



EVENT INFO - REGULATION

ART 1. ORGANIZING COMMITTEE

Sport PRO-MOTION A.S.D. organize the VII Monterosa EST Himalayan Trail (further MEHT) on 01.08.2026.

Organizing Committee (further OC): Sport PRO-MOTION A.S.D. - Via Maurizio Muller, 37 - 28921 Verbania Intra (VB), Italy
MEHT@pro-motion.it - www.MEHT.it

ART 2. REGISTRATION OFFICE

Registration by EVODATA S.r.l., info: MEHT@evodata.it

ART 3. ELIGIBILITY - REQUIRED DOCUMENTATION

MEDICAL CERTIFICATE: every participant, except participants at 13K, must hold a valid agonistic sport medical certificate (template on www.MEHT.it).

MEHT races are open to everyone aged 18 years old on 01.08.2026.

For 55K and 38K the OC recommend to have completed at least one TRAIL RUNNING race on Alpine/Mountain environment of about 35-40 Km with 2.500m D+.

Every participant must be aware of chosen race length and specific terrain where the race takes place, be well trained and have acquired before the race, a full capacity of self-autonomy in an Alpine/Mountain environment, in particular:

- Be able to face weather conditions that could become difficult as are connected to an Alpine/Mountain environment that can change fast and drastically, so this aspect cannot be underestimated; therefore able to face extreme weather conditions such as intense cold/hot, snow or rain, strong wind etc.
- Be able to self-manage physical/psychological problems connected to high level of tiredness, gastrointestinal problems, muscular/articular pain, small wounds, hunger/thirst feelings etc.
- Be conscious that the OC role is not helping the participant to face the race.

ART 4. RULES ACCEPTANCE - RESPONSIBILITY DECLARATION

The OC can modify event regulation at any time to ensure safety for participants and public publishing variations on www.MEHT.it.

To be able to register at races part of MEHT and be covered by a third part insurance, every participants will be automatically affiliated to a promotional sport entity for SAT 01.08.2026. Every participants, by registering at any race part of MEHT, hereby declares: "I, conscious of penalties for false declaration (Italian law art. 26 l. 15/68 and art. 489 c.p. and art. 2 - law 04/01/1968 n° 15 as modified with art. 3 comma 10 - law 15/05/1997 n° 127), accept and fully acknowledge regulation of MEHT, I am aware that participating at mountain sport races, especially in a Alpine/Mountain environment (TRAIL RUNNING), is a potential risk activity if the person is not well trained and in good physical condition or if not well equipped for morphological and weather conditions typical of the Alpine/Mountain environments; to be conscious that all participants must hold a sport agonistic medical certificate valid on race date and must be 18 years old on race day. To enter the race consciously assuming full responsibility for all risks arising from participation as falls, contacts with vehicles or other participants and spectators, extreme weather conditions including extreme heat/cold or humidity, course and mountain trails conditions and any type of risk known and evaluated by myself. Being conscious of the above, considering the acceptance of my registration I, for myself and on behalf of anyone else, fully arise the OC, (Sport PRO-MOTION A.S.D.), promoters, city councils along the courses, all Partners, their representatives, successors, officers, directors, members, agents and employees of entities mentioned above, from all present and future claims for liability of any kind, known or unknown, consequential to my participation at the event".

ART 5. PRIVACY POLICY - IMAGE RIGHTS

By registering at the event I expressly authorize the OC (Sport PRO-MOTION A.S.D.), together with legal entities having professional and commercial relations, to acquire the free right to use fix or moving images on which I may appear taken during my participation at the race on all visual supports as well as on promotional and/or advertising materials produced and distributed worldwide for the maximum time permitted by law, by regulations, by treaties in force, including any extension that may be made.

I also declare to have read and accepted data processing and image rights conditions published on section "PRIVACY" on www.MEHT.it.

Personal data provided will be processed in compliance with Legislative Decree No. 196/30.6.2003 and used exclusively for the purposes described on information published on www.MEHT.it ("PRIVACY" section).

ART 6. SEMI AUTONOMY - ASSISTANCE

Along any part of the course is forbidden to be accompanied/assisted by a non-enrolled person, the penalty is an immediate disqualification; assistance allowed only nearby refreshments points (100 m before/after).

Semi autonomy it is intended as the capacity of self-autonomy between refreshment points for food/beverage, equipment and safety to be able to face problems like bad weather, physical problems, injuries, etc.

