

Regulations

Trail Running Albania races

ORGANIZATION

Trail Running Albania is a non profit organization aiming to promote trail running, ultra-trail and sports outdoor activities in Albania. It includes group of enthusiastic and passionate people for outdoor activities such as trail running, marathons, ultra-trail obstacle running etc.

TRAIL Running Albania is also a community of great people, not only runners, but also volunteers and all those, who help us along our trail and without whom none of our work would make sense

1. GENERAL INFORMATION

Trail Running Albania brings you that awesome experience, choose from 5km, 10 kilometer, ½ Marathons or Ultra trails. All the events are organized to offer a diverse range of nature and terrain, giving runners a wide variety of spectacular trails and running experiences.

Trail Running Albania consist of 4 races per year. It aims to seek future Albania trail runners and bring them as the world-class athletes, to educate the community to protect the awe-inspiring nature and environments where we play and compete.

- Voskopja Trail Running – The Wolf Trail
- Dajti Trail Running – Where the Eagles dare to fly
- Albanian Riviera – The Goat Trail
- Valbone – Theth – The Bear Trail

All participants will be provided up-to-date information through the Trail Running Albania FB- site and our official web site, www.trailrunningalbania.com/events or via facebook: @trailrunningalbania or Insta: trailrunningalbania and the official email: info@trailrunningalbania.com

All participants are required to respect the departure and to arrive at the starting point at least 1 hour in advance.

2. COMPLIANCE

Regulations shall be binding in their entirety and directly applicable to all participants. Athletes are requested to respect the instructions of the race judges/organizers. Non-compliance with regulations or instructions always carries the penalty of exclusion. The race judges when aware of breaches of regulations, record them and inform the offenders. Any other person authorized by the Trail Running

Albania has the ability to also record any infringement and to submit it for consideration to the Race Committee.

3. REGISTRATION, FEES, and PAYMENT:

You can find information regarding registrations, costs and procedures in each event section. **Refunds are not allowed for any reason 1 month before each event, but you are eligible for a 50% refund if you cancel before that date.**

BENEFITS: The race fee includes:

For all participants:

1. Bib numbers
 2. Food supplies and liquids
 3. Time racing services (when applicable-detailed information on each specific race)
 4. Medical care (ambulatory and public transport up to nearest hospital)
 5. The official t- shirt of the race.
1. For those who complete the race in time:
 1. Finisher Medal

Expenses related to transferring an injured athlete will not be covered if the injury was caused by the athlete's negligence

6. INFORMATION FOR PARTICIPANTS

- The race is open for men and women over 18 years of age or through parent signing for the age between above 16. For the 5km race there is no restriction
- Participation in the race is on the basis of personal responsibility and liability and the organizer assumes no responsibility in case of injury, accident or death;
- Each participant holds personal responsibility for their actions in and around the path, especially in case of violation of the laws of the Albanian republic.
- Participants should be fully aware of the length and specification of the race and be fully prepared for it;
- Participants should have gained adequate physical and psychological preparation and survival skills in mountain conditions, related to microclimate changes (heat, rain, fog, wind, night, low temperature);
- Participants should be able to cope with physical and mental problems, digestive problems, pain in the locomotor system;
- The organiser assumes no responsibility for assisting in addressing the issues and concerns mentioned above, even though the organizer intends to offer first aid in specific cases;
- By enrolling in one of these running categories via online registration or in person, each participant affirms that he or she is aware of and assumes the risks of outdoor competition; each participant should note and take into account any problems with his/her health;
- Trail Running Albania as the organizer will provide support in the aspect of static or ambulatory services in case of serious complications resulting from the loss of the pathway or injury;

- Trail Running Albania will provide food and refreshment at stationary points (detailed information on each specific event), although the organizers suggest that you have your own meals or personal supplements during the race.
- Athletes are required to move along the path without forming groups by preventing athletes who would like to overtake. Athletes are requested to stand aside and should remain on the uphill (inner) side of the slope. Athletes who (according to at least 3 official testimonies) block the path and prevent overtaking will be excluded. Dogs are not allowed to accompany the athletes.

