ENGLISH - RACE RULES
AVP501 ENDURANCE TRAIL
ITALY 1 - 9 September 2018

Updated 13 July 2018
Any changes will be announced on the race website

ORGANIZATION
Asd Lupi D'Appennino, with the patronage of the Region of Emilia Romagna, and the cooperation of: UISP Emilia Romagna, the Inter-regional Park of Sasso Simone and Simoncello, the National Park of the Casentinesi Forests, the Regional Parks of the Vena del Gesso Romagnola and Corno alle Scale, the Lakes of Suviana and Brasimone, the High Modenese Apennines, the Valleys of Cedra and Parma, and the National Park of the Tuscan-Emilian Apennines, organize the following sporting event denominated:

AVP501 Endurance Trail - a trail running race in a natural landscape along the **Alta Via dei Parchi Trail**, a long distance trail designated by the Region of Emilia Romagna, in Italy.

The route starts in Pennabilli (Rimini) and ends in Berceto (Parma), it is around 500 km long with a total climb of approximately 30,000m. It runs through 3 regions, 13 provinces, 33 municipalities, 93 mountains, 10 places of cultural / religious interest, 38 villages, 14 mountain refuges, 10 lakes, and 40 Apennine passes. 95% of the route is on trails, country and mountain paths and forest roads.
This is a single-stage, free-paced, semi-self-sufficiency race that must be completed within a set time. Participation requires a capacity for personal autonomy (regarding liquids, food and equipment) from one life base to the next.

ALTA VIA DEI PARCHI –- LONG DISTANCE TRAIL ROUTE
The 'Alta Via Dei Parchi' is a mountain itinerary to be covered on foot along the Apennines between Emilia-Romagna, Tuscany and Marche. It crosses two National Parks (Foreste Casentinesi and Appennino Tosco Emiliano), five regional parks (Cedra and Parma, Alto Modenese, Corno alle Scale, Lakes Suviana and Brasimone and Vena del Gesso) and one interregional park (Sasso Simone and Simoncello). It enables us to discover the best that the Apennine mountain range has to offer. The trail is approximately 500 kilometers long and is divided into 27 stages; that join Carpegna hermitage in the municipality of Montecopiolo (Pesaro and Urbino) and the town of Berceto (Parma).

THE AVP ENDURACE TRAIL RACE ROUTE
For the 2018 edition, the AVP501 Endurance Trail race route, will almost entirely follow the Alta Via dei Parchi Long distance trail route as described above; starting from Pennabilli (Rimini) and finishing in Berceto (Parma). Any variations from the official ALTA VIA DEI PARCHI Trail Route are determined by security or logistical reasons. The race route will be completely way marked with directional arrows, flagging tape, reflective flagging tape and signs on the ground.

PARTICIPATION
This race is open to men and women, aged 18 years or over on the date of entry, in possession of a sports medical certificate valid for athletic competitions. **For foreign runners, it is mandatory to use the certificate format on the race site**. The race does not present any particular mountaineering difficulties or technical passages at high altitude; however it is strongly recommended that participants are experienced and fully prepared in endurance and ultra trail events that take place in mountainous environments and have considerable altitude difference. Appropriate clothing is required and runners must be physically and mentally prepared to face and manage climatic changes and any personal or physical problems that may arise due to fatigue or nutrition issues.
Qualifying races are NOT required for registration and neither is membership to any particular federation or association.

REGISTRATION PERIOD
Race registration will open from 1 March 2018 and will close on 31 July 2018. A maximum limit of 200 runners has been set to guarantee the smooth running of the race. The organizers also reserve the right to increase the number of runners and keep registrations open even after the deadline on the 31 July 2018. The organization also reserves the right to assign wild cards, at their own discretion, even exceeding the maximum number of runners admitted.

REGISTRATION FEES
From March 1, 2018 to March 31, 2018: registration fee Euro 390.
From April 1, 2018 to May 31, 2018: registration fee of Euro 490.
From 1 June 2018 to 31 July 2018: registration fee Euro 550.
Successful registration for the race **will be confirmed** directly to the athlete after the organization has received the entry fee. By registering, the participant declares that he / she is aware of the type of race and fully accepts the race regulations, and the use of all mandatory equipment required throughout the whole duration of the race.
The fee includes personal drop bag, race bib, race pack, medical assistance, food and liquids during the race (and upon finishing), transport of drop bag to the life bases, timing, rankings and the finishers prize.