ART 7. COURSE MODIFICATION - CANCELLATION

In case of bad weather, races courses may be modified; based on safety conditions, the OC will give possibility to race on alternative courses.

MEHT races takes place in an Alpine/Mountain environment at the base of Monterosa EAST wall. In case of bad weather or missing safety conditions, with the aim to guarantee safety for all participants staff and public, the OC has the right to modify courses or time limit gates at any time without notice, or in extreme cases to cancel the event. Eventual modifications/cancellation can happen before the start or during the race; participants will be immediately informed by email, website or directly by marshals along the course.

ART 8. EVENT PROGRAMME

Time modification can be possible due to organizational needs.

FRI 31.07	TECHNICAL BRIEFING	Kongresshaus - Hamlet Staffa:	04.00 pm English - 05.00 pm Italian		
SAT 01.08	RACE START	MEHT VILLAGE - Hamlet Staffa:	07.00 am	55K	(D+ 3.800)
			07.00 am	38K	(D+ 2.100)
			09.00 am	21K	(D+ 1.400)
			10.00 am	13K	(D+ 700)

ART 9. ENVIRONMENT RESPECT

It is strictly forbidden to throw waste along the course; penalty is an immediate disqualification in addition to fines applied by local laws.

Every participant must respect the magnificent and uncontaminated environment preserving the beautiful landscape surrounding MEHT.

ART 10. ITRA POINTS

Following ITRA points will be assigned; we recommend consulting dedicated website for more information (<https://itra.run>).

RACE/POINTS

55K/3 - 38K/2 - 21K/1 - 13K/0

ART 11. COMPULSORY/RECCOMENDED EQUIPMENT

Safety first! TRAIL RUNNING races are subject to uncertain weather conditions typical of the Alpine/Mountain environment, a key factor that cannot be underestimated.

For this reason, the OC will conduct equipment checks at the start and during the race; anyone missing items from compulsory equipment list, or denying the control, will be immediately disqualified.

In case of good weather conditions, compulsory equipment can be modified; eventual changes will be communicated via e-mail, social media and during the Technical Briefing.

MATERIAL DESCRIPTION	COMPULSARY				RECCOMENDED			
	55K	38K	21K	13K	55K	38K	21K	13K
RACE								
ID					X	X	X	X
Backpack or backpack + pouch with enough space for whole mandatory equipment	X	X	X					
Elastic storage sport belt				X				
GPS watch/device with GPX trace (free download on www.MEHT.it)	X	X					X	X
GPS Tracker provided by OC	X	X						
Mobile phone: save emergency numbers of the OC indicated on BIB number; phone always on with no hidden number and 100% charged battery	X	X	X	X				
TRAIL RUNNING shoes suitable for Alpine/Mountain terrain (gravel, stones, plates)	X	X	X					
RUNNING O TRAIL RUNNING shoes				X				
Plastic glass or container with wide cap suitable for drink/food consumption (at refreshment points will not be provided any type of containers)	X	X	X	X				
Water bottles or hydration pack (camelback style) with min 1 lt capacity	X	X	X					X
Headlamp + extra battery pack, alternatively two headlamps	X	X						
Survival blanket (min size 2.0m X 1.40m)	X	X	X					X
Whistle	X	X	X	X				
Elastic band for banding or strapping (min size 100cm X 6cm)	X	X	X	X				
Food reserve	X	X					X	X
Waterproof/windproof jacket (GORETEX Type) with hood, suitable for bad weather condition (cold, wind, rain, snow)	X	X	X					X
Long pants or ¾ pants + long socks to cover entire leg	X	X					X	X
Long sleeve shirt	X	X					X	X
Hat, cap or bandana to cover the entire head	X	X					X	X
Waterproof gloves	X	X					X	X
Sunglasses and sun cream for high altitude					X	X	X	X
Extra warm cloths					X	X	X	X
Waterproof pants cover					X	X	X	X
Extra warm microfiber long sleeve jersey					X	X	X	X
Poles					X	X	X	X
Pocket money for purchases at refuges etc.					X	X	X	X
Basic First Aid KIT (self-medication of small grazes, blisters, etc.)					X	X	X	X

ART 12. COURSE - CHECK POINTS

On course segments with vehicular traffic inside towns/villages, all participants are obliged to respect pedestrian regulation (ex: run aside on roads with traffic, cross streets using pedestrian crossings etc.). If you do not see a "MEHT" course sign within 300 meters, go back! You are on a wrong path!

