

## **RULES**

### **DELICIOUS TRAIL DOLOMITI - SHORT DELICIOUS TRAIL DOLOMITI - MINI DELICIOUS TRAIL DOLOMITI**

**21<sup>st</sup> SEPTEMBER 2019**

#### **Art. 1 ORGANIZATION**

The Associazione Sportiva Dilettantistica L5T SPORT asd, with the backing of the Town Council of Cortina d'Ampezzo, the Regole d'Ampezzo, the Parco Naturale delle Dolomiti d'Ampezzo, the Fondazione Cortina 2021 and the Cortina branch of the Club Alpino Italiano and with the collaboration of Atletica Cortina asd, Fairplay asd, Soccorso Alpino di Cortina and Uisp Belluno, is organizing the fourth edition of the "Delicious Trail Dolomiti" and "Short Delicious Trail Dolomiti", semi-selfsufficiency mountain running races in an alpine setting.

The "Mini Delicious Trail Dolomiti" is a recreational and physical activity organised by Fairplay asd and Atletica Cortina asd for children aged from 6 to 12.

#### **Art. 2 GENERAL INFORMATION**

The Delicious Trail Dolomiti is a running race along the paths of the Dolomites UNESCO Heritage Site of around 44,2 km., with a positive difference in altitude of 3260 metres, in semi-selfsufficiency; the start is on Saturday 21<sup>st</sup> September 2019 at 7.45 a.m. from the centre of Cortina; time limit: 11 hours.

The Short Delicious Trail Dolomiti is a running race along the paths of the Dolomites UNESCO Heritage Site of around 22,9 km. with a positive difference in altitude of 1260 metres; the start is on Saturday 21<sup>st</sup> September 2019 at 10 a.m. in Pocol, in front of the hotel Villa Argentina, with a time limit of 8 hours.

<p><b>THE TIMES OF BOTH RACES MAY BE CHANGED BY THE ORGANIZERS; PROMPT NOTICE WILL BE GIVEN OF ANY SUCH CHANGES.</b></p>
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#### **Art. 3 REQUIREMENTS OF PARTICIPATION**

To participate in the Delicious Trail Dolomiti you must have mountaineering experience and not suffer from vertigo, be in excellent physical condition and be equipped with clothing suitable for temperatures that may range from -5 to +30 degrees Celsius.

For the Short Delicious Trail Dolomiti mountaineering experience is required.

#### **Art. 4 REGISTRATION**

##### **Registration requirements**

Registration is invited from athletes of age in possession of a medical certificate of fitness for competitive sports (see art. 5), valid until at least 21<sup>st</sup> September 2019. Athletes currently disqualified for the use of performance-enhancing substances will not be admitted. For registration in the Delicious Trail Dolomiti or Short Delicious Trail Dolomiti, there are no qualifying races;

however, it is strongly recommended that you should have mountaineering experience.

The **long-distance run** Delicious Trail Dolomiti is officially a 3 ITRA-points qualifying race.

The **short-distance run** Short Delicious Trail Dolomiti is officially a 1 ITRA-point qualifying race.

### **How to register**

Registration opens on 1<sup>st</sup> March 2019 and closes on 21<sup>st</sup> September 2019 unless the race bibs have all been assigned during the weeks preceding the date of the event; the number of participants is limited to 550 for the race Delicious Trail Dolomiti and 650 for the Short Delicious Trail Dolomiti.

### **REGISTRATION FEES**

#### **Delicious Trail Dolomiti**

- a) First 100 registrations: € 45,00
- b) From 101<sup>st</sup> to 200<sup>th</sup> registration € 50,00
- c) From 201<sup>st</sup> to 300<sup>th</sup> registration € 55,00
- d) From 301<sup>st</sup> to 550<sup>th</sup> registration € 60,00

#### **Short Delicious Trail Dolomiti**

- a) First 100 registrations € 25,00
- b) From 101<sup>st</sup> to 200<sup>th</sup> registration € 30,00
- c) From 201<sup>st</sup> to 300<sup>th</sup> registration € 35,00
- d) From 301<sup>st</sup> to 650<sup>th</sup> registration € 40,00

The registration fee includes:

- racing bib;
- assistance and refreshments along the route;
- the race pack; the race pack may change according to the kind of race
- a Gourmet meal voucher;
- a gift for those finishing the Delicious Trail Dolomiti;
- use of showers and attended bag storage.

