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RULES & REGULATIONS SWISS TRAIL TOUR

Status: September 2018

Swiss Trail Tour is a multi-day Trail Run through the scenic tourist region of Lenk-Simmental. This trail tour is destined to become a sporting highlight for ambitious runners, recreational runners as well as children big and small.

Trail Tour Types

3-day Trail Run over various distances (Tour & Ultra)
Single day Run (1 Day) on Saturday or Sunday
Kids Trail on Sunday

Date

Every year during the last weekend in September from Friday until Sunday

Organizer

Human Sports Management, Wetzwilerweg 1, 6221 Rickenbach

Information / Enquiries

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Project Management

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Eligibility

This is a licence-free race open to all. Every athlete is responsible to ensure that he/she is well-trained and in good health to participate in the Swiss Trail Tour.

Event Implementation

Swiss Trail Tour will be carried out irrespective of the weather conditions. Minor trail adjustments may be made up until the day of the race.

Trails

There are two distances; they may vary slightly from year to year.

Tour

Friday: 29.6 km / 1448 m altitude difference

Saturday: 37.3 km / 1878 m altitude difference

Sunday: 9.4 km / 521 m altitude difference

Ultra

Friday: 41.6 km / 1813 m altitude difference

Saturday: 55.5 km / 2626 m altitude difference

Sunday: 50.4 km / 2727 m altitude difference

Categories

Friday to Sunday:

3-Day Teams (Distances: Tour and Ultra for 2-member teams)

Men, Women, Masters (40+), Grand Masters (50+), Mixed, Mixed Masters

Minimum age for Tour 16 years

Minimum age for Ultra 18 years

3-Day Singles (Distances: Tour and Ultra)

Men, Women, Masters M/F (40+), Grand Masters M/F (50+)

Minimum age for Tour 16 years

Minimum age for Ultra 18 years

Saturday:

1-Day Saturday Singles (Distances: Tour and Ultra)

Men, Women, Masters M/F (40+), Grand Masters M/F (50+)

Minimum age for Tour and Ultra 16 years

Sunday:

1-Day Sunday Singles (Distances: Tour and Ultra)

Men, Women, Masters M/F (40+), Grand Masters M/F (50+)

Additional U20 M/F for Tour Distance

Minimum age for Ultra 16 years

Minimum age for Tour 14 years

- ➔ Tour Distance: Iffigalp Trail (new: Start in the Village)
 - Small girls / small boys (approx. 1 km)
 - Big girls / big boys (approx. 2 km)

Iffigalp Trail

The former Iffigalp Trail Run has now been completely integrated into the Swiss Trail Tour. Those who would like to register for the Iffigalp Trail Run, select „Iffigalp Trail“ and those who like to sign up for the 3-Day Tour distance register accordingly. The Tour distance for Sunday is identical with the „Iffigalp Trail“. -The traditional prices and the character of the „Iffigalp Trail“ remain. The Start has now been moved to the village. The Kids course is in direction Lenk Lake.

Schedule

Start Ultra Friday to Sunday at 9:00 am

Start Tour Friday and Saturday 9:30 am, Sunday 10:00 am

Start Kids Trail on Sunday at 1:00 pm.

Kindly refer to our homepage for other important information pertaining to the schedule; please note that timings are subject to change.

Registration and Start List

Kindly register online at www.swisstrailtour.com.

The Start List will be published on this page as well.

Late Registrations

Late registrations on the day of the race are possible for all categories; a respective surcharge of CHF 20.- is applicable.

Deadline

Registration opens on 11.11. each year.

Online registration deadline will be set between 20.-25.9. each year

Registration on the day of the race is possible at a surcharge of CHF 20.-.

Entry Fees

The entry fee is depending on the date of registration.

Price levels increase on 1.1., 1.5. and 1.9.

Early Bird prices are applicable until the end of each year.

e.g. 3-Day Team: CHF 589.- / 3-Day Single CHF 299.-

Kids Trail Fee: CHF 8.- for advance bookings.

Surcharge for registration on the race day is CHF 2.-.

Late registration on site until one hour before the start are possible at an additional surcharge of CHF 20.-.

Credit card payments are accepted.

The participants will not incur any online charges.

Entry Fee Refund

Entry fees are not refundable. Those who cannot participate due to injury and submit a respective medical certificate may request an entry guarantee for participation in the following year's run. But no money. Other reasons for request of refund are not accepted. If you want to be a Volunteer instead of participation (due to injury) you will get a discount on the following year's run.

Bib Number Issue / Briefing

The official check-in for all categories is at the TEC [Ice Sports Centre] in Lenk BE.

Participants must be present at the check-in on time. Bib numbers and time measuring chip will be handed to the participants upon submission of their Athlete's Declaration.