In full respect of MEHT spirit, to avoid erosion of the wonderful environment hosting us, it is absolutely forbidden to exit the race trails.

MEHT races take place in an Alpine/Mountain environment at the base of Monterosa EAST wall with a section in Switzerland; courses entirely on mountain trails or gravel roads with minimum sections on asphalt. Along MEHT courses there is not difficult exposed Alpine/Mountain sections equipped with fixed rope/chain, except some small section equipped with temporary rope/chain. Every participant must strictly follow his course indicated by signs, tape and reflective bands visible with headlamp at night hours. It is strictly forbidden to follow different path, the penalty is an immediate disqualification. Random checkpoints will be operating along the course; staff members will check participant's passage and mandatory equipment; any athlete refusing the control will be immediately disqualified.

ART 13. REGISTRATION - MAX N° PARTICIPANTS

Registration will close upon reaching the MAX n° of participants or by the OC unquestionable decision.

ENTRY FEES – MAX N° PARTICIPANTS

DISTANCE	N° MAX	SLOT 1 (1-50)	SLOT 2 (51-100)	SLOT 3 (101-200)	VILLAGE (subject to BIB availability)
55K	200	€ 70	€ 80	€ 90	€ 100
38K	200	€ 50	€ 60	€ 70	€ 80
21K	300	€ 30	€ 40	€ 50	€ 60
13K	200	€ 20	€ 30	€ 40	€ 50

SERVICES INCLUDED

GPS Tracker (55K/38K)	BIB	Disposable Chip	Showers	Medical Assistance
Official Gadget	FINISHER Medal	Changing Rooms	Finisher Certificate	Third Parts Insurance
Clothes Deposit	Technical Briefing	Lifts Ticket	Refreshments Points	Timing Points
WC	Clothes Bag	GPS Traces	Lifts Discount Companions	

REGISTRATION OPTIONS

ON-LINE By WED 29.07.2026 at 11.59 pm
Directly on www.MEHT.it with easy, fast and secure system.
Registration with payment by credit card or PAYPAL (commission applied).

VILLAGE: 31.07/01.08.2026 (only cash payments)
Providing: Registration Form fulfilled/undersigned
Agonistic Medical Certificate (see ART. 3)

ART 14. BIB NUMBER/RACE KIT COLLECTION - DELEGATION

THU 30.07.2026 every participant will receive by e-mail the "CONFIRMATION LETTER"; this document must be saved on a mobile device and presented, with a valid ID, at MEHT VILLAGE to collect BIB number.

To 100K race participants an "OFFICIAL ASSISTANT PASS" will be provided; this pass can be used by one person to access Life Base to assist participant including management of extra clothes bag.

The BIB number is necessary to benefit services dedicated to participants; participants has to indicate, on BIB backside, a name/mobile number to be contacted in case of emergency and save on mobile phone the emergency number indicated on BIB front side. BIB are strictly personal with no possibility to transfer it to a third person. It is responsibility of participants to visibly endorse their BIB on chest/stomach and it is forbidden to modify it. Participants without or with modified BIB, BIB given to another person, will be disqualified and persecuted by sport and law authorities.

BIB DISTRIBUTION

MEHT VILLAGE- c/o Kongresshaus – Macugnaga, Hamlet Staffa (VB)

FRI 31.07 10.00 am - 07.00 pm
SAT 01.08 06.00 am - 09:45 am

DELEGATION

Only on FRI 31.07.2026, it will be possible to delegate a third person that will need to provide following documentation:

- Confirmation Letter printed/undersigned in original by delegating person + Delegation (attached to Confirmation Letter)
- ID copy (Passport or ID) of delegating person.

ART 15. ENTRY FEE REFUND - DISTANCE CHANGE

Fees refund are not possible; in case of event cancellation due to major forces, the OC will not reimburse entry fees but will evaluate the transfer to next edition.

REGISTRATION TRANSFER

Athletes who cannot participate has the option "Transfer Registration Fee" to MEHT 2027 to the same distance selected at MEHT 2026. Requests to be send via e-mail to MEHT@pro-motion.it by 12.07.2026 attaching a payment receipt worth € 10,00 commission fee (on payment order specify exp. "Transfer Paul Bright MEHT 2027/38K").

