



VERTICIALMA REGULATION

1st ARTICLE - ETHICS

VERTICIALMA is a non-profit sporting event whose objective is promoting the territory of the Municipality of Locana and promoting the practice of outdoor sports. It is organised by the *Verticalma Sporting Committee*, in collaboration with the managers of *La Cialma* facilities, the *Municipality of Locana*, the local associations and all the people that believe and share those values.

The world of running and trail running unites not just those who practice sports, but also those who believe in and respect the essential values on which the ethics of sport is based. The athletes must carefully follow the following essential principles:

- 1) Total respect for the adversary and for people who in different ways are part of the event including volunteers and supporters.
- 2) Not to use any artifice or deception to achieve success.

- 3) Always bring help to any sportsman injured or whose life is in danger.
- 4) Total respect for nature (both plant and animal life).
- 5) Respect and solidarity towards opponents.

2nd ARTICLE - ORGANIZATION

The organisation of the second edition of VERTICIALMA (edition 2025) has been realised and promoted by the *Verticialma Sporting Committee*, through the affiliation with CSAIn (a sports promotion institution recognised by CONI), under the patronage of the *Municipality of Locana*, in collaboration with the *Tourist Office of Locana* and with the company *Bricole & Montagna* (La Cialma facilities managers).

The *Committee* also counts on the valuable contribution of volunteers belonging to various local and territorial associations.

3rd ARTICLE - VERTICAL RACE

The sporting event will be held in Locana, Turin (Italy), on Sunday 8th 2025 and will start at 9.00 am.

The race consists of only one trail, 6 km long and with 1150m of positive elevation gain, mostly on mountain trails and entirely inside the borders of the Municipality of Locana.

The race will start in *Frazione Pratolungo* (situated in the Municipality of Locana, at less than 1 km from the centre of Locana following the road toward Ceresole Reale) and will be arriving at Alpe Cialma (ending station of the chairlift Carello – Cialma, located at 8 km from the centre of Locana).

The race is to be regarded as CHALLENGING.

The route is divided as follow:

- About 5% asphalt (departure area).
- About 85% mountain trail.
- About 10% gravel road.

Due to security issues, adverse climate or circumstances beyond the control of the organisation, the trail might change and/or the competition might take place at a different time or be cancelled.

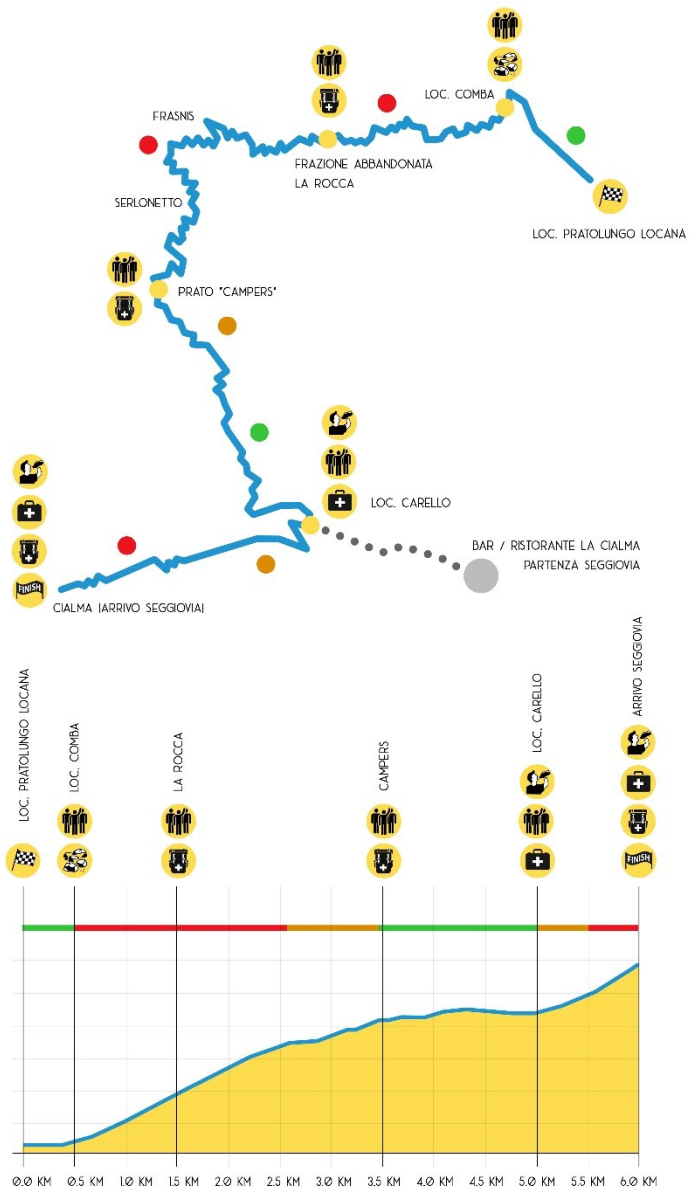
Following the altimetry of the race:

