

RULES

Dates

- 94 km Friday, July the 26th at 23:00 pm Linguaglossa
- 52 km Saturday, July the 27th at 7:30 am Linguaglossa
- 24 km – 12 km Sunday, July the 28th at 9:00 am Piano Provenzana –Linguaglossa
- 3 km Sunday, July the 28th at 10:00 am Piano Provenzana - Linguaglossa

General Information

“Etna Trail” is a Sports Association, based in Linguaglossa, in province of Catania. It will organize the following sport events of trail running and non-competitive walk trail along the paths of “Parco dell’Etna”, from 26th to 28th July 2019.

The event is part of the world “Maxi Race” circuit as the only stage in Italy.

Contest n.1

- Raid Light Etna Trail
- Length: 94 km (new route)
- D+/-4800 mt

It will start from Linguaglossa (CT) at 23:00 p.m. on July the 26th

Raidlight Etna Trail 94 km, is a qualifying race for the ULTRA TRAIL DU MONT BLANC 2020.

Contest n.2

- Etna Trail Linguaglossa
- Length: 52 km
- D+/-2600 mt

It will start from Linguaglossa (CT) at 07:30 a.m. on July the 27th

Etna Trail Linguaglossa 52 km is a qualifying race for the ULTRA TRAIL DU MONT BLANC 2020.

Contest n.3

- Etna Trail Sicilia 24 km
- Length: 24 km
- D+/-1400 mt

It will start from Piano Provenzana (Linguaglossa) at 09:00 a.m. on July the 28th

Etna Trail Linguaglossa 24 km is a qualifying race for the ULTRA TRAIL DU MONT BLANC 2020 .

Contest n.4

- Non-competitive walk, Walk Trail Etna
- Length: 12 km
- D+/-650 mt

Start from Piano Provenzana (Linguaglossa) at 9.00 a.m. on July the 28th

Contest n.5

- Etna Mini Trail
- Length: 3 km

Start from Piano Provenzana (Linguaglossa) at 10.00 a.m. on July the 28th

(for children from five years old)

The way of the contest are dirt roads for about 98%, and with very high inclines.

GENERAL CONDITIONS TO PARTICIPATE (94km; 52km; 24km)

To participate to each event it is not necessary to have joined other previous manifestations, but you have to:

- be absolutely aware of the length and of the details of the race and be perfectly prepared
- have understood, before the race, a real ability of personal autonomy in mountains, to manage, for the best, problems linked to this type of contest; in particular: be able to face, alone, climatic conditions that could be difficult because of the altitude (night, wind, cold, fog, rain or snow) or be able to face physical, psychological or gastrointestinal problems, due to tiredness, muscular or articulate pains, small injuries
- be aware that the organizers will not help the athlete managing these problems
- for the mountain race security depends on the ability of the athlete in adapting at various problems.

Attention: if you join one of these manifestations (94km,52km,24km,12km), you must accept these rules. You must not go away from the path. The athlete who will leave the way, will no more be under the responsibility of the organization. Kilometers will not be marked. The athletes must follow the marked path and not take any shortcut or cut any part of the way.

The competitions will be carried out only in meteorological conditions that not damage the participants.

Time schedule can be varied and this will be communicated during the briefing, through the website and the socials.

The athletes have to help other participants if they have problems.

It is not allowed, (94km,52km,24km), for security reasons, the use of headphones for listening i-pod or similar devices

In parts of the path, not closed to the traffic, athletes must respect the traffic laws.

In case of abandon of the race, the athlete have to communicate it by telephone at the SOS number, printed on the bib; organizers will help him/her for his/her way back.

Every athlete will not use any business law during the races and will not go against the organization for the use of his/her image.

Semi-autonomy: ability to be independent from a refreshment to another.

This implies some rules:

- every athlete has to bring the obligatory equipping. It has to be presented at the assignments of the race numbers and every time they want, the commissioners could verify if the athletes have all the obligatory equipping. The athlete have to submit to these controls, or he will be disqualified.
- Refreshments have drinks and food. Organization will give mineral water to fill up water bottles or camel bags. At the start from every refreshment (but not the athletes of the 12 km race), the athletes must have 1,5 lt of water and enough food to the next refreshment (to reduce the environmental impact there will not be any glasses at the refreshments).
- Having any type of company from someone out of the race is forbidden.

SIGN UP

The sign up is through the form on www.etnatrail.it

Sign up is personal and definitive, changing of race numbers and/or names replacements and changing of race are forbidden.

