



ART. 1 – PARTICIPATION

All athletes aged 18 or older, holding a valid **Italian competitive medical certificate (protocol B1)** for **Athletics** or **Triathlon**, may take part in the competition.

Participation implies full and unconditional acceptance of these regulations and of all instructions provided by the Organization.

Participation Categories

Registered Athletes:

Athletes holding an Italian competitive medical certificate (B1) and one of the following valid memberships may register:

- FIDAL
 - FIDAL Runcard EPS
 - FIDAL Runcard Trail
 - FIDAL Runcard Nordic Walking
 - FITRI
 - FIDAL Runcard
- or a valid **foreign Athletics (IAAF/ITRA)** or **Triathlon (ITU)** license.

Non-Registered Athletes:

Those without any membership may register as *non-affiliated*. The Organization will provide **ACSI Athletics membership**, with an additional **€5.00 fee** added to the registration cost.

Foreign Non-Registered Athletes (Tourist/Sport mode):

Foreign athletes participating exclusively in *Tourist/Sport* mode will be insured by the Organization upon signing a waiver.

They will have access to all event services but will **not appear in official rankings** and will **not be eligible for prizes** in money or goods.

Athlete Responsibility

By registering, each participant declares under his/her own responsibility to:

- be physically fit for sports activities;
- be in good health;
- release the Organization from any civil or criminal liability arising from participation.

For **competitive races** (Marathon and Race), a valid medical certificate is **mandatory**. For **non-competitive races** (Speed and Walk), no certificate is required, but participants must **sign a liability waiver**.

ART. 2 – LOCATION AND PROGRAM

THE GULF OF THE ISLAND TRAIL takes place across the municipalities of **Bergeggi, Noli, Spotorno, and Vezzi Portio**.

The **Race Village** alternates as follows:

- **Spotorno** in even years
- **Noli** in odd years

Program

Saturday – Cronoscalinata Bergeggina

- Distance: XX km
- Elevation gain: XX m D+
- Start: 17:00 from XXX

Sunday – Main Races

- **Individual Walk:** 5 km – 300 D+ (non-competitive, free pace)
- **SPEED:** 9 km – 500 D+ (non-competitive)
- **RACE:** 16 km – 1000 D+ (competitive)
- **MARATHON:** 41 km – 2250 D+ (competitive)

Start Times (from Race Village):

- Marathon: 8:30 a.m.
- Race: 8:45 a.m.
- Speed: 9:00 a.m.
- Walk: 9:00 a.m.

RACE and **MARATHON** are part of the **ITRA** and **UTMB** calendars and will have **official rankings**.

A **non-official ranking** will also be drawn up for the 9K race.

ART. 3 – COURSES

The main courses (Marathon and Race) develop along dirt trails with start and finish at the Race Village.

They will be clearly marked with **flags and dedicated signs**.

Staff members will be present along the route, easily identifiable by “STAFF” shirts.

Participants must **strictly follow the marked course**; taking shortcuts will result in disqualification.

Safety is guaranteed **only on the official route**. Runners are encouraged to inspect the course before the race.

The route requires experience on mountain terrain (trails, rocky or uneven surfaces, steep sections).

A **topographic map** and **GPS track** will be available on the official website and must be downloaded before the race.

Medical assistance points will be set up along the route.

ART. 4 – EQUIPMENT

Recommended for all athletes

- Water reserve
- Energy bar and/or gel
- Windproof jacket

Mandatory (Marathon and Race)

- Mobile phone (charged, with the Organization’s emergency number saved and caller ID visible)
- Personal cup (no cups or bottles provided at refreshment points)
- Bib number worn visibly on chest or abdomen
- Windproof jacket (in case of bad weather)

Checks: equipment may be inspected before or during the race. Any infraction will result in **disqualification or a 3-minute penalty**.

ART. 5 – TIME BARRIERS

MARATHON: maximum time 9 hours

- Km 20 – Colla di Magnone: 4h30
- Km 31 – Loc. San Lazzaro: 7h00

RACE: maximum time 5 hours

Athletes who do not respect the time barriers will be excluded.

If exclusion is not due to physical reasons, the athlete must return along the same course. In case of physical distress, the Organization will assist and accompany the athlete to safety.

Medical staff may, at their sole discretion, **stop any athlete deemed unfit** to continue.

ART. 6 – WITHDRAWALS AND RETURNS

Athletes withdrawing from the race must inform the **nearest checkpoint** or wait for the **sweeper service**.

Return must occur along the marked route.

Failure to notify a withdrawal may result in the **athlete being charged for search and rescue costs**.

ART. 7 – REFRESHMENTS AND ASSISTANCE

Refreshment stations will be located approximately every **7–10 km**.

External assistance or private refreshments are **strictly prohibited**.

