



VIBRAM-MAREMONTANA TRAIL 2020 CENCIN DE FRANCESCO MEMORIAL

11th EDITION 29 March 2020

Art. 1) **ETHICS**

The world of TRAIL running includes diverse groups of people who not only practice sport but also believe and respect certain values that comprise the ethics of the Sport.

Respect for people

Respect yourself: no cheating, either before or after the race;
Respect the other runners: offer assistance to another runner in difficulty;
Respect the volunteers: they are also there for the enjoyment of participating.

Respect for Nature

Respect the fauna and flora by not littering.
Stay on the marked trails without taking short cuts to avoid erosion.

No money prizes

Sharing and Solidarit

- Everyone, both competitors and volunteers, supports and will offer help in all situations
- Support for the beneficiary associations: the race also has a humanitarian goal

Art. 2) **ORGANISATION**

The Association Maremontana A.S.D. in collaboration with the humanitarian association Find The Cure, C.A.I. Loano and the Sport and Tourism department of the Loano Town Council, are organising the eleventh edition of the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial, with the participation of the Towns of Balestrino, Bardinetto, Boissano, Borghetto S.S. , Castelvechio di Rocca Barbena, Ceriale, Cisano sul Neva, Giustenice, Loano, Pietra Ligure, Toirano and Zuccarello.

Art. 3) **TRAIL RUN**

The race can be run at any pace and is set in a natural environment, along paths on the surrounding hills and mountains in the 12 districts involved forming a large open loop that starts and finishes in Loano.

Each race has only one stage and can be run at any pace within a time limit.

The three race trails are:

- 1) Short trail K20** about 19.6 km with a positive height gain of 986 m and a maximum time limit of 4 h 30 min, start time 9.00am at the Sea-workers House along the esplanade in Loano. Race difficulty: EASY (6.03 km) MEDIUM (5.28 km) DIFFICULT (8.29 km)
- 2) Medium trail K45** about 44.7 km with a positive height gain of 2,650 m and a maximum time limit of 10 h 30 min, start time 6.00am at the Sea-workers House along the esplanade in Loano. Race difficulty: EASY (5.86 km) MEDIUM (13.79 km) DIFFICULT (25.05 km)

2.1) Medium trail K45 relay race

1st section: about 25.70 km with a positive height gain of 1,575 m and a maximum time limit of 5 h 50 min, start time 6.00am at the Sea-workers House along the esplanade in Loano. Race difficulty: EASY (2.80 km) MEDIUM (11.70 km) DIFFICULT (11.20 km)

2nd section: about 19.00 km with a positive height gain of 1,075 m and a maximum time limit of 4 h 40 min, start time before 11.50am at the Giogo di Toirano (KM 18.8 approx. along the road Strada

Provinciale Borghetto S.S.-Bardineto). Race difficulty: EASY (3.06 km) MEDIUM (2.09 km) DIFFICULT (13.85 km)

3) Long trail K60 about 61.80 km with a positive height gain of 3,640 m and a maximum time limit of 13 h 30min, start time 6.00am at the Sea-workers House along the esplanade in Loano. Race difficulty: EASY (6.21 km) MEDIUM (15.62 km) DIFFICULT (39.97 km)

3.1) Long trail K60 relay

1st section: about 32.60 km with a positive height gain of 1,998 m and a maximum time limit of 7 h 05 min, start time 6.00am at the Sea-workers House along the esplanade in Loano. Race difficulty: EASY (3.15 km) MEDIUM (14.83 km) DIFFICULT (14.62 km)

2nd section: about 29.20 km with a positive height gain of 1,998 m and a maximum time limit of 6 h 25 min, start time before 13.05am at the Giogo di Toirano (KM 18.8 approx. along the road Strada Provinciale Borghetto S.S.-Bardineto). Race difficulty: EASY (3.06 km) MEDIUM (0.79 km) DIFFICULT (25.25 km)

Art. 4) PARTICIPATION

The VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial, is open to everyone, male and female, who are 18 years old or over at the time of registration, with membership cards or not, holding a medical certificate declaring them fit for competitive sporting events in the category of Athletics. For safety reasons no animals are allowed along the race itinerary.

