

MOT 19K REGULATIONS

The **MOT 19K VIOL OCCITANTRAIL** is a trail running race of approximately 19 km with nearly 1,300 meters of elevation gain. The course follows a loop route starting and finishing in Marmora, running along the ridge of Mt. Buch – Costa Chiggia. The race will take place on **October 3, 2026**, in the **Valle Maira**, located in the Province of Cuneo.

The race takes place in a mountain environment on single-track trails and dirt roads. Although there are no particularly technical sections, the course runs through natural terrain and is subject to the variable weather conditions typical of the Western Alps in early autumn. Participants are therefore required to have adequate physical and mental preparation to face this type of course, as well as the ability to move independently in a mountain environment.

ORGANIZATION

The **OCCITANTRAIL competitions** are organized and managed by **ASD Il Podio Sport** on behalf of the **Valle Maira Tourist Consortium** (www.vallemaira.org).

ACCEPTANCE OF THE REGULATIONS

By registering, participants fully and unconditionally accept all parts of these regulations.

THE COURSE

The **MOT 19K** follows a loop route that initially passes through the hamlets of **Marmora Verneti, Brieis, and Superiore**, then continues along the **Napoleon Trail** up to **Colle dell'Encucetta**, before proceeding toward **Palent**.

From here begins the long ridge section reaching the summit of **Monte Buch (2111 m)** and **Costa Chiggia (2158 m)**, followed by a descent through the hamlets of **Parrocchia, Reinero, and Finello**, returning to the race village at the start/finish area.

The organizers reserve the right to modify the course at any time, including shortly before the race, due to force majeure or safety reasons.

AID STATIONS AND CUT-OFF TIMES

One aid station will be located near the hamlet of **Palent (Macra)** at approximately **10 km**, where a cut-off time is set **2 hours after the start**.

Participants who arrive after the cut-off but choose to continue along the race course may do so **at their own responsibility** and will no longer be under the protection or responsibility of the race organization.

REGISTRATION REQUIREMENTS

Online registration closes on **October 1, 2026**, or when the maximum of **250 participants** has been reached.

On-site registration will also be possible on **October 3, 2026**, up to **30 minutes before the start**, with a **€5 surcharge**.

To register, participants must:

- a) Be at least **18 years old** on race day
 - b) Hold a **valid medical certificate for competitive athletics, running, or mountain running**
 - c) Be registered with a **FIDAL / UISP sports club or another recognized sports association**, or hold a **RUNCARD**
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INDIVIDUAL RACE ENTRY FEES

- **€25** until October 1, 2026
- **€30** on race day (October 3, 2026)

If a participant cancels their registration, **no refund will be issued**.

ENTRY FEE INCLUDES

The registration fee entitles participants to:

1. Race kit
 2. Access to aid stations with **Valle Maira local products**
 3. Race bib with timing chip
 4. Finisher prize
 5. Post-race party
 6. Showers at the finish area
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CANCELLATION POLICY

If a participant is unable to attend due to **injury or illness**, and presents a **valid medical certificate**, they will receive a **50% discount on the race bib** for the next edition of the MOT.

A full refund of the entry fee is **not provided**, except in cases where the cancellation is attributable to the organization.

SAFETY AND ASSISTANCE

Aid stations with solid food and drinks will be available along the course. Volunteers and safety staff will also be present at key points along the route.

Participants must be aware that the race takes place in a **mountain environment** and must be able to manage potential difficulties independently.

The course includes trails, dirt roads, and short sections of asphalt. Runners must pay attention to **natural or artificial obstacles** as well as **mountain wildlife**.

Each athlete is responsible for their own conduct on roads that remain open to traffic.

Animals are not allowed.

External assistance is permitted **only at aid stations**.

TIMING AND RESULTS

Timing will be managed by **certified timekeepers** using tracking devices provided by the organizational partner **Wedosport**.

RACE KIT AND AWARDS

The race kit will include **technical gear and local products**.

Awards will be given to the **top 5 overall male and female finishers**.

The full race kit is guaranteed for the **first 250 registered participants**.

DISQUALIFICATION

Participants may be disqualified for:

- Unsportsmanlike conduct
 - Causing damage
 - Use of prohibited substances
 - Littering
 - Failure to assist a person in difficulty
 - Missing mandatory equipment
 - Bib swapping
 - Course cutting
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MANDATORY EQUIPMENT

Participants must carry the following equipment:

1. Personal cup
2. Mobile phone
3. Trail running shoes
4. Hat or bandana
5. Windproof jacket with hood
6. Emergency thermal blanket
7. Water container (minimum 0.5 L)
8. Whistle
9. Minimum food reserve
10. Gloves, thermal layer, and over-trousers (if required by the organization)

This equipment must be carried **for the entire duration of the race**, under penalty of disqualification.

RACE BIBS

Race bibs are **personal, assigned by name, and non-transferable**, with an integrated timing chip.

They must be **clearly visible at all times**.

INSURANCE

The organization holds **public liability insurance (RC)** for the race areas; however, each participant remains **personally responsible for their own actions**.

ENVIRONMENTAL RESPECT

Participants are required to show the **utmost respect for the mountain ecosystem and local activities**.

Littering is strictly prohibited.

An **eco-sweeper team** will follow the race course.

IMAGE RIGHTS

The organization holds the rights to all **official images of the event**. By participating, runners waive any rights to these images and any claims related to their use.