



MOT 4X40K REGULATION

The MOT 4x40 - VALLE MAIRA OCCITANTRAIL is a trail running race that takes place in 4 stages of about 45 km each for a total of 180 km and covers the entire circumnavigation of the Valle Maira, located in the province of Cuneo (northwest of Italy)

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 variations 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), an amateur sports club with limited liability, under the mandate of VALLE MAIRA TOURIST CONSORTIUM (www.vallemaira.org).

ACCEPTANCE OF THE REGULATION

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

PATH

The MOT4x40 roughly covers the well-known route of the PERCORSI OCCITANI. (www.percorsioccitani.com) and is divided into 4 stages of approximately 45km each, summarized as follows:

- ❖ 1st stage - Villar San Costanzo, Roccabruna, Pagliero, Camoglieres, Stropo.
- ❖ 2nd stage - Stropo, Elva, Colle Bicocca, Bonfante bivouac, Campiglione, Porta di Roma, Lausetto, Chiappera.
- ❖ 3rd stage - Chiappera, Colle Ciarbonet, Colle Gardetta, Colle del Preit, Colle del Mulo, Marmora.
- ❖ 4th stage - Marmora, Palent, Celle Macra, Colle Margherita, Cartignano, Dronero.

It is not excluded that due to force majeure the route may also undergo changes in the immediacy of the race.

REFRESHMENT POINTS AND TIME GATES

STAGE	KM	REFRESHMENT	CUT OFF TIME	PENALTY
1	0	Villar San Costanzo		
1	15	Roccabruna		
1	24	Pagliero		
1	36	Camoglieres	8h	+15'
1	46	Stroppo Paschero	11h	+15'
2	0	Stroppo Paschero		
2	10	Elva		
2	34	Campiglione	8h	+15'
2	41	Ussolo	10h	+15'
2	55	Chiappera	12h	+15'
3	0	Chiappera		
3	11	Viviere		
3	19	Colle Preit	6h	+15'
3	28	Gias Valanghe	8h	+15'
3	38	Marmora	10h	+15'
4	0	Marmora		
4	10	Palent		
4	23	B.ta Chiesa	6h	+15'
		Colle S.ta Margherita		
4	30	Cartignano		
4	40	Dronero	11h	+15'

Failure to comply with the time gates makes it impossible to continue the competition of the stage, but not exclusion from subsequent stages. That is, ad for example, those who do not enter in a gate of stage 1 are accompanied by the service race at the place of arrival, but in the following stages can regularly start with the addition of the penalty to the maximum stage time.

Those who do not fall within the time gate, but still want to continue along in the route, will be able to do so but they are assuming all responsibility and will come out of the protection of organizers.

CONDITIONS FOR REGISTRATION

The deadline for registrations will be September 25, 2022 or when the 200 available places are exhausted.

To access the registrations, you need to:

a) To be 18 years of age at the time of the competition.



b) Have a valid medical certificate for athletics, running and running in mountain.

c) Present the signed release with the acknowledgment of the regulation.

d) Submit the signed COVID declaration (if necessary) and / or the green pass (if necessary).

Race registration fees:

- € 175.00 until 30/06/2022
- € 205.00 up to 08/31/2022
- € 230.00 up to 09/25/2022

In the months of May and June 2022 the tour packages related to the race will be activated which will include: bib, stay in half board accommodation and shuttle transport to and from the starting points e arrival of the individual stages of the trail. For information and further information, send an e-mail to: valentina.scigliano@vallemaira.org

In the event of cancellation of the registration by a runner, no refund is provided.

In case of cancellation of the tender due to government restrictions due to COVID emergency it will come refunded the entire 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)
7. Traker for geolocation.

LOGISTICS

The logistics regarding the movements of the athletes to reach the start of the stage and at the end of the stage to return to the place of stay, if he does not come



managed independently (accompanying persons), it will be carried out by shuttle bus.

SAFETY AND ASSISTANCE

Along the way there are 3 refreshment points per stage with solid and liquid foods. Also, at strategic points along the route there are volunteers and / or staff dedicated to the safety of the participants.

Remember that the competitor must be aware of competing in a mountain environment, of being used to independently manage moments of crisis deriving from possible adverse weather conditions, from tiredness, from small physical problems and from the possibility of being alone in some parts of the path.

It should also be remembered that the route runs along mountain paths, dirt roads and only minimally

On paved road, therefore the competitor will find himself running on uneven ground, with the possible presence of natural obstacles (holes, branches, outcropping roots, stones, ...) or artificial (steps, drainage channels, manholes, ...).

Since this is an event in a natural environment, possible encounters are not to be excluded with domestic or wild animals typical of mountain fauna, some of them potentially dangerous (insects and reptiles, ...).

On the roads where cars can pass there is no supervision of the organizers, therefore each athlete is responsible for their own conduct.

TIMEKEEPING AND CLASSIFICATIONS

There are two absolute rankings, male and female.

Timekeeping is entrusted to certified timekeepers.

RACE PACKAGE AND AWARDS

There is a race pack consisting of technical material and local products.

At the end of the race, the 1st to 5th place overall for each of the two categories will be awarded masculine and feminine.

EXCLUSION FROM THE COMPETITION

At the sole discretion of the race direction, the athlete may be definitively excluded from the



competition and from the ranking in case of:

- a) Incorrect behavior towards other participants, staff personnel, volunteers or other people along the way.
- b) Intentional damage caused to people, animals or things.
- c) Use of illicit substances.
- d) Abandonment of waste or personal material.
- e) Failure to rescue.
- f) Lack of mandatory material.
- g) Exchange of the bib.
- h) Alternative route to the official one.
- i) Failure to pass the checkpoint.

REQUIRED MATERIAL

1. GPS system with the track of the 4 stages loaded.
2. Cap or bandana.
3. Hooded windbreaker.
4. Emergency thermal blanket.
5. Personal glass.
6. At least ½ liter bottle.
7. Whistle.
8. Trail running shoes.
9. Minimum food reserve.
10. Mobile phone.
11. Gloves, thermal shirt and over-trousers in case of bad weather (in pre-race briefing the organization will communicate the mandatory nature of such clothing).

The mountain environment can be subject to sudden changes in climatic conditions for which it is good that each competitor evaluates the inclusion of suitable clothing to deal with such unforeseen events in the own race set.



BIBS

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

The bib must always be worn in a visible way during the race and will allow access to the athlete's area in the refreshment points.

The bibs will be collected on Wednesday 5 October 2022 at the time and place that will come subsequently communicated.

INSURANCE

The organization signs a civil liability insurance policy concerning the paddoc starting point, the official route of the race and the finish area.

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

RESPECT FOR THE ENVIRONMENT

The environment always deserves respect, especially the delicate one of the mountains. Also, the Maira valley

is increasingly willing to go in the direction of sustainable environmental exploitation promoting eco-friendly tourism. We invite all participants to the event to have the maximum attention to compliance with those rules that should be the basis of common living civil, such as the non-abandonment of waste. We also remember that the mountain is not just a terrain leisure for tourists, but it is also an environment in which work activities that contribute to the balance of the ecosystem, such as the breeding of livestock and bees, runners are invited not to disturb this type of activity.

In any case, there is an eco-broom service that provides for the recovery of all leftovers and 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 renounces to make use of the rights of such images; also waives any appeal against the organization and official sponsors for the use of said images.