On Thursday evening there will be a briefing event for the participants. Subjects covered include the competition procedure as well as safety aspects.

Thursday, Friday, Saturday from 4-7pm you will get your number. And also Friday, Saturday and Sunday morning from 7.30 to 9.30am.

Time Limits

Set time limits at transit zones and at the finish are binding and must be adhered to. Late arriving Singles and Teams will be disqualified from the race.

Time Limit for Ultra

Day 1: 10 hours
Day 2 & Day 3: 11 hours each

Time Limit for Tour

Day 1: 9 hours
Day 2: 10 hours
Day 3: 2 hours

Setting of Time Limits

Depending on the first day run, the time limits may be set:

Day 1-3: 3:00 pm (approx. ½ distance)
Run / Finish: 7:00 – 8:00 pm

Checkpoints

There are 1-2 checkpoints on route. It is mandatory to pass these checkpoints. However, it is at the trail tour management's discretion to implement additional checks along the trail. The locations of such additional checkpoints will not be announced.

Team Rules

When passing the checkpoints, team athletes must never be more than 200m apart. At the finish, the second registered time will be decisive. In the event of a sprint against another team, the two end times are added. The mandatory items that must be brought along may be carried in a backpack by one member of the team.

Minimum Age

The minimum age for the 3-Day Tour is 16 years; for the 3-Day Ultra it is 18 years. The minimum age for the single day events is 16 years. Exception: there is no minimum age for the Iffigalp Trail on Sunday. Any other exceptions must be reviewed with the organizer.

Time Measuring

The integrated bib number time measuring chip system computes the total time at the finish. A net time measurement is also available. The time is measured at the crossing of the start and finishing mats respectively. Interim time measurements are possible. In the event that the bib number is lost, time measurement for the respective athlete can no longer be established.

Accompanying of Athletes / Athlete Care & Support

Leading, trailing or accompanying athletes side by side on the trail run by motor vehicle, bicycle, foot or otherwise is prohibited for all categories. Care givers and supporters of the athletes are given access to the official catering zones. However, athletes are permitted to take water at any time along the route.

Prize Giving Ceremony

3-Day Event

- 3:00 pm every day - flower ceremony in the village for Tour and Ultra
6:00 pm - ranking announcements at the Lenk multi-purpose hall
Friday & Saturday - announcement of the Overall Leader of the respective categories (Leader Jerseys).
Sunday - ranking announcements of all 3-Day Event categories

1-Day Ultra - Saturday & Sunday / 1 Day Tour - Saturday

- 4:00 pm - ranking announcement of the Top 3 in all categories at the multi-purpose hall

1-Day Tour - Sunday (Iffigalp Trail)

- 2:00 pm - ranking announcement of the Top 3 in all categories

Category Prizes

Prizes will only be handed to athletes in person; no forwarding requests will be entertained.

Prize Money

The overall first ranked 3 women and 3 men in the 3-Day Tour will receive prize money as follows:

Overall Ranking 2-Member-Teams 3-Days Ultra:

Men (Elite, Masters, Grand Masters)

- 1st place CHF 1000.-
2nd place CHF 600.-
3rd place CHF 400.-

Women (Elite, Masters, Grand Masters)

- 1st place CHF 1000.-
2nd place CHF 600.-
3rd place CHF 400.-

Mixed

- 1st place CHF 800.-
2nd place CHF 400.-
3rd place CHF 200.-

In the individual categories, the first 3 athletes will receive non-cash prizes or products of our suppliers!

Overall Ranking Singles 3-Days Ultra:

Men (Elite, Masters, Grand Masters)

- 1st place CHF 600.-
2nd place CHF 400.-
3rd place CHF 200.-

Women (Elite, Masters, Grand Masters)

- 1st place CHF 600.-
2nd place CHF 400.-
3rd place CHF 200.-

In the individual 3-Day categories, the first 3 athletes will receive non-cash prizes or products of our suppliers!

The Podium Runners of all categories of the 1-Day Saturday and 1-Day Sunday Runs are also entitled to a prize.

In the event that more than 5 runners are classified in any category, all runners ranked 1 – 3 will be given non-cash prizes. The organizer reserves the right to merge categories. No cash prizes will be awarded.

Rankings

There will be a poster at the finish area, a posting on www.swisstrailtour.com or you may check the results online at www.raceresult.ch immediately after the finish.

Traffic Rules

All traffic rules as well as instructions from marshals must be followed. The organizer is not guaranteed track closure. This is particularly applicable to the crossing of tarred roads, and we hereby point out the personal responsibility of each athlete in this respect.