7. LIABILITY DECLARATION

Voluntary registration and subsequent participation in the "Trail Running Albania" races confirms that the participant is familiar with these rules and agrees to fully accept the principles and regulations set forth herein.

8. INDEPENDENCY DURING THE RUNNING

The term "independent" means the ability of a participant to depend on himself in any part of the race. In addition to food and drink, this applies to clothing and equipment during the event, enabling the participants to be capable and cope with the environment (heat, fog, wind, storms, injuries).

At checkpoints or breaks the participant can get quick food and water from the race organizers, but between these points the participant should be able to rely on his or her equipment, food and drink.

Participants should have experience of adapting to natural conditions, unexpected changes in weather conditions, heat, wind, fog, rain, storms, and animal encounters.

The organizer will mark the route appropriately (details in the "RACE MARKING" section of each event, however, participants should have a minimal sense of orientation in nature.

9. SAFETY AND MEDICAL ASSISTANCE

In case of injury or any other need, participants should/must call the SOS phone number provided by the organizer. If they are in an area not covered by telephone signal, they should/must ensure that a message is carried forward to the next checkpoint - so that actions are taken as soon as possible.

At each control / recovery point the organizer will provide basic emergency equipment (bandages, flasks, iodine-betadine); these will be made available to runners by volunteers.

We suggest that each participant has an individual medical package in his / her own bag: (paracetamol, compression or bandages, iodine, thermoregulatory isolation cover)

The organizer will do its best to reduce the risks and as such kindly ask competitors to follow their advice, recommendations and instructions.

The Organizers advise every competitor to have health insurance. The Organizers advise all competitors to monitor their health in advance of and during the race, and also recommend a stress test one month before the event to determine the fitness for this event. Any competitor who has a disease or medical condition is advised to consult a specialist for permission to attend this kind of event.

In order to preserve the safety and health of the participants, the medical check-up teams have the power to prevent entry to the race or to require withdrawal if they judge that the participant is no longer able to continue without endangering their health.

If such a participant fails to comply with this decision, then the participant will be disqualified from the event and the organisers accept no responsibility for health or other consequences.

Participants are required to follow the instructions from the coordinator / assistants, race volunteers or medical teams along the race course.

Any breach of these guidelines will lead to the disqualification of a competitor but as noted above if he or she refuses to withdraw, the organizer shall not be held responsible for potential consequences or side effects.

10. IMPLEMENTATION

Registration begins as specified at each race event description.

If the race is canceled or terminated due to atmospheric factors or any factor outside of the organizer's control (force majeure), the participant is obliged to walk and wait for help, orientation or transportation as directed by the event organizer or emergency services. The contact sheet is marked on the race brief. Bear in mind that priority will be given to emergencies (injured or missing) at all times.

Cancellation due to injury. In the case of non-chronic osteo-articular or muscular damage acquired after registration and not completely curable before starting of the event we recommend canceling participation. [WILL FEE BE REFUNDED? UNDER WHAT CIRCUMSTANCES? DOCTOR'S NOTE?

11. OBLIGATORY AND RECOMMENDED EQUIPMENT FOR PARTICIPANTS

OBLIGATORY

1. The race number: clearly visible
2. Mobile phone: switched on at all times (only for 21km)

RECOMMENDED

3. Rain Jacket - Suitable for mountain conditions
4. Hat, headscarf
5. Sun cream
6. Energy food or similar solid foods
7. Hiking poles
8. First aid package
9. Water: Minimum 1 L in a convenient running bag (21km)

Participants should keep OBLIGATORY items with them throughout the race. The organizer has the right to verify the compulsory equipment of the participants at any checkpoint (even without notice) and absences will be noted and may lead to disqualification.

Participants are not required to possess RECOMMENDED items , but the organizers strongly recommend their use. The Use of hiking sticks is allowed but if the participant decides to use them, he / she should retain them throughout the race.

12.DROP BAG

All the runners will be equipped with a carry bag and bib number (from the organizer) which together with the most needed items of the participants can be left at the organizer's premises before the start. At the end of the race, runners can take their carry bags from the organizers after showing their bib number.