Participants must respect environmental rules: **no littering**, and all waste must be carried to the finish area.

ART. 8 – COURSE MODIFICATIONS AND CANCELLATION

The Organization reserves the right to:

- modify routes, aid stations, or start times;
- suspend or cancel the race due to severe weather or safety concerns;
- determine rankings based on the last valid checkpoint in case of interruption.

ART. 9 – TRAIL ETHICS

Trail running is based on shared values:

- **Respect for oneself and others** – honesty, sportsmanship, and mutual help.
 - **Respect for volunteers**, who contribute with passion and dedication.
 - **Respect for nature** – protect flora and fauna, follow marked paths, and do not litter.
 - **Solidarity and sharing** – every participant contributes to the success of the event.
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ART. 10 – LIABILITY

Participants release the Organization from any liability for injuries, damages, theft, or expenses related to participation.

By signing the waiver, the athlete acknowledges having read and accepted all clauses in accordance with Articles 1341 and 1342 of the Italian Civil Code.

ART. 11 – REGISTRATIONS

Registrations must be completed exclusively online at **endu.net** by **Monday, April 13 at 11:59 p.m.**, or until the maximum number of participants is reached.

Any remaining bibs may be purchased on-site on race day.

The Organization reserves the right to increase the participant limit or assign **wild cards** at its sole discretion.

ART. 12 – REGISTRATION FEES

Registration fees vary according to the race category and registration period.

For **competitive races**, a valid **competitive medical certificate (B1)** is required.

For **non-affiliated Italian athletes**, an **ACSI Athletics membership** is mandatory, with an additional **€5.00** fee.

For **non-competitive races**, no medical certificate is required; participants must simply **sign a liability waiver**.

RACE	TYPE	FEE	NOTES
Cronoscalinata Bergeggina	Competitive	€20 (flat rate)	Medical certificate required. €5.00 ACSI supplement for non-affiliated Italian athletes.
Walk 5K	Non-competitive	€15 (flat rate)	No medical certificate required. Liability waiver mandatory.
SPEED 9K	Non-competitive	€20 (first 25 participants) – €25 (later)	No medical certificate required. Liability waiver mandatory.
RACE 16K	Competitive	€25 (first 25 participants) – €30 (26th–49th) – €35 (from 50th onward)	Medical certificate required. €5.00 ACSI supplement for non-affiliated Italian athletes.
MARATHON 41K	Competitive	€40 (first 25 participants) – €45 (up to 50) – €50 (later)	Medical certificate required. €5.00 ACSI supplement for non-affiliated Italian athletes.

The registration fee includes:

- Bib number
- Race pack and event gadgets
- Products and gadgets offered by partners
- Medical and logistical assistance
- On-course and post-race refreshments
- Bag deposit
- Changing rooms and showers (where available)

Fees are **non-refundable** in case of no-show.

If the event is postponed or cancelled by the Organization, registrations may be **transferred to the following edition or refunded**.

ART. 13 – MAXIMUM NUMBER OF PARTICIPANTS

- Cronoscalinata: 200 bibs
- Marathon: 200 bibs
- Race: 400 bibs
- Speed: 200 bibs
- Walk: 200 bibs

ART. 14 – SAFETY AND MEDICAL ASSISTANCE

Ambulances, **Italian Red Cross (SMTS)**, **Civil Protection**, **medical staff**, and **Mountain Rescue** teams will be stationed along the course.

The official race doctor has the authority to withdraw any athlete deemed unfit to continue.

ART. 15 – START PROCEDURE

The race will start in a **mass start** format.

Athletes will line up freely after registration and timing check-in.

ART. 16 – INSURANCE

The Organization holds **civil liability insurance** covering the entire duration of the event.

Participation is under the athlete's full responsibility; by signing the waiver, the participant waives any claim against the Organization.

ART. 17 – RANKINGS AND PRIZES

Prizes will be awarded to the **top five men and women** in each competitive race and to the **top three** in the Cronoscalinata and short race.

Prizes will consist of **local and/or technical products**, with **no cash awards**.

Possible category or random prizes will be announced on the official website.

ART. 18 – IMAGE RIGHTS

By registering, each participant grants the Organization free, unlimited use of his/her image, photos, and videos taken during the event, including for promotional or commercial purposes and for use by the event's partners.

ART. 19 – CLAIMS

Any claims must be submitted in writing to:

 **info@trioevents.it**

or sent by registered mail to:

TriO Eventi S.S.D. a R.L. – Via Caduti dei Lager, 36 – 25015 Desenzano del Garda (BS), Italy

ART. 20 – FINAL NOTES

The official version of these rules is written in **Italian**.

In case of discrepancies between translations, the **Italian version shall prevail**.

Info & Contacts

TriO Eventi S.S.D. a R.L.

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 www.trioevents.it

 info@trioevents.it