Applicants must apply again their registration for MEHT 2027 within 30 days prior the event.

Bank Transfer (participants must cover commission fees) to Sport PRO-MOTION A.S.D. - Banca Intesa Sanpaolo ag. Stresa (VB), Italy:

IBAN: IT 40 P030 6945 6801 0000 0009 349 – SWIFT/BIC: BCITITMMXXX

DISTANCE/REGISTERED ATHLETE CHANGE

It will be possible to "Change Registered Athlete or Distance" with requests to be send via e-mail to MEHT@pro-motion.it by 12.07.2026 attaching a payment receipt worth € 10,00 commission fee (on payment order specify exp. "Change Distance / Change Registered Athlete").

In case of race variation to longer distance it will be necessary to pay the cost difference based on registration fees valid on day of request; vice versa if the distance will decrease there will be no refund.

Bank Transfer (participants must cover commission fees) to Sport PRO-MOTION A.S.D. - Banca Intesa Sanpaolo ag. Stresa (VB), Italy:

IBAN: IT 40 P030 6945 6801 0000 0009 349 – SWIFT/BIC: BCITITMMXXX

ART 16. TIMING - GPS TRACKER - CHIP

GPS tracker (55K/38K) and CHIP, mandatory for all MEHT races, are used to verify race time and for safety reasons, monitoring participants transition on different points along the course.

For the GPS tracker, included on registration for 55K - 38K, it is required a € 50,00 cash deposit refunded after the race upon returning the device.

Timing done using CHIP technology with race time and intermediate timing points; participants not detected at timing points will be immediately disqualified.

CHIP fixed to the BIB and GPS tracker are strictly personal with no possibility to transfer it to a third person, it is participant responsibility to wear them as shown in the instructions. Participants running without CHIP, or CHIP given to another person, will be disqualified and persecuted by sport and law authorities.

ART 17. TIMING BARRIERS - MAXIMUM TIME

Participants reaching timing barriers after maximum time limit will be officially out the race and not anymore under the OC responsibility. In case of bad weather or for security reasons the OC can modify time barriers also during the race. Timing barriers can be visualized on races "ROAD BOOK" available at www.MEHT.it.

Timing barriers consider type of terrain and elevation to monitor participant's position due to safety reasons and are calculated considering necessary time to finish the race within maximum time allowed:

55K MAX 17:00 h
38K MAX 12:30 h
21K MAX 07:30 h
13K MAX 05:00 h

ART 18. DISQUALIFICATION

Course marshals/officials will verify full respect of race regulations and, in case of infraction, they will disqualify the participant. Is also possible that the OC verifies irregularities after the race using images/video delivered to the OC. The Race Director can order an immediate disqualification for following infractions:

Irregular Mandatory Equipment
Check Point Control Refusal
Missing assistance/help to other participant
Non-respect of given instruction by Race Director, staff member or doctor/rescuer
Waste abandoning by participant or assistant
Time barrier reached out of MAX Time
No-show at check point along the course
Non-respectful behaviour towards member of the OC, volunteer or other participant
Support along the race course by non-registered person
Use of transport by vehicle or lifts
Assistance received out of allowed range 100 meters before/after refreshments points
Exchange with other person of: BIB/CHIP/Tracker GPS

ART 19. CLAIMS

Only written claims will be considered; claims must be signed by participants and presented not later than 12.00 am on SUN 02.08.2026 including a deposit worth € 200,00 which won't be refund in case of claim refusal. Claims' jury in charge is composed by: Race director – Mountain Rescue Service Manager - Course Marshalls. The jury can deliberate, without right of appeal, upon verifications that ca be made also after the event using static and/or moving footage.

ART 20. WITHDRAWAL

Participants pulling out their race must take off their BIB. The bracelet is the pass to access all race services, including free transport by lifts or “DROP-OUT BUSES” available along courses.

In case of withdrawal, participants must reach the closest refreshment/checkpoint to communicate their decision to the OC who will invalidate the BIB number providing indication for the easiest way to reach in autonomy Macugnaga. Participants pulling out without notifying immediately the OC will be charged for all expenses arising from false alarm procurement and eventual activation of the Alpine/Mountain Rescue Service protocol operations.

ART 21. SAFETY - MEDICAL ASSISTANCE

Rescue points will be set-up along the course with dedicated staff and vehicles connected with the OC. Physical and health conditions of participants will be monitored, and in case they will not be considered adequate, there could be temporary or definitive stops without any right of appeal.