LOCANA

VERTICALMA 6KM 1500M+

LEGENDA

- PARTENZA START
- ARRIVO FINISH LINE
- INIZIO SENTIERO START TRAIL
- PUNTO MEDICO MEDICAL POINT
- VOLONTARI VOLUNTEERS
- SOCCORSO ALPINO SOCCORSO ALPINO SOCIETIES
- PUNTO RISTORO REFRESHMENTS
- SALITA MOLTO RIPIDA VERY STEEP CLIMB
- SALITA RIPIDA STEEP CLIMB
- PIANURA/SALI SCENDI FLAT/HILLY



4th ARTICLE - PARTECIPATION

Registration is opened to everybody, women and men, who have turned 18 when registering to the race, both affiliated and not to a sport association. It is strongly advised to have already taken part in a similar race, such as a trail running or skyrunning competition at least 10 to 15 kilometres long and with at least 500 to 800 meters or elevation gain or to a Vertical race with at least 1000 meters of elevation gain. Due to security reasons, it is forbidden to bring along any kind of pet.

5th article - SEMI SELF-SUFFICIENCY

There will be one refreshment point (at km 2,5) where athletes will find food and drinks to be consumed on the spot. Nevertheless, each runner must make sure to have enough water and food to finish the race. It is forbidden to be accompanied by anyone who is not regularly registered for the race.

6th ARTICLE - REGISTRATION CONDITIONS

The trail is characterised by the general conditions of the Alpine environment: therefore, are to be expected harsh conditions, like wind, rain, cold or snow. A thorough training is essential to succeed in this individual race.

7th article - MEDICAL CERTIFICATE

When registering for the race, each athlete must be in possession of the competitive sports medical certificate for running, athletics, cycling, ski touring, sky running, Spartan race, mountain running, trail running or triathlon. The certificate, that must be valid on the day of the race, must be uploaded on the website <http://iscrizioni.wedosport.net/> when registering prior to the race. For athletes whose nationality is not Italian, it is mandatory the medical certificate with a stress test.

8th ARTICLE - WAIVER

To register for the race, it is mandatory to accept every part of the present regulation and to sign the declaration of assumption of risk and exemption of responsibility that you will find and fill in at the moment of the registration.

9th article - HOW TO REGISTER

The registration for the race can be done on the website <http://iscrizioni.wedosport.net/>, paying when registering using a credit card or a bank transfer, as stated on the website while registering.

The list of registered competitors will be available at <http://iscrizioni.wedosport.net/>.

If an athlete does not submit the competitive sports medical certificate for running, athletics, cycling, ski touring, sky running, Spartan race, mountain running, trail running or triathlon will not be able to take part in the competition.