If participants do not retrieve their bag within 12 hours following the race, it will be subject to destruction for reasons of hygiene.

13.CONTROL AND RECOVERY STATIONS

There are stations or checkpoints and first aids for runners in the 21K race/10K race- detailed information regarding the check points will be provided in the each race event section in our website and in each race brief.

At these points participants will be scanned / registered, and will receive appropriate health care, food (fruit, cakes, salt, etc.), water and other refreshing drinks.

Control at each of the race checkpoints is mandatory. Anyone who does not present themselves as any of the checkpoints will be disqualified from the official events. Only numbered participants are allowed to be served at these stationary points.

14. TIME LIMITS

21K Run: the time limit for completing the race is 4 hours. Transport will only be provided at checkpoint specific check points for those participants who are unable to continue the race or have failed to meet the deadline set by the organizer- see the section of each event race.

15.MARKINGS AND NAVIGATION

White and red tape are the official signs for orientation or marking during the run and they will be placed at regularly intervals so that participants do not have any major orientation problems. In addition specific color marking and signs will be provided also.

It is allowed and recommended to use GPS navigation. However, GPS orientation is approximate. The official race route is that marked by red and white signs. The organizers may make small adjustments to the race route due to changes in the ground condition.

If any participant loses or leaves the route, they should return to the last point where there was a sign and to look carefully for another sign a different direction.

Due to the nature of trail running, atmospheric conditions and terrain can present difficulties over time. This requires runners to be equipped with survival skills and have proper psychological and physical preparation.

16.EVENT PHOTOS

Trail Running Albania retain the copyright of photographing and filming the race. Each athlete by submitting the application form, automatically accepts this term, knowing that their personal data can be displayed in photos or videos. It is also important to notice that compensation claims for any publication of the material will be rejected.

By adhering to these rules, each participant acknowledges that their name and photo can be used either by the organizers or sponsors of this event for promotional purposes on all media and social networks, as well as waiving their copyright claim on official photos of the event.

Therefore all official photographs of the event are the property of the organizer and they should not be used and taken without prior approval. The organizer has the right to use these pictures for their needs.

17.ENVIROMENTAL RESPONSIBILITY

Trail Running Albania races that also requires responsive environmental behavior. As an organizer, we appeal to all of you, the volunteers and the public, to be extremely careful and not to pollute the environment by throwing or leaving garbage or clothes in inappropriate places. Participants who need to throw garbage should bring the garbage to the next checkpoint or leave them in their personal bags until they find an adequate point to dispose of it.

Let's try to make our behavior an example to others and to contribute to the nature and the environment being clean and unspoiled - for us and for future generations.

18.DISQUALIFICATION

The organizer has the right to consider disqualifying a runner in the following situations:

- The runner is NOT registered at one of the checkpoints.
- Intentionally attempts short cuts along the path.
- Does not help a runner who needs help.
- Uses a transport vehicle along the path, without being forced due to health conditions.
- Opposes controls from organizers during the event.
- Lack of compulsory equipment or refusal to show it in during inspection by volunteers
- Violation of an order of a competent person – organizer or medical assistance personel
- Tampering with course marking or deviating other participants from the marked path

19.THE RIGHTS OF THE ORGANIZER

The organizer reserves the right to modify and change the race path, checkpoints and start times at any time due to objective reasons.

If any undesired weather (potential storm or bad weather conditions), the organizer reserves the right to make changes to any part of the route or to cancel the race.

The start of the race can also be changed for several hours or postponed due to undesirable weather conditions.

20.DISCLAIMER

Trail Running Albania shall not be liable for death, injury or any health damage of the participants, who by submitting the application form, declare the following:

1. They are aware of the risks that might occur in a demanding mountainous race
2. They confirm that they are healthy and fit to take part in the race, having been recently examined by a doctor.
3. Trail Running Albania bears no responsibility for the injury of athletes who choose to ignore the warnings in certain parts of the route, running the risk of falling with unpleasant or fatal outcome. The Trail Running Albania declines any financial responsibility in case an athlete makes use of external assistance.

27) AMENDMENT OF REGULATIONS

Trail Running Albania reserves the right to amend the regulations of the races, without prior notice.