotto 6A – 43124 Alberi di Vigatto (PR)
- e-mail: iscrizioni@sdam.it

PAYMENT METHODS

The subscriptions have to be done by paying the respective amount as follow:

- Online payment

Transaction in Euro by credit card: [www.mysdam.it](http://www.mysdam.it)

- bank transfer

Headed to: ASS.NE SPORTIVA DILET. DOLOMITI SKY RUN

IBAN IT65D0585611900089571267265

Reason: Iscrizione Dolomiti Sky Run for n° .... Athlets

INFO SDAM TEL. 895.60.60.668

The registration fee can be paid by credit card or by bank transfer.

Enrollment and payment of the registration fee must be done at the same moment.

Enrollment is valid only upon payment of the registration fee.

e) Teams taking part to the relay race must clearly indicate the stretch of itinerary assigned to each athlete. Any changes of relay runner or stretch of itinerary will be doable upon payment of 10 Euros for each change of name and/or every stretch of itinerary as reimbursement of the secretarial costs. These changes must be communicated to the Organization by e-mail or by post within May 31st 2016. After this date the abovementioned changes will not be accepted.

**f) CANCELLATIONS- WITHDRAWALS AND TRANSFERS OF THE BIB NUMBER TO ANOTHER PERSON.**

The registration fee is nonrefundable.

If for reasons of force majeure or any further kind is not attributable to the organization, the event is not run, the registration fee will not be refunded or used for the following year.

**CANCELLATION CLAUSE**

If the participant wishes to retire from the event within May 31st 2016, the registration will be carried over to the following year upon payment of 10€ for secretarial costs. However transfer of the race number to another athlete is possible upon payment of an additional fee of to € 15.00 in order to cover secretarial expenses.

Every retirement/transfer of race number must be communicated per e-mail or post within May 31st 2016. After May 31st 2016 no modifications can be done and the registration will NOT be considered valid for the following year. The same cancellation clause is applied to the retirement of a relay team.

**Art. 5 MEDICAL CERTIFICATE AND INFORMED CONSENT**

Italian athletes are required to present copy of the medical certificate declaring fitness for competitive sports valid at the moment of the bib pick up. Athletes presenting only the card issued by FIDAL or by another sports promotion association will not be allowed to participate to the Dolomiti Sky Run, if not presented with the medical certificate. Foreign athletes should fill in the certificate that they can find on the site [www.dolomitiskyrun.it](http://www.dolomitiskyrun.it) and return it signed by a doctor.

It is obligatory to read, sign and send by e-mail the informed consent.

**Art. 6 RACE NUMBER PICK UP AND RACE PACK**

Operations of race number pick up and competitor's package will take place at the dedicated area close to the departure in Ferrara di Braies from 8.30 am to 3.00 pm on Friday 1 July.

Race numbers will be delivered only upon presentation of an identity card, medical certificate and informed consent. Original copies of the medical certificates will not be returned, even not at the end of the race.

**Art. 7 BRIEFING**

On Friday, 1 July 2016 a briefing will be held, every participant is obliged to take part. Place and time of the briefing will be communicated from the Organization at the time of the race bib pick up.

**Art. 8 START OF RACE**

The departure of single athletes and relays is expected at 4 pm on Friday 1 July.

Single athletes are required to be inside the departure area Friday 1 July before 4 pm..

The team members must present within hours Friday 1 July 15.30 inside the departure area which will be properly reported.

Departure times can be subjected to changes due to force majeure, e.g. adverse weather conditions, organizational problems, television necessities (any change will be immediately transmitted on the web site, by e-mail, and confirmed in the briefing before the race).

**Art. 9 RACE ROUTE**

The race Dolomiti Sky Run follows the following route:

FERRARA - BRAIES

LAGO DI BRAIES

RIFUGIO BIELLA ALLA CRODA DEL BECO 2327m

RIFUGIO PEDERÜ 1548m

RIFUGIO DE FANES 2060m  
PASSO JU DAL'EGA 2157m  
FORCELLA DL LÊCH 2486m  
RIFUGIO LAGAZUOI 2752m  
PASSO FALZAREGO  
RIFUGIO AVERAU 2413m  
FORCELLA GIAU 2360m  
FORCELLA COL DURO 2295m  
RIFUGIO CITTÀ DI FIUME 1918m  
MALGA VESCOVA'  
RIFUGIO A. SONINO AL COLDAI 2132m  
FORCELLA DI COL REÀN 2107m  
SELLA DI PELSA 1954m  
RIFUGIO VAZZOLER 1714m  
FORCELLA DEL CAMP 1933m  
RIFUGIO BRUTO CARESTIATO 1834m  
PASSO DURAN - RIFUGIO TOMÈ 1601m  
FORCELLA DEL MOSCHESIN 1940m  
RIFUGIO SOMMARIVA AL PRAMPERÈT 1857m  
RIFUGIO PIAN DE FONTANA 1632m  
PONT DI COSTA GRANDA  
SELLA DEL GRAVEDEL 1713m  
CASERE DI CAJADA  
FORCELLA TANZON  
PONTE DEL MARIANO  
CASE BORTOT  
BELLUNO

For a total of 130 km, 10300 meters of elevation gain, 11200 meters of elevation loss.

