



REGULATIONS

EDITION 2016

(last update: 30 June 2016)

ORGANISATION

The “4K Alpine Endurance Trail Valle d’Aosta” is an event planned by the Autonomous Region of Valle d’Aosta and organised by the Forte di Bard Association on behalf of the Region under the aegis of the Italian Athletics Federation (FIDAL).

COMPETITION

4K is an exceptionally long foot race in a natural environment - over 340 kilometres, with about 25,000 m elevation gain - run along mountain trails in the Valle d’Aosta region (Italy); it starts and finishes in the Municipality of Cogne, and follows the Alte Vie 1 and 2 in a clockwise direction, passing by the Gran Paradiso peak (4,061 m), Mount Blanc (4,810 m), the Matterhorn (4,478 m) and Monte Rosa (4,634 m).

Start: Saturday 3 September 2016, 09h00 am.

The official race trail is only the one that can be downloaded from the specific section in the organisers’ website and obtainable from the information material supplied by the organisers. Other alternative routes have been worked out and are ready to be used if necessary to ensure the runners’ safety.

This is a single-stage, free-pace, semi-self-sufficiency race run in the day and night and must be completed within a set time.

The trail includes multiple stretches at an altitude above 2,800 metres a.s.l., up to a maximum height of 3,300 metres. In addition to appropriate physical and mental training, this race requires good knowledge of a mountain environment and its hazards and of the effects caused by changes in the weather (cold, rain, snow, wind and poor visibility).

Checkpoint cut-off times have been established and a maximum time of 155 hours for reaching the finish-line in Cogne.

PARTICIPATION

The competition is open to all men and women who are 21 years of age or over in the year of the race (Seniores to Veterans categories), whether or not they are members of a sports association, provided they have a valid certificate of fitness for competitive sports.

In the case of non-Italian athletes, medical certificates in compliance with the laws of the country of origin will be accepted.

To take part it is essential to:

be fully aware of the length of the trail and the specific nature of the competition and to be perfectly trained;

have acquired, before the race, the ability to be self-sufficient in a mountain environment in order to be able to deal successfully with problems related to this kind of competition and specifically:

- to be able to manage on one's own (unaided) in weather conditions that could become difficult because of the altitude (cold, darkness, wind, fog, rain or snow);
- to be able to manage, even if isolated, the physical or psychological problems caused by extreme fatigue, gastrointestinal problems, joint and muscle pain, minor wounds, etc.;

be aware that the role of the organisers is not to help single participants handle their problems but to allow the competition to be held in a mountain environment. Safety depends on the ability of the runners to adjust to actual or foreseeable problems with the required diligence and awareness.

Participation in pairs is allowed. Pairs must pass through every checkpoint together (no exceptions allowed). Should one of the two people in a pair wish to withdraw from the competition without affecting the other person's participation, he/she must at least reach the Valtournenche checkpoint. The remaining runner, if he/she reaches the end, will be considered a finisher if he/she completes the course, but will not be included in the individual classification. Likewise, if on the eve of the race one of the pair of competitors informs the organisers that they are unable to start the next day, the remaining runner will be allowed to compete individually.

Participation implies that all participants are aware of, accept and comply with these regulations, with no exceptions. All participants are expected to comply with the principles and actions of the ITRA Ethical Charter.

SEMI SELF-SUFFICIENCY

The semi self-sufficiency of athletes implies that runners race with the water and food supplies they need to complete the race, taking into account their needs, their level of training and weather conditions. They will rely on the refreshment points set up by the organisers solely to replenish the above mentioned provisions.

The organisers will set up, along the route, refreshment points for the athletes, in which runners can rest and re-supply with water and food. These points are the “base camps”.

The number of base camps is the one established by the organisers and listed in the information materials. Athletes must plan according only to that information, or to information (even if different) supplied by the organisers before the race, during briefing events or during the competition itself.

Plastic cups will not be provided at any of the relief points. Runners must have their own cup or other personal container suitable for the purpose.

On leaving each base camp, every runner must have the mandatory quantity of food supplies/liquids that he/she will need to reach the next refreshment point, also taking into account his/her own level of fatigue and weather conditions.

PERSONAL ASSISTANCE

Personal assistance (i.e. the supply and replacement of mandatory and non-mandatory equipment or personal care such as massage, treatment of minor wounds, etc.) is forbidden. It is allowed exclusively inside the base camps, without occupying the areas reserved for runners.

Assistance provided through the use of transport vehicles (cars, campers or caravans) to provide relief, rest or food/drinking supplies is also considered “personal assistance” and is forbidden.

In the Valgrisenche, Courmayeur, Ollomont, Valtournenche, Gressoney Saint-Jean and Donnas base camps personal assistance can only be provided by personal assistants with passes issued by the organisers.

