

LEDRO SKY - SENTER DELE GRESTE

16TH JUNE 2024

LEDRO - MEZZOLAGO (TN)

RULES

Società Sportiva Dilettantistica Tremalzo, hereinafter referred to as the Company is organising the "Ledro Sky - Senter dele Greste" for Sunday 16th June 2024: the second official race of the circuit "THE GOLDEN TRAIL NATIONAL SERIES" supported by Salomon.

The "Ledro Sky - Senter dele Greste" is a skyrunning race, a sport recognized by CONI and considered as a mountaineering activity.

1. PARTICIPATION

The "Ledro Sky - Senter dele Greste" is open to able-bodied athletes who meet all of the following requirements:

- a) They are 18 or over by the day of the event;
- b) They have a valid medical certificate attesting that they are fit to take part in competitive sports, for activities with a high level of cardiovascular demand (B1, B2, B3, B4, B5, B6), in accordance with F.I.Sky regulations.

Foreign athletes (foreign participants residing outside Italy) are obliged, under penalty of exclusion, to present the *health form* provided by the organising company, signed and stamped by a qualified sports doctor in their country of origin. A copy of this *health form* can be downloaded from www.ledrosky.it

A copy of the medical certificate - or of the health form for foreign athletes - must be attached, as per instructions, at the time of registering online or supplied to the Company before collecting the race bib.

In the days leading up to the race, and in any case before the start of the competition, the organisers, through Centro Sportivo Italiano - Comitato di Trento - will proceed to issue a Daily Membership called "FREE SPORT", valid only for the duration of the event. The athlete will not be charged with any additional fee, in addition to the registration fee, for the Daily Membership. With the registration, the athlete agrees that the Company gives to Centro Sportivo Italiano his/her personal data to issue the daily membership..

Maximum number of participants: "Ledro Sky - Senter dele Greste" has a maximum number of 500 participants.

2. REGISTRATIONS

Registrations for the "Ledro Sky - Senter dele Greste" open at 18.00 on 22nd January 2024 and close at 12.00 on 14th June 2024,, or once all the race numbers have been taken.

It will also be possible to register directly at the race office, on 15th June 2024, from 16.00 to 18.00, and on 16th June 2019, from 7.00 to 8.30, at an increased fee and subject to the availability of race numbers.

Registrations are managed by "F.I.Cr. Assokronos Trentina" and can only be completed online by filling out the form on the following link:

<https://www.avaibooksports.com/inscripcion/ledro-sky-senter-dele-greste-2024/>

Registration fees are as follows:

- € 47,00: PROMOTIONAL FEE until 23:59 on 29th February 2024.
- € 55,00: for registrations completed from 1st March 2024 to 12:00 on Friday 14th June 2024;
- € 60,00: on 15th and 16th June 2024 directly at the race office (not on-line and subject to the availability of race numbers).

It is possible to pay for the registration with a credit card.

The registration fee includes:

- Medical assistance;
- Card "FREE SPORT" of CSI;
- Refreshments along the race route;
- Refreshment and meal after the race;
- Bib number;
- A disposable chip for measuring the race time; ;
- Timekeeping service;
- Free, unattended car park near the start/finish line (camping is not allowed); ;
- Toilet service in the departure/arrival area;
- RACE PACK: athletes can choose the size of the technical sweatshirt, if the registration takes place before the end of February 2024;
- FREE PHOTOS that can be downloaded from the website www.ledrosky.it.

3. PRIVACY

In order to take part in the "Ledro Skyrace - Senter dele Greste", each athlete is required to sign and accept, under penalty of exclusion, the DECLARATION OF CONSENT FOR THE PROCESSING OF PERSONAL DATA, the AUTHORISATION PURSUANT TO (ITALIAN) LAW NO. 633/1943 and the DISCLAIMER. The documents are available on the official web-site and must be delivered when collecting the race bib.

4. RACE NUMBER AND RACE PACK COLLECTION

The race number and race pack can be collected from the race office in Mezzolago from 16.00 to 18.00 on Saturday 15th June 2024 and from 7.00 to 8.30 on Sunday 16th June 2024.