If necessary, for requirements that the executive committee considers valid, a cost of € 10,00 will be applied for each change.

How to sign up for the 94 km, 52km and 24 km races

Athletes that are 18 years old can join the race, and they must have the medical certificate for competitive activity which must be valid until at least 26th of July, 2019.

How to sign up for the 12 km

Everyone can join the race.

How to sign up for the Etna Mini trail 3 km

Every child can join the race from 5 year of age.

How to pay

Bank transfer

Etna Trail Asd – BCC di Pachino IBAN: IT31X0871383930000000011785

BIC: ICRAITRRJTO
Paypal/credit card

Organization has no responsibility for bank transfers where it is not possible to identify an athlete.
Signs up will be open from the 1st of December 2018 to the 10th of July, 2019.

To complete the signs up athletes of the 94 km, 52km and 24 km must send a copy of the medical certificate for competitive activity and a releasing of any responsibility.

The sum for the sign up is in:

RaidLight Etna Trail 94km

- € 80,00 – up to the 6th January, 2019
- € 100,00 – from the 7th of January to the 31st March 2019
- € 115,00 – from the 1st of April to the 31st of May 2019
- € 130,00 – from the 1st of June to the 10th of July 2019

Etna Trail Linguaglossa 52 km

- € 45,00 – up to the 6th January, 2019
- € 55,00 – from the 7th of January to the 31st March 2019
- € 65,00 – from the 1st of April to the 31st of May 2019
- € 80,00 – from the 1st of June to the 10th of July 2019

Etna Trail Sicilia 24 km

- € 25,00 – up to the 6th January, 2019
- € 35,00 – from the 7th of January to the 31st March 2019
- € 40,00 – from the 1st of April to the 31st of May 2019
- € 50,00 – from the 1st of June to the 10th of July 2019

There will be a bag for the race, finisher gadget, refreshments, timing, pasta party, assistance along the path, signals.

The bag for the race and the personal race number will be guaranteed only for the inscriptions received up to the 1st of July 2019.

Walk Trail Etna 12 km

- € 15,00 – from the 1st December to the 20st July 2019 (registration closed).
- €20,00 – 26th and 27th July 2019

There will be a Etna Trail gadget, refreshments, timing, pasta party, assistance along the path, signals.

Etna Mini Trail 3 km

The race is free. Parents can register children on 26, 27 and 28 July by signing a release authorization against the association.

It will be possible, if you run out the competition, to receive a refund if you pay an assurance of € 15,00 before. The possible quit must be communicated 15 days before the race.

Manifestation will be controlled by the Judges. It will be given an electronic chip to every athlete and he/she has to keep it during the race. The non-return of the chip will be fined with € 30,00.

EQUIPPING

Obligatory equipping for the 94 km and 52km:

- Backpack
- Gaiter
- Phone where you have to save emergency number of the organizers
- Personal glass of minimum 15 cl (no water bottle or camel bags)
- Water bottles or camel bags with a changing water of, at least, 1,5 lt
- Frontal lamp, with changing batteries
- Changing socks
- Thermal cloth
- Whistle
- Elastic bandage for a bandaging or strapping (minimum 100 cm x 6 cm)
- Food
- K-way or similar

Recommended equipping for the 94 km and 52 km

- Changing clothes, necessary if the meteorological conditions are not good or in case of injuries up above 2000 s.l.m.
- Hat, cuff, bandana
- Light gloves to prevent abrasions if you fell down

Obligatory equipping for 24 km

- Phone where you have to save emergency number of the organizers
- Personal glass of minimum 15 cl (no water bottle or camel bags)
- Water bottles or camel bags with a changing water of, at least, 1,5 lt
- Food

Recommended equipping 24 km and 12 km:

- Hat or bandana
- Backpack that could contain all the obligatory equipping
- Water bottle or camel bags with a changing water of at least 1 lt (12 km)

WITHDRAWAL OF RACE NUMBER AND BAG FOR THE RACE (94 KM, 52km, 24 km)

Every race number will be given individually to each participant after have given:

- Id card
- Copy of medical certificate (if you don't have send it yet)
- Signed releasing

You can wear the race number on the chest or on the stomach and it has to be seen during the race. It has to be put on the clothes and never started at the bag or on a leg (to better control during the race without being stopped). Sponsors must not be modified or covered.

At the bib withdrawal will be given a bracelet (with different colors according to the competition) which has to be worn until the end of the competition.