ACCOMPANIMENT

Technical support is forbidden.

Race spectators, relatives and tourists may follow the progress of the race in person on an occasional basis and may follow athletes purely in order to cheer them on and for their own personal pleasure, and always :

in a non-systematic manner;

for short stretches;

on condition that:

there is no physical contact (with or without ropes) with the competitor;

the competitor's equipment is not carried for him;

no personal assistance is given to the competitor, as defined in these regulations

Each competitor participating as a pair is obliged to carry his/her own obligatory equipment.

Any breach of the rules in this respect will be judged at the sole discretion of the Race Management and, if necessary, sanctioned, even by means of race officials.

MATERIAL

By entering the race, each runner undertakes to take with him/her all the listed mandatory equipment. Failure to do so will result in the application of the established penalties.

trail running shoes with grip suitable for mountain terrain	MANDATORY
mobile phone with international option active (add the safety numbers of the organisers to the contact list, keep the phone always on, do not conceal the number and start the race with a fully charged battery)	MANDATORY
own cup with minimum 15cl capacity (water flasks or containers with a cap are not accepted)	MANDATORY
water supply	MANDATORY
two working headlamps with spare batteries for each	MANDATORY
survival blanket, 1.40 m x 2 m minimum size	MANDATORY
whistle	MANDATORY
elastic adhesive bandage that can be used as dressing or for strapping (no less than 100 cm x 6 cm)	MANDATORY
food supplies	MANDATORY
shell jacket with thermal insulation (synthetic or down, minimum weight: 300 gr)	MANDATORY
hooded jacket, with Gore-Tex or similar membrane, waterproof (minimum recommended: 10,000 Schmerber) and breathable	MANDATORY

(recommended RET: less than 13)	
long running trousers or leggings or a combination of leggings and long socks which cover the legs completely	MANDATORY
buff® or bandana	MANDATORY
two pairs of warm gloves, one of which mitten-type	MANDATORY
additional warm layer: a second warm layer, long- sleeved (cotton excluded) with a minimum weight of 180g (men, M) OR long-sleeve thermal underwear (first or second layer, cotton excluded), no less than 110g (men, M) and a windproof jacket, with DWR (Durable Water Repellent) protection	MANDATORY
waterproof overtrousers (minimum recommended: 10,000 Schmerber)	MANDATORY
hat	MANDATORY
crampons suitable to be worn with the trail running shoes, with ice spikes under the heel and forefoot (supplied by the organisers with the race pack)	MANDATORY
poles (*)	OPTIONAL
multi-tool knife	OPTIONAL
string	OPTIONAL
cash	MANDATORY

(*) Poles may be forbidden in certain areas for safety reasons, as established by the organisers.

CHECKS

The organisers perform checks (including sample checks) such as:

- equipment checks during distribution of bibs to participants;
- spot checks on all obligatory equipment along the route;
- checks on mandatory equipment when leaving base camps;
- spot checks on compliance with the regulations along the route, including use of GPS tracking.

BIBS, BAGS, GPS AND CHIPS

Bibs are given individually to each participant upon presentation of photo ID.

Every participant is given two bibs that must always be visible on the chest (or stomach) and on the backpack, the chip, a GPS tracker and a bag for a change of clothes.

The chip and GPS tracker are given with the bib. A €100 deposit is required, which will be refunded when the devices are returned.

At the start, on entering and exiting each chrono location and at the finish line, all runners must go through the timing gates.

The bib is the pass needed to use the shuttle and to access supply areas, rest and treatment rooms, baggage and shower areas, etc. The bib must be worn at all times unless the organisers decide it must be removed. It will be voided if participants leave the race.

The organisers will transport bags with the change of clothes to the base camps of Valgrisenche, Courmayeur, Ollomont, Valtournenche, Gressoney Saint-Jean and Donnas.

Should the route be changed, the organisers will decide if the bags need to be transferred to another base camp, in order to help runners change their clothes.

SAFETY AND MEDICAL ASSISTANCE

The race course is divided into four sectors (Gran Paradiso, Mount Blanc, Matterhorn, Monte Rosa) managed by four experienced mountain experts, who are in constant touch with race headquarters.

Rescue points will be set up along the route and will be connected to the race headquarters via radio or telephone. Ambulances, doctors and rescue teams will be present in the area.

Rescue points will provide assistance to all people who are struggling or who request help, using the organisers' own means or the services of bodies that have an agreement with the organisers.

The official race doctors are authorised to remove from the competition any participants they consider unfit (mentally and/or physically) to continue.

The rescue services are authorised to remove from the race any runners they believe are in danger with all the means they consider appropriate.

If necessary, and in the interests of the person being rescued, at the exclusive discretion of the organisers, the official mountain rescue services may be asked to take over rescue operations, using any means they consider appropriate (including a helicopter).

