

## **PARTICIPATION REQUIREMENTS**

To participate in an event, it is necessary to:

**Distances: 100K – 52K – 23K** – be at least 18 years old on the day of the race.

**Distance: 13K** – be at least 14 years old on the day of the race, with parental or guardian consent.

**Distance: 7K non-competitive** – no age limit, but minors under 14 must be accompanied by an adult.

**Distance: 3K (Kids race)** – up to 14 years old.

Participants must be fully aware of the race length and its specific characteristics and have adequate training.

Before the race, they must have developed a true capacity for personal autonomy in the mountains, allowing them to manage any problems related to this type of race, in particular:

- Be able to face, without external help, difficult weather conditions caused by altitude (wind, cold, fog, rain, or snow).
- Be able to manage, autonomously, physical or mental issues caused by deep fatigue, gastrointestinal problems, muscle or joint pain, or minor injuries.
- Be fully aware that the organization’s role is **not** to help runners manage their problems.
- Be fully aware that, in mountain activities, safety primarily depends on the participant’s ability to adapt to possible or unforeseen problems.
- Inform and educate their companions to respect the environment, people, and race rules.

## **COMPETITIVE SECTION**

According to the regulations on the “organization of sports events,” only athletes with a valid **medical certificate for competitive athletics** may participate in the competitive sections. This certificate must be submitted together with the registration form or upon bib collection.

## **NON-COMPETITIVE SECTION (*recreational*)**

those without a competitive fitness certificate may still participate. Registration includes a bib/chip with an official finish time and access to all described services.

By registering, each participant declares that they are physically fit to take part in the event in accordance with the law and releases the organizers from any civil or criminal liability in case of accident.

Athletes registered for the non-competitive section will not be eligible for prizes and will not appear in the official rankings, but their finish time will be recorded on the **SPORT DOLOMITI** platform.

## **REGISTRATION METHODS AND FEES**

Registrations will close once the following limits are reached:

**Friday, 22 May 2026**

**“100K competitive”** – 150 bibs

- Fee: €100.00 until 23/01/2026
- €120.00 until 23/03/2026
- €140.00 until 22/05/2026

**“52K competitive”** – 200 bibs

- Fee: €50.00 until 23/01/2026
- €60.00 until 23/03/2026
- €70.00 until 22/05/2026

### **Saturday, 23 May 2026**

#### **“23K competitive” – 250 bibs**

- Fee: €30.00 until 23/01/2026
- €35.00 until 23/03/2026
- €40.00 until 23/05/2026

### **Sunday, 24 May 2026**

#### **“13K competitive” – 300 bibs**

- Fee: €20.00 until 23/01/2026
- €25.00 until 23/03/2026
- €30.00 until 24/05/2026

#### **“7.5K non-competitive” – 300 bibs (*on-site registration*)**

- Fee: €5.00 on 24/05/2026

#### **“3K (Kids)” – no limit (*on-site registration, free entry*)**

Registrations can be completed online through the **SPORT DOLOMITI** platform or at partner stores.

If the participant does not provide a medical certificate, they will automatically be entered in the **non-competitive** category.

Race-day registration is allowed up to 30 minutes before the start for the **23K, 13K, 7K, and 3K** events only.

#### **Registration includes:**

- Race bib with timing chip
- “GPS Track Control” device for the 100K and 50K distances
- Race gadget
- Medical assistance
- Refreshment stations along the route + final refreshment
- Showers and changing rooms at the ice rink facility
- Pasta party

#### **Refunds:**

In case of withdrawal, bib transfer to another participant or deferral to the following year is allowed only if communicated by **12/05/2026**.

### **SEMI-AUTONOMY**

Participants must respect the principle of semi-autonomy: the ability to be self-sufficient between aid stations in terms of food, gear, and safety, and to handle unforeseen circumstances (bad weather, injuries, etc.).

1. Runners must carry all mandatory equipment throughout the race (see **Equipment** section). The same backpack must be used for the entire race. Random gear checks may occur—refusal or incomplete gear will result in disqualification.
2. Aid stations provide drinks and food for on-site consumption. Only still water or sports drinks will be available for refilling bottles or hydration packs. Runners must ensure they have enough supplies to reach the next aid station.
3. It is forbidden to be accompanied by anyone not registered in the race, except in designated spectator zones. Running with dogs or other animals (including service animals) is not allowed.

## EQUIPMENT

For safety reasons, all participants must carry the **mandatory gear** listed on the event website for the entire race duration. Random checks will be carried out, and missing items may result in penalties or disqualification.

Participants must bring their own reusable utensils—no disposable items (cups, forks, etc.) will be provided at aid stations.

If you use poles, you must carry them for the entire race. Starting without poles and picking them up later is forbidden.

## BEHAVIOR DURING THE RACE

Since parts of the route run on public roads, competitors must respect pedestrian traffic laws.

## RACE BIB

Each bib is issued personally upon presentation of an ID and the backpack used during the race.

The bib must be worn on the **front** (chest or abdomen) and remain visible at all times—it cannot be attached to a leg or backpack.

## RANKINGS AND AWARDS

Separate male and female rankings will be made for each race, as well as by age category (see below).

