



REGLEMENT

MADRISA TRAIL KLOSTERN 2023

1. CHARACTER OF THE EVENT/TERMS OF PARTICIPATION

What is the MADRISA TRAIL KLOSTERN, who can participate and what do you have to be able to do?

Basically, everyone is a single starter and must be at least 16 or 18 years old.

All routes include high alpine passages, therefore absolute surefootedness on alpine paths and climbs is very important. In addition, everyone should be up to the routes that include rope-secured sections.

In the age of the smartphone, almost everyone is familiar with topographical maps and GPS technology. Important: Even without technology, everyone must be able to orient themselves in alpine terrain, even if the weather and visibility are poor.

By signing the liability declaration, everyone confirms their full fitness for sports. Therefore, we ask for great personal responsibility and for your own consideration. In case of doubt we therefore advise not to start in case of illness or injury.

The points we have listed here are not exhaustive, but rather serve as examples and general experience.

2. AUTONOMY OF THE PARTICIPANTS

On the track it can get lonely, here everyone is completely on his own. This means that each participant must be able to orientate himself on the track by his own strength - without help from outside. This also means that everyone must have enough rations (drinks and food) with them.

3. ROUTE

There is no guarantee for good weather. Therefore, if the weather goes crazy and safety is no longer guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information at www.madrisatrail.ch

4. SCORING CATEGORIES

Six categories are announced:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (40 years and older)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and older)

In the age classes the following applies: The cut-off date is the start day of the event. If the minimum number of participants of 15 starters per category is not reached, the affected participants will be evaluated together with another category.

5. START NUMBER

The start number, which is non-transferable, will be given to each participant at the registration desk against submission of the signed liability declaration (previous download in the registration mask) and presentation of the respective identity card. The start number must be completely visible during the race and must not be removed.

6. TIME

A transponder chip on the race number will transmit your running time. If it does not work or is lost, this must be reported immediately to the control points and the Race-Office.



7. CLOTHING/EQUIPMENT

The weather in the high mountains can change abruptly. The following equipment/clothing must be worn or carried in the running backpack during the entire race. We will check before the start and at the checkpoints and in case of doubt we will give time penalties or disqualifications.

The following equipment list is the mandatory equipment for the T54.

The partially deviating mandatory equipment for the T24 can be found at www.madrisatrail.ch.

- **Trailrunning shoes** with profile sole
- **Waterproof jacket** (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or replacement T-shirt and arm warmers + long pants or leg warmers) as an insulating mid-layer under the outer clothing. The basic rule here is that no skin should be visible!
- **Gloves and hat/headband**
- Functioning **headlamp**
- **Labeling of the food packaging** carried with the start number
- **Folding cup/water container** to hold drinks at the aid stations and in the finish area
- **Water containers** with at least **0.75 liters** of liquid
- **Food** (approx. **500 kcal** as emergency provisions)
- **Emergency equipment** (at least 1x elastic bandage, emergency whistle, rescue blanket)
- **Navigation** watch with saved **GPS track** of the chosen route or alternatively **route map** in printed version. Maps will be provided by the organizer online for printing or are included in the starter package.
- **Cell phone** with stored emergency number for making emergency calls and for logging off in case of premature race cancellation (cell phone must also work abroad) Tip: REGA App for emergency.

8. BRIEFINGS/START

The course briefing will take place on Friday, 18.08.2023 at 19:00. This includes information about the course conditions, safety aspects as well as the competition in general.

On race day, the start line-up will begin 30 minutes before the official start time. 15 minutes before the starting signal there will be the last news in the starting area.

9. NEUTRALIZED START

If there is a neutralized start, overtaking the lead car is not allowed during this time.

10. MARKING OF THE ROUTE

The route will be marked by our experienced route team with chalk spray, signs, route tapes, flags, etc. Unfortunately, it can happen that markings are removed by third parties, disappear or are covered in fog or snowfall. We ask for your understanding in this case. Immediately after the end of the time limit the course is closed, therefore the markings of the course will also be removed promptly.

11. CONTROL & REFRESHMENT POINTS

- T54: 6 control and refreshment points
- T24: 3 control and refreshment points.

Refreshment points: Drinks and fruit will be available at each aid station, and depending on the weather and temperature, hot food and hot drinks will also be available at selected stations. The exact location of the aid station can be found on the respective course map and is numbered consecutively.

Checkpoints: At the checkpoints, everyone will be scanned in the order they arrive. Those who do not pass a checkpoint and later arrive at the finish line anyway (e.g. because of shortcuts or running off course) will be disqualified.

Medical checkpoints - MEDICAL CHECK - Triage:

Everyone is required to pass the medical checkpoints (triage) at designated aid stations and follow the instructions of the medical staff. In case of abnormalities regarding mental and/or physical performance, individual participants may be asked to undergo a medical check. However, this is where you will get help or advice.

12. TIME LIMITS/GOAL

The time limits are shown on the homepage. The organizer can adjust the time limits at any time, e.g. due to weather conditions. The race director, course director, the staff of the control and aid stations, the medical service and the final runners are allowed to take you out of the race.