TRANSPORT FOR RUNNERS TO RACE START
A shuttle service (payment required of 30 EUROS) will be provided at Berceto (Parma) and at Parma's railway station, taking runners to race start at Pennabilli - on Friday, August 31 (journey time about 3h30). This flat-rate transport shuttle fee MUST be included and booked during race registration. On August 31st, in Pennabilli (Rimini) runners will have the possibility to sleep overnight in premises made available by the race organization (runners must provide own mat and sleeping bag). Runners can also stay in hotels and tourist facilities in the area (with this option, runners are responsible for own bookings and all costs).

REFUND OF REGISTRATION FEE
In the event of an accident or serious illness, accompanied with official medical certification, up until 31 July 2018, an athlete can choose whether to postpone participation to the 2019 edition or receive a refund equal to 70% of the fee paid.
No refund can be given if the race is cancelled or interrupted due to circumstances outside of our control.

RUNNERS CHECK-IN - BIB COLLECTION AND RACE PACK
Race bibs collection takes place in the starting area in Pennabilli (Rimini) on Friday, August 31, 2018 from 16.00 to 19.00h.
The start of the race is scheduled for 1 September 2018 at 9.00.
Bibs will NOT be given to runners who are not in possession of a regular medical certificate for athletics valid at the time of the race. During bib collection, an initial check of the athlete's mandatory equipment can be made.

OBLIGATORY EQUIPMENT
By entering the race the runner undertakes to take with him/her, for the entire duration of the race, the mandatory equipment listed below. It must be transported personally in his/her backpack. There may be spot checks at any point during the race, along the route, at the refreshment points and at the life bases. Runners are obliged to submit to these checks, under penalty of disqualification.

COMPULSORY MATERIAL (subject to checks along the route):
Shoe category A5 (trail)
Water bottle or camel bag
Personal cup or other container suitable for drinking at the refreshment points
Food supplies
Water reserve (minimum 1 litre)
Two working headlamps with spare batteries
One foil // survival blanket
Whistle
Waterproof shell jacket suitable to withstand adverse weather conditions.
Second warm layer: long sleeved technical top
Mobile phone with emergency numbers provided by the organization.

Recommended material:
Replacement clothing and shoes, cap, neck warmer, gloves, external battery for cell phones, sunglasses and sun creams, money for food purchase in shelters or in villages & towns, Gps track of route, first aid kit (elastic bandage, plasters, disinfectant etc).
The use of poles is allowed.

REFRESHMENT STATIONS

Throughout the race route official refreshment points will be set up, approximately every 10/15 km, and will be supplied with drinks and food to be consumed on site, strictly reserved for runners. Companions will not be able to take advantage of the food reserved for runners.
At the refreshment stations runners must use their personal cups or other containers as required in the obligatory material. Runners must maintain a correct and respectful behavior towards other runners and staff.
Semi-self-sufficiency: On leaving each aid station, runners must take with them the required, mandatory amount of water and all necessary food that will be needed to reach the next refreshment point.
All official refreshment points are also check points. All runners MUST make sure that their passage is regularly registered. Failure to do so will result in disqualification.
However, the organization reserves the right to carry out other spot checks also along the route, in undeclared points and far from refreshment points and life bases.

PERSONAL ASSISTANCE
Personal assistance is allowed only at refreshment points, in an area specifically reserved for this use and at the discretion of the race official in charge of the point. In the life bases, assistance may be provided by only one person wearing a pass issued by the organisation. The person in charge of the refreshment point can remove any accompanying persons that cause disturbance or hindrance to staff or runners during meals or rest.
In life bases, assistance can be provided by a single person, without the use of specific material (medical / health material, for massages and / or physiotherapy). Assistants can access refreshment areas only in the presence of his/her athlete; The assistant can bring the runner clothing and spare shoes, food and/or supplements. Professional assistance (teams, professional trainers and coaches) and medical or paramedical assistance is strictly prohibited. The areas dedicated to rest, showers and medical assistance are reserved exclusively for runners. Access by assistants to these areas is forbidden.
Any kind of personal assistance (even professional) along the route is forbidden, **availing of such will lead to disqualification**.
Assistants/companions are required to observe the road transit restrictions, and areas in the Parks that are prohibited to private vehicles. Any infringement found to have occurred regarding this will result in disqualification of the competitor. Providing assistance outside of life bases, by utilising campers, cars or any other means is forbidden.
Runners found to be receiving assistance outside the authorized points **will be disqualified.**