Art. 5) SEMI SELF-SUFFICIENT

Refreshment stations will be supplied with drinks and food to be consumed at the stations as indicated in the race program. There will be **NO** plastic cups available at the refreshment stations.

There will be only water available for refilling water bottles and camelbacks.

Every runner must check that they have, when leaving each refreshment station, enough water and food necessary for them to reach the next refreshment station.

It is not permitted to be accompanied on the race by someone who is not themselves registered to run the race.

Art. 6) CONDITIONS OF REGISTRATION

This race (K60 and K45) includes sections at an altitude of 1,389 m, and the conditions may be challenging (wind, cold, rain or snow). An excellent level of fitness and the ability to be self-sufficient are essential to be able to conclude this race.

To register for the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial it is recommended that other trail runs have been completed previously, however there are no limitations for participants in the short trail K20 or the medium trail K45.

To register for the long trail K60 (excluding the relay), it is compulsory to demonstrate that you have already participated in and concluded a trail race of 42 km or more **NOT** prior to 01-01-2019.

For further information contact: info@maremontana.it

Art. 7) MEDICAL CERTIFICATE

To register for the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial it is compulsory to have a COMPETITIVE SPORT MEDICAL CERTIFICATE for athletics. For foreign athletes it is compulsory to use the form Compulsory Medical Certificate, which can be downloaded from the race website, <http://maremontana.it/it/download>.

The individual long Trail K60 will be a trial race for the FIDAL championships, to run this race the FIDAL membership card must be presented or a membership card from other recognised sporting associations. For those who do not have membership cards there is the Run Card Trail with a €5.00 discount.

The certificate (check the validity on the date of the competition), must be uploaded at the time of registration on the website <http://iscrizioni.wedosport.net/>

Without a certificate you will NOT be allowed to start the race!!

Art. 8) **WAIVER FORM** To register, the waiver form, Declaration of Consent to the Risks Involved and Exoneration of Responsibility, that is part of the online registration, must be accepted in all its parts.

Art. 9) **HOW TO REGISTER**

Registration for the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial 2020 edition, can be done after 15-10-2019, only online on the website <http://iscrizioni.wedosport.net/>

The list of participants can be consulted on the webpage

www.maremontana.it <http://iscrizioni.wedosport.net/>

If the competitor does not supply a valid medical certificate they cannot participate in the race.

REMEMBER THAT TO WITHDRAW YOUR RACE BIB THE COMPULSORY MATERIAL CHECK HAS TO BE DONE FIRST. NO BIB WILL BE GIVEN OUT WITHOUT THE FORM FROM THE COMPULSORY CHECK.

Art. 10) **ENTRY FEE:**

VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial:

- short trail K20**, €20 entry fee for registration before il 31 January 2020,
€28 entry fee for registration up until 24 March 2020,
- medium trail K45**, €35 entry fee for registration before il 31 January 2020,
€45 entry fee for registration up until 24 March 2020,
- relay medium trail K45-per couple**
€50 entry fee for registration before il 31 January 2020,
€60 entry fee for registration up until 24 March 2020,
- long trail K60**, €50 entry fee for registration before il 31 January 2020,
€60 entry fee for registration up until 24 March 2020,
- relay long trail K 60 - per couple**
€65 entry fee for registration before il 31 January 2020,
€80 entry fee for registration up until 24 March 2020,

For all the races registration and payment must be contemporaneous, if this is not the case any registration that is not followed by payment within **5 days will be cancelled** automatically by the system.

Earlybirds discount - Only for the K45 and K60 trails, from 15 October 2019 to 15 November 2019 **-30%** off the full fee.

