



VIBRAM-MAREMONTANA TRAIL 2024 MEMORIAL BATTISTA E CENCIN DE FRANCESCO
13th EDITION 5-6-7 April 2024
rev.2 13/12/2023

Art. 1) ETHICS

The world of TRAIL running includes different groups of people who not only practice sports, but also believe and respect certain values that make up the ethics of sport.

Respect for people

Respect yourself: no cheating, neither before nor after the race;
Respect other runners: offer assistance to another runner in difficulty;
Respect the volunteers: they are also there for the pleasure of participating

Respect for Nature

Respect the environment please do not litter.
Stay on the marked trails without taking short cuts to avoid erosion.

No money prizes

Sharing and Solidarity

- Everyone, both competitors and volunteers, supports and will offer help in every situations
- Support for the non-profit associations; the race also has an humanitarian goal

Art. 2) ORGANIZATION

The Association Maremontana A.S.D. in collaboration with the humanitarian association Find The Cure, C.A.I. Loano and the Sport and Tourism department of the Loano Town Council, are organising the thirteenth edition of the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial, in collaboration with the municipalities of Balestrino, Bardineto, Boissano, Borghetto S.S. , Castelvechio di Rocca Barbena, Ceriale, Cisano sul Neva, Giustenice, Loano, Pietra Ligure, Toirano and Zuccarello.

Art. 3) TRAIL RUN

Competitive races aimed at promoting the territory, its history and the nature that distinguishes it, which run through the paths of the hilly and mountain area of twelve municipalities, tracing a wide open circle that starts and returns to Loano. The event takes place in a potentially hostile environment, at the beginning of spring, nothing to do with competitions focused solely on athleticism. If, in fact, from the perspective of the FIDAL competition, particularly hostile weather and ground conditions are a cause for cancellation, in this case they represent one of the natural variables, one of the founding elements of the race on which the participants measure themselves in the competitive act. Competitors must relate to this event with the optics and rules of hiking, mountain running and those used to face the natural environment independently without underestimating the rules and prescriptions of the organizers, who act in the interest of maximum safety of the competitors and with full knowledge of the facts gained over years of experience. Each race takes place in a single stage at free speed in a limited time.

The races:

- 1) **Trail K14** is about 14.5 km with a positive height gain of 575 m and a maximum time limit of 3h30, start time 9.30am. Race difficulty: EASY (5.60 km) MEDIUM (3.60 km) DIFFICULT (5.3 km);
- 2) **Trail K24** is about 23.8 km with a positive height gain of 1.268 m and a maximum time limit of 5h40 min, start time 9.30am. Race difficulty: EASY (6.27 km) MEDIUM (4.94 km) DIFFICULT (12.59 km);
- 3) **Trail K37** is about 36.6 km with a positive height gain of 2.292 m and a maximum time limit of 8h10 min, start time 8.00am. Race difficulty: EASY (6.71 km) MEDIUM (4.79 km) DIFFICULT (25.13 km); **2 POINTS ITRA**
- 4) **Trail K55** is about 53.7 km with a positive height gain of 3.130 m and a maximum time limit of 11h30 min, start time 6.00am. Race difficulty: EASY (6.21 km) MEDIUM (12.54 km) DIFFICULT (34.95 km). **3 POINTS ITRA**



Art. 4) PARTICIPATION

The **VIBRAM-Maremontana Trail – Memorial Battista e Cencin De Francesco Memorial**, is open to everyone, male and female, who are 18 years old or over at the time of registration, with membership cards (Art. 10.1), holding a medical certificate declaring them fit for competitive sporting events in the category of Athletics.

Athletes in the Junior Category (18-19 years) are allowed to participate in races over distances not exceeding 21 km (Short trail)

For safety reasons no animals are allowed along the race itinerary.

Art. 5) SEMI SELF-SUFFICIENT

Refreshment stations will be supplied with drinks and food to be consumed at the stations as indicated in the race program.

There will be **NOT** plastic cups available at the refreshment stations.

There will be only water available for refilling water bottles and camelbacks.

Every runner must check if they have enough water and food necessary for them to reach the next refreshment station.

Unregistered people are not allowed to accompany runners during the race.

Art. 6) CONDITIONS OF REGISTRATION

This race (K55 and K37) includes sections with an altitude of 1,389 m, and the conditions may be challenging (wind, cold, rain or snow). An excellent trained body and the ability to be self-sufficient are essential to be able to conclude this race.

To register for the VIBRAM-Maremontana Trail – Memorial Battista e Cencin De Francesco it is recommended that other trails have been completed previously, however there are no limitations for participants in the short for trails k14, K24, k37.

