

LOCH TRAIL CUP 2026

OFFICIAL REGULATIONS (ENGLISH VERSION)

PARTICIPATION REQUIREMENTS

To participate in an event, the following requirements apply:

- 100K – 52K – 23K: minimum age 18 on race day.
- 13K: minimum age 14 on race day with parental/guardian consent.
- 7K (non-competitive): no age limit; minors under 14 must be accompanied by an adult.
- 3K (Kids race): up to 14 years old.

Participants must be aware of the race length and difficulty and have adequate training.

Each participant must have mountain self-sufficiency skills to manage weather conditions, fatigue, injuries, and emergencies independently. Safety depends primarily on the runner's ability to adapt.

COMPETITIVE & NON-COMPETITIVE SECTIONS

Competitive races require a valid competitive athletics medical certificate.

The 7K non-competitive race allows participation without a competitive medical certificate. Official timing is included, but participants are not eligible for awards.

By registering, participants declare physical fitness and release the organization from liability.

REGISTRATION & FEES

Registrations close when bib limits are reached.

100K (150 bibs) – €100 / €120 / €140 depending on date.

52K (200 bibs) – €50 / €60 / €70.

23K (250 bibs) – €30 / €35 / €40.

13K (300 bibs) – €20 / €25 / €30.

7.5K – €5 (on-site).

3K Kids – Free.

Registration includes:

- Race bib with timing chip
- GPS tracking (100K)
- Medical assistance

- Aid stations + finish refreshment
- Showers & changing rooms
- Pasta Party

SEMI-SELF-SUFFICIENCY

The race must be completed under semi-self-sufficiency conditions.

Runners must carry all mandatory equipment throughout the race. Random checks may occur. Refusal results in disqualification.

Aid stations provide food and drinks for on-site consumption only. No external assistance is allowed outside designated areas.

EQUIPMENT

All mandatory equipment must be carried for the entire race.

No disposable utensils will be provided at aid stations (BYOU policy – Bring Your Own Utensils).

If trekking poles are used, they must be carried for the entire race.

ENVIRONMENTAL RESPECT

Littering is strictly prohibited.

All food packaging must be marked with the bib number.

Participants must stay on marked trails. Shortcuts are forbidden.

MEDICAL & SAFETY

Rescue stations are positioned along the course.

Runners must assist anyone in danger and notify race officials.

Medical staff may withdraw runners deemed unfit. IV treatment results in automatic withdrawal.

TIME LIMITS & CUT-OFFS

Time limits are established to ensure race completion within maximum time.

Runners exceeding cut-offs will be stopped and transported back to the event area.

PENALTIES

Course cutting, missing mandatory equipment, refusal of inspection, cheating, disrespectful behavior, or failure to assist an injured person will result in disqualification.

INSURANCE & LIABILITY

The organization provides civil liability insurance.

Each participant must have personal accident insurance covering rescue and evacuation in Italy.

Participation implies full personal responsibility.

MANDATORY EQUIPMENT SUMMARY

100K:

- GPS (provided)
- Headlamp (min. 10h)
- Waterproof jacket
- Thermal long sleeve
- Long pants
- Gloves & hat (if required)
- 1L water minimum
- Food reserve
- Whistle + phone
- Backpack

52K:

- Waterproof jacket
- 1L water
- Food reserve
- Whistle + phone
- Backpack

23K:

- Waterproof jacket
- 0.5L water
- Food reserve
- Whistle + phone
- Backpack