

MOT 42K REGULATIONS

The **MOT 42K MEJA OCCITANTRAIL** is a trail running race of approximately **42 km with nearly 2,650 meters of elevation gain**, following a **loop course through the Unerzio and Marmora valleys**.

The race will take place on **October 3, 2026**, in **Valle Maira**, located in the **Province of Cuneo, Italy**.

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 entirely in natural terrain and is subject to the **variable weather conditions typical of the Western Alps in early autumn**.

Participants must therefore have **adequate physical and mental preparation** to tackle this type of course and be capable of **moving 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 sections of these regulations.

THE COURSE

The **MOT 42K** follows a loop route that initially reaches **Colle San Giovanni di Canosio**, followed by a descent along the little-known trail leading to **Maddalena di Prazzo**, then continuing through:

Frere di Acceglio – Chialvetta – Viviere – **Passo della Gardetta** – **Colle del Preit** – **Colle Margherina** – **Colle d’Ancoccia** – **Colle del Mulo** – **Gias Valanghe** – **Marmora**.

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

KM	Aid Station	Cut-off
16	Viviere	
25	Colle del Preit	6h – Checkpoint
33	Gias Valanghe	8h
41	Marmora	10h

Participants who do not reach a checkpoint within the cut-off time but choose to continue along the course **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 once the maximum limit of **250 participants** has been reached.

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

To register, participants must:

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

- **€50.00** until August 31, 2026
- **€55.00** until September 30, 2026
- **€60.00** on race day (October 3, 2026)

In the event of registration cancellation by the participant, **no refund will be issued**.

ENTRY FEE INCLUDES

The registration fee entitles participants to:

1. Race kit
 2. Race bib with timing chip
 3. Access to aid stations featuring **local products from Valle Maira**
 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 MOT edition**.

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

SAFETY AND ASSISTANCE

Aid stations with **solid food and beverages** will be available along the course. Volunteers and safety staff will be positioned at **key points along the route**.

Participants must be aware that they are racing in a **mountain environment** and must be accustomed to **managing potential difficulties independently**, including:

- adverse weather conditions
- fatigue
- minor physical issues
- the possibility of being alone on certain sections of the course

The route follows **mountain trails, dirt roads, and only short sections of asphalt**. Runners may encounter **uneven terrain** and natural obstacles such as holes, branches, exposed roots, or rocks, as well as artificial obstacles such as steps, drainage channels, or manholes.

Encounters with **domestic or wild mountain animals** (including insects and reptiles) are also possible.

Each athlete is responsible for their own conduct when **crossing roads open to vehicle traffic**.

For safety reasons, **animals are not allowed**.

Participants are **not allowed to be accompanied along the course by anyone who is not officially registered in the race**. 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 finishers in both the male and female categories**.

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

DISQUALIFICATION

Participants may be disqualified for:

- Unsportsmanlike conduct
 - Intentional damage
 - Use of prohibited substances
 - Littering
 - Failure to assist a person in difficulty
 - Missing mandatory equipment
 - Bib swapping
 - Taking alternative routes or cutting the course
 - Failure to pass through official checkpoints
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MANDATORY EQUIPMENT

Participants must carry the following equipment:

1. Personal cup (no disposable cups at aid stations)
2. Mobile phone
3. Trail running shoes
4. Hat or bandana
5. Windproof jacket with hood
6. Emergency thermal blanket
7. Water container with **minimum capacity of 1.5 liters**
8. Whistle
9. Minimum food reserve
10. Gloves, thermal layer, and over-trousers (if declared mandatory during the race briefing)

Each runner must carry all mandatory equipment **for the entire duration of the race**, under penalty of disqualification.

RACE BIBS

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

They must be **worn visibly at all times**.

INSURANCE

The organization holds **public liability insurance** covering the race village, course, and finish area.

Each participant remains **personally responsible for their own actions**.

ENVIRONMENTAL RESPECT

Littering is strictly prohibited. Participants are asked not to disturb **local economic activities**, such as livestock farming and beekeeping.

An **eco-sweeper team** will follow the course to collect any abandoned materials.

IMAGE RIGHTS

All **official event images** are the property of the organization. By participating, runners waive any rights to these images and any claims regarding their use.