### 100K, 50K, 27K, and 12K categories:

- Overall male: 1st–5th place
- Overall female: 1st–5th place
- Over 40 / 50 / 60 male and female: 1st–3rd place

**Mini Trail:** participation medal for all.

## ENVIRONMENTAL RESPONSIBILITY

By registering for the Loch Trail Cup, participants commit to respecting nature and the environment:

- It is strictly forbidden to litter (gel tubes, wrappers, food waste, etc.). Random checks will be carried out.
- All packaging must be marked with the runner's bib number—littering results in disqualification.
- Runners must carry waste until aid stations, where bins are provided.
- It is mandatory to follow marked trails—cutting switchbacks damages the terrain.

## AID STATIONS

Aid stations provide on-site food and drinks. For 100K runners, a **Life Base** will be available at km 50 (Roana – Piazza S. Giustina) with access to personal drop bags, hot meals, and charging stations. Details will be published on the event website.

Only runners with visible bibs may access aid stations.

## **MARKINGS**

Fluorescent orange flags and yellow signs with red arrows will mark the route. Each sign includes emergency contact numbers.

If you no longer see flags, turn back immediately!

No paint markings are used to protect the environment.

## **MEDICAL ASSISTANCE**

Rescue stations will be positioned along the route and connected by radio or phone with the race HQ. All runners must assist others in danger and report emergencies to race HQ or directly to emergency services.

Medical staff may:

- Withdraw any runner deemed unfit to continue
- Require use of mandatory gear
- Evacuate runners by any means
- Send patients to the most suitable medical facility

Runners who receive IV treatment must withdraw from the race.

## **TIME LIMITS & CUT-OFFS**

Cut-off times for each checkpoint are listed on the event website and in the runner's guide.

Runners missing a cut-off must stop and will be transported to the finish area by the organization.

## **WITHDRAWALS**

Withdrawals must be reported at a checkpoint or to race HQ. Shuttle transport to the finish area will be provided from designated aid points.

## **COMPLAINTS**

Complaints regarding rankings must be made immediately after arrival and confirmed via email within 2 days. Other complaints must be submitted by email within 10 days after the event.

## **EXCEPTIONAL CONDITIONS**

The organization reserves the right to modify routes, schedules, or cut-offs at any time, or to postpone, cancel, or interrupt the race in case of force majeure or dangerous conditions.

## **IMAGE RIGHTS**

All participants waive image rights during the event and authorize the organizers and partners to use their likeness for promotional purposes.

## **INSURANCE**

The organization provides third-party liability insurance for the event.

Each runner must have personal accident insurance covering search and rescue costs in Italy.

The choice of evacuation methods and medical facilities is at the sole discretion of the organization.

## MANDATORY EQUIPMENT

### 100K

- GPS Track Control (provided)
- Headlamp (min. 10h autonomy)
- Waterproof jacket (Gore-Tex type)
- Long-sleeve thermal shirt
- Long pants
- Gloves + hat (in adverse weather)
- Min. 1L water supply
- Adequate food (aid every 12–15 km)
- Whistle + mobile phone with emergency number saved
- Backpack for all required gear

### 52K

- GPS Track Control (provided)
- Waterproof jacket (Gore-Tex type)
- Thermal shirt, long pants, gloves, hat (in adverse weather)
- Min. 1L water supply
- Adequate food (aid every 10 km)
- Whistle + mobile phone with emergency number saved
- Backpack for all required gear

### 23K

- Waterproof jacket (Gore-Tex type)
- Min. 0.5L water supply
- Adequate food (aid every 10 km)
- Whistle + mobile phone with emergency number saved
- Backpack for all required gear

## COME RAGGIUNGERCI

▲  
Bolzano  
Brennero

◀ Trento

**SPORT MEDICAL CERTIFICATE**  
FOR THE RACES: LOCH 100K - LOCH 52K - LOCH 23K

The certificate is in accordance with Italian law (DM 18/02/1982).

In order to make sure that we treat all the certificates sent from <sup>21</sup> May 2026 tries correctly, it is compulsory to use this form, no other will be accepted.

This medical certificate has to be filled in, dated and signed by the doctor, who stamps it and specifies his professional number. This certificate must be uploaded to your dashboard by 15 May 2025. Failure to do by this date will lead to the annulment of registration without reimbursement.

Nobody will attend the race without the medical certificate.

**To be filled in capital letters**

**DOCTOR** (name, last name) \_\_\_\_\_

**PROFESSIONAL NUMBER** \_\_\_\_\_

**DOCTOR OFFICE ADDRESS** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**I hereby declare that**

**MR/ MRS/ MS** (name, last name) \_\_\_\_\_

**BORN IN** (city, nation) \_\_\_\_\_

**ON** (month/day/year) \_\_\_\_|\_\_\_\_|\_\_\_\_

**RESIDENTIAL ADDRESS** \_\_\_\_\_

can practice competitive Athletics sport activity.

**This certificate is valid for a period of one year**

**CITY, NATION** \_\_\_\_\_

**DATE** (month/day/year) \_\_\_\_|\_\_\_\_|\_\_\_\_

**DOCTOR SIGNATURE AND STAMP**

<b>DOCTOR SIGNATURE AND STAMP</b>