

9TH EASTER ECO TRAIL

COMBINED TUSCANY CROSSING

SATURDAY 19 APRIL 2025

**Start and finish in Montisi Campo della Giostra 3.15 p.m. Route
km 19**

RULES

The ASD SIENARUNNERS and the LEGA di ATLETICA LEGGERA UISP of Siena and with the patronage of the Municipality of MONTALCINO (SI) organise for Saturday 19/04/2025 the running event "9^ PASQUA ECOTRAIL " .

The event is open to all Fidal card-carrying members and recognised and free propaganda organisations, provided that they comply with the health regulations in force; therefore, by registering, the athlete certifies his or her physical fitness, releasing the organising club from all liability for any accidents to persons or things, before, during and after the event.

It will also be possible to participate on the same route as above in a non-competitive form (pursuant to Regional Law No. 35 of 09/07/2003 on the Protection of Sport), for those born in 2006 and earlier.

**The race will take place in all weather conditions. Maximum
time 4 ½ hours**

EASTER ECO TRAIL AWARDS

Prizes will be awarded to the first 5 male and female absolute winners.

COMBINED TUSCANY CROSSING/EASTER ECOTRAIL

For those taking part in both races, a special ranking with time bonuses will be established for the Easter Ecotrail:

15" bonus for those who participated in the TC15K

53" bonus for those who took part in the TC53K

103" bonus for those who took part in the TC103K

160" bonus for those who took part in the TC100M

Competitors will be divided into the following age groups and prizes will be awarded to the first three in each category for both men and women

Seniors/A 18-29	2007/1996
Seniors/B 30-39	1995/1986
Seniors/C 40-49	1985/1976
Veterans/D 50/59	1975/1966
Veterans/E 60/69	1965/1956
Veterans/F 70 and over	1955/and beyond

The routes are mostly on dirt roads and paths

Maximum time 4.30 hours

Two liquid-only refreshments will be set up at 7 km and 14 km

A time gate will be set up at km 10 after 2 hours 15' of the race.

Compulsory material:

- Reserve water 1/2 litre.
- Water backpack or water bottle.
- Personal Glass
- Charged mobile phone

The following material is recommended:

Hat or bandana and gloves Trail shoes

Energy bars or equivalent foodstuffs.

Waterproof Windproof Jacket

ENROLLMENTS :

Easter Eco Trail

20 € until 31/12/2024. 25

€ from 01/01/2025

30 € from 01/03/2025

Online registration will close on 13 April at midnight or when 300 registrations have been reached.

After that date, the organising committee reserves the right to open registrations until the maximum number of 300 entrants has been reached.

For those who wish to do so, a dormitory room will be available for the night of Friday April (bring your own equipment)

A pasta party will be organised at the end of the event. Showers and

changing rooms will be available at the sports facilities.

For anything not covered by these regulations, Provincial and National Uisp. Competitors are obliged to comply with the highway code.

Medical assistance with off-road vehicles along the route will be provided.

For information call 3938656521 or e-mail info@tuscanycrossing.com.