You can only collect race numbers and packs on behalf of others if you have the signed bib collection delegation form (available on the official web site) and a photocopy of a valid ID document of the individual being represented.

It will not be possible to collect race numbers and/or race packs on dates and times other than those stated above, for any reason.

5. CHANGES TO RACE NUMBER BIBS

You can change the name of the race number as long as this is done before 12.00 on 12th June 2024, at a surcharge of € 5.00 to be paid cash at the race office, when the athlete collects the race number bib.

Changes to race numbers can only be made online by filling in the appropriate form on the registration website.

6. RACE ROUTE

The race will start from the park in the village of Mezzolago (675m), in the Municipality of Ledro. From here, thanks to the promenade that runs alongside Lake Ledro, competitors reach the historic centre of Pieve di Ledro (668 m). Competitors then take the SAT 454 trail that climbs towards Malga Saval (1692 m), passing through the village of Rave (1060 m), where the first refreshment stand is set up. Runners then go over the Cocca Pass (1360 m) and continue until they reach the pastures of the Saval valley. Once they reach Malga Saval (1692 m), they continue in the direction of Mount Carèt (1793 m) and then descend again towards Bocca Saval (1740 m). Here, there is the first time

check point, set at 2 hours and 15 minutes into the race.

At this point, competitors begin to run up towards the Pari summit (1988 m), on top of which there's the "flying sprint" in memory of Damiano Gnuffi, a passionate runner from Ledro and co-founder of S.S.D. Tremalzo. After the summit, competitors take the "Senter dele Greste" trail. Along the ridge, remaining at high altitude, runners reach the Sclapa summit (1887 m), passing through the trenches and walkways dating back to the Great War. A steep descent leads to Bocca Dromaè (1675 m), where the second time check point is positioned,, set at 3 hours and 15 minutes into the race.

The part of the race that connects the Pari summit to Bocca Dromaè is a technical and exposed stretch and requires the utmost attention from all competitors.

The route then climbs up the ridge of Cima d'Oro, right up to the panoramic summit (1802 m). Heading downhill, with magnificent views over the lakes of Ledro and Garda, competitors then reach the cross of Cima d'Oro (1703 m). The trenches lead to the area above the Salò shorelines, the so-called Belvedere (1400 m). Following the botanical trail, competitors descend down to Fior di Bella (900 m) and then follow the panoramic crossing down to the gates of Mezzolago (675 m).

The final 300 m sprint on tarmac brings the athletes to the finish line.

The route is 19.00 km long in total, with a 1610 m positive difference in altitude.

The maximum time to finish the race is 4h 30 min. from the moment the race starts.

On the website www.ledrosky.it, you can view the map and altimetry, additional documents and these rules.

General program

- Saturday 15th June 2024:
 - from 16.00 to 18.00, race numbers, chips and race packs are handed out at the race office in Mezzolago.
- Sunday 16th June 2024:
 - 07.00: race numbers, chips and race packs are handed out at the race office in Mezzolago;
 - 08.30: call to the start line, checking the athletes present and subsequent race briefing;
 - 09.00: the "Ledro Sky -Senter dele Greste" begins;

7. MAXIMUM TIME / TIME CHECKPOINTS / SUPPORT STAFF

The maximum time to finish the race is 4 h 30 min. from the moment the race starts. After this deadline, assistance services will no longer be guaranteed and each participant will be considered as being on a personal excursion.

Those who pass through the following checkpoints after the following times will also be excluded from the competition:

- Bocca Saval time check point, 2h 15 min. after the start;
- Bocca Dromaè time check point, 3h 15 min. after the start.

In the aforementioned cases, athletes are obliged to return their race numbers to the members of staff on-site.

The support staff present along the route may, at any time, stop and withdraw race numbers from athletes who show physical and/or mental conditions that are not suitable to continue the competition safely and, in any case, all athletes who pass through the time checkpoints after the maximum time set.

8. TIMEKEEPING SERVICE

This will be performed by "F.I.Cr. Assokronos Trentina", using "chip"-based technology incorporated in the bib race number. .