ACCOMPANIMENT, PACING AND SUPPORT
Accompaniment along the length of the course is tolerated only in areas near refreshment points and life bases.
Accompaniment, pacing and muling, on the race route is forbidden, under penalty of **disqualification of the runner.**

LIFE BASES
Along the route there will be n. 7 life bases. These are places that are equipped for offering refreshments and provide rest areas for the runners.
On leaving a life base runners must make sure that he / she has ALL the obligatory material (including water and food reserve) required by regulation.

BIBS AND TIMING CHIPS
Race bibs will be given to runners upon presentation of a photo ID at check-in. Each runner will receive three bibs: one to be worn at all times, clearly visible on the chest or stomach. Another to be attached to his/her backpack. And a third to be attached to his/her personal drop bag that contains personal items intended to be transported to life bases.
Prior to race start, a check will be made of all those present at the start. Upon crossing all checkpoints (refreshment and life bases) and at the finish line, runners must ensure that their passage has been recorded and registered by race marshals.
Race bib numbers are required to access to all shuttles, buses, refreshment points, treatment and rest rooms, showers, and bags, etc.

RUNNERS' BAGS
During race bib collection, runners will also be given a drop bag for changes/spares, which will be transported by the organizers from one life base to the next. In race packs runners will find a sticker with the bib number to be attached to the drop bag. The drop bag must be deposited with the race staff before race start. It will be transported from one life base to the next during the competition. It is not recommended to put fragile or valuable items in the bag. If a runner withdraws from the race in an area between two life bases, his/her drop bag will be transported to the *following* life base.

The organization assumes no responsibility for any items lost or damaged during transport. Drop bags will be delivered to the entrance of life bases and can be given only and exclusively to the runner with the same bib number that's on the drop bag. All runners are required to personally hand back drop bags to the race staff on leaving the life base. Assitants are forbidden to hand back drop bags.
At the race start in Pennabilli (Rn) it will be possible to give the organization a **second personal drop bag** that will be transported directly to the finish at Berceto (Parma) and delivered to the runner at the end of the race.

SAFETY AND MEDICAL ASSISTANCE

There will be emergency points with ambulances, civil protection service personnel and medical staff along the route .
Emergency stations will be equipped to provide assistance to all those in need, with the resources available to race organization or through partner organizations.
Official medical staff are authorised to withdraw any runners from the race that they consider unfit to continue. Members of rescue services are authorised to remove from the race, by any means available to them, any runners they consider to be in danger.
Any runner who requests the services of a doctor or rescuer implicitly submits to their authority and agrees to accept any decisions taken. Doctors and medical staff located along the race route will guarantee assistance only in case of significant medical / health problems. Runner must make sure that they have with them all material necessary for self-medication of feet, and small scratches that do not require medical intervention.
Road crossings open to traffic will not be manned. Runners are required to pay attention to traffic under their full responsibility, in compliance with the rules of the highway code.

MAXIMUM TIME LIMIT AND INTERMEDIATE CUT OFF TIMES

The maximum time limit to finish the race is set at 200 hours, equal to 8 days and 8 hours, from Saturday 1 September 2018 to 9.00 to Sunday 9 September 2018 at 17.00. This time limit is calculated to allow an average pace of 2.5 km /per hour. In each life base a runner's entry time will be registered. The runner must leave the life base within the set time as listed in the official time barriers.
In case of bad weather conditions and / or for reasons of safety, the organization reserves the right to suspend the race or to change time barriers.
There is no sweeper service, with the exception of the final stretch of the race from the last refreshment station to the finish.
The organization reserves the right to change race route, refreshment points, emergency points, and time barriers at any time, to facilitate runners or for logistical, or meteorological reasons.
In the event of bad weather and risk to runners, the race start can be postponed by twenty-four hours at the most, beyond which the race will be cancelled.

