

## REGULATION BANCASTATE MOROBIA TRAIL K14 "TRAIL OF THE CROSS - SPEED-TRAIL"

*updated 11.01.2024*

### **Foreword:**

For the purpose of practicality, the neutral form of speech will be preferred, and if not possible the male neutral form will be used while maintaining the utmost respect for the female gender.

### **Organization:**

The organization of the event is composed of the BancaStato Morobbia Trail (hereinafter referred to as BSMT) with the participation of public bodies, companies and local businesses. The organization is delegated to the Baraonda Polisportiva Association based in Pianezzo. The association is non-profit and has as its main goal the promotion and development of the Morobbia Valley.

### **Date of competition:**

Saturday, June 29, 2024.

In case of cancellation, the Morobbia Trail organization will communicate the decision by Wednesday, June 26, 2024 10:00 pm by announcement on the website [www.morobbia-trail.ch](http://www.morobbia-trail.ch) and social. All participants will be informed by e-mail (address provided during registration). The BSMT assumes no responsibility for any expense claims. Each participant should inquire in advance in case of uncertain weather.

### **Fitness for sport and conditions of participation:**

All persons at least 16 years of age on the day of the race may register. For minors from 16 years to 18 years of age at the time of the race, a waiver signed by the legal representative is required to be received by the BSMT on the day of registration.

Each K14 participant must **indispensably**:

- be aware of the length and particularity of the race and be fully trained to deal with it;
- having acquired, prior to the race, a real capacity for personal autonomy in the mountains in order to be able to

To better manage the problems associated with this type of evidence and in particular:

- Being able to cope alone, without help, with weather conditions that could become difficult due to altitude (wind, cold, fog, rain or snow)
- Know how to handle physical or mental problems caused by great fatigue, digestive problems, muscle or joint pain, minor injuries, etc.
- Be aware that the role of the BSMT is not that of a rescue company.

For mountain running, safety depends on the runner's ability to adapt to problems he or she encounters, whether predictable or unpredictable.

By paying the entry fee and thereby accepting the rules in full, the participant confirms that he/she fully complies with the points listed above. By confirming the entry the



participant discharges the BSMT (committee and organization) from any liability for any health damage.

**Insurance against accident, recovery, research and medical expenses:**

Each athlete must have individual accident insurance to cover any costs of rescue and hospital services. Swiss rescue services are operated by private companies such as TCS, REGA, Green Cross, etc., and the costs of intervention are borne entirely by the participant if no insurance covers the services provided. Contact your health/accident or health insurance company to find out if your current coverage is sufficient or if you need accident insurance limited to race days (paid for by the participant and not provided by BSMT).

The BSMT disclaims all liability and any costs arising from injuries, illnesses, etc. of participants.

**Registration:**

It will be possible to register online, [www.morobbia-trail.ch](http://www.morobbia-trail.ch), from January 15, 2024 07:00 am until Friday, June 28, 2024 8:00 pm. The BSMT reserves the right to close registration at any time.

**On-site registration:**

On-site registration is not currently available and we recommend that you register via online. A possible opening of on-site registration will be communicated in time through our information channels.

**Application fee:**

The application fee is as follows:

CHF 40.00 (EUR 40), to the first 50  
registrants CHF 50.00 (EUR 50), from the  
51st registrant

On-site registration on race day incurs an additional fee of CHF 10.00 (EUR 10). Registration made after June 26, 2024 will have an unnamed bib.

**The entry fee includes:**

Refreshments, meal at the end of the race, photo shoot through Pic2go service, race participation prize, any sponsor giveaways and free access to the party village. By paying the entry fee, you tacitly accept these regulations without any reservations whatsoever.

**Refund of application fee**

There is no refund of the entry fee in case of non-participation in the race.

**Bib pickup:**

It will be possible to pick up the bib the day before the race at the Morobbia Valley Polycenter in Pianezzo from 16:00 to 20:00. On the day of the race, bibs are to be picked up from 06:30 to 07:30.

**Bib:**

The bib is provided by BSMT in collaboration with Performance Timing to each participant and must mandatorily be displayed prominently on the left thigh, belly or chest (see image), throughout the competition. Any modification or tampering with the same is prohibited, under penalty of disqualification of the participant.



**Start time, time gates and maximum time:**

The K14 Cross Trail will start at 09:15 a.m. at the Morobbia Valley Polycenter in Pianezzo and the starting place will be duly marked.