10th ARTICLE - REGISTRATION FEE

€ 20,00 for registrations made by 30 April 2025 (customisation of the bib guaranteed)

€ 25,00 for registrations made from 1 May 2025 to 6 June 2025 until 24.00

€ 30,00 for registrations made from 00.01 am to 12.00 am on Saturday 7 June 2025

All registrations must be made on the WEDOSPORT website.

It will not be possible to register on the day of the race.

In each of the cases described above, the payment can be contextual to the registration, or it can be done up to 5 days after the registration. If the registration will not be followed by a payment within 5 days, it will be automatically deleted from the system.

11th ARTICLE - MAXIMUM NUMBER OF COMPETITORS

The maximum number of competitors to the race is 250.

12th ARTICLE - ACCEPTANCE OF RACE RULES AND ETHICS

Taking part in the competition means completely accepting the Regulation, which can be consulted during the registration phase on WEDOSPORT, on the day of the race when picking up the race bib and at the start of the race. All official communication that competitors will receive prior to the race shall be considered as an integral part of this regulation. The organisers reserve the right to change this regulation at any time.

Every change and/or variation shall be respected and will be binding for each competitor. Any refund following changes or variations to this regulation shall be motivated and will be examined and decided at the discretion of the organisers only.

13th ARTICLE - POSTPONEMENT OF THE RACE AND REFUND OF THE INSCRIPTION FEE

The race will take place on Sunday 8th 2025 and will start at 9 am after a brief but compulsory briefing at 8.30 / 8.45 am. For security reasons or cases of force majeure that the organisers believe might affect the security of the race, the race might suffer a departure time change or be cancelled. If the race will be cancelled due to cases of force majeure, poor weather or security issues, will be refunded the 50% of the inscription fee.

Every registration is strictly personal, and it is forbidden to give one's bib to another person.

It is not provided any refund if a registered athlete cannot take part in the competition, even in case of serious injury prior to the race.

14th ARTICLE - COMPULSORY/RECOMMENDED EQUIPMENT

To guarantee the safety of the competitors, the organisers recommend the following.

By taking part, the following conditions are deemed to have been accepted and respected by each athlete, under penalty of disqualification.

Strongly recommended equipment (in case of good weather conditions):

1. Backpack or pouch or garment where must fit all the required equipment.
2. Survival blanket.
3. Water or other liquid (minimum 500 ml).
4. Food (minimum 1 energy bar or 1 gel).
5. Mobile phone.
6. Whistle to call rescue.

In the case of adverse weather forecast and at the discretion of the organisers, all recommended equipment and a windproof jacket (better if waterproof), gloves and a hat and/or windproof headband, might become compulsory for each athlete, under penalty of disqualification.

In case of adverse weather conditions, the organisers might decide to check the presence of the compulsory equipment for each athlete when collecting the bib, before the race starts, during the race or at the finish line.

15th ARTICLE - USE OF POLES

The competitor who wishes to use the poles must keep them for all the duration of the race. Volunteers or rescue staff is not authorised to carry or collect the poles. If an athlete starts the race without the poles, must finish it without them, and any friend or collaborator is allowed to hand them to the athlete. Likewise, if an athlete starts the race with poles, must finish it with them.

If those conditions are not met, the athlete will be disqualified.

16th ARTICLE - BIBS

Each bib number is given individually to each competitor upon presentation of an identity document with a picture. Each runner will be given a bib to wear on the chest, on the belly or on the thigh and it must always be visible and recognisable during the race. It shall therefore be worn over other garments and never located

on the backpack or on the back. Before the start, each runner must pass through the entrance gates of the starting area to be registered. The same applies to the finish line of the race. The athlete must facilitate the chip reading. The bib will guarantee the athletes the access to the refreshment area.

