



REGLEMENT

MADRISA TRAIL KLOSTERNs 2025

1. EVENT CHARACTER/CONDITIONS OF PARTICIPATION

What is the MADRISA TRAIL KLOSTERNs, who can participate and what skills do you need? The following applies: everyone is a solo 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

All routes include high alpine sections, so absolute surefootedness on alpine paths and trails is very important. In addition, everyone should be able to cope with the routes, which include sections secured with ropes. 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 find their way around in alpine terrain, even when the weather and visibility are poor. By signing the declaration of liability, everyone confirms their full fitness for the sport. Therefore, we ask for a great sense of personal responsibility and consideration. If in doubt, we advise against going to the start line if you have any illnesses or injuries. The points listed here are not exhaustive, but rather serve as examples and are based on our general experience.

2. AUTONOMY OF THE PARTICIPANTS

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

3. COURSE

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

4. CATEGORIES

Six categories are announced for each distance:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (from 40 Years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (from 50 Years)

The cut-off date for the age groups is the start date of the event. There is no minimum number of participants per category, and an awards ceremony will be held for all categories.

5. START NUMBER

Each participant receives their non-transferrable start number at registration upon handing over the signed declaration of liability (can be downloaded in advance in the registration form) and presentation of the respective identity card. The start number must be completely visible during the race and must not be removed.

6. TIMEKEEPING

A transponder chip on the start number transmits your running time. If it does not work or has been lost, this must be reported immediately to the checkpoints and the race office.

7. CLOTHING/EQUIPMENT

The weather in the high mountains can change suddenly. The following equipment/clothing must be worn by everyone during the entire competition or carried in the backpack. We will check your equipment before the start and at the checkpoints, and in case of doubt, we will have to impose time penalties or disqualifications. Safety always comes first!

The organizer will communicate the definitive mandatory equipment at the latest the evening before and 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 and on social media channels. Poles are allowed, but must be with you for the entire race, see point 19.

CLOTHING/EQUIPMENT FF.

The following mandatory equipment applies:

T54 clothing

- **Trail running shoes** with profiled soles
- **Running backpack**
- **Waterproof and windproof jacket** (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or spare 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!
- **Gloves** and **beanie/headband**
- **Headgear for sun protection**

T54 equipment

- Fully functional **head torch**
- **Folding cup/water container** for drinks at the refreshment points and in the finish area
- **Water container** with at least **0.75 liters** of liquid
- **Food supplies** (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** stored on a navigation watch or mobile phone.
- **Mobile phone** with stored emergency number for making emergency calls and for checking out early (mobile phone must work in Switzerland) Tip: REGA App

T33 clothing

- **Trail running shoes** with profiled soles
- **Running backpack**
- **Waterproof and windproof jacket** (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or spare 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!
- **Gloves** and **beanie/headband**
- **Headgear for sun protection**

T33 equipment

- **Folding cup/water container** for drinks at the refreshment points and in the finish area
- **Water container** with at least **0.75 liters** of liquid
- **Food supplies** (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** stored on a navigation watch or mobile phone.
- **Mobile phone** with stored emergency number for making emergency calls and for checking out early (mobile phone must work in Switzerland) Tip: REGA App

T24 clothing

- **Trail running shoes** with profiled soles
- **Running backpack**
- **Waterproof and windproof jacket**
- **long-sleeved top** or spare T-shirt and arm warmers
- **Gloves** and **beanie/headband**
- **Headgear for sun protection**

T24 equipment

- **Folding cup/water container** for 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)
- **Route map** stored on a navigation watch or mobile phone.
- **Mobile phone** with stored emergency number for making emergency calls and for checking out early (mobile phone must work in Switzerland) Tip: REGA App

T11 clothing

- **Trail running shoes** with profiled soles
- **Headgear for sun protection**

T11 equipment

- **Folding cup/water container** for drinks at the refreshment points and in the finish area
- **Labeling** of the food packaging with the start number
- **Mobile phone** with stored emergency number for making emergency calls and for checking out early (mobile phone must work in Switzerland) Tip: REGA App



8. BRIEFINGS/START

The latest information about the routes and the race schedule will be communicated to all participants the week before. All information can be found online at www.madrisatrail.ch, including information about the route conditions, safety aspects and the competition in general. On the day of the race, the starting line-up and the mandatory equipment check will begin approximately 30 minutes before the official start time. The latest news will be provided in the starting area 15 minutes before the starting signal.