To register for the long trail K55 (excluding the relay), it is compulsory to demonstrate that you have already participated in and concluded a trail race of 42 km or more **NOT** prior to 01-07-2022.

For further information contact: info@maremontana.it

Art. 7) MEDICAL CERTIFICATE

To register for the **VIBRAM-Maremontana Trail - Memorial Battista e Cencin De Francesco** it is compulsory to have a **COMPETITIVE SPORT MEDICAL CERTIFICATE** for athletics. For foreign athletes it is compulsory to use the form Compulsory Medical Certificate, which can be downloaded from the race website, <https://maremontana.it/documenti/maremontana-2024-medical-certificate-model-pdf/>.

The Certificate has to be upload at the register moment on the website: <http://iscrizioni.wedosport.net/>

Without a medical certificate you WON'T be allowed to start the race!!

Previously, if during the event the health regulations to combat COVID-19 will be valid again, the participants in the race will be promptly informed about the rules to be followed.

Art. 8) DESCHARGE OF RESPONSIBILITY

To register, the waiver form, Declaration of Consent to the Risks Involved and Exoneration of Responsibility, that is part of the online registration, must be accepted in all its parts.

Art. 9) HOW TO REGISTER

Registration for the **VIBRAM-Maremontana Trail - Memorial Battista e Cencin De Francesco 2024**, can be done after 01-12-2023, only online on the website <https://iscrizioni.wedosport.net/iscrizione.cfm?gara=56016>

The list of participants can be consulted on the webpage <http://iscrizioni.wedosport.net/>

If the competitor does not supply a valid medical certificate they cannot participate in the race.

REMEMBER THAT TO WITHDRAW YOUR RACE BIB THE COMPULSORY EQUIPMENT CHECK HAS TO BE DONE FIRST. NO BIB WILL BE GIVEN OUT WITHOUT THE FORM FROM THE COMPULSORY CHECK.

Art. 10) ENTRY FEE:

VIBRAM-Maremontana Trail – Memorial Battista e Cencin De Francesco:

- **Trail K14** €15 entry fee for registration before the 31 december 2023,
€18 entry fee for registration up until 3 april 2024,



- **Trail K24** €25 entry fee for registration before the 31 december 2023,
€35 entry fee for registration up until 3 april 2024,
- **Trail K37** €37 entry fee for registration before the 31 december 2023,
€45 entry fee for registration up until 3 april 2024
- **Trail K55** €57 entry fee for registration before the 31 december 2023,
€70 entry fee for registration up until 3 april 2024

For all the races registration and payment must be contemporaneous, if this is not the case any registration that is not followed by payment within **5 days will be cancelled** automatically by the system.

Art. 10.1) The **Trails** will be a FIDAL trial race, for registration it is compulsory to be a FIDAL member, to have a valid RUN CARD, or otherwise be a member of one of the sports associations recognized by CONI:

☑️ A.C.S.I.-Associazione centri sportivi italiani (Associazione di cultura,sport e tempo libero)

- A.I.C.S.-Associazione italiana cultura sport
- A.S.I.-Associazioni sportive sociali italiane
- A.S.C.-Attività sportive confederate
- C.N.S. Libertas-Centro nazionale sportivo Libertas
- C.S.A.IN.-Centri sportivi aziendali industriali
- C.S.E.N.-Centro sportivo educativo nazionale
- C.S.I.-Centro sportivo italiano
- C.U.S.I.-Centro universitario sportivo italiano
- E.N.D.A.S.-Ente nazionale democratico di azione sociale
- M.S.P.-Movimento sportivo popolare Italia
- O.P.E.S.-Organizzazione per l'educazione allo sport
- P.G.S.-Polisportive giovanili salesiane
- U.I.S.P.-Unione italiana sport per tutti
- U.S. ACLI-Unione sportiva A.C.L.I.

Italian and foreign non-members can still register for the competitions by independently purchasing the Mountain & Trail Runcard € 10.00, or the Maremontana ASD card at a discounted price of € 10.00

Art. 10.2) Trails will be included in the FIDAL National Calendar, all people can participate, men and women who have reached the age of 20 at the time of registration, or:

- Italian and foreign athletes registered for companies affiliated to FIDAL
- Foreign athletes registered for foreign federations affiliated to the WA
- Italian and foreign athletes in possession of the Runcard (Standard or Mountain & Trail) and members for EPS in possession of the Runcard (Mountain & Trail or EPS)

Art. 11) **MAXIMUM NUMBER OF COMPETITORS**

The maximum number of competitors admitted to the 13th edition of the VIBRAM-Maremontana Trail - Cencin DeFrancesco Memorial is 1,150 athletes in total, sub-divided as below:

250 bibs for the individual	K55
350 bibs for the individual	K37
350 bibs for the individual	K24
200 bibs for the individual	K14



Competitors can in exceptional circumstances change race but only to a shorter distance and only if there are still bibs available. They must send an email to: info@maremontana.it indicating name, surname, race distance. The organization will not make any refunds.