Passage to the "Pian Dolce" checkpoint must take place **within 1 hour and 30 minutes from the start time**, under penalty of exclusion from the race without exception. The participant must hand over the bib and may continue to run the route freely, but assistance will not be guaranteed and the BSMT will not be responsible for it. Any schedule changes will be communicated in good time.

**Trail of the Cross K14 - route:**

The route can be viewed online, [www.morobbia-trail.ch](http://www.morobbia-trail.ch). There is no material transport and the participant will have to personally provide the transport of the obligatory material (see relevant item). These are mountain trails and therefore the utmost care is required of everyone. The trail will be marked with sufficient flags, stakes, ribbons, signs and biodegradable marking spray, as well as the presence of volunteer rescue column personnel at points that need professional securing will be ensured. Attention is noted and urged at points where there may be "crossings" between participants of the various BSMT routes. We strongly recommend downloading the .gpx file from the website [www.morobbia-trail.ch](http://www.morobbia-trail.ch) and activate the "navigation" during the race. If no markings are encountered for more than 300 meters, it is necessary to turn back until the route is resumed or call the race phone. Participants who do not respect the official route may be disqualified at the sole discretion of the BSMT.

**Ristori:**

Pian Dolce	Mountains of Ravecchia	Serta
Water, isotonic, salts, coke.	Water, isotonic, bars, gels, chocolate, salts, cheese, fruit, coke.	Water, isotonic, salts, coke.

*Subject to change by the BSMT without notice.*

**Prohibition of foreign aid:**



During the race, participants must manage themselves independently and without any external support. Infractions will be punished by immediate disqualification from the race or a penalty, at the sole discretion of the BSMT.

**Obligation to rescue:**

In case of accidents, participants are obliged to render aid to their colleagues in distress, respectively by immediately informing the nearest checkpoint and/or alerting the race phone. Failure to render aid is considered a serious act contrary to any ethical-moral aspect and will be sanctioned with immediate disqualification and reporting to the appropriate bodies. The final decision rests with the BSMT and is considered final.

**Abandonment of the race / withdrawal from the race / disqualification:**

Should a participant abandon the race of his or her own free will, he or she is obliged to announce his or her withdrawal over the race phone and report to a checkpoint to surrender the bib. Participants who abandon the race without announcing themselves and turning in their bib may be required to pay compensation for any search expenses incurred. The safety of all involved is paramount, and participants cannot be allowed to be searched on the course when they have returned home independently.

Evacuation of participants who leave the race is subject to the availability of transportation, race priorities, weather situation, etc. Therefore, there is no right to be evacuated unless it is an emergency medical evacuation. Medical evacuations are always carried out by official rescue services and are the responsibility of the participant.

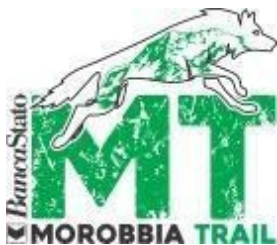
**Interruption of the race/change of the route:**

In the event of unfavorable weather conditions occurring during the event or exceptional events, the BSMT will make an unappealable decision on whether to stop the race or modify the original route. This is to ensure the safety of all involved. **The safety of everyone is a priority!** Should the race be interrupted while it is in progress, a ranking will be made based on the passage of the last checkpoint. If the race is interrupted, the participant must scrupulously follow the directives of the BSMT.

**Mandatory equipment K14:**

- Trail shoes suitable for the route
- Cell phone active and charged with race phone number saved (will be communicated in due course)
- Windproof jacket with long sleeves
- Official bib number provided by race management
- Thermal blanket
- Silicone beaker

In addition, it is highly recommended to have spare clothes, warm clothes in case of uncertain weather, trail poles, sunscreen, caps or bandanas, sunglasses, gloves, elastic bandage for bandaging, 0.5-liter water bottle, energy bars and gels (with the obligation to bring all materials back to your home). Each participant is required to inquire in advance about expected weather conditions. The BSMT reserves the right to change the list of mandatory material depending on the changing weather situation.



### Materials control:

Verification of all mandatory materials will be required before entering the starting area. During the course, as well as at the finish, surprise checks will be possible. Lack of mandatory material may compromise the safety of the participant and may be punishable by disqualification or penalty, at the sole discretion of the BSMT.

### Rankings:

The rankings will be displayed in the area awards ceremony e will be viewable online ([www.performancetiming.ch](http://www.performancetiming.ch)).