Art. 10.1) The **Long Trail K60 individual** will be a FIDAL trial race, for registration it is compulsory to be a FIDAL member, to have a valid RUN CARD, or otherwise be a member of one of the sports associations recognised by CONI:

- A.C.S.I.-Associazione centri sportivi italiani (Associazione di cultura,sport e tempo libero)
- A.I.C.S.-Associazione italiana cultura sport
- A.S.I.-Associazioni sportive sociali italiane
- A.S.C.-Attività sportive confederate
- C.N.S. Libertas-Centro nazionale sportivo Libertas
- C.S.A.IN.-Centri sportivi aziendali industriali
- C.S.E.N.-Centro sportivo educativo nazionale
- C.S.I.-Centro sportivo italiano
- C.U.S.I.-Centro universitario sportivo italiano
- E.N.D.A.S.-Ente nazionale democratico di azione sociale
- M.S.P.-Movimento sportivo popolare Italia

- O.P.E.S.-Organizzazione per l'educazione allo sport
- P.G.S.-Polisportive giovanili salesiane
- U.I.S.P.-Unione italiana sport per tutti
- U.S. ACLI-Unione sportiva A.C.L.I.

Registration is however open to everyone even if they are not members of the Federation or one of the other sports associations. The organisers offer the RUN CARD at half price, €5 instead of €10.

Art. 11) **MAXIMUM NUMBER OF COMPETITORS**

The maximum number of competitors admitted to the 11th edition of the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial is 1,150 athletes in total, sub-divided as below:

300 bibs for the individual	K60
20 bibs for the relay	K60
410 bibs for the individual	K45
20 bibs for the relay	K45
400 bibs for the individual	K20

Competitors can in exceptional circumstances change race but only to a shorter distance and only if there are still bibs available. They must send an email to: info@maremontana.it indicating name, surname, race distance. The organisation will not make any refunds.

Art. 12) **ACCEPTANCE OF THE RACE RULES AND ETHICS**

Participation in the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial means accepting without reservation the rules herein, the Italian Trail Manifesto and the Italian Trail Running Guidelines that can be consulted on www.maremontana.it. All official communications for participants registered before the race will become an integral part of these regulations.

Art. 13) **REFUNDS OF THE ENTRY FEE**

Only in the case where the race is cancelled due to outside circumstances at the last minute, will 50% of the entry fee be refunded.

In the case of proof of a serious injury with a medical certificate the organisers will evaluate whether to refund 50% of the entry fee.

Art. 14) **EQUIPMENT**

Even though the race itinerary is mainly on the sea facing sides of the mountains in the districts from Ceriale to Pietra Ligure, in the past few years even at the beginning of spring there have been very adverse weather conditions. The organisers, for the personal safety of all competitors and on the basis of experience gained in previous editions, have made the following obligatory:

By registering every competitor accepts that they must carry with them all the compulsory equipment listed below throughout the whole race, failure to do so will result in disqualification.

Compulsory (checks will be made before bib collection and at random along the race trail)

1. Backpack or bum bag
2. Survival blanket
3. Hat or bandana
4. Windproof jacket
5. Water reservoir or other liquid, minimum half a litre
6. Food reserve (at least 1 gel and 1 energy bar)
7. Cup or other personal container for drinking
8. Mobile phone (insert the emergency number of the race organisation, do not hide the number and remember to have your phone fully charged at the start of the race)
9. Head torch (except for the trail K 20)

In the case of an extremely adverse weather forecast the following will be compulsory:
Trousers or running leggings below the knee
Technical rainproof jacket suitable for adverse weather conditions in the mountains
Gloves

Recommended:

- Whistle
- Change of clothes if the forecast is for cold weather
- Food Reserve proportionate to the number of refreshment stations (5+2 for the K60 trail, 4+1 for the K45 and 2+1 for the K20)

Optional

Walking poles - Any athlete who wishes to use walking poles must carry them for the entire length of the race. No volunteers or emergency personnel are authorised to take/look after an athletes walking poles.