Art. 12) ACCEPTANCE OF THE RACE RULES AND ETHICS

Participation in the **VIBRAM-Maremontana Trail -Memorial Battista e Cencin De Francesco** means accepting without reservation the rules herein, the Italian Trail Manifesto and the Italian Trail Running Guidelines that can be consulted on www.maremontana.it. All official communications for participants registered before the race will become an integral part of these regulations.

Art. 13) REFUNDS OF THE ENTRY FEE

Only in the case where the race is cancelled due to outside circumstances at the last minute, will 50% of the entry fee be refunded.

In the case of proof of a serious injury with a medical certificate the organization will evaluate whether to refund 50% of the entry fee.

Art. 14) EQUIPMENT

Even though the race itinerary is mainly on the sea facing sides of the mountains in the districts from Ceriale to Pietra Ligure, in the past few years even at the beginning of spring there have been very adverse weather conditions. The organizers, for the personal safety of all competitors and on the basis of experience gained in previous editions, have made the following items obligatory:

By registering every competitor accepts that they must carry with them all the compulsory equipment listed below throughout the whole race, failure to do so will result in disqualification.

Mandatory for trails K55-K37-K24 (checks before bib collection and randomly along the way)

1. Backpack or bum bag
2. Survival blanket
3. Hat or bandana
4. Windproof jacket
5. Water reservoir or other liquid, minimum half a litre
6. Food reserve (at least 1 gel and 1 energy bar)
7. Cup or other personal container for drinking
8. Mobile phone (insert the emergency number of the race organizers, do not hide the number and remember to have your phone fully charged at the start of the race)
9. Head torch (only for K55);

Mandatory for trail K14

1. Backpack or bum bag
2. Survival blanket
3. Hat or bandana
4. Windproof jacket
5. Cup or other personal container for drinking
6. Mobile phone (insert the emergency number of the race organizers, do not hide the number and remember to have your phone fully charged at the start of the race);

In the case of an extremely adverse weather forecast the following items will be compulsory:

- Trousers or running leggings below the knee
- (K55, K37, K24)Technical rainproof jacket suitable for adverse weather conditions in the mountains, gloves;

Recommended:

- Whistle



- Change of clothes if the forecast is for cold weather- Food Reserve proportionate to the number of refreshment stations (5+1 for the K55 trail, 1+1 for the K37 and 1+1 for the K24; **1 for the K14**);

Optional:

Walking poles - Any athlete who wishes to use walking poles must carry them for the entire length of the race. Neither volunteers or emergency personnel are authorized to take/look after an athletes walking poles.

Art. 15) BIBS

Each bib is given to every competitor individually on presentation of a photo ID, the compulsory material can be checked on a random basis before departure or at checkpoints.

The bib must be worn on your chest, stomach or thigh and must always be completely visible throughout the whole race. It must therefore be placed above all clothing and never attached to a pack or on the posterior part of the body.

Before the start it is compulsory for each competitor to go through the entrance gates to the closed starting zone to be registered, the same at the race finish.

When passing through a check-point and at the finish line the runner must facilitate the reading of the chip and make sure that their chip has been read correctly.

The bib is the pass that will get you into the refreshment stations, aid, rest stations and showers.

Art. 16) COMPETITORS' BAGS

All the runners' spare material must be left in their backpack bag and can be deposited on the morning of Sunday 7 April from 5.00 to 8.30 at the starting area in "Orto Maccagli" on the Loano promenade. The bags or backpack bags will be inserted by the competitors themselves in special bags made available by the organization. . The numbered and closed bags will be taken over by the organization, which will take care of them in compliance with public health safety laws.

Art. 17) SAFETY AND MEDICAL ASSISTANCE

For the safety of competitors it is forbidden to carry any animals or to let them follow you along the itinerary.

At each hill or point in altitude, each gate and refreshment point, a rescue call post is established, these posts are connected with the race direction.

The organization of healthcare and rescue is delegated to the specialists at the C.R.I. who have planned the placement of ambulances and medical aid stations along the itinerary at intervals of approximately 5 km, with doctors and nurses and volunteer teams from the C.R.I. specialized in mountain rescue. There will be numerous volunteers from the C.A.I present especially in the more mountainous sections. Radio communication with the race directors will be guaranteed by the specialists from the C.R.I. and the A.R.I of Loano.

