



## MOT 15K

### REGULATION

The MOT VIOL 15K is a trail running race of 15 km and 1000 mt d+ starting and arrival in Marmora.

The race takes place in a mountain environment on single tracks or dirt roads. Although there are no challenging passages, these are in nature paths susceptible to all the climatic variations typical of the mountain environment of the western Alps in October.

Therefore, it requires a suitable psycho-physical preparation to face this type of path, as well as the ability to move independently in a mountain environment.

### THE ORGANIZATION

The OCCITANTRAIL competitions are organized and managed by ASD SPORTIFICATION ([www.sportification.it](http://www.sportification.it)), amateur sports club with limited liability, under the mandate of CONSORZIO TURISTICO VALLE MAIRA ([www.vallemaira.org](http://www.vallemaira.org)).

### ACCEPTANCE OF THE RULES OF PROCEDURE

The competitor undertakes to accept this Regulation in its entirety.

### THE PATH

The MOT VIOL 15K runs along the paths and dirt roads between the municipalities of Canosio and Marmora touching the most beautiful villages in the area.

It is not excluded that for reasons of force majeure the route may undergo changes even in the immediacy of the race.

### REFRESHMENTS AND TIME GATES

KM	REFRESHMENT	CUT OFF TIME
0	Marmora	
8	Colle Intersile Nord	2h
15	Marmora	3h

The maximum time is 3 hours.



Failure to respect the time gates will make it impossible to continue the competition of the race. Who does not fall in the time gate, but still wants to continue along the race path can do so assuming all responsibility and will leave the protection of the organizers of the competition.

There will be a refreshment in the vicinity of Colle Intersile Nord.

## **CONDITIONS FOR REGISTRATION**

The deadline for entries will be 7 October 2022. Possibility of registration also on the day of the race (8 October), except exhaustion of the race bibs available.

To have access to registrations you need:

- a) Be 18 years of age at the time of the race.
- b) Have a valid medical certificate for athletics, running and mountain running.
- c) Present the release signed with the Regulation.
- d) Submit the signed COVID declaration (if necessary) and/or the green pass (if necessary).

Registration fees for the race:

- 15,00€ until 31/07/2022
- 20,00€ until 31/08/2022
- 25,00€ until 08/10/2022

In case of cancellation of the registration by a competitor there is no refund.

In case of cancellation of the race due to government restrictions for emergency COVID will be refunded the full amount.

## **REGISTRATION FOR THE COMPETITION INCLUDES**

Payment of the registration fee entitles you to:

1. Race package
2. Bib with microchip
3. Access to refreshments
4. Finisher prize
5. Final party voucher (subject to strict COVID rules)
6. Showers on arrival (except strict COVID regulations)

## **SAFETY AND ASSISTANCE**

There are no refreshments along the way. At the strategic points of the route there are volunteers and/or personnel dedicated to the safety of the participants.

Remember that the competitor must be aware of racing in the mountain environment, to be used to manage independently the moments of crisis resulting from possible adverse weather conditions, from fatigue, minor physical problems, and the possibility of being alone in some parts of the route.



## **TIMEKEEPING STARTING ORDER AND RANKINGS**

There are two absolute rankings, male and female.

The timekeeping is entrusted to certified timekeepers.

## **RACE PACKAGE AND AWARDS**

A race package consisting of technical material and local products is planned.

At the end of the race will be awarded by the first to the fifth absolute ranked. for each of the two categories male and female.

## **EXCLUSION FROM COMPETITION**

At the sole discretion of the race management, the athlete can be definitively excluded from the competition and from the ranking in the case of:

- a) Bad behavior towards other participants, staff, volunteers, or other people along the way.
- b) Intentional harm to persons, animals or property.
- c) Use of illicit substances.
- d) Abandonment of waste or personal material.
- e) Omission of assistance.
- f) No compulsory equipment.
- g) Exchange of race-bib.
- h) Alternative route to the official one.
- i) Failure to pass through the control point.

## **COMPULSORY EQUIPMENT**

- j) Cap or bandana.
- k) Windbreaker jacket with hood.
- l) Thermal rescue deck.
- m) Personal glass.
- n) Bottle at least ½ liter.
- o) Whistle.
- p) Trail running shoes.
- q) Minimum food reserve.
- r) Mobile phone.
- s) Gloves, thermal mesh and overcoats in bad weather (in the pre-race briefing the organization will communicate the obligation of such clothing).

The obligatory equipment will be verified upon departure.

The mountain environment can be subject to sudden changes in climatic conditions, so it is good that each



competitor to consider the inclusion of suitable clothing to cope with such unforeseen events in their race set.

## **PECTORAL**

The bib is personal, nominative, and non-transferable. An integral part of the bib is the necessary chip for chronometric measurements.

The bib must always be worn in a visible way during the race and will allow access to the athletes' area in refreshments.

The collection of race-bibs can take place at the Consorzio Turistico Valle Maira in the headquarters of Dronero (p.zza XX Settembre, 3) on Friday, October 7, 22 from 16.00 to 20.00. Or at the departure of Marmora from 08.00 to 09.00.

## **INSURANCE**

The organization signs a liability insurance policy that covers the starting paddoc, the official route of the race and the arrival area.

Nevertheless, although the organization takes care of every detail of the event, it is implicit that this is a trail-running competition every member must be responsible for their actions like any other person who goes to the mountains.

## **RESPECT FOR THE ENVIRONMENT**

The environment always deserves respect, much more the delicate one of the mountains. In addition, the Maira Valley is increasingly determined to move in the direction of sustainable environmental exploitation by promoting eco-friendly tourism. We invite all participants in the event to have the utmost attention to the respect of those rules that should be the basis of common civic life, such as the non-abandonment of waste. Remember also that the mountain is not just a land

leisure activities for tourists, but it is also an environment in which work activities are developed that contribute to the balance of the ecosystem, such as the breeding of livestock and bees, therefore visitors to the mountains are invited not to disturb this type of activity.

## **IMAGE RIGHTS**

The official images of the event are the property of the organization, therefore each participant and/ or aggregate waives to use the rights of such images; also waives any appeal against the organization and official sponsors for the use of such images.