9. NEUTRALIZED START

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

10. MARKING OF THE COURSE

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

11. CHECKPOINTS AND REFRESHMENT POINTS

T54: 6 checkpoints and refreshment points

T33: 4 checkpoints and refreshment points

T24: 3 checkpoints and refreshment points

T11: 1 checkpoint and refreshment point

Refreshment stations: At each refreshment station, there are drinks and fruit. Depending on the weather and temperature, there are also hot drinks at selected locations. The exact location of the refreshment station can be found on the respective route map and is numbered.

Checkpoints: At the checkpoints, all participants will be scanned in the order in which they arrive. Anyone who does not pass a checkpoint but still reaches the finish line later (e.g. because of taking a shortcut or getting lost) will be disqualified.

12. TIME LIMITS/FINISH

The cut-off times are published on the homepage and are binding in all cases. The organizer can adjust the cut-off times at any time, e.g. due to weather conditions. The race director, the head of the route, the staff at the checkpoints and refreshment points, the medical service and the final runners must take you out of the race if you are unable to reach the cut-off time.

13. TIME PENALTIES AND DISQUALIFICATION

Violations of the rules may result in time penalties of between 5 and 120 minutes and disqualification. 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 from official personnel must be followed, as must the road traffic regulations. The mandatory equipment must be carried throughout the race; no control may be refused on the route. Of course, the environment must not be polluted, and it is also forbidden to take shortcuts (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

14. WITHDRAWAL FROM THE RACE

If a participant withdraws from the race, they must immediately report this to the nearest marshal or to the race management on **+41 76 435 73 00** - otherwise a possibly expensive and elaborate search operation will be initiated at the participant's expense. After dropping out, there is no entitlement to a transfer.

15. MEDICAL EMERGENCY CARE (FLURY FOUNDATION)

Safety first. For this reason, medical services are available along the route until the last participant. If someone is in distress, race management must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: the time lost will be credited.

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 finished at a checkpoint or supply point. The medical service may at any time disqualify and remove from the race participants who are no longer able to finish the race under their own steam or only with an impending risk to their health and/or the deployed route personnel.

What else is the medical service allowed to do? First of all, they are allowed to examine participants from a medical point of view and check the mandatory equipment, transport or evacuate participants using the appropriate means of transport and take them directly or via the public ambulance service to the nearest suitable hospital if their condition requires it.

The costs for a possible deployment for appropriate rescue are to be borne by the participant.



MEDICAL Hotline +41 79 900 61 43

EMERGENCY CALL 144

REGA 141

The race organization number is available on the route maps and on the back of the start number. If the race organization 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 without a therapeutic use exemption are prohibited, even in the case of exercise-induced dehydration. The race doctor decides on justified medical applications in accordance with the WADA regulations. Doping controls are possible at any time.

17. HELP FROM THE OUTSIDE

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

· At the official refreshment points, you may accept food and/or drinks from supporters. Attention! Please note point 19!

In case 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/NATURAL CONSERVATION

Trail runners are not environmental polluters. Therefore: Only dispose of waste at the refreshment points and do not deliberately damage nature. Therefore, any food or drinks carried must be labeled with the start number.

19. THE MADRISA TRAIL KLOSTERN - RULES

The Madrisa Trail Klostern takes place on public and non-closed roads, forest roads, hiking trails and alpine paths. Participants must always follow the road traffic regulations of the respective country. All participants must follow the instructions of the police and the official route staff.

There may be a risk of falling off the official route, which is why shortcuts (including "short-cutting" of hairpin bends etc.) or self-selected route variants are prohibited. Each participant runs at their own risk.

If it becomes unclear or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is not obliged to do so.

It is not allowed to provide support from a moving escort vehicle or from a bicycle. Any interference with the race by escort vehicles of any kind may result in a time penalty or disqualification of the supported participant. If escort vehicles are encountered on sections of the route closed to public traffic, this will immediately lead to the disqualification of the participant to be supported.

Supporters of individual participants or teams are strictly prohibited from polluting or damaging the route and the surrounding nature for reasons of nature conservation. This includes, in particular, spraying or painting on the route. Any violation will immediately lead to the disqualification of the participants who were supported or were supposed to be supported.

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

Those who start with poles must also carry them to the finish. Conversely, no participant who started without poles may be given them along the way.

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

All participants and teams are required to show consideration, sportsmanship and fairness.

20. PROTEST AND JURY

Any participant may file a protest at the race office, naming witnesses, up to one hour after the finish for 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 appear. The protest fee is CHF 200.00. If the protest is rejected, the protest fee will be retained by the organizer. The above-mentioned violations, which can lead to time penalties or disqualification, are only a selection of the possible actions that can be penalized.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

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

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

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

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