The Aid stations are capable of bringing assistance to anyone in difficulty with their own equipment or with the help of established organizations.

The official doctors are authorized to suspend competitors considered unable to continue with the race. The rescuers are authorized to evacuate by all means available to them all competitors who they consider to be in danger.

When necessary, for the benefit of the competitor being rescued, based on the judgement of the healthcare organization for the event, the emergency mountain rescue number 112 may be used, which will then employ all the necessary means, including the helicopter.

Any eventual costs occurring as a result will be regulated by the current norms in place.

A competitor who requests help from a doctor or rescuer submits themselves to their authority and undertakes to respect their decisions.

Art. 18) TIMING CHECK POINTS

Time checks will be made with CHIPS and carried out at the following check points:

Trail K14

(CP5) start - sea promenade in Loano, Km 0.00; (CP5) finish - sea promenade in Loano, Km 14.50.

Trail K24

(CP5) start - sea promenade in Loano, Km 0.00; (CP4) Frazione Verzi di Loano, Km 15.80; (CP5) finish - sea promenade in Loano, Km 23.80.

Trail K37

(CP5), Km 0.00; (CP4) Frazione Verzi di Loano, Km 28.60; (CP5), finish - sea promenade in Loano, Km 36.60.



Trail K55

(CP5) start - sea promenade in Loano, Km.0.00; (CP1) Locality Croce di Tornassa Balestrino, Km 13.00;(CP2) Giogo di Toirano, Km 25.30; (CP3) Baita San Pietrino, Km 36.40; (CP4) Frazione Verzi di Loano, Km 45.70; (CP5); finish - sea promenade in Loano, Km 53.70.

Art. 19) REFRESHMENT STATIONS

They are shown on the race itinerary map.

Trail K14

- Locality SS Cosma e Damiano (km. 3,2 approx), water fountain, autonomous use.
- Locality "Ranzi" in Pietra Ligure(km 5 approx), water fountain, autonomous use.
- Locality Colletto above Verzi (km 7.30 approx), solids and liquids.
- Locality SS Cosma e Damiano (km. 12 approx), water fountain, autonomous use.

Trail K24

- Locality Ranzi in Pietra Ligure(km 5 approx), water fountain, autonomous use.
- Mountain Hut Pian delle Bosse (km 11.80 approx), solids and liquids.
- Locality Verzi di Loano (km 15.80 approx), liquids.

Trail K37

- Locality SS Cosma e Damiano (km. 3,2 approx), water fountain, autonomous use.
- Locality "Ranzi" in Pietra Ligure (km 5 approx), water fountain, autonomous use.
- Mountain Hut Pian delle Bosse (km 11.80 approx), solids and liquids.
- Locality Rio Fissone (km 22.5 approx), water fountain, autonomous use.
- Mountain Hut Pian delle Bosse (km 24.6 approx), solids and liquids.
- Locality Verzi di Loano (km 28.60 approx), liquids.
- Locality SS Cosma e Damiano (km. 34.1 approx), water fountain, autonomous use.

Trail K55

- Locality Croce di Tornassa Balestrino (km 13.00 approx), solids and liquids.
- Locality Lavagin (km 20.20 approx), water fountain, autonomous use.
- Locality Giogo di Toirano (km 25.30 approx), solids and liquids.
- Locality S.Pietro (km 33.50 approx), tap on water pipe, autonomous use.
- Locality S.Pietrino di Boissano (km 36.40 approx), solids and liquids.
- Locality Rio Fissone (km 40.20 approx), water fountain, autonomous use.
- Mountain Hut Pian delle Bosse (km 41.70 approx), solids and liquids.
- Locality Verzi di Loano (km 45.70 approx), liquids.
- Locality SS Cosma e Damiano (km. 51.2 approx), water fountain, autonomous use.

Art. 20) MAXIMUM TIME ALLOWED AND TIME BARRIERS

The maximum times for each race are:

trail K14 of approx 14.50 km is 3 hours 30 min;

trail K24 of approx 23.80 km is 5 hours 40 min;

The limit start time (time barrier) at the first check point (CP4) is 3h45 min at the locality of Verzi in Loano.

trail K37 of approx. 36.60 km is 8 hours 10 min;

The limit start time (time barrier) from the check point (CP4) locality Verzi di Loano 6h20 min.