The race number and the bag for the race will be given during the followings hours:

Friday, 26 July 2019 from 10.00 a.m. to 1.00 p.m. and from 2.30 p.m. to 8.00 p.m. at the Village Etna Trail Linguaglossa (CT)

Only for the 24 km and Walk Trail 12 km it will be possible take the 27 of July 2019 from 10.00 a.m. to 13.00 p.m. at the Village Etna Trail Linguaglossa or Sunday 28 of July 2019 from 7.00 to 8.00 a.m. at Info – Etna Trail Organization.

For the Mini Trail it will be possible take the Sunday 28 of July from 8.30 to 9.30 am at Piano Provenzana.

SAFETY AND CONTROL

Along the path there will be organizers and Alpine security, always in contact with the base. Ambulances with paramedics will be set in different points of the path, even at the start and at the arrival, where there will also be a reanimating and a P.M.A. (Advanced Medic Place). Along the trail there will be control places where organizers will control if all the athletes run there and the obligatory equipping. If you refuse to have your obligatory equipping controlled, you will be disqualified.

SPACE

The race will be on Parco dell'Etna, respecting the environment. Athletes must respect the environment, so dispersing of trash, collection of plants or flowers, taking of rocks, bothering of fauna are forbidden. If you do not respect the rules, you will be disqualified and you will have to respond at the rules of the park. To reduce the environmental impact, glasses will not be given.

METEOROLOGICAL CONDITIONS

If the weather is not good, organization will modify the path, in order to avoid any type of danger. Variations will be communicated. Organizers will also suspend the race if the meteorological conditions will damage athletes, volunteers and rescuers. No refund.

MAXIMUM TIME

Services along the path will be available until the passage of the last athlete. It is provided a “servizio scopa”, that will trace the path following the last athlete; it will be able to help the retreated and avoid that injured have no assistance.

AWARDS

No money awards. Awards will be given to:

- First 10 women and first 10 men for the 94 km and every finisher will have a gadget
- First 10 women and first 10 men for the 52 km and every finisher will have a gadget
- First three women and three men of each category for the 24 km

You will lose your award if you are not present during the award ceremony.

TIME GATE

RaidLight Etna Trail 94 km

Piano Provenzana – 45 km - 11h 30'00" from the start

Monte Pizzillo – 66 km - 17h00'00" from the start

Arrival – 94 km - 24h00'00" from the start

Etna Trail Linguaglossa 52 km

Arrival – 52 km - 15h30'00" from the start

Athletes that will not arrive later within the scheduled time will be stopped and they will not continue the race.

To safeguard the athletes, medics will be at the control stops or along the path and they could stop the athlete judged not suitable to continue the race. The athlete will have to follow their instructions or he will be disqualified.

RETREATS

The athletes arrived at the time gates after the maximum time, the injured, those judged not suitable to continue the race, and the athletes who want to retreat voluntarily, will be accompanied to the arrival. If an athlete gives up off from the signed point, he will arrive alone, communicating his retreat by phone or sending a message to the telephone number on the race number.

REFRESHMENTS 94km

Refreshments along the path Case Bevacqua (9.5 km), Uscita Cerrita (15 km), Casa del Fanciullo (24 km), Rifugio Citelli – Base Vita (32,5 km), Piano Provenzana- Base vita e cancello (45 km), Monte Pizzillo (49 km), Grotta delle Palombe (56 km), Monte Pizzillo – cancello (66 km), Osservatorio- Base vita (70 km), Piano Provenzana – Base Vita (76,5 km), Casa Barone (87 km).

52km

Refreshments along the path Case Bevacqua (9.5 km), Uscita Cerrita (15 km), Rifugio Citelli (25 km), Piano Provenzana (37 km), Casa Barone (km 46,5)

24 km

Secondo Monte (km6) Rifugio Citelli (km12) Sciambro (km20) only water.

Food and drinks must have consumed on the place; trash must have thrown in the special containers.

Athletes' assistance from the family or from teams is possible only in refreshments and in places turned to the purpose.

RIGHT OF PUBLICITY

With the sign up athletes approve the use of images of them joining the races.

DECLARATION OF RESPONSIBILITY

Registration and participation in races foresee the agreement to the rules and to the changes of them. The athlete dismisses the organization from every responsibility.

INFORMATIONS

Organization will communicate times, programs and updates of the activities on the website www.etnatrail.it and on Facebook page Etna Trail ASD