

RULES AND INFORMATION

5TH SAN GIORGIO TRAIL, SUNDAY, SEPTEMBER 21, 2025

- a) Each race entrant runs at his or her own risk. The state of health must be optimal and each participant must be able to cover the race elevation gain of approx. 900 meters and have technical skills to cope with a very challenging descent.
- b) The race organizer assumes no responsibility in case of accidents and illness. A SAM and Mendrisiotto Fire Brigade medical picket will be placed at strategic points on the course for support.
- c) Each entrant must have health and insurance coverage that can, if necessary, cover all ambulance transport costs, such as by helicopter.
- d) Each entrant must intervene in case a participant falls ill and promptly inform the Ambulance Service on site at 144.
- e) Each entrant must abide by the anti-doping rules, available at www.antidoping.ch. f) No earphones are allowed. Participants under the age of 15 are not allowed.
- g) Canes are allowed. h) It is required that each registrant carry a cell phone for cases of necessity.
- i) Each registrant must respect the marked route and follow the directions of volunteers along the route. Any violation may be punishable by disqualification.
- j) The race will be held in all weather. k) Each entrant must visibly place the bib.
- l) Each registrant will receive the bib at the space set up on the square of the middle school in Riva San Vitale. Bib pickup only on Sunday between 09:00 and 10:45. The race bag will be replaced by a digital race pack.
- m) Each registrant may hand in a single backpack of reasonable size that will be kept (with bib number) for pickup at the finish line. The backpack may weigh a maximum of 5 kg. The organizers do not take responsibility for any damage or loss caused to the personal belongings handed in.
- n) The 11 km long course has a single refreshment point and therefore the registrant should be aware that neither before nor after this point, he/she will be able to count on refreshments. Drinks and food will be provided at the finish line.
- o) It will be possible to use shower facilities, bathrooms and changing rooms at the gymnasium next to the Middle Schools.
- p) Included in the registration is refueling, drinks and a fruit at the finish line as well as the meal at the finish line which will be held in the middle school square or inside in case of bad weather.
- q) The start of the race is set at 10:45 a.m. from Riva San Vitale (the starting area will be marked), between Settala and Motta streets. For the Dog trail category, handlers and dogs will start at 10:30 am. See separate Dog trail regulations.
- r) The maximum race time is 3 hours. The awards ceremony will take place on the middle school square in Riva San Vitale at 2 p.m.
- s) Any objections to the rankings can be made within 30 minutes of their publication (online and printed on the spot).

t) In-kind prizes are provided for the top three finishers in each category (8 categories ASTIU20, M20, M40, M50, M60 and W, W40, W50 and the top 3 finishers U/W for Dog Trail). The race is part of the ASTI trail cup championship. Athletes in possession of the ASTi trail card are entered in the ASTi undatabase and through this recognized for the purpose of the possible awarding of points and prizes. Incompetitors must still register for individual races with the indication "with ASTi card" or "tesseraASTi", next to the eventual group or club they belong to. In the absence of the indication "TesseratoASTi" the points for the Cup will not be awarded. For anything not stated in these regulations the ASTI Trail" respectively 'ASTi Podismo'"ASTi Montagna" regulations shall apply.

u) The organizers assume that each race entrant has taken cognizance of the present official regulations and accepts all their items.

v) Registration cancellation: There is no refund for athletes who cancel their registration. Everyone can take out cancellation insurance on their own behalf with an insurance company of their choice. In case of submission of a valid medical certificate within 10 working days before the event, the Organizer reserves the right to consider a refund or to carry over the registration to the following year's edition. In case of a refund, the amount of the registration (minus the transaction fees) will be refunded through the same channel as the payment (credit card or bank deposit).

w) After the closing of online registrations, per ASTI regulations, any bibs on site (seats available) will not be named or timed, so competitors will not be entered in the ranking.

z) You consent to the disclosure of your personal data such as your last and first name, private address (street, zip code and city), date of birth, phone number, email address to partners (e.g. services photo and video), unless you prohibit the disclosure of the data by sending a communication to the following email address to: info@sporteventsticino.ch. Participants agree that the organizer may use images (photographs and official films) related to the event for promotional purposes, such as website pages, flyer set-up, videos, photographs, social media and do not claim any rights to them.

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