Medical staff along the course guarantees assistance only in case of serious medical issues; therefore, we recommend every participant to carry a basic self-medication kit for small bounds or blisters, which do not need medical assistance. Injured athletes can alert the OC at check/refreshment points, by calling the numbers indicated on their BIB or by asking help to other participants. Every participant must provide assistance to others in difficulties; the penalty will be a disqualification for rescue omission. In case of emergency, by exclusive decision of the OC, the Alpine/Mountain Rescue Team will be alerted and will use any procedure considered necessary including the eventual support from a helicopter. In case of helicopter assistance and if considered appropriate by Alpine/Mountain Rescue Team members, some or all expenses for this operation can be charged to the participant following Region Piedmont (Italy) and Swiss laws.

ART 22. PERSONAL MEDICAL INSURANCE

The OC subscribe a third part responsibility insurance for the event; it is strongly recommended to all participants to subscribe a personal medical insurance covering rescue service operations in Italy/Switzerland and the eventual Alpine/Mountain Rescue Team operation by helicopter.

The OC suggest to participants to subscribe an insurance that ITRA (International Trail Running Association - <https://itra.run>) offers to its affiliate.

ART 23. ROAD BOOK - COURSE MAP - GPS TRACES

Road Book, course map, elevation and GPS traces are visible and downloadable free at www.MEHT.it.

ART 24. REFRESHMENTS

To see exact position of refreshments points refer to “Road Book” on www.MEHT.it.

To reduce environment impact, at refreshments points no container will be provided, therefore every participants must carry a container with wide cap suitable for drink/food consumption; the OC provides only liquids to fill up glasses, water bottles or hydration packs.

There will be two kinds of products available at refreshment points:

Drinks: still/carbonated water, hot tea, isotonic drinks, Coca Cola and hot soup.

Food: fresh fruit (ex: watermelon, bananas, oranges, apples), dry fruits (ex: apricots, raisins), biscuits, chocolate, salted snacks, cheese, salami and bread.

ART 25. CHANGING ROOM - SHOWERS - WC

The OC denies any liability for lost, damaged or stolen items. We advise not to leave any valuable item inside clothes bags or inside changing rooms.

Changing Rooms/Showers/WC are available at SPA Centre (Hamlet Staffa); WC are available also in some points along the course (see details on “Road Book” www.MEHT.it).

ART 26. CLOTHES BAG DEPOSIT

Every participant will receive with the BIB a clothes bag and a sticker to apply on it.

There will be a clothes bag deposit at MEHT VILLAGE where participants can deliver bags and recollected it after the race.

ART 27. RANKING - PRIZES

It is not possible to request prizes after timetables indicated below.

Ranking and race diploma will be available on www.MEHT.it.

The award ceremony programme will take place at the Start/Finish Area (MEHT VILLAGE) with following timetable:

SAT 01.08	03.00 pm	21K - General Ranking	First 5 Men/Women
		13K - General Ranking	First 3 Men/Women
		38K - General Ranking	First 5 Men/Women
	07.00 pm	55K - General Ranking	First 10 Men/Women

ART 28. PARKING

During the period 31.7-02.08.2026, the OC will provide a free parking area subject to availability.

Parking in Macugnaga is regulated by municipality regulations.

ART 29. HOSPITALITY

Accommodation options will be listed on www.MEHT.it.

ART 30. PHOTO AND VIDEO

All participant can visualize and buy their pictures and video of the event on www.MEHT.it.

ART 31. HOW TO REACH US

PLANE: Milan Malpensa Airport at about 100 Km
www.sea-aeroportmilano.it

BUS: Shuttle BUS from/to Airport Milan Malpensa and Bergamo Orio Al Serio (booking requested)
www.comazzialibus.com
www.safduemila.com
BUS line Domodossola - Macugnaga
www.comazzibus.com/eng/linee_orari.php

CAR: Highway A8 dei Laghi with link to A26/E62 direction “Sempione” exit PIEDIMULERA/MACUGNAGA
www.autostrade.it

TRAIN: Direct connection from Milan, Turin, Geneva and Zurich. Train stop Domodossola.
www.fsitaliane.it
BUS line Domodossola - Macugnaga
www.comazzibus.com/eng/linee_orari.php