RULES

MADRISA TRAIL KLOSTERS 2027

1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

What is the MADRISA TRAIL KLOSTERS, who can participate, and what do you need to be able to do? The basic rule is that everyone participates as an individual starter and the following minimum ages must be met:

T11 = 10 years of age / T24 = 14 years of age / T33 = 16 years of age / T54 = 16 years of age

All routes include some high alpine passages, so sure-footedness on alpine paths and trails is very important. In addition, everyone should be able to cope with routes that include sections secured with ropes.

In the age of smartphones, almost everyone is familiar with topographic maps and GPS technology. Important: Even without technology, everyone must be able to orient themselves in alpine terrain, even when the weather and visibility are poor. By signing the liability waiver, everyone confirms that they are fully fit for sports. We therefore ask that you take personal responsibility and act with consideration for others. If in doubt, we therefore advise against participating in the event if you are ill or injured. The points listed here are not exhaustive, but rather serve as examples and general guidelines based on experience.

2. AUTONOMY OF PARTICIPANTS

It can get lonely on the course, where everyone is completely on their own. This means that every participant must be able to find their way around the course on their own, without outside help. It also means that everyone must carry sufficient food and drink with them.

3. ROUTE

There is no guarantee of good weather. Therefore, if the weather is unpredictable and safety can no longer be guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information can be found at www.madrisatrail.ch

4. COMPETITION CATEGORIES

There are six categories per distance:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (aged 40 and over)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (aged 50 and over)
- There are additional Youth-Categories for the T11 distance:

Youth 1	10 - 12.99 years
Youth 2	13 – 15.99 years
Erw. = MEN/WOMEN	above 16 years

The following applies to the age groups: The cut-off date is the start date of the event.

5. BIB

Each participant will receive a start number, which is non-transferable, upon registration upon submission of the signed liability waiver (will be sent within the last information Mail) and presentation of the respective ID card. The start number must be fully visible during the race and may not be removed.

6. TIMEKEEPING

A transponder chip on the race number transmits your running time. If it does not work or is lost, this must be reported immediately to the checkpoints and the race office.

7. CLOTHING/EQUIPMENT

The weather in the high mountains can change suddenly. Everyone must wear the following equipment/clothing during the entire competition or carry it in their running backpack. We will check this before the start as part of the mandatory equipment check and at the checkpoints, and in case of doubt, we will also have to impose time penalties or disqualifications. Safety always comes first!

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CLOTHING/EQUIPMENT FF.

The following mandatory equipment applies:

The organizer will announce the **final mandatory equipment requirements no later than the evening before the race and will adjust the regulations based on the weather and conditions in the mountains**. The final mandatory equipment requirements will be announced in detail before the event at www.madrisatrail.ch and on social media channels.

T54 Clothing

- **Trail running shoes** with treaded soles
- **Running backpack**
- **Waterproof and windproof jacket** (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or spare T-shirt and arm warmers + long pants or leg warmers) as an insulating layer under your outer clothing. The basic rule here is that no skin should be visible!
- **Change of shirt**
- **Gloves** and **hat/headband**
- **Cap for sun protection**

T54 equipment

- Functional **headlamp**
- **Folding cup/water container** for drinks at refreshment stations and in the finish area
- **Water container** with at least **0.75 liters** of liquid
- **Food** (approx. 500 kcal as emergency provisions)
- **Labeling** of food packaging carried with the start number
- **Emergency equipment** (at least 1x elastic bandage, emergency whistle, rescue blanket)
- **Route map** stored on a navigation watch or cell phone. Map material and GPX tracks are provided online by the organizer or are included in the starter pack.
- **Mobile phone** with emergency number stored for making emergency calls and to withdraw from the race if you have to drop out early (cell phone must work in Switzerland). Tip: REGA app.