### **How to pay**

The registration fee can be paid by credit card or bank transfer using the data to be published on the web site [www.delicioustrail.it](http://www.delicioustrail.it).

### **Limited number**

The number is limited to 550 participants for the Delicious Trail Dolomiti and 650 participants for the Short Delicious Trail Dolomiti.

### **Annulment**

Should the race be annulled owing to circumstances beyond our control up to 15 days before the event, the organizers reserve the right to reimburse a percentage equal to 50% of the registration fee paid. This percentage is justified by the numerous expenses which the organizers have already made and which cannot be recovered.

In the case of interruption or annulment of the race because of inclement weather, or for any other

cause not imputable to the organizers, no reimbursement will be made to the participants.

### **Waiver of participation and reimbursements**

In case of impossibility of participation in the race, the renunciation must be communicated via e-mail to [l5tsport@dolomiti.org](mailto:l5tsport@dolomiti.org).

No reimbursement of registration fees will be made due to the considerable anticipated organizational expenses.

### **The following are not permitted:**

- transferring of the registration fee to the following year;
- changing from one race to the other.
- the exchange or passing on of the racing bib.

Any athlete caught, even after the race, with another person's bib, will be banned for life.

### **Art. 5 MEDICAL CERTIFICATION**

Italian athletes must send a copy of a current medical certificate of fitness for competitive sports valid until 21<sup>st</sup> September 2019 to the email address [delicious@tds-live.com](mailto:delicious@tds-live.com) or else present a photocopy of it to the organizers on receipt of their racing bib. If the certificate is not received by email or presented to the organizers, the registration will be cancelled and no reimbursement will be made to the competitor.

Only "Modello B" medical certificates will be accepted.

Athletes from other countries must get a doctor to fill in, stamp and sign the certificate published here: [www.delicioustrail.it](http://www.delicioustrail.it) and send it to the email address [delicious@tds-live.com](mailto:delicious@tds-live.com) by 19<sup>th</sup> September 2019 or present a photocopy of it to the organizers.

If the certificate is not received by email or presented to the organizers by the specified date, the registration will be cancelled and no reimbursement will be made to the competitor.

### **Art. 6 COLLECTION OF RACING BIB AND RACE PACK**

Racing bibs and race packs, both for the long-distance and the short-distance run, will be distributed at the Pala Delicious marquee set up at the locality of Pocol, from 4 p.m. to 9 p.m. on Friday 20<sup>th</sup> September 2019.

On Saturday 21<sup>st</sup> September race packs for the long-distance run will be distributed in the centre of Cortina at the mountain guides' office from 6 a.m. to 7.30 a.m.

For the short-distance run distribution of race packs will take place in Pocol on Saturday 21<sup>st</sup> September from 8 a.m. to 9.30 a.m. at the Pala Delicious at Pocol.

In order to collect your racing bib, you will need to:

- show a valid document of identity;
- provide a photocopy of your medical certificate to the organizers if you have not sent it previously by mail;
- sign the information sheet setting out the characteristics of the trail;

- show that you have all the obligatory items as referred to in article 7.

### **Art. 7 OBLIGATORY ITEMS**

**For the Delicious Trail Dolomiti race**, you must have with you for the entire duration of the race the following items:

- a camelbag or flask holder containing at least one litre of liquid;
- a clearly visible racing bib for the entire duration of the race;
- a thermal blanket;
- a whistle;
- a mobile phone switched on but in silent mode;
- a waterproof anorak with a hood (preferably in Goretex or a similar material);
- a cup, beaker or flask;
- suitable footwear;
- for those doing the long route, a headband torch that must be switched on inside the Lagazuoi tunnel;
- a hard hat provided by the organizers, to be collected at the locality of the Falzarego Pass, which must be worn for the entire passage through the Lagazuoi tunnel; the hard hat will be retrieved by an official at the exit to the tunnel; you may bring your own hard hat provided it is of the standard required.

The items may be subject to spot checks during the pick up of the race bibs, the morning before the race, during or at the end of the race.