Equipment

For the Ultra & Tour Distance, a trail backpack with the following content is mandatory for the 3-Day and 1-Day categories:

- Trail backpack
- 0.5 litres of water or another drink
- 2 energy bars or 1 bar and 1 gel
- Wind / water resistant jacket for bad weather in the mountains
- Warm long sleeve shirt
- Long overpants or long running pants
- Headgear (headband or multifunctional cloth)
- Sunglasses
- Mobile phone (switched on during the entire race)
- 125ml soft cup (no cups are available at the catering zones)

For teams: One team athlete may carry the backpack content for both team members i.e. one backpack suffices.

The mandatory equipment is checked during bib number issue. In addition to the running outfit, each athlete must carry this equipment on him throughout the race.

Trekking poles are allowed for all distances.

For the Sunday Tour Distance no compulsory equipment is required!

All runners are responsible for their own safety, equipment and insurance. The athletes are required to wear the bib numbers clearly visible on their chest throughout the race. If the bib number is lost, the athlete cannot be listed in the ranking.

Insurance / Disclaimer

Participation in the Swiss Trail Tour is at each athlete's own risk and responsibility. The organizer does not accept any liability whatsoever, be it for personal injury and/or property damage. No liability claims may be asserted against the organizer. It is each athlete's personal responsibility to take out insurance coverage for accident, illness, theft or loss of property, as well as for personal liability. In the event that liability claims are made against the organizer, the party instituting such claim will be charged a fee of CHF 400.- for each individual case.

With their registration for the Swiss Trail Tour, each athlete accepts the rules and regulations as well as any additional competition documents that may be released at a later point in time and indemnifies the organizer as well as all persons assisting in the organization of the competition from any and all liability claims, in as far as this is permissible by law.

Waste

Any athlete who is caught littering along the trail will be disqualified immediately! All athletes are encouraged to respect and take care of the environment. All waste must be properly disposed of in the waste containers placed within the start and finish areas. Any food waste on the trail may only be discarded in the catering area which extends 200 meters from the refreshment posts. After that, any food waste needs to be taken to the next catering area or be disposed of in waste containers.

Sustainability is a top priority on the Swiss Trail Tour and your assistance is greatly appreciated!

Disqualifications for Violation of Rules & Regulations

- Unauthorized accompanying of athletes
- Deliberate throwing of garbage (no respective reminders and warnings are issued!)
- Participation of more than the allowed number of athletes (i.e. couple-events must be completed by the same two athletes over the entire 3-day race)
- Athletes not equipped according to the rules & regulations
- Not adhering to competition trail
- Not adhering to the road transport act
- Loss of bib number
- Violations of doping regulations

Disqualified athletes or athletes that have been eliminated from the race have no right for a refund of entry fees. In the event that an athlete tests positive for doping, all non-cash and other prizes (value of the prizes) will have to be returned/refunded.

Doping

Any performance enhancing measures are strictly prohibited. Penalties for doping offences are in accordance with the Anti-Doping-Regulations of Swiss Olympic. Doping tests may be carried out at any time. By participating in the Swiss Trail Tour, athletes subject themselves to the Swiss Olympic Anti-Doping Regulations. Any athlete that is barred by Swiss Olympic will not be allowed to participate in the competition.

Medical Service / Authorization to stop athletes from racing if it poses a risk to their health

Instructions given by officials, helpers and members of the medical services are to be strictly followed by the athletes. Medical service personnel, checkpoint officers and broom wagon drivers are authorized to stop athletes at any time if their health or safety is at risk. They may also be stopped for a lack of required equipment. Athletes that are given First Aid may resume the race from the same location, if the medical service permits.

At the posts the runners may be checked by doctors and if necessary they may be taken out of the race for safety reasons. Furthermore, First Aid personnel as well as members of the Alpine Rescue team may take athletes out of the race any time and at any point.

Ground or helicopter evacuations ordered by the Organizing Committee, as well as search and organized rescue operations are at the expense of the participants. The participant is requested to inform his/her private insurance company without delay.

Emergency numbers

On-site Medical Service +41 79 208 47 72

Swiss Air Rescue (Rega) 1414

Police 117

The number of the Operations Centre is distributed to all helpers on the emergency leaflets and announced in the respective info mail before the race.

Data Collection and Utilization

Personal data provided by the athletes are stored and processed for payment as well as registration purposes. With his/her registration, the athlete agrees to data storage for the stated purposes.

Photos, Films and Interviews

Photos, film and interview footage (sound and text) of athletes made in connection with their participation in the Swiss Trail Tour may be freely disseminated and published by the organizer without entitlement to remuneration. The image and sound rights are exclusively with the organizer.

Amendment of Rules & Regulations

The organizer reserves the right to amend the rules and regulations, the routes as well as the scheduled timings at any point in time.

Any changes are published on the internet and/or registered participants are informed directly.

Organising Committee of Swiss Trail Tour

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