T33 Clothing

- **Trail running shoes** with treaded soles
- **Running backpack**
- **Waterproof and windproof jacket** (does not replace warm clothing)
- **Warm clothing** (long-sleeved top or spare T-shirt and arm warmers + long pants or leg warmers) as an insulating layer under your outer clothing. The basic rule here is that no skin should be visible!
- **Change of shirt**
- **Gloves** and **hat/headband**
- **Cap for sun protection**

T33 equipment

- **Folding cup/water container** for drinks at refreshment stations and in the finish area
- **Water container** with at least **0.75 liters** of liquid
- **Food** (approx. 500 kcal as emergency provisions)
- **Labeling** of food packaging carried with the start number
- **Emergency equipment** (at least 1 elastic bandage, emergency whistle, rescue blanket)
- **Route map** stored on a navigation watch or cell phone. Map material and GPX track are provided online by the organizer or are included in the starter pack.
- **Mobile phone** with emergency number stored for making emergency calls and to cancel registration in case of premature race termination (cell phone must work in Switzerland). Tip: REGA app

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T24 clothing

- **Trail running shoes** with treaded soles
- **Waterproof and windproof jacket** for cold/wet weather
- **Long-sleeved top**
- **Gloves** and **hat/headband** for cold weather
- **Cap for sun protection**

T24 equipment

- **Folding cup/water container** for drinks at refreshment stations and in the finish area
- **Water container** with at least **0.5 liters** of liquid
- **Labeling** of food packaging carried with the start number
- **Emergency equipment** (at least 1 elastic bandage, emergency whistle, rescue blanket)
- **Mobile phone** with emergency number stored for making emergency calls and to notify organizers in case of premature race withdrawal (cell phone must work in Switzerland) Tip: REGA app

T11 Clothing

- **Trail running shoes** with treaded soles
- **Cap for sun protection**

T11 Equipment

- **Folding cup/water container** for drinks at the refreshment stations and in the finish area
- **Labeling** of food packaging carried with the start number
- **Mobile phone** with emergency number stored for making emergency calls and to notify organizers in case of premature withdrawal from the race (cell phone must work in Switzerland)

The organizer will announce the **final mandatory equipment requirements no later than the evening before the race and will adjust the regulations based on the weather and conditions in the mountains**. The final mandatory equipment requirements will be announced in detail before the event at www.madrisatrail.ch and on social media channels. Poles are permitted but must be carried for the entire duration of the race, see point 19.

8. BRIEFINGS/START

The latest information about the routes and the race schedule will be communicated to all participants during the week before the race. All information can be found online at www.madrisatrail.ch, including information about the route conditions, safety aspects, and the competition in general.

On the day of the competition, the starting line-up and the check of the mandatory equipment will begin approximately 30 minutes before the official start time. The latest news will be announced in the starting area 15 minutes before the starting signal.

9. NEUTRALIZED START

If there is a neutralized start, overtaking the lead vehicle is not permitted during this time.

10. MARKING OF THE ROUTE

The route will be marked by our experienced route team with signs, tape, flags, etc. Unfortunately, it can happen that markings are removed by third parties, disappear, or are obscured by fog or snowfall. We ask for your understanding in this matter. Immediately after the time limit has expired, the route will be closed, so the markings will be removed promptly.

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11. CHECKPOINTS & REFRESHMENT STATIONS

T54: 6 checkpoints and aid stations

T33: 4 checkpoints and aid stations

T24: 3 checkpoints and aid stations

T11: 1 checkpoint and aid station

Refreshment stations: Drinks and fruit are available at every refreshment station. Depending on the weather and temperature, hot drinks are also available at selected stations. The exact location of the refreshment stations can be found on the respective route map and is numbered.

Checkpoints: At the checkpoints, all participants will be scanned in the order of their arrival. Anyone who does not pass a checkpoint and still crosses the finish line later (e.g., due to shortcuts or getting lost) will be disqualified.

12. TIME LIMITS/FINISH

The time limits (cut-off times) are listed on the homepage and are binding in all cases. The organizer may adjust the time limits at any time, e.g., due to weather conditions. The race director, course manager, control and refreshment station staff, medical service, and the last runners must remove you from the race if the cut-off time cannot be reached.

13. TIME PENALTIES AND DISQUALIFICATION

Time penalties of between 5 and 120 minutes may be imposed for rule violations, and disqualifications may be issued. Please note: in this case, the entry fee will not be refunded. To avoid this, the following points must be observed:

Everyone is obliged to comply with the MTK rules (see point 19). The requirements under point 1 of the regulations must also be met. No one should have health problems or take prohibited substances (doping). All instructions from official personnel must be followed, as must the rules of the road. Mandatory equipment must be carried throughout the race; no checks may be refused on the course. Of course, the environment must not be polluted, and it is also prohibited to shorten the course (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

14. WITHDRAWAL FROM THE RACE

Any participant who withdraws from the race must **immediately report their withdrawal** to the next course marshal or aid station. In addition, the back of the race bib contains both a telephone number and a QR code that can be used to notify the organizer directly. Notification of withdrawal is **mandatory**. Failure to do so may result in a search- and rescue operation being initiated. Any costs arising from such an operation may be charged to the participant.

