



## REGULATION MOT MEJA 38K

The MOT MEJA 38K is a trail running race of 38 km and 2100 m d+ and 2500 d-. with departure from the hamlet of Chiappera di Acceglio and arrival in Marmora.

The race takes place in a mountain environment on single tracks or dirt roads. Although they are not there challenging passages, however, these are routes in nature susceptible to all variation's typical climatic conditions of the mountain environment of the western Alps in October.

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

### THE ORGANIZATION

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

### ACCEPTANCE OF THE REGULATION

The competitor undertakes to unquestionably accept these regulations in all of theirs set off.

### THE PATH

The MOT MEJA 38K runs approximately along a stretch of the well-known route of the Occitan Routes ([www.percorsioccitani.com](http://www.percorsioccitani.com)) or: Chiappera, colle Ciarbonet, colle Gardetta, colle del Preit, colle del mulo, Marmora.

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

### REFRESHMENTS AND TIME GATES

KM	REFRESHMENT	CUT OFF TIME
0	Chiappera	
11	Viviere	
19	Colle Preit	6h
28	Gias Valanghe	8h
38	Marmora	10h



The maximum time allowed for the conclusion of the race is 10 hours.

Failure to comply with the time gates makes it impossible to continue the competition.

Who does not enter the time gate, but still wants to continue along the path of will be able to do it by assuming all responsibility and will exit from the protection of organizers of the competition.

### **CONDITIONS FOR REGISTRATION**

The deadline for entries will be September 30, 2022 or when the 300 seats available are exhausted. 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 running in mountain.
- 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:

- 30,00€ until 31/07/2022
- 40,00€ until 31/08/2022
- 45,00€ until 30/09/2022

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 come reimbursed the full amount.

### **RACE REGISTRATION INCLUDES**

The payment of the registration fee entitles to:

1. Race pack
2. Personalized bib with microchip
3. Access to refreshment points
4. Finisher award
5. Coupon for final party (except for stringent COVID regulations)
6. Showers on arrival (except for stringent COVID regulations)

### **LOGISTICS**

The return of athletes to Chiappera, if it is not managed independently (accompanying persons) will be carried out by shuttle.

Athletes can leave the bag for changing clothing to the direction of the race that you will transfer it to the arrival of Marmora



## **SAFETY AND ASSISTANCE**

Along the way there are 3 refreshments with solid and liquid foods. In addition, there are volunteers and/or personnel dedicated to the safety of the participants at strategic points along the route.

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.

In addition, it is recalled that the route runs along mountain paths, dirt roads and only a small part short stretches of asphalt, so the competitor will be running on uneven terrain, with the possible presence of natural obstacles (holes, branches, outcropping roots, stones, ...) or artificial (steps, gutters, manholes, ...).

Being a manifestation in a natural environment, any meeting with domestic or wild animals typical of mountain fauna, some of them potentially dangerous (insects and reptiles, ...) are not to be excluded.

The journey of even short sections of roads subject to the transit of vehicles or the crossing of the same are not subject to supervision, therefore each athlete is responsible for their conduct.

## **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 prize. for each of the two categories masculine and feminine.

## **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.
1. c) Omission of assistance.
- e) No compulsory equipment.
- f) Exchange of race-bib.
- g) Alternative route to the official one.
- h) Failure to pass through the control point.



## **COMPULSORY EQUIPMENT**

1. Cap or bandana.
2. Windbreaker jacket with hood.
3. Thermal rescue deck.
4. Personal glass.
5. Bottle at least ½ liter.
6. Whistle.
7. Trail running shoes.
8. Minimum food reserve.
9. Mobile phone.
10. 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 Chiappera by 07.30 hours.

## **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. Let us also remember that the mountains are not only a place of leisure for tourists, but also an environment on which work activities are developed that contribute to the balance of the ecosystem, such as the breeding of livestock and bees, therefore we invite visitors to the mountains not to disturb this type of activity.

In any case there is an eco-broom service that involves the recovery of all the leftovers and the material that should be abandoned along the way.

### **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.