17th ARTICLE - RUNNER BAG

When picking up the bib and the goody bag, the athletes can leave to the organisers a bag containing a change of clothes that will be labelled and returned after the race at Alpe Cialma, where the race ends. The organisers recommend putting strictly necessary equipment. The bag can be handed over on the day of the race when collecting the bib from 7.00 am to 8.30 am at the *Salone Polifunzionale Vecchio Mulino* in via del Ponte (Piazza Gran Paradiso - Locana). The organisers will not have the responsibility of taking the bags back to Locana after the race, it will be each competitor's responsibility only.

18th ARTICLE - SAFETY AND MEDICAL ASSISTANCE

To guarantee the safety of all the competitors, it is forbidden to bring along any kind of pet.

To guarantee immediate assistance to athletes in danger or distress, on the trail athletes will find emergency points, that are directly linked to the organisers. Assistance to the race will be guaranteed by the presence of ambulances, medical personnel (in Località Carello) and rescue teams specialised in first aid.

The emergency points are intended to bring assistance to all people in danger by the organisation's own means or through affiliated organisations. The judges of the race and the medical personnel can suspend the competitors judged unfit to continue the race. Any costs arising from the use of exceptional means will be the responsibility of the person rescued according to applicable regulations. Competitors who request help from a doctor or emergency responder agree to accept the latter's authority and to respect his/her decision.

An athlete in danger or distress can ask for help in the following ways:

- Reaching a checkpoint.
- Calling the emergency number written on the bib.
- Asking another competitor to alert the emergency responders.

It is a duty and obligation to provide assistance to all people in difficulty and if necessary, call the emergency responders.

19th ARTICLE - CHECKPOINT

Tracking times and processing the rankings will be done via chips at the beginning and at the end of the race by the WEDOSPORT personnel.

20th ARTICLE - REFRESHMENT POINTS

After the beginning of the race, the competitors will find only one refreshment point at the km 2,5, catered with food and drinks. At the finish line, the athletes will find another refreshment point with food and drinks, and the presence of medical personnel.

After the race, at the Refuge La Cialma (located in *Località Carello* and reachable from Locana by car), it will be possible to have lunch. A voucher for lunch and a glass of beer will be included in the goody bag for the athletes, and they can be purchased directly at the venue by all supporters.

To produce as little waste as possible, at the refreshment points will not be available single-use plastic items, it is therefore recommended for all the athletes to bring along a vessel of some kind. At the refreshment

point there will be bins where athletes are encouraged to throw their waste, paying attention to correctly differentiate the waste. Is it forbidden to leave waste in the environment.

21st ARTICLE - MAXIMUM TIME ALLOWED AND TIME BARRIERS

The maximum time allowed to finish the race is 3 hours. This time is calculated to allow participants to reach the arrival even stopping for rest or refreshments. In case of bad weather conditions and/or for safety reasons, the organisation reserves the right to change the route, suspend the race or change the time barrier. There will be the "broom" service carried out by two experienced athletes who will follow the race after the last competitor in the race.

22nd ARTICLE - DESCENT, REST, SHOWERS

After the race, the competitors will reach Refuge La Cialma, where the lunch and the award ceremony will take place, by their own means.

Instead, from *Località Carello* to Locana will be provided a bus service (free but guaranteed only for the competitors, not for supporters). The first bus will leave at 12 am and from that moment on the bus will leave every time the minimum number is reached. The last shuttle ride is scheduled at 17 pm.

23rd ARTICLE - WITHDRAWAL AND RETURNS

In case of withdrawn from the race along the route, the competitor must go to the nearest checkpoint, warn the volunteers, wait for the "broom" service and follow their instructions. In case of failure to communicate a withdrawal and the consequent start of the runner's research, any resulting expense will be charged to the runner himself.

24th ARTICLE - PENALTY AND DISQUALIFICATION

Controllers on the route are entitled to check the mandatory equipment (if required) and the compliance with this regulation. Irregularities may cause disqualifications or penalties.

If an athlete does not allow the organisers to check the prior or does not allow a doctor to check her/him, will result in the unquestionable disqualification of the athlete.