WITHDRAWAL AND ABANDONMENT

In case of withdrawal at a refreshment or life base, by own choice or by a doctors disposition, runners must notify the organization. In case of abandonment along the race route, runners must inform organization via mobile phone and proceed to the nearest checkpoint and communicate in person their withdrawal to the organization. The runner who abandons the race without immediately communicating it, thus determining the start of a search party by the rescue personnel, will have to bear all the consequent expenses.
In case of withdrawal at a refreshment point, the runner will be accompanied by means of the organization to the following life base, where he/she can recover his/her personal drop bag. The runner will then be accompanied to the nearest point where public transport or rail services are available for his or her return, as soon as possible, and taking compatible with the needs of other athletes present and resources available, and after the primary needs of the race in progress.

RULES AND DISQUALIFICATION

Along the route, there will be race officials who will be authorized to verify the runners' compliance with the regulations under obligation to inform Race Direction.
In case of total or partial absence of obligatory material pertaining to safety, the runner will be disqualified: trail shoes category A5, two lamps working with replacement batteries, foil thermal blanket, waterproof jacket, long-sleeved top and mobile phone.
Runners will be disqualified for: refusing mandatory kit check, lack of elements of the obligatory material, failure to to help another runner in distress, littering, lack of race bib, crossing a checkpoint after the set deadline, failure to pass through a checkpoint, voluntary taking shortcuts, receiving assistance outside of permitted points - on foot or by means of transport, sharing or exchanging bib numbers, offensive and incorrect behaviour towards staff and

organization, refusal to obey an order from race managers and officials, and refusal to undergo medical checks by medical staff.
Any irregularities ascertained by video images received by the organization, even after the race, may cause disqualification or penalties. Claims must be submitted to the Jury in writing, signed, and together with a deposit of € 100.00. The Jury is composed of the race director, the head of safety, head of operations and area managers. The Jury will take the time it considers necessary to carry out all checks required, and it's decision will be final. The decisions taken are without appeal.

ROAD BOOK AND GPS TRACKS
The route description is published on the race website. With a view to proposing the best possible route, some changes will be possible until 31st July 2018. Any change to the route that will substantially vary the length or race time will be communicated to entrants through the pages of the website or the Facebook page of the race. Race Gps tracks, planned cut off times and barriers will be available to download from race website www.avp501.com

INSURANCE
The organization will open liability insurance for the entire race period. Participation is under the full responsibility of the competitors, who renounce any appeal against the organizers in case of damage due to their own conduct and from further consequences that may arise following the race.
At the time of online registration, the runner signs a waiver of responsibility in accordance to his/her own awareness of the type and of the difficulty pertaining to the race, and also of the required mandatory material to be carried throughout the race.
All runners are advised to take out personal injury insurance with a company of their choice.

ENVIRONMENTAL PROTECTION
The race crosses areas pertaining to national and regional parks, and mountain areas on tourist routes. For the respect of the environment and of other users, runners are asked to protect the natural areas crossed, by avoiding to throw waste on the paths. Participants must conserve all waste and packaging and throw it in the appropriate containers at the refreshment points or in bins throughout villages and towns crossed during the race. To reduce the environmental impact, plastic cups will not be provided at the refreshment points; each competitor must bring with him a personal cup to be filled at the refreshment points.
Athletes are also required to follow the marked trails, without cutting or crossing gardens, crops or private property. When crossings villages or any inhabited areas with roads open to traffic, it is highly recommended to follow the route waymarkings and the directions of race staff - and in all cases proceed with the utmost prudence

RANKINGS AND PRIZES
Each runner who completes the 2018 AVP501 race in the 200-hour limit time will have a place in the final rankings.
No cash prizes will be awarded but each runner will receive a "finisher" prize.
An overall ranking will be drawn up for of all entrants, as well as a separate ranking for men and women, and an Over50 category.
Prizes will be awarded to the first 5 men and 5 women classified in the overall ranking, and the first 3 men and 3 women in the Over 50 category. Category prizes cannot be combined with prizes already awarded. The awards ceremony will take place on Sunday 9 September at 5.00 pm in the arrival area in Berceto (Pr).

IMAGE RIGHTS
Each participant expressly foregoes his/her image rights before, during and after the race, and may not take any action against the organisers and their authorised partners for the use of his/her image.