**For the Short Delicious Trail Dolomiti race**, you must have with you for the entire duration of the race the following items:

- a camelbag or flask holder containing at least half a litre of liquid;
- an anorak;
- a cup, beaker or flask;
- suitable footwear.

The obligatory items may be worn or carried in the race backpack.

The items may be subject to spot checks during the pick up of the race bibs, the morning before the race, during or at the end of the race.

No racing bib will be issued to anyone not displaying all the obligatory items to the officials. In addition, spot checks will be made along the route.

### **HIGHLY RECOMMENDED ITEMS**

You are advised to be equipped with the following items, **in particular for the long route**:

- a long-sleeved sweater;
- long trousers covering the knees;
- a hat or bandanna;
- gloves;
- waterproof trousers;

- energy bars or solid food;
- a small amount of money for the purchase of food at the refuges;
- an elastic bandage for dressing.

The use of trekking poles is allowed.

#### **Art. 8 TIME LIMIT, TIME CHECKS, WITHDRAWALS**

The time limit to reach the finish line of the Delicious Trail Dolomiti is 11 hours (by 6,45 p.m. on Saturday 21<sup>st</sup> September 2019).

The time limit to reach the finish line of the Short Delicious Trail Dolomiti is 8 hours (by 6 p.m. on Saturday 21<sup>st</sup> September 2019).

There will be a sweep search of the route following in the tracks of the last competitor, to ensure that anyone left behind will not be without assistance.

There will be the following time checkpoints for the Delicious Trail Dolomiti race:

- at Pocol the athletes must pass by by 9.30 a.m. (5 km);
- at Col Gallina refuge (about 29,4 km) the athletes must pass by by 3.30 p.m. (7,45 into the race);

There will be the following time checkpoints for the Short Delicious Trail Dolomiti:

- at Baita Bai de Dones, at km 13, the athletes must pass by by 5 p.m. (7 hours into the race);
- at Malga Peziè de Parù the athletes must pass by by 5.30 p.m. (7,30 hours into the race);

Any competitor not reaching the checkpoint by the pre-established time will be stopped and not allowed to continue the race.

For the safety of the participants, the medical officers present at the checkpoints or along the route are authorized to stop any competitor who is judged as being unfit to continue the race. In this case the competitor must act on the indications of the medical officer on pain of immediate disqualification.

Competitors reaching the time checkpoints after the time limit, those injured or who are judged by the medical officer as being unfit to continue the race, and other athletes wishing to withdraw from the race voluntarily, will be taken to the finishing line by a shuttle service. For logistic reasons, competitors who withdraw may have to wait a short time before being transported to the finishing line.

All competitors withdrawing from the race outside the pre-established points will have to proceed to Cortina by their own means, and must communicate their withdrawal by sending a text message at once to the number indicated on their racing bib. The chip must be returned to the organizers on pain of a fine of € 20.

#### **Art. 9 REFRESHMENT POINTS**

The competitors are in semi-selfsufficiency and must carry a litre of water with them.

There will be 9 refreshment points along the route for the **Delicious Trail Dolomiti**:

- Hotel Argentina - time checkpoint at 9.30 a.m.
- Croda da Lago Refuge

- Cinque Torri Refuge
- Scoiattoli Refuge
- Nuvolau Refuge
- Averau Refuge
- Col Gallina Refuge – time checkpoint at 3,30 p.m.
- Lagazuoi Refuge
- Dibona Refuge

For the **Short Delicious Trail Dolomiti** there will be 7 refreshment points:

- Malga Peziè de Parù
- Cinque Torri Refuge
- Scoiattoli Refuge
- Nuvolau Refuge
- Averau Refuge
- Baita Bai de Dones - time checkpoint at 5 p.m.
- Malga Peziè de Parù - time checkpoint at 5,30 p.m.

The event focuses also on the gastronomic aspect and therefore there are not only the traditional refreshment points but also the “Delicious” dishes. The food and beverage preference is considered a personal free choice of the athlete according to his attitudes and habits.

Only competitors with a clearly visible racing bib will be allowed access to the refreshment points. Food and drink from the refreshment points may only be consumed on the premises; drinking straight from bottles provided at the refreshment points is not allowed; all rubbish must be placed in the rubbish bins provided.

Flasks and camelbags may be filled with any drink of your choice.