Littering the trail will result in the unquestionable disqualification of the athlete.

The use of a means of transport, the sharing and exchange of race-bib, the omission of rescue to another athlete in difficulty, insults, rudeness, or threats to a member of the organisation or a volunteer will result in the immediate and unquestionable disqualification of the athlete.

Refusing to comply with the instruction given by the organisers, volunteers, medical personnel or rescuer will result in the unquestionable disqualification of the athlete.

25th – ENVIRONMENT AND GARBAGE

Since the competition takes place in a natural ecosystem, all athletes must respect the environment, not letting garbage behind and respecting the plant and animal life that characterise this environment.

Leaving behind any kind of garbage on purpose will result in immediate disqualification.

26th ARTICLE - COMPLAINTS

Written complaints are accepted within 30 minutes of the posting of provisional results, with a € 50.00 deposit, that will be returned only in case of acceptance of the complaint and will be decided at a time compatible with the obligations of the race. The organisers of "Verticalma" reserve the right to decide on any complaint, after hearing the non-binding opinion of those who will be deemed necessary and/or appropriate (race director, stewards, volunteers, rescue and health). The decisions taken shall be without appeal.

27th ARTICLE - CHANGES TO THE ROUTE OR THE TIME BARRIERS - CANCELLATION OF THE RACE

The organisers of “Verticialma” reserve the right to change the route of the race or the location of the refreshment points at any moment, without warning. In case of adverse meteorological conditions, the start of the race might be postponed, 1 hour maximum. Beyond such delay, the race will be cancelled with relative refund, as stated in *Article 13*.

28th ARTICLE - INSURANCE

The organisation shall take out a public-liability insurance for the duration of the race. Taking part in the race is under the entire responsibility of the competitors, who renounce any appeal against the organisers in case of damage and further consequences that occur following the race. To collect the race-bib, the athlete must sign and deliver a wavier to the organisation, in addition to showing a valid competitive sports medical certificate.

29th ARTICLE - RANKINGS AND PRIZES

Each runner enrolled in the race will be given a goody bag with inside the T-Shirt of the event, some gadgets, a meal voucher and a beer voucher. Each competitor who finishes the race within the maximum time will be given a small award.

Only the competitors who reach the finish line and who register at the start and arrival will be placed in the ranking. A general ranking of both men and women with the overall time will be created and published by WEDOSPORT at the end of the race. The ranking will determine the athletes that will be awarded.

There will be three kinds of prizes: the first kind will be awarded to the athletes, men and women, with the best time results; the second kind, the finisher award, will be awarded to every athlete that will finish the race within 3 hours; the third kind will be a door prize, that will only be awarded to athletes who are physically attending the award ceremony.

PRIZES:

	PRIZES ACCORDING TO THE RANKING	FINISHER PRIZES	DOOR PRIZES
GENERAL RANKING	FIRST 5 MEN/FIRST 5 WOMEN	YES	NO
GENERAL RANKING OVER 50	FIRST 3 MEN/FIRST 3 WOMEN	YES	NO
ALL FINISHERS	-	YES	YES
ALL COMPETITORS	-	NO	YES
ADDITIONAL PRIZES	YOUNGER AND OLDER COMPETITOR IN MEN AND WOMEN CATEGORY		

Prizes cannot be cumulative.

The awards ceremony will take place during lunch time at the Refuge La Cialma.

30th ARTICLE - IMAGE RIGHTS

Every competitor expressly foregoes the right for any image during the event, just as they renounce any right of appeal to the organisers and their partners for the use of their image to promote future events.

31st ARTICLE – DECLARATION OF LIABILITY

Registering and participating to the Verticialma means to accept each part of the present regulation. With the registration, the participant exempts the organizers from any liability, both civil and penal, for damages

to persons and/or things caused by him/her or derived from him/her before, during and after the race.
He/she also waives any claims for compensation.