Should the weather be bad or one or more paths unpassable, alternative routes have been foreseen which shall be presented at the pre-race briefing.

The race kilometres are not marked. The competitors should therefore adhere strictly to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route, apart from entailing disqualification, shall be at the sole risk and danger of the competitor.

#### **Art. 10 SAFETY AND CONTROL**

Members of the organization and of the Alpine Rescue Team shall be in constant contact with the Race HQ and be positioned along the race route. Ambulances with paramedics shall be positioned at different points along the race route, but also at the finish point. Check points shall be set up along the route, where members of the staff shall monitor the athletes as they pass and also apply random checks to verify that the athletes are in possession of the obligatory race material. Should anyone refuse to undergo the check on the obligatory race material, they shall be disqualified immediately.

#### **Art. 11 ENVIRONMENT**

The race takes place in natural parks and protected ecosystems. Racers must respect the alpine environment, and especially avoid littering, picking flowers and "bothering" the fauna. The participants are expected to follow the park's rules and to be aware that they are running on public trails, therefore it is possible that they come across hikers to which the maximum respect is due. Anyone found leaving rubbish along the way shall

be disqualified from the race and incur the penalties foreseen in the municipal regulations. In order to reduce the impact on the environment, plastic cups will not be supplied at the rest stops. Every racer must carry a personal cup or water bottle to fill at the rest stops.

#### **Art. 12 WEATHER**

In case of severe weather conditions (thick fog, blizzards, thunderstorms), in order to eliminate or limit any potential hazard or conditions that are dangerous to the participants, the organization reserves the right to alter the route, even at the last minute or during the race. Any changes will be communicated to the racers and announced by the race staff. The organization also reserves the right to suspend or cancel the race in case of weather conditions putting at risk the safety of participants, volunteers and emergency personnel.

#### **Art. 13 COMPULSORY MATERIAL**

Each racer shall carry with him/her for the entire race the following items:

- . camelbag other water bottle with at least one liter of liquid;
- . race bib with number attached to the chest and visible for the full duration of the race;
- . Mobile handy phone on but with ringer off;
- . emergency blanket;
- . whistle;
- . elastic bandages for wound dressing;
- . wind cheater suitable for bad weather in high mountain areas;
- . long-sleeved shirt and long pants (they must at least cover the knees);
- . head lamp with spare batteries;
- . drinking cup, glass or water bottle (cups will not be provided at the rest stops);

The obligatory equipment will be checked at the Race Number Pickup. The race number will not be given to those not showing to be in possession of the obligatory race material. There will also be surprise inspections along the course.

It is strongly recommended to carry the following items:

- . road-book;
- . mobile phone turned ON but kept in silent mode;
- . energy bars or solid food;
- . cap or bandana;
- . gloves;
- . a small amount of money for the purchase of food in the mountain shelters.

Use of poles is permitted.

#### **Art. 14 DISQUALIFICATION and PENALTIES**

The following violations will lead to immediate disqualification and removal of race bib::

- failing to pass a check point;
- taking shortcuts;
- abandoning rubbish along the race route;
- failing to aid a participant in difficulty;
- insulting or threatening the staff or volunteers;
- using transport during the race;
- refusing to undergo checks by the medical staff along the race route;
- refusing to allow checks of the obligatory material;
- failing to have a wind cheater (anorak), a survival blanket, a "Capri" length or longer pants, and a head lamp.

Penalties are foreseen for the following infringements:

- failing to have a whistle, spare batteries, drinking cup or water bottle: 1 hour of penalty;
- failing to show the race number bib: 30 minutes of penalty.

#### **Art. 15 MAXIMUM ALLOWABLE TIME, TIME GATES, WITHDRAWALS**

The maximum allowable time to reach the finish line is 45 hours (by 14 am on Sunday 3 July) it being understood the following time gates. The course will be "swept" following the last racer to help those who have withdrawn from the race and to prevent possible injured racers to remain without assistance.

Three time gates will be setup where a shuttle bus shall be present to pick up the latecoming athletes:

SINGLE COMPETITORS • Passo Falzarego (40 km) before 5 am, Saturday 4 July (12 hours into the race );

- Passo Duran (86 km) before 7 pm, Saturday 2 July (26 hours into the race);
- Loc. Pian di Cajada (115 Km) before 6 am, Sunday 3 July (37 hours into the race).