Art. 15) **BIBS**

Each bib is given to every competitor individually on presentation of a photo ID, subject to the compulsory equipment check.

The bib must be worn on your chest, stomach or thigh and must always be completely visible throughout the whole race. It must therefore be placed above all clothing and never attached to a pack or on the posterior part of the body.

Before the start it is compulsory for each competitor to go through the entrance gates to the closed starting zone to be registered, the same at the race finish.

When passing through a check point and at the finish line the runner must facilitate the reading of the chip and make sure that their chip has been read correctly.

The bib is the pass that will get you into the refreshment stations, aid and rest stations and showers.

Art. 16) **COMPETITORS' BAGS**

Everything needed by competitors for getting changed must be put in their own bags and left at the Sports Center Palazzetto dello Sport in Via Matteotti locality Fei, on the morning of Sunday 29 March between 5.00am and 8.30am, or only in exceptional circumstances in the start zone in Orto Maccagli on the esplanade in Loano.

Art. 17) **SAFETY AND MEDICAL ASSISTANCE**

For the safety of competitors it is forbidden to carry any animals or to let them follow you along the itinerary.

At every Col or high altitude point and at every gate and refreshment station, there will be an emergency call centre connected to the race directors.

The organisation of healthcare and rescue is delegated to the specialists at the C.R.I. who have planned the placement of ambulances and medical aid stations along the itinerary at intervals of approximately 5 km, with doctors and nurses and volunteer teams from the C.R.I. specialised in mountain rescue. There will also be numerous volunteers from the C.A.I present especially in the more mountainous sections. Radio communication with the race directors will be guaranteed by the specialists from the C.R.I. and the A.R.I of Loano.

The Aid stations are capable of bringing assistance to anyone in difficulty with their own equipment or with the help of established organisations.

The official doctors are authorised to suspend competitors considered unable to continue with the race. The rescuers are authorised to evacuate by all means available to them all competitors who they consider to be in danger.

When necessary, for the benefit of the competitor being rescued, based on the judgement of the healthcare organisation for the event, the emergency mountain rescue number 112 may be used, which will then employ all the necessary means, including the helicopter.

Any eventual costs occurring as a result will be regulated by the current norms in place.

A competitor who requests help from a doctor or rescuer submits themselves to their authority and undertakes to respect their decisions.

Art. 18) **TIMING CHECK POINTS**

Time checks will be made with CHIPS and carried out at the following check points:

Short Trail K20

(CP5) start - sea esplanade in Loano, Km 0.00; (CP4) Frazione Verzi di Loano, Km 11.24; (CP5) finish - sea esplanade in Loano, Km 19.60.

Medium Trail K45

(CP5), Km 0.00; (CP1) Località Croce di Tornassa Balestrino, Km 13.30(CP2); Giogo di Toirano, Km 25.70; (CP4) Frazione Verzi di Loano, Km 36.60; (CP5), finish - sea esplanade in Loano, Km 44.70.

Long Trail K60

(CP5) start - sea esplanade in Loano, Km.0.00; (CP1) Locality Croce di Tornassa Balestrino, Km 20.20;(CP2) Giogo di Toirano, Km 32.60; (CP3) Baita San Pietrino, Km 44.10; (CP4) Frazione Verzi di Loano, Km 53.70; (CP5); finish - sea esplanade in Loano, Km 61.80.

Art. 19) **REFRESHMENT STATIONS**

They are shown on the race itinerary map

Short Trail K20

- Locality Ranzi di Pietra Ligure(km 5 approx), water fountain, autonomous use.
- Locality Colletto above Verzi (km 6.75 approx), solids and liquids.
- Locality Verzi di Loano (km 11.24 approx), liquids.