13. TIME PENALTIES AND DISQUALIFICATION

In case of rule violations, time penalties between 5 and 120 minutes may be imposed or even disqualifications may occur. Note: in this case the entry fee will not be refunded. To avoid this, the following points must be observed:

Everyone is obliged to comply with the MTK rules (see point 19). In the same way the requirements under point 1 of the rules have to be fulfilled. Nobody should have health problems or take forbidden substances (doping). All instructions of the official staff must be followed, as well as the road traffic regulations. The compulsory equipment must be carried during the whole race, no control may be refused here on the track. Of course, the environment must not be polluted, moreover, it is forbidden to shorten the routes (all checkpoints must be passed). Mutual help in case of emergency is a matter of course.

14. WITHDRAWAL FROM THE RACE

If a participant withdraws from the race, he/she must immediately contact the race control at the telephone number **+41 76 435 73 00**, otherwise a possibly expensive and time-consuming search operation will be initiated at the participant's expense. After withdrawal there is no right to a transfer.

15. EMERGENCY MEDICAL CARE (FLURY FOUNDATION)

Safety is paramount. That is why there will be forces of the medical emergency service on the course until the last participant. Should anyone be in distress, the race management must be contacted immediately. Every participant is obliged to give first aid. Don't worry: the time lost will be credited back.

In nature there are always unforeseen circumstances that delay immediate assistance. Everyone is challenged here - through personal responsibility and self-discipline. In the best case, the race is terminated at a control or aid station. The medical service may at any time disqualify participants and take them out of the race who are no longer able to finish the race under their own power or only with an imminent health risk and/or endangerment of the assigned course personnel.

What else is the medical service allowed to do? First of all, it may examine participants from a medical point of view and check the compulsory equipment, remove or evacuate participants by the appropriate means of transport and take them directly or via public rescue to the nearest appropriate hospital if the condition requires it.

Costs for a possible operation for appropriate rescue are at the expense of the participant.

RACE CONTROL: +41 76 435 73 00
EURO-EMERGENCY NUMBER: 112

The number of the race control can be found on the course maps and on the back of the start number. If this number cannot be reached, the emergency number 112 must be contacted immediately in case of emergency.

16. DOPING

Any case of doping will result in the immediate disqualification of the participant in question. Prohibited are intravenous infusions without medical exemption, also in case of load-induced dehydration. The race doctor decides about justified medical applications according to the rules of WADA. Doping controls are possible at any time.

17. ASSISTANCE FROM OUTSIDE

Help from outside (by spectators, attendants or other participants) is generally not allowed! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. at the official aid stations you are allowed to accept food and/or drinks from helpers. Attention. Please note point 19!
2. in case of falls, injuries or other emergency situations you are allowed to accept help at any time (in the form of food, drinks and/or replacement clothing).

18. ENVIRONMENT/NATURE CONSERVATION

Trail runners are not polluters. Therefore: dispose of waste only at the refreshment points and do not intentionally damage nature.



19. THE MADRISA TRAIL KLOSTERN - RULES

The Madrisa Trail Klostern takes place on public and not closed roads, forest roads, hiking trails and alpine climbs.

Participants must always adhere to the road traffic regulations. All participants must follow the instructions of the police and the official route staff.

Away from the official route, there may be a risk of falling in some places, which is why shortcuts (including "shortcutting" hairpin bends, etc.) or self-chosen path variations are prohibited. Each participant runs at his own risk.

If it becomes confusing or dangerous, please exercise the necessary caution. The organizer is allowed to take additional measures on dangerous sections of the trail. However, the organizer is not obliged to do so.

Support from a moving support vehicle or even from a bicycle is prohibited. Impairments of the race course by escort vehicles of any kind can be punished with time penalties or disqualification of the supported participant. If support vehicles are encountered on sections of the course that are closed to public traffic, this will immediately lead to the disqualification of the participant being supported.

Escorts of individual participants or teams are strictly prohibited from polluting or damaging the course and the surrounding nature for reasons of nature conservation. This includes in particular spraying or painting the course. In case of violation this will immediately lead to the disqualification of the participants who were supported or should be supported.

Immediately disqualified is who disposes of waste such as food packaging, bottles or beverage cups in nature instead of at the aid stations.

Those who start with poles must also carry them to the finish. Conversely, no participant who has started without poles may have them handed to them on the way.

Fixed, mechanical connections between the runners are forbidden for safety reasons.

All participants and teams must be considerate, sporting and fair.

20. PROTEST AND JURY

Each participant can file a protest in case of rule violations of other participants or against decisions of the race management up to one hour after the finish in the Race Office and name witnesses. A jury will then decide on the protest within 24 hours. All named witnesses must appear. The protest fee is € 100.00. The protest fee remains with the organizer if the protest is lost. The violations listed above, which can lead to time penalties or disqualifications, are only an excerpt of still further possible actions, which can be punished by penalties.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves a contractual right of termination in the form of a right of withdrawal to every single participant until the official end of the event.

The race and organization management always reserves the right to make any changes to these regulations.

Note: For reasons of readability, the masculine form was chosen in the text, nevertheless, the information refers to members of both gender.