The competitors that do not reach these points within the established time limits shall be stopped and will not be allowed to continue the race. The organization intend to manage the maximum times with flexibility in behalf of the racers, taking for granted that safety for competitors and organizers is guaranteed; changes concerning the maximum times are possible but they will be immediately communicated and definitively fixed during the mandatory briefing.

In order to protect the health of the participants, the medical staff at the check points have the authority to stop those runners who are judged unfit to continue the race. In this case, the participant must follow the indications of the members of the medical staff. Anyone failing to do so will incur immediate disqualification. The participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to withdraw, shall be taken to the finish line by shuttle bus. Any participant who withdraws from the race at any point other than the established check points should make their own way back to Belluno and immediately inform the race organizers by telephone or by sms to the number indicated in the race road-book, or straight to the first check point.

#### **Art. 16 CLAIMS AND JURY**

All claims have to be written, and dropped off the check point in Belluno along with a 100€ caution (which caution won't be returned back in case the claim is not accepted) within 2 hours before the arrival of the concerned athlete.

#### **JURY**

Is composed by :

- President of Dolomiti Sky Run
- Race director
- Athlete's spokesperson
- eAll who are expert, nominated by the Dolomiti Sky Run President and Director.

The jury is empowered to act at a time compatible with the obligations of the race of all complaints filed. The decisions are final.

#### **Art. 17 REFRESHMENT STATIONS**

The guiding principle of this race is the semi self-sufficiency. A number of re-supply points will be set up along the route, with food and drink that must be consumed at the refreshment station. Plastic cups will not be provided at any of the refreshment points; runners must have their own cup or other personal container

suitable for the purpose. Only still water will be provided for filling up water bottles or camel bags. We suggest that athletes should take with themselves their mineral salts during the race.

Each runner must ensure that upon leaving each re-supply point s/he has the amount of food and water necessary to make it to the following refreshment point.

Personal assistance (not provided by the organization) along the route is forbidden. Only the runners carrying a visible race number have access to the refreshment stations.

It is strictly forbidden to all athletes to drink from the bottles provided by the refreshment stations. The garbage must be thrown into the trash cans.

There is another refreshment point at the finish line. Furthermore, each participant can make use of a food voucher.

However, there are various rivers and fountains along the race route where the participants can find water.

During daytime, it will also be possible to make use of the mountain shelters along the route, where it will be possible for the athletes to purchase food and drink.

Purchase of food and drink at the mountain shelters is in charge of the runners.

### **Art. 18 RUNNERS' BAGS**

Each competitor receives with his/her race bib, three bags of three different colours to be filled with his/her additional clothes, and to use respectively at the bases of the Passo Falzarego, Passo Duran and at the arrival point.

Each relay runner receives a bag to be filled with his/her additional clothes that he/she will find at the following base or at the arrival point. Bags have to be delivered in dedicated areas by a definite time. Times, modes and further information about the bags' delivery will be visible on the event web site and communicated to all participants.

It is recommended not to put valuable objects in them; in every case the Organization is not responsible for any theft or damage of the material contained in the bags.

Only the bags supplied by the Organization will be transported

bags with clothing left at the bases can be collected on arrival day 11 hours of Saturday, July 4, upon presentation of the race number. The Organization will definitely not send any bag to participants' houses. The bags not collected will be immediately destroyed for reasons of hygiene

### **Art. 19 PRIZES**

An overall classification will be drawn up for men and women, along with a ranking for every category men and women: in the overall classification the first 10 men and the first 5 women will be awarded, as well as the first three athletes in every category.

For the general rank men and women the following awards are expected:

First placed € 800;

Second € 400;

Third € 250.

Prizes are being completed, therefore variations could happen (the already defined prizes can only be improved).

### **ESTIMATED CATEGORIES:**

Juniores (JM/JF)	18-19 years
Promesse (PM/PF)	20-22 years
Seniores (SM/SF)	23 years and beyond
MASTER	35 years and beyond
MM/MF35	35-39 years
MM/MF40	40-44 years
MM/MF45	45-49 years
MM/MF50	50-54 years

MM/MF55	55-59 years
MM/MF60	60-64 years
MM/MF65	65-69 years
MM/MF70	70-74 years
MM/MF75	75-79 years
MM/MF80	80-84 years
MM/MF85	85-89 years
MM/MF90	90-94 years
MM/MF95	95-100 years

**Art. 20 RIGHT OF USE OF IMAGERY**

On registration, the competitors authorise the organization to freely use any images, whether still or in movement, with no territorial or time limits, that depict the athlete during his/her participation in the Dolomiti Sky Run.

**Art. 21 WAIVER OF RESPONSABILITY**

Voluntary registration and subsequent participation in the race indicates full acceptance of the race rules and any eventual changes they may have to undergo. By registering, the participant exempts the organizers from any liability, whether civil or criminal, for damage to persons and/or property caused by or to him/her.