



## REGULATION

### MADRISA TRAIL KLOSTERS 2024

#### 1. CHARACTER OF THE EVENT/CONDITIONS OF PARTICIPATION

What is the MADRISA TRAIL KLOSTERS, who can take part and what do you need to be able to do?

Basically, everyone is an individual starter and the following minimum ages must be met:  
T11= 10 years of age / T24= 14 years of age / T33= 18 years of age / T54= 18 years of age

Some of the routes include high alpine passages, so absolute surefootedness on alpine paths and climbs is very important. In addition, everyone should be able to cope with the routes that include rope-insured sections.

In the age of smartphones, 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 declaration of liability, everyone confirms that they are fully fit for sport. We therefore ask you to take great personal responsibility and consideration. If in doubt, we therefore advise you not to take part if you are ill or injured.

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

#### 2. AUTONOMY OF THE PARTICIPANTS

It can also get lonely on the route, where everyone is completely on their own. This means that every participant must be able to find their way along the route under their own steam - without outside help. This also means that everyone must have enough food and drink with them.

#### 3. ROUTE

There is no guarantee of good weather. Therefore, if the weather turns crazy and safety can no longer be guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information at [www.madrisatrail.ch](http://www.madrisatrail.ch)

#### 4. EVALUATION CATEGORIES

There are six categories for each distance:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (as of 40 years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (as of 50 years)

The following applies in the age categories: The cut-off date is the start day of the event. There is no minimum number of participants per category, there will be an award ceremony for all categories.

#### 5. START NUMBER

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

#### 6. TIME ACCEPTANCE

A transponder chip on the start 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 suddenly. The following equipment/clothing must be worn or carried in the running backpack during the entire competition. We will check before the start and at the checkpoints and, in case of doubt, also issue time penalties or disqualifications.



## CLOTHING/EQUIPMENT:

The following mandatory equipment applies:

### T54 Clothing

- Trail running shoes with treaded soles
- Running rucksack
- Waterproof and windproof jacket (does not replace warm clothing)
- Warm clothing (long-sleeved top or replacement T-shirt and arm warmers + long trousers or leg warmers) as an insulating intermediate layer under the outer clothing. The basic rule here is that no skin should be visible!
- Change shirt
- Gloves and hat/headband
- Headgear as sun protection

### T54 Equipment

- Functional headlamp
- Collapsible cup/water container to hold drinks at the refreshment points and in the finish area
- Water container with at least 0.75 liters of liquid
- Food (approx. 500 kcal as emergency provisions)
- Labeling of the food packaging with the start number
- Emergency equipment (at least 1x elastic bandage, emergency whistle, rescue blanket)
- Route map saved on navigation watch or cell phone. Map material and GPX track will be provided online by the organizer or is included in the starter package.
- Cell phone with saved emergency number for making emergency calls and for signing off in the event of premature termination of the race (cell phone must work in Switzerland) Tip: REGA App

### T33 Clothing

- Trail running shoes with treaded soles
- Running rucksack
- Waterproof and windproof jacket (does not replace warm clothing)
- Warm clothing (long-sleeved top or replacement T-shirt and arm warmers + long trousers or leg warmers) as an insulating intermediate layer under the outer clothing. The basic rule here is that no skin should be visible!
- Change shirt
- Gloves and hat/headband
- Headgear as sun protection

### T33 Equipment

- Functional headlamp
- Collapsible cup/water container to hold drinks at the refreshment points and in the finish area
- Water container with at least 0.75 liters of liquid
- Food (approx. 500 kcal as emergency provisions)
- Labeling of the food packaging with the start number
- Emergency equipment (at least 1x elastic bandage, emergency whistle, rescue blanket)
- Route map saved on navigation watch or cell phone. Map material and GPX track will be provided online by the organizer or is included in the starter package.
- Cell phone with saved emergency number for making emergency calls and for signing off in the event of premature termination of the race (cell phone must work in Switzerland) Tip: REGA App

### T24 Clothing

- Trail running shoes with treaded soles
- Waterproof and windproof jacket for cold/wet weather
- Long-sleeved top
- Gloves and hat/headband in cold weather
- Headgear as sun protection

### T24 Equipment

- Collapsible cups/water containers to hold drinks at the refreshment points and in the finish area
- Water container with at least 0.5 liters of liquid
- Labeling of the food packaging with the start number
- Emergency equipment (at least 1x elastic bandage, emergency whistle, rescue blanket)
- Cell phone with stored emergency number for making emergency calls and for logging off in the event of premature termination of the race (cell phone must work in Switzerland) Tip: REGA App

### T11 Clothing

- Trail running shoes with treaded soles
- Headgear as sun protection

### T11 Equipment

- Collapsible cups/water containers to hold drinks at the refreshment points and in the finish area
- Labeling of the food packaging with the race number
- Cell phone with stored emergency number for making emergency calls and for signing off in the event of premature termination of the race (cell phone must work in Switzerland)

The organizer will communicate the definitive mandatory equipment no later than the evening before and will adjust the regulations based on the weather and conditions in the mountains. The definitive mandatory equipment will be communicated in detail before the event at [www.madrisatrail.ch](http://www.madrisatrail.ch) and on the social media channels. Poles are permitted, but must be carried for the entire duration of the race, see point 19.



## 8. BRIEFINGS/START

The latest information on the course and the race schedule will be communicated to all participants the week before. All information can be found online at [www.madrisatrail.ch](http://www.madrisatrail.ch), including information on the course conditions, safety aspects and the competition in general.