Medium Trail K45

- Locality Croce di Tornassa Balestrino (km 13.30 approx), solids and liquids.
- Locality Lavagin (km 20.85 approx), water fountain, autonomous use.
- Locality Giogo di Toirano (km 25.70 approx), solids and liquids.
- Mountain Hut Pian delle Bosse (km 32.90 approx), solids and liquids.
- Locality Verzi di Loano (km 36.60 approx), liquids.

Long Trail K60

- Locality Peagna di Ceriale (km 12.5 approx), liquids.
- Locality Croce di Tornassa Balestrino (km 20.20 approx), solids and liquids.
- Locality Lavagin (km 20.85 approx), water fountain, autonomous use.
- Locality Giogo di Toirano (km 32.60 approx), solids and liquids.
- Locality Cian di Baretti (km 39.70 approx), water fountain, autonomous use.
- Locality S.Pietro (km 41.10 approx), tap on water pipe, autonomous use.
- Locality S.Pietrino di Boissano (km 44.40 approx), solids and liquids.
- Locality Rio Fissone (km 48.10 approx), water fountain, autonomous use.
- Mountain Hut Pian delle Bosse (km 50.00 approx), solids and liquids.
- Locality Verzi di Loano (km 53.70 approx), liquids.

Art. 20) **MAXIMUM TIME ALLOWED AND TIME BARRIERS**

The maximum times for each race are:

Short trail K20 of approx 19.60 km is 4 hours 30 min

The limit start time (time barrier) at the first check point is 2 h 45min at the locality of Verzi in Loano.

Medium trail K45 of approx 44.7 km is 10 hours 30 min

The limit start time (time barrier) from the check point (CP1) in Locality Croce di Tornassa Balestrino is 3.00 hours; (CP2) locality Giogo di Toirano 5 hours 50 mins; (CP4) locality Verzi di Loano 8 hours 40 mins.

- Medium Trail K45 relay 1st stage of approx 25.70 km is set at 5 hours 50 mins.

The limit start time (time barrier) from the check point (CP1) in Località Croce di Tornassa Balestrino is 3.00 hours.

-Medium Trail K45 relay 2nd stage of approx 19.00 km is set at 4 hours 40 mins.

The limit start time (time barrier) from the check point (CP4) locality Verzi di Loano is 2 hours 50 mins.

Long Trail K60 of approx 61.80 km is set at 13 hours 30 mins.

The limit start time (time barrier) from the check point (CP1) in Locality Croce di Tornassa Balestrino is set at 4 hours 30 mins; (CP2) locality Giogo di Toirano 7 hours 05 mins; (CP3) locality S.Pietrino di Boissano 9 hours 40mins; (CP5) locality Verzi di Loano 11 hours 40 mins.

-Long Trail K60 relay 1st stage of approx 32,60 km is set at 7 hours 05 mins.

The limit start time (time barrier) from the check point (CP1) in Locality Croce di Tornassa Balestrino is 4 hours 30 mins;

-Long Trail K60 relay 2nd stage of approx 29.20 km is set at 6 hours 25 mins.

The limit start time (time barrier) from the check point (CP3), locality S.Pietrino di Boissano is set at 2 hours 35 mins;

The limit start time (time barrier) from the check point (CP5), locality Verzi di Loano is set at 4 hours 35 mins.

The participants in the relay races K45 and K60 must have autonomous transport to and from the Giogo di Toirano, where the first stage finishes and the second stage starts. The race organisers can transport a single competitor only in special situations to ensure their safety.

The barriers are calculated to allow participants to reach the finish line within the maximum time permitted, allowing time however for rest stops and food.

To be authorised to continue the race, competitors must re-start from the check point before the time barriers.

In the case of adverse weather conditions and/or safety, the race organisers reserve the right to suspend the race and to modify the time barriers.

A "sweeping" service will be carried out by two experts who will follow the race behind the last competitor.

Art. 21) **REST SHOWERS**

It is possible to have a hot shower at the Sports Center Palazzetto dello Sport in Via Matteotti locality Fei, that is about 10 minutes away from the finish line, and where participants' bags were left previously.