Any costs deriving from such exceptional transport will be charged to the person who has been rescued, pursuant to the laws in force.

Any runners who request the services of a doctor or rescuer implicitly submit to their authority and agree to accept any decisions made by them.

ANTI-DOPING CHECKS

All participants can be checked for doping before, during and after the competition. If they refuse, they will incur the penalties established for participants who test positive.

BASE CAMPS - CHECKPOINTS, RE-SUPPLY AND REST POINTS

Chips are read in the base camps established by the organisers.

All base camps are official checkpoints. Runners who fail to pass through a checkpoint will be disqualified.

Runners can rest for several hours and shower in the Valgrisenche, Courmayeur, Ollomont, Valtournenche, Gressoney Saint-Jean and Donnas base camps.

In the remaining base camps runners can rest for up to two hours, save for any exceptions that may be decided by the Race Management for reasons of safety.

In the base camps (=equipped shelters or mountain huts) a restricted area will be set up and used as a refreshment zone, rest or relaxation in the maximum limit of two hours and according to the availability of each stopping place. Services provided in this area are included in the registration fee.

Extra drinks, extra food or accommodation in the mountain huts' rooms are to be intended at the charge of the athletes.

The details of the services provided and the characteristics of each base camp will be published in the road book.

MAXIMUM RACE TIME PERMITTED AND TIME BARRIERS

Runners must reach the finish line in 155 hours.

The time limits (cut-off times) for entering and leaving the Valgrisenche, Courmayeur, Ollomont, Valtournenche, Gressoney Saint-Jean and Donnas base camps are defined and listed by the organisers in the specific road book.

The times are calculated to allow participants to arrive at the finish line within the set maximum time limit, even considering possible stops for meals and resting etc.

To be allowed to continue the race, runners must arrive at the base camp and leave before the established time limit.

In the event of poor weather conditions and/or for safety reasons, the organisers reserve the right to suspend the race or to make changes to the route and the cut-off times.

WITHDRAWALS AND RETURNS

Runners who decide to withdraw from the race along the route must proceed to the nearest checkpoint. They must inform the organisers of their decision and be registered, after which the organisers will arrange his return to the nearest base camp.

Runners who decide to withdraw and fail to notify the organisers immediately (thereby causing rescue staff to start search operations) will be liable to pay any costs deriving from such activities.

ROUTE SIGNALS

In order to be visible at night, route signs have been fitted with reflectors that reflect the light of runners' headlamps.

It is obligatory for runners to keep to the marked trails, without taking short-cuts (to avoid damage to the area).

DISQUALIFICATION AND PENALTIES

Race marshals will be present on the route to check that runners comply with the regulations.

The race marshals are authorised to disqualify runners with immediate effect or to apply penalties after first informing the race jury of the detected breach.

The race jury will apply penalties according to the table below.

BREACH	PENALTY
Lack of mandatory equipment or refusal to submit to a check on mandatory equipment	Stopping at the base camp until the runner has the required equipment and said equipment has been checked. A 4-hour penalty will be applied, effective immediately or at the next base camp
Failure to pass through a checkpoint (base camp) or taking a shortcut as detected by the gps tracker or other documented evidence.	Disqualification
Littering by runners	Disqualification

Not respecting sports ethics (e.g. using a vehicle, sharing and exchanging a bib, failure to pass through a checkpoint, doping or refusal to submit to a doping test, not helping another runner in distress, insulting, being rude or threatening a member of the organisation or a volunteer)	Disqualification
Refusal to obey an order from race directors, race marshals, doctors or rescuers	Disqualification
Departure from a checkpoint after the time limit	Disqualification
Other breaches of these regulations	4-hour penalty, applied by adding 4 hours to the total race time or effective in the next base camp if the athlete is still running

Disqualification is immediate, i.e. the runner must stop running.

Breaches recorded in video images sent to the organisers, even after the race, may result in disqualification or time penalties.

COMPLAINTS

All complaints must be submitted in writing and not anonymously, and in any case before the closing ceremony of the event, with a deposit of €100,00, to be returned at the end of the process.

JURY

The jury is made up of:

- a member of the Steering Committee;
- the Race Director;
- the Head of Organisation
- the Head of Safety in the relevant sector (if in doubt, the relevant head of safety is the one of sector no.1)

The jury will make a decision, compatibly with the ongoing race, in the time it considers necessary to carry out the checks required by the case. The jury's decision is final.

CHANGES TO THE ROUTE OR TO THE CUT-OFF TIMES – CANCELLATION OF THE RACE

The organisers reserve the right to postpone the start of the race and to change the route or the position of the base camps and rescue points (and the related cut-off times) without prior notice.