On the day of the competition, the starting line-up and mandatory equipment check will begin approx. 30 minutes before the official start time. 15 minutes before the starting shot there will be the latest news in the starting area.

## 9. NEUTRALIZED START

If there is a neutralized start, overtaking of the lead vehicle is not permitted during this time.

## 10. MARKING THE ROUTE

The route is signposted by our experienced route team with chalk spray, signs, route tape, flags etc.. Unfortunately, it can happen that markings are removed by third parties, disappear or are obscured by fog or snowfall. We ask for your understanding. The route is closed immediately after the time limit has expired, so the route markings will also be removed promptly.

## 11. CONTROL & REFRESHMENT POINTS

T54: 6 Control and refreshment points  
T33: 4 Control and refreshment points  
T24: 3 Control and refreshment points  
T11: 1 Control and refreshment points

Refreshment points: Drinks and fruit are available at every refreshment point and, depending on the weather and temperature, hot drinks are also available at selected points. The exact location of the refreshment points can be found on the respective route map and are numbered consecutively.

Control points: At the checkpoints, everyone will be scanned in the order in which they arrive. Anyone who does not pass a checkpoint and still crosses the finish line later (e.g. due to shortcuts or running) will be disqualified.

## 12. TIME LIMIT/GOAL

The time limits (cut-off times) 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 at the control and refreshment points, the medical service and the final runners may take you out of the race.

## 13. TIME PENALTIES AND DISQUALIFICATION

Time penalties of between 5 and 120 minutes may be imposed for breaches of the rules and disqualifications may be imposed. 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). The requirements under point 1 of the regulations must also be met. Nobody should have health problems or take prohibited substances (doping). All instructions of the official staff must be observed, as well as the road traffic regulations. Compulsory equipment must be carried throughout the race and no checks may be refused on the route. It goes without saying that the environment must not be polluted, and it is also forbidden to shorten the routes (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

## 14. WITHDRAWAL FROM THE RACE

Should a participant drop out of the race, he/she must immediately contact the race management on +41 76 435 73 00, otherwise a potentially expensive and time-consuming search operation will be initiated at the participant's expense. There is no entitlement to a transfer after withdrawal.

## 15. EMERGENCY MEDICAL CARE (FLURY FOUNDATION)

Safety is paramount. That's why medical staff are on standby along the route right up to the last participant. Should anyone be in distress, the race organizers must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: any time lost will be reimbursed.

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 scenario, the race ends at a control or aid station. The medical service may disqualify participants at any time and remove them from the race if they are no longer able to finish the race under their own steam or only if there is an imminent risk to health and/or danger to the 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 mandatory equipment, remove or evacuate participants using the appropriate means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition requires it.

Costs for a possible operation for suitable rescue shall be borne by the participant.

**RACE DIRECTOR**    **+41 76 435 73 00**  
**SOS**                    **144**  
**REGA**                 **1414**

The number of the race management can be found on the course maps and on the back of the start number. If this number cannot be reached, the emergency number 144 must be contacted immediately in the event of an emergency.

## 16. DOPING

Any case of doping will result in the immediate disqualification of the participant concerned. Intravenous infusions are prohibited without a medical exemption, even in the case of exercise-induced dehydration. The race doctor will decide on justified medical applications in accordance with WADA regulations. Doping tests are possible at any time.

## 17. HELP FROM OUTSIDE

Outside help (from spectators, supervisors or other participants) is not permitted! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. you may accept food and/or drinks from supervisors at the official refreshment points. Attention! Please note point 19!
2. in the event of falls, injuries or other emergency situations, you may 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: only dispose of waste at the refreshment points and do not deliberately damage nature. For this reason, any food you take with you must be labeled with your start number.

## 19. THE MADRISA TRAIL KLOSTERS - RULES

The Madrisa Trail Klosters takes place on public and non-closed roads, forest roads, hiking trails and alpine climbs.

Participants must comply with the road traffic regulations of the respective country at all times. All participants must follow the instructions of the police and official route personnel.

Off 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 route variants are prohibited. All participants run at their own risk.

If it becomes confusing or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is under no obligation to do so.

Supervision from a moving support vehicle or from a bicycle is prohibited. Impairment of the course of the race by support vehicles of any kind may be punished with time penalties or disqualification of the supported participant. If support vehicles are encountered on sections of the route that are closed to public traffic, this will result in the immediate disqualification of the participant being supported.

For nature conservation reasons, accompanying individual participants or teams are strictly prohibited from soiling or damaging the route and the surrounding nature. This includes, in particular, spraying or painting the route. Violations will result in the immediate disqualification of participants who were or should have been supported.

Anyone who disposes of waste such as food packaging, bottles or drinks cups in the countryside instead of at the refreshment points will be disqualified immediately.

Participants who start with poles must carry them with them to the finish. Conversely, no participant who has started without poles may have them handed to them en route.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams must show consideration, sportsmanship and fairness.



## 20. PROTEST AND JURY

Every participant can lodge a protest at the Race Office and name witnesses up to one hour after the finish in the event of rule violations by other participants or against decisions made by the race management. A jury will then decide on the protest within 24 hours. All named witnesses must be present. The protest fee is CHF 200.00. The protest fee remains with the organizer if the protest is lost. The infringements listed above, which can lead to time penalties or disqualifications, are only an excerpt from other possible actions that can be punished by penalties.

## 21. CANCELLATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract in the form of a right of withdrawal for each individual participant until the official end of the event.

**The race and organization management reserves the right to make any changes to these regulations at any time.**

**Note:** For reasons of readability, the masculine form has been chosen in the text; all information also refers to other genders.

*Status: Oktober 31, 2024*