When leaving each refreshment point, competitors must have an adequate quantity of food and water to reach the subsequent refreshment point.

At the finishing line at Pocol there will be a further refreshment point: a hot meal will be provided for each participant at the Pala Delicious marquee beyond the finishing line; the meals will be cooked by the chefs of the Delicious area, and in our opinion this is one of the most qualifying aspects of the day.

On the route there are several water fountains where you can renew your water supply. You can also make use of the mountain refuges situated along the route. Any food or drink purchased by the competitor at the refuges is acquired at his own cost.

#### **Art. 10 ASSISTANCE DURING THE RACE**

Assistance to the athletes on the part of relatives or teams is permitted only at the following refreshment points, in the areas set up for the purpose and on indication of the person in charge of the refreshment point:

- Croda da Lago Refuge, at an altitude of 2046 m.
- Cinque Torri Refuge, at an altitude of 2137m.
- Scoiattoli Refuge, at an altitude of 2255 m.
- Nuvolau Refuge, at an altitude of 2575 m.

- Averau Refuge, at an altitude of 2416 m.
- Col Gallina Refuge, at an altitude of 2055 m.
- Lagazuoi Refuge, at an altitude of 2752 m.
- Dibona Refuge, at an altitude of 2083 m.
- Baita Bai de Dones, at an altitude of 1889 m.
- Malga Peziè de Parù, at an altitude of 1535 m.

No-one may accompany competitors in the race.

### **Art. 11 START**

Competitors in the Delicious Trail Dolomiti must arrive in the centre of Cortina d'Ampezzo (BL) by 7.15 a.m. on Saturday 21<sup>st</sup> September 2019. The starting time will be 07,45 a.m.

Competitors starting in the centre of Cortina can give their bags to the organisers. They will bring them to an attended deposit in the arrival area at Pocol at the hotel Villa Argentina next to the shower track. A free shuttle service will bring the competitors back from Pocol to Cortina.

For the athletes who stay in the hotels and refuges of the Delicious Cortina area there will be a free shuttle service to the start of the long-distance race in the centre of Cortina.

A shuttle service will run from the centre of Cortina to Pocol to the start of the short-distance race.

Details on the website [www.delicioustrail.it](http://www.delicioustrail.it)

Competitors in the Short Delicious Trail Dolomiti must arrive at the locality of Pocol – Cortina d'Ampezzo (BL) by 9,30 a.m. on Saturday 21<sup>st</sup> September 2019. The starting time will be 10 a.m. At Pocol there will be changing rooms and attended bag deposit facilities. The organizers are not responsible for objects left unattended at the bag deposit facilities.

### **Art. 12 ROUTE**

The Delicious Trail Dolomiti route is classified with the red seal: an EE itinerary for expert mountaineers, hence an itinerary that requires the capacity to negotiate particularly arduous or treacherous terrains, tracks or paths (slopes with rocky outcrops or shale), in some places exposed. The route of the Delicious Trail Dolomiti takes in the following itinerary:

Cortina centre - Mortisa - Sacrario militare Pocol – Pocol - Croda da Lago Refuge- Ponte Rucurto - Cinque Torri Refuge - 5 Torri open-air museum - Scoiattoli Refuge- Nuvolau Refuge- Averau Refuge - Col Gallina Refuge- Falzarego Pass - Lagazuoi tunnel – Lagazuoi Refuge – Col dei Bos saddle - Dibona Refuge – Pocol, for a total of around 44.2 km and a positive difference in altitude of 3260 metres.

The route of the Short Delicious Trail Dolomiti takes in the following itinerary:

Pocol - Malga Peziè de Parù - Cinque Torri Refuge – Averau Refuge – Baita Bai de Dones – Malga Peziè de Parù – Pocol, for a total of around 22,9 km and a positive difference in altitude of 1260 metres.

In the case of inclement weather or the impracticability of one or more paths, alternative routes will be provided and will be published on the race web site, at the latest immediately before the start. The kilometres will not be marked. The competitors must keep strictly to the official route of the race, and must not take short cuts or cut out parts of the route. Departure from the official route will

lead to disqualification from finishing the race and will be at the competitor's own risk.