In the event of adverse weather conditions (bad weather conditions with heavy rain and snow at high altitudes, high risk of thunderstorms, etc.), the organisers will establish an alternative route that is less difficult than the original route.

If necessary, the organisers reserve the right at their sole discretion to change or remove some sections of the route.

INSURANCE

The organisers will take out civil liability insurance for the duration of the race. Participants enter the race entirely at their risk and relieve the organisers of any and all responsibility in the event of injury/damage and other consequences arising as a result of the race.

When registering for the race and when picking up their bib, runners must sign a disclaimer of liability.

All runners must take out personal injury insurance from a company of their choice.

PRE-REGISTRATION - REGISTRATION

Pre-registration and registration must be completed online from 12 noon on 1 March 2016 on the www.4kvda.com web site.

Registration ends: 25 March 2016 at 24.00 Draw: 26 March 2016 at 13.00

Payment and confirmation: from 27 March 2016 to 20 April 2016

REGISTRATION FEE - MAXIMUM NUMBER OF PARTICIPANTS

The individual fee is €550 and includes the race pack, crampons, the assistance and refreshment service for the entire duration of the race, the “finisher” shirt and the skin tattoo.

The total number of participants admitted to the race is 1,200 (including wild cards). If the number of registered runners is higher than the available places, participants will be selected via an automatic draw that takes into account country quotas and a special quota for residents in the Aosta Valley.

VOLUNTEERS

Volunteers accredited by the appropriate Municipal Authorities will receive benefits in terms of complementary technical equipment, access to Base Camp services (refreshments and camp-bed for sleeping overnight if necessary), a Volunteers' Dinner and entry vouchers for places of entertainment (cultural, environmental, spas etc.) which will be providing support.

CANCELLATION OF REGISTRATION

Requests for cancellation must be sent via e-mail or snail mail, with the documents that provide a reason for the request.

- No later than 31 May 2016 inclusive: 50% refund
- From 1 June to 31 July 2016: 40% refund

Starting from 1 August 2016: no refund. In all cases these runners will be given priority in the registration for "4K 2017".

ROAD BOOK AND GPS TRAILS

The description of the route (which can be downloaded from the event's website) includes all practical information (time limits at checkpoints, base camps for replenishing supplies and resting, aid stations, areas open to accompanying persons).

The route trails in gpx or kml format are available from the same web page.

RANKINGS AND PRIZES

The winner of the race will be the runner who takes the shortest time to reach the finishing line in Cogne.

Only runners who complete the route in the established time will be entitled to a Finisher's prize and to the points attributed by ITRA as an officially recognised competition.

There will be a general classification for men and women and a separate one for pairs. Mixed pairs will be included in the men's pairs ranking lists.

Prizes go to the first ten men and women in the general classification and the first five pairs in the overall ranking.

Position	Single men	Single women	Male and female pairs
1st place:	1 steel Royal Oak watch by Audemars Piguet	1 steel Royal Oak watch by Audemars Piguet	Non-cash prizes
2nd place:	3,000.00 euro*	3,000.00 euro*	Non-cash prizes
3rd place:	2,000.00 euro*	2,000.00 euro*	Non-cash prizes
4th place:	1,000.00 euro*	1,000.00 euro*	Non-cash prizes
5th place:	500 euro*	500 euro*	Non-cash prizes
6th place:	Non-cash prizes	Non-cash prizes	
7th place:	Non-cash prizes	Non-cash prizes	
8th place	Non-cash prizes	Non-cash prizes	
9th place	Non-cash prizes	Non-cash prizes	
10th place	Non-cash prizes	Non-cash prizes	

*subject to withholding

CATEGORIES

Solely for statistical purposes, there will be the men's and women's categories listed below:

- V4 from 70 years up
- V3 from 60 to 69 years
- V2 from 50 to 59 years
- V1 from 40 to 49 years
- SEN from 21 to 39 years

INDIVIDUAL SPONSORS

Sponsored runners can exhibit the logos of their sponsors only on the clothes and equipment they use during the race. All advertising accessories (flags, banners, etc.) are forbidden along the route (finish line included). Failure to comply will lead to a penalty (at the jury's discretion).

EXHIBITING RACE BRANDS AND TRADEMARKS

Apart from any pre-existing structures, only the brands of partners/sponsors/supporters accredited by the Race Management may be publicised and exhibited along the race route.

IMAGE RIGHTS

Participants expressly waive their image rights for the duration of the race and will not take any action against the organisers and their authorised partners for the use of their image. Only the organisers can grant the media image rights, with specific permission or accreditation.

All other aspects not addressed in these regulations will be decided by the jury. The jury's decision is final. Should disputes arise, the relevant language of the regulations is Italian.

Race and Safety Director

Adriano Favre