9. AWARD-WINNING CATEGORIES

The first 10 athletes, both male and female, will be awarded with non-monetary

gifts. In addition, the first five athletes (male and female) will receive an additional cash prize:

- € 500,00 for the first athlete to finish;
- € 300,00 for the second athlete to finish;
- € 200,00 for the third athlete to finish;
- € 100,00 for the fourth athlete to finish;
- € 50,00 for the fifth athlete to finish.

An extra cash prize of € 300,00 is given in case of a new record for "Ledro Sky - Senter de le Greste", both male and female.

10. ATHLETES' OBLIGATIONS AND COMPULSORY MATERIAL

Every athlete is obliged to:

- Take part in the race with technical equipment, shoes and clothing that are suitable for skyrunning. It is, in any case, forbidden to wear flip-flops, finger shoes and similar footwear;
- Be equipped with a wind-proof jacket throughout the race;
- Wear their race number, which cannot be altered, bent or cut for any reason, so that it is clearly visible throughout the race;
- Report any decision to withdraw from the race to the nearest control point/refreshment stand, handing in their race number;
- Follow the appropriately signposted route;
- Not use earphones.

11. RESPONSIBILITY

Upon registering, athletes declare that the "Ledro Sky - Senter de le Greste" is a sport event with a high level of technical and physical difficulty, acknowledging and confirming that they have taken note of the route, which mainly follows mule tracks and mountain trails and that includes exposed stretches, albeit assisted by the staff of the organisation. Athletes confirm that they have been thoroughly informed by the organisers of the potential dangers of the event, which takes place in a mountain environment and therefore entails unavoidable objective dangers for all competitors and that they believe it to be fully appropriate to their technical and physical level and, as a result, they intend to accept the risks involved.

Competitors therefore exonerate the organisers from any civil and criminal liability resulting from their misconduct and any damage which they may cause. The Company declares that it has taken out specific third-party liability insurance to cover the risks deriving from the organisation of the event itself. The Company does not insure the race participants.

Moreover, the organisers shall not be held responsible for the loss or theft of personal belongings and/or property - before, during or after the race - in the car parks, in the start/finish area, in the showers, in the changing rooms, in the bag storage area, in the lunch area and in the awards area.

12. BAN ON ANIMALS

To ensure the best safety conditions for all participants, it is forbidden to compete accompanied by pets.

Competitors with pets will be automatically disqualified and considered external to the race, and will therefore be held responsible for any damage caused to themselves, to other competitors and to third parties in general.

13. POLES

The use of trekking or ski poles is permitted. The organisation does not provide any service to recover poles that have been abandoned along the route.

14. WASTE CAMPAIGN

The "Ledro Sk - Senter de le Greste" event supports the "I don't throw my waste" campaign, promoted by Spirito Trail to protect the environment and

nature. Athletes are therefore kindly asked to dispose of their waste (e.g. bottles, cups, gels) in the appropriate bins set up at the refreshment points. Competitors who are reported for misconduct may be sanctioned and/or disqualified, according to the indisputable judgement of the organisers.

15. CAR PARKS

Large, free, unattended car parks are available in the immediate vicinity of the start line (via Belvedere). In these parking spaces camping is not allowed.

16. COMPLAINTS

Any complaints must be submitted no later than 30 minutes after the race results are officially announced, paying a fee of € 100.00 which will only be refunded if the complaint is accepted.

17. CHANGES TO THE ROUTE AND CANCELLATION OF THE RACE

The Course Director (Alpine Guide), in agreement with the Organising Committee, reserves the right to change the route at any time and/or the location of refreshment points, as well as the start time and the right to cancel or suspend the race, in case of adverse weather conditions (fog, blizzards, storms), that are such as to endanger competitors' safety and whenever this is deemed necessary.

Competitors will not be entitled to any refund of the registration fee in case of suspension, modification or cancellation of the race.

18. AMENDMENTS AND/OR INTEGRATIONS TO THESE RULES

The organisers reserve the right to amend and/or integrate these rules. Any changes will be appropriately flagged up on our website and Facebook profile, and reported in **RED, BOLD CAPITAL LETTERS** in this document.

19. CONTACTS

For any clarifications or further information: info@ledrosky.it
www.ledrosky.it