### **Art. 13 SAFETY AND CHECKS**

Race officials and mountain rescue personnel in constant contact with base will be present along the route. Ambulances with paramedics will be stationed at Pocol, where there will also be a resuscitation physician and an AMP (advanced medical post). Checkpoints will be situated along the route for officials to monitor the athletes' passage and to check on the obligatory items. Anyone refusing to submit to the obligatory item checks will be immediately disqualified.

### **Art. 14 ENVIRONMENT**

In part the race will take place in the Natural Park of the Ampezzo Dolomites hosting totally protected ecosystems as well as in the open-air museums of the Great War, where there must be complete respect for the memory of the tragic events that took place there.

The trail passes in front of the military cemetery Sacrario Militare di Pocol, where the remains of the known and unknown soldiers from the various war cemeteries of World War I of the Cadore Valley and the Ampezzo Valley are buried.

Competitors must maintain a respectful behaviour in memory of all the soldiers who died in the Great War.

Competitors must respect the mountain environment, refraining in particular from leaving rubbish, picking flowers or molesting the fauna. Anyone caught abandoning rubbish along the route will be disqualified from the race and will incur any sanctions specified in the local council regulations. Each competitor must bring with him a cup or a flask to be filled at the refreshment points.

The Delicious Trail Dolomiti adheres to the campaign promoted by Spirito Trail “**I don't leave my rubbish behind**”.

### **Art. 15 WEATHER CONDITIONS**

In the case of serious bad weather conditions (such as thick mist, snowstorms or heavy thunderstorms), the organizers reserve the right to effect variations in the route, up to the last minute or during the race itself, so as to eliminate potential danger or conditions of extreme discomfort for the participants. Participants will be informed of any variations by the officials.

In addition, the organizers reserve the right to suspend or cancel the race should the weather conditions put participants, volunteers or rescue workers at risk.

### **Art. 16 DISQUALIFICATIONS AND PENALTIES**

Immediate disqualification, with forfeiture of the racing bib, will ensue for the following infractions:

- a. failure to pass through a checkpoint;
- b. taking short cuts along the race route;
- c. disrespectful behaviour while passing by the military cemetery Sacrario Militare di Pocol and the restored works of the Open-air Museum of the Great War;
- d. leaving rubbish along the route;

- e. failure to aid a competitor in difficulty;
- f. insults or threats to organizers or volunteers;
- g. the use of means of transport during the race;
- h. the refusal to submit to checks on the part of health officials along the route;
- I. the refusal to submit to obligatory item checks;
- j. the absence of anorak, thermal blanket or container for 1 litre of liquids.

A penalty of 30 minutes is applied for the following infractions:

- the absence of a whistle, cup or flask;
- failure to display the racing bib.

The penalty will be applied with immediate effect at the checkpoint where the infraction is discovered.

The chip must be left attached to the bib during the race. After the race it must be returned at the arrival or sent in a proper envelope to: Timing Data Service SRL – Via delle Macchine 14° 30038 Spinea (Ve) Italy. In case of non-return of the chip, the cost price of € 20 will be borne by the competitor.

#### **Art. 17 PRIZES**

No cash prizes will be given. Non-cash prizes will be awarded to the first 3 men and the first 3 women to reach the finishing line in both races. Each competitor completing the race within the time limit will be given a Finisher gift.

Prize-giving will take place on Saturday 21<sup>st</sup> September 2019 at 5 p.m. at the Pala Delicious marquee at the finishing line. On no account can prizes be sent or given in advance.

The special prize “Gran Premio della Montagna” will also be assigned to the male and female contestant taking the shortest time to ascend from the Falzarego Pass to the Lagazuoi Refuge and hence vertical stretch in the tunnel will have a special classification. Falzarego Pass 2105 m. - Lagazuoi refuge 2752 m. – total positive altitude difference 648 m.

#### **Art. 18 IMAGE COPYRIGHT**

On registration, competitors automatically authorize the organizers to make free use, without territorial or time limits, of any photographs or video images taken of them on the occasion of their participation in the Delicious Trail Dolomiti, Short Delicious Trail Dolomiti or Mini Delicious Trail Dolomiti.

#### **Art. 19 WAIVER OF RESPONSIBILITY**

Voluntary registration and the consequent participation in the race imply total acceptance of this set of regulations and of any subsequent modifications thereto published on the web site.