### Awards and K14 categories:

The award ceremony will take place at the Morobbia Valley Polycenter at 4:30 p.m. and cash and/or in-kind prizes will be awarded. Cash prizes will be presented only in person at the award ceremony and no postal or bank transfers will be made. If not collected they will be at the disposal of the BSMT.

### Men's and women's category awards:

1st place	CHF	250.-
2nd place	CHF	150.-
3rd place	CHF	100.-

The 4th through 10th place finishers will receive an in-kind prize.

### Special Award:

Morobbia Valley residents In-kind award to the best male and female time

### Parking spaces:

Parking spaces at the Morobbia Valley polycenter, as well as throughout the Morobbia Valley, are very limited. We therefore invite all participants to take advantage of the parking spaces at the Giubiasco district (FFS station, covered market, municipal parking spaces, etc.), as well as the use of public transportation (schedules available at [ffs.ch](http://ffs.ch)).

### Shuttle bus:

At the time of registration, it will be possible to book shuttle transportation from the square in Giubiasco to the Morobbia Valley polycenter in Pianezzo, which will be guaranteed between 06:30 and 07:30 only to participants who have booked. In any case, we recommend a walk uphill, about 15 minutes, which is an excellent pre-race warm-up. Regular buses will normally operate according to the timetables available at [ffs.ch](http://ffs.ch).

### Showers, changing rooms and own equipment storage:

As a result of the ever-changing pandemic situation and related federal, cantonal and municipal regulations, we cannot currently guarantee the availability of showers, as well as locker rooms. It will be in



in any case available a storage of its own unattended material without any responsibility on the part of the BSMT.

**Eco-friendly:**

The primary purpose of the BSMT is to enhance the Morobbia Valley and therefore our trail must have zero or at least minimal impact. Therefore, no plastic cups will be served in the refreshments and each participant has the obligation to bring any waste with them to deposit it in the respective containers at the refreshments, village or at their home.

Participants who are guilty of "littering" (littering on the ground) may be punished by disqualification, a penalty and in the most serious cases also with compensation for cleaning the path up to CHF 500.00. We urge all participants to pick up any "trash" on the route and to want to report any acts of "littering" to the BSMT. We thank you in advance for your cooperation.

**Respect for nature and BSMT staff:**

Participants have the honor of walking trails full of history and beautiful natural landscapes, and the passage of each runner must be as unobtrusive as possible. We strongly urge the avoidance of any damage and/or disturbance of fauna and flora, as well as respect for the trails, signage and all staff who, we remind you, are volunteers who spend their free time (and which no one can ever return) to allow each participant to enjoy a day of sport and fun in safety. Any disrespectful act may be punished by disqualification, a penalty, and in the most serious cases even compensation for repair, accommodation or moral damage.

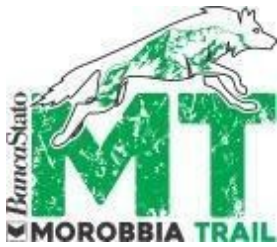
**Privacy:**

The BSMT keeps participants' data secret and does not redistribute it to third-party entities or organizations. However, photographs taken during the race as well as video footage are in the public domain and will be disseminated on open access sites, social media, or used to publicize other sporting events. Note also that the BSMT cannot control what spectators, runners, or passersby photograph and post. People and recognizable faces on these photos or those taken at the behest of the BSMT are therefore not entitled to any compensation just as it will not be possible to select photographs to obscure faces of people who do not wish to appear on them. We invite runners who do not accept this rule not to participate in the race or to run with a cover over their face.

**Regulation priority:**

These regulations in the Italian language have absolute validity over any other information, which is incorrect, incomplete or different or which may be found on the web, social media or in any way related to this event. The cantonal regulations of the ASTI, Ticino Sports Association, shall serve as the basis. The BSMT reserves the right to change these regulations and any changes will be communicated to all participants in a timely manner. Any changes in the regulations do not entitle the participant to a refund of the entry fee.

**Doping and drugs:**



Baraonda Multi-sport Association

info@morobbia-trail.ch

[www.morobbia-trail.ch](http://www.morobbia-trail.ch)

---

Any use of doping substances prohibited by Swiss Olympic or drugs is absolutely forbidden, under penalty of immediate disqualification and reporting to the competent authorities. The participant is obliged to cooperate fully in the case of investigations, checks and verifications.