Trail K55 of approx. 53.70 km is set at 11 hours 30 mins;The limit start time (time barrier) from the check point (CP1) in Locality Croce di Tornassa Balestrino is set at 3h; (CP2) locality Giogo di Toirano 5h30 mins; (CP3) locality S.Pietrino di Boissano 7h50 mins; (CP5) locality Verzi di Loano 9h50 min.



The barriers are calculated to allow participants to reach the finish line within the maximum time permitted, allowing time however for rest stops and food.

To be authorized to continue the race, competitors must re-start from the check point before the time barriers.

In the case of adverse weather conditions and/or safety, the race organizers reserve the right to suspend the race and to modify the time barriers.

A “sweeping” service will be carried out by two experts who will follow the race behind the last competitor.

Art. 21) SHOWERS

It is possible to have a hot shower at the Sports Center Palazzetto dello Sport in Via Matteotti locality Fei, that is about 10 minutes away from the finish line, and where participants’ bags were left previously.

(only if it will be allowed by the health authorities).

Art. 22) DROPPING OUT AND GETTING BACK

If a competitor decides to quit the race during the competition, **the competitor must report to the nearest check point or wait for the sweeping service and communicate that they are quitting** so they can be registered, the organization will arrange for them to be brought back from any gate to the base in Loano with a shuttle bus service. **If you fail to report that you have dropped out of the race any costs for search and rescue will be charged to the competitor.**

Art. 23) PENALTY AND DISQUALIFICATION

Race officials are authorized to check the compulsory equipment and respect for the race regulations.

Any verified irregularities also from video images that reach the organizing committee after the race can lead to disqualification or penalties.

VIOLATION OF THE RULES	PENALTY
Lacking compulsory safety equipment: technical waterproof raincoat (only in the case of forecast cold, rain, snow), trousers or leggings beneath the knee, water reserve.	Disqualification
Lacking other compulsory equipment: back pack or bum bag, cup or other container that is suitable, food reserves.	Disqualification
Refusal to be checked by race officials, refusal to be seen by a race doctor	Disqualification
Throwing away rubbish on the route by the competitor	Disqualification
Use of a method of transport, sharing or swapping bibs, failure to pass through a check point, doping or refusal to be tested in anti-doping checks, neglect of duty to offer assistance to a competitor in need, insults, bad manners or threats towards members of the organization or volunteers	Disqualification
Refusal to comply with an order given by the race committee, by a race official, by a doctor or rescuer	Disqualification
Departing from a check point after the time limit	Disqualification



Art. 24) **COMPLAINS**

Only complains written within 30 minutes of the provisional results being posted, submitted with a €100 deposit, will be accepted.

Art. 25) **PANEL OF JUDGES**

Is made up of:

- The race director
- All those deemed competent by the race director

The panel of judges is authorized to deliberate within a time frame compatible with the race on all disputes or disqualifications that occur during the race. There is no possibility of appeal on the decisions made.

Art. 26) **MODIFICATIONS TO THE ROUTE AND THE TIME BARRIERS - RACE CANCELLATION**

The organization reserves the right to modify at any point in time the route or the position of aid and refreshment stations, without notice.

For the safety of runners and volunteers, in case of unfavorable weather conditions the start can be postponed by a maximum of two hours trail K14 and K24, one hour for trail K37 and K55, any later the race will be cancelled.

Art. 27) **INSURANCE**

The organization underwrites an insurance policy for Civil Responsibility for the entire duration of the event.

Participation in the event is entirely the responsibility of the competitors, who forego any appeal against the organizers in the case of harm and other consequences that occur after the race.

To finish registration and collect their bib, competitors must sign and hand in to the organization a waiver form which releases them from responsibility.

Art. 28) **RESULTS AND PRIZES**

Only competitors who reach the finish line in Loano and ensure that they are registered will be inserted in the final rankings.

There will be no cash prizes.

Every registered competitor in the **VIBRAM-Maremontana Trail - Memorial Battista e Cencin De Francesco** will be given a race pack.

A general classification will be compiled for men and women with intermediate and finish times.

Prizes will be presented to:

- the first **five** men and women in the general classification.

Prizes will be drawn at random for the other participants with no distinction for category, gender or age.

Also the winners will award by hand the prize, donated by the De Francesco family, for a particular charitable action and/or for safeguarding the environment.

Art. 29) **IMAGE RIGHTS**

Every competitor expressly waives the right to any images taken during the race as well as waiving their rights to make any complaints about the use of images by the organization or their authorized partners.

This document is based on the Italian Trail Manifesto and the Italian Trail Running Guidelines (they can be viewed on www.maremontana.it), on the UISP Trail section by the sports body of the same name, and the document provided by FIDAL Compendium of Regulations for Trail Running in the Mountains and natural environment.