Participants who withdraw from the race are **not entitled to transport** from the course.

15. MEDICAL EMERGENCY CARE

Safety comes first. That is why medical personnel are on standby along the route until the last participant has finished. If anyone is in distress, race control must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: the time lost will be credited back to you.

In nature, there are always unforeseen circumstances that delay immediate assistance. Everyone is called upon here – through personal responsibility and self-discipline. In the best case scenario, the race will end at a checkpoint or aid station. The medical service may disqualify and remove from the race at any time any participants who are no longer able to finish the race on their own or only with a threat to their health and/or a threat to the safety of the course personnel.

What else is the medical service allowed to do? First of all, it may examine participants from a medical point of view and check their mandatory equipment, transport or evacuate participants using suitable means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition requires it.

The costs of any rescue operations shall be borne by the participant.

EL SAN Medical Service	**+41 79 900 61 43**
EMERGENCY CALL	**144**
REGA	**1414**

The number can be found on the route maps and on the back of the race number, among other places. If this number cannot be reached, the emergency number 144 must be contacted immediately in case of an emergency.

16. DOPING

Any case of doping will result in the immediate disqualification of the participant concerned. Intravenous infusions are prohibited without a medical exemption, even in cases of exercise-induced dehydration. The race doctor will decide on justified medical applications in accordance with WADA regulations. Doping controls may be carried out at any time.

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17. HELP FROM OUTSIDE

Help from outside (from spectators, support staff, or other participants) is strictly prohibited! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

- You may accept food and/or drinks from support staff at the official refreshment stations. Attention! Please note point 19!
- In the event of falls, injuries, or other emergencies, you may accept help at any time (in the form of food, drinks, and/or replacement clothing).

18. ENVIRONMENT/NATURE CONSERVATION

Trail runners are not polluters. Therefore: Only dispose of waste at the refreshment stations and do not intentionally damage nature. For this reason, any food and drink you carry with you must be labeled with your race number.

19. THE MADRISA TRAIL KLOSTERS RULES

The Madrisa Trail Klosters takes place on public and unrestricted roads, forest roads, hiking trails, and alpine paths.

Participants must comply with the traffic regulations of the respective country at all times. All participants must follow the instructions of the police and official route personnel.

There may be a risk of falling off the official route in some places, which is why shortcuts (including "short-cutting" hairpin bends, etc.) or self-selected route variations are prohibited. Each participant runs at their own risk.

If conditions become unclear or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is not obliged to do so.

Support from a moving support vehicle or bicycle is prohibited. Any interference with the race by support vehicles of any kind may result in time penalties or disqualification of the participant being supported. If support vehicles are encountered on sections of the route closed to public traffic, this will result in the immediate disqualification of the participant being supported.

For nature conservation reasons, it is strictly forbidden for companions of individual participants or teams to litter or damage the route and the surrounding nature. This includes, in particular, spraying or painting the route. Violations will result in the immediate disqualification of the participants who were supported or were to be supported.

Anyone who disposes of waste such as food packaging, bottles, or beverage cups in nature instead of at the refreshment stations will be immediately disqualified.

Anyone who starts with poles must carry them with them until they reach the finish line. Conversely, no participant who started without poles may be handed poles along the way.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams are required to show consideration, sportsmanship, and fairness.

20. PROTESTS AND JURY

Any participant may lodge a protest with the Race Office and name witnesses up to one hour after the finish if other participants have broken the rules or if they disagree with decisions made by the race management. A jury will then decide on the protest within 24 hours. All named witnesses must appear. The protest fee is CHF 200.00. If the protest is unsuccessful, the protest fee will be retained by the organizer. The violations listed above, which may result in time penalties or disqualifications, are only an excerpt from other possible actions that may be punished by penalties.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract with each individual participant in the form of a right of withdrawal until the official end of the event.

The race and organization management always reserves the right to make changes to these regulations.