Art. 22) **DROPPING OUT AND GETTING BACK**

If a competitor decides to drop out of the race along the course, the competitor must report to the nearest check point or wait for the sweeping service and communicate that they are dropping out and be registered and the organisation will arrange for them to be brought back from any gate to the base in Loano with a shuttle bus service. If you fail to report that you have dropped out of the race any costs for search and rescue will be charged to the competitor.

Art. 23) **PENALTY AND DISQUALIFICATION**

Race officials on the course are authorised to check the compulsory equipment and respect for the race regulations.

Any verified irregularities also from video images that reach the organising committee after the race can lead to disqualification or penalties.

BREACH OF RULES	PENALTY
Lacking compulsory safety equipment: technical waterproof raincoat (only in the case of forecast cold, rain, snow), trousers or leggings beneath the knee, water reserve,	Disqualification
Lacking other compulsory equipment: back pack or bum bag, cup or other container that is suitable, food reserves.	Penalty 1 hour
Refusal to be checked by race officials, refusal to be seen by a race doctor	Disqualification
Throwing away rubbish on the route by the competitor	Disqualification
Use of a method of transport, sharing or swapping bibs, failure to pass through a check point, doping or refusal to be tested in anti-doping checks, neglect of duty to offer assistance to a competitor in need, insults, bad manners or threats towards members of the organisation or volunteers	Disqualification
Refusal to comply with an order given by the race committee, by a race official, by a doctor or rescuer	Disqualification
Departing from a check point after the time limit	Disqualification

Art. 24) **PROTESTS**

Only protests written within 30 minutes of the provisional results being posted, submitted with a €50 deposit, will be accepted.

Art. 25) **PANEL OF JUDGES**

Is made up of:

- The race director
- The person in charge along the course
- All those deemed competent by the race director

The panel of judges is authorised to deliberate within a time frame compatible with the race on all disputes or disqualifications that occur during the race. There is no possibility of appeal on the decisions made.

Art. 26) **MODIFICATIONS TO THE ROUTE AND THE TIME BARRIERS - RACE CANCELLATION**

The organisation reserves the right to modify at any point in time the route or the position of aid and refreshment stations, without notice.

In the case of adverse weather conditions the start maybe delayed by a maximum of two hours for the short trail K20, one hour for the medium trail K45 and long trail K60, any later the race will be cancelled.

Art. 27) **INSURANCE**

The organisation underwrites an insurance policy for Civil Responsibility for the entire duration of the event.

Participation in the event is entirely the responsibility of the competitors, who forego any appeal against the organisers in the case of harm and other consequences that occur after the race.

To finish registration and collect their bib, competitors must sign and hand in to the organisation a waiver form which releases them from responsibility.

Art. 28) **RESULTS AND PRIZES**

Only competitors who reach the finish line in Loano and ensure that they are registered will be inserted in the final rankings.

There will be no cash prizes.

Every registered competitor in the **VIBRAM-Maremontana Trail Cencin DeFrancesco Memorial** will be given a race pack.

A general classification will be compiled for men and women with intermediate and finish times.

Prizes will be presented to:

Individual participants - the first five men and women in the general classification

Relay - for each competition the first three pairs

Prizes will be drawn at random for the other participants with no distinction for category, gender or age.

Also the winners will award by hand the prize, donated by the DeFrancesco family, for a particular charitable action and/or for safeguarding the environment.

Art. 29) **IMAGE RIGHTS**

Every competitor expressly waives the right to any images taken during the race as well as waiving their rights to make any complaints about the use of images by the organisation or their authorised partners.

This document is based on the Italian Trail Manifesto and the Italian Trail Running Guidelines (they can be viewed on www.maremontana.it), on the UISP Trail section by the sports body of the same name, and the document provided by FIDAL Compendium of Regulations for Trail Running in the Mountains and natural environment.