

VALDORCIA WALK Regulation

The sports event is called "Tuscany **Crossing/The Valdorcias Walk**" and will be **NON COMPETITIVE**.

The event is organised by ASD SIENARUNNERS, an amateur sports association. The 'TC' takes place in southern Tuscany, in the Val d'Orcia Park (UNESCO heritage site) on a 100-mile route

- The 103-km walk starts at midnight on Friday, 19 April 2024 from Castiglione d'Orcia. Participants must reach the finish line no later than 27 hours in order to obtain a finisher's award, we will also offer the opportunity to obtain a finisher's diploma by completing 53 km (in the case of returning to Castiglione d'Orcia after the diversions on the 53 km route)
- The 53-km walk starts at midnight on Friday, 19 April 2024 from Castiglione d'Orcia. Participants must reach the finish line no later than 16 hours in order to obtain a finisher's prize.
- The 14-km walk starts at 09:15 a.m. on Saturday, 20 April 2024 from Castiglione d'Orcia. Participants must reach the finish line no later than 6 hours in order to obtain a finisher's prize.

All participants must strictly adhere to the rules and the pre-event briefing to remain eligible for the prize.

The event route will be mostly on typical Tuscan landscapes, with the majority of white roads, paths, and asphalt with a percentage of less than 20%, passing through the most beautiful places in Valdorcias.

- 103 km - Entry requirements

MEDICAL CERTIFICATION

Sporting activity of particular and high cardiovascular effort

Certification for sporting activity of particular and high cardiovascular commitment is **regulated** by the Ministerial Decree of 24 April 2013.

This certification refers to 'non-members' participating in non-competitive or recreational events such as running events longer than 20 km, cycling, swimming, cross-country skiing or other similar events sponsored by Sports Federations, Associated Sports Disciplines and Sports Promotion Bodies.

Certificates may be **issued** by doctors specialising in Sports Medicine, general practitioners and freely chosen paediatricians, limited to their patients, on a special predefined and unchangeable model, pursuant to Annex D of the above-mentioned Ministerial Decree of 24 April 2013.

The visiting protocol

The medical check-up must necessarily

- include: blood pressure measurement;
- basal electrocardiogram,

step test or an ergometric test with cardiac activity monitoring;
any other investigations deemed useful and appropriate in the judgement
of the doctor;
and all related documentation must be retained for at least 1 year.

In addition, medical certificates for competitive athletics are valid.

It is mandatory for each participant to be in possession of a valid medical certificate, which must be uploaded to the private area on the website, received by e-mail or handed in directly when collecting the bib number. Failure to do so will result in the cancellation of the registration without any right to a refund of the fee paid.

Those over 18 years of age may register and participants must be aware that this is a self-supporting event although there are refreshment stations along the route.

The participant must take note of the length and peculiarities of the trial, which differs substantially from other walks, and be aware that his or her participation requires a high level of physical preparation necessary to overcome situations that require great physical and psychological autonomy, because the seemingly gentle, albeit beautiful, Tuscan hills are relentless in their challenge and implacable to the ill-prepared

- 53 km - Entry requirements

MEDICAL CERTIFICATION

Sporting activity of particular and high cardiovascular effort

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Certificates may be issued by doctors specialising in Sports Medicine, general practitioners and freely chosen paediatricians, limited to their patients, on a special predefined and unchangeable model, pursuant to Annex D of the above-mentioned Ministerial Decree of 24 April 2013.

The visiting protocol

The medical check-up must necessarily

include: blood pressure measurement;

basal electrocardiogram,

step test or an ergometric test with cardiac activity monitoring;

any other investigations deemed useful and appropriate in the judgement
of the doctor;

and all related documentation must be retained for at least 1 year.

In addition, medical certificates for competitive athletics are valid.

It is mandatory for each participant to be in possession of a valid medical certificate, which must be uploaded to the private area on the website, received by e-mail or handed in directly when collecting the bib number. Failure to do so will result in the cancellation of the registration without any right to a refund of the fee paid.

Persons over 18 years of age can register if they have a certificate of fitness for sport valid until at least 21 April 2024 and are aware that this is a self-supporting event with refreshment stations along the route.

The participant must take note of the length and peculiarities of the trial, which differs substantially from other walks, and be aware that his or her participation requires a high level of physical preparation necessary to overcome situations that require great physical and psychological autonomy, because the seemingly gentle, albeit beautiful, Tuscan hills are relentless in their challenge and implacable to the ill-prepared

It is compulsory for each participant to be in possession of a certificate of fitness for non-competitive sporting activity or higher, which must be uploaded to the private area on the website, received by e-mail or handed in directly when collecting the bib number. Failure to do so will result in the cancellation of the registration without any right to a refund of the fee paid.

- 14 km - Entry requirements

Participants must be in perfect health and psychophysical shape to cope with the length of the course; any particular pathologies must be formally communicated, by email, to the organisation at the time of registration.

The registration of a minor may be carried out by an adult with parental authority or temporarily delegated to it. This adult, upon registration, assumes responsibility for supervision and subsequently accompanies the minor during the event, acting as a point of reference for the organisation in all matters concerning the minor.

Registration for walks

Registration will open on 1 July 2023 and close on 7 April 2024.

There will be a limited number of **200 entrants** for each distance, but the organisation reserves the right to increase the number of entries for each distance.

DIST.	Until 01/09/23	Until 01/01/24	Until 15/03/24	Until
Walk TCW 103	€ ,00	€ 0,00	€ 85,00	€ 95,00
walk TCW 53 km	€ 40,00	€ 45,00	€ 55,00	€ 65,00
Walk TCW 14 k	€ 15,00	€ 15,00	€ 20,00	€ 20,00

The entry fee for the **103 km** distance includes:

pectoral

GPS tracking

Assistance

refreshments along the route and at the
end of the event

event package

Finisher

prize Meal

voucher

The entry fee for the **53 km** distance includes:

pectoral

Assistance

refreshments along the route and at the
end of the event

event package

Finisher

prize Meal
voucher

For the distance of 14 km

pectoral

assistanc

e

refreshments along the route and at
the end of the event

souvenir medal

There are no rankings, no timekeeping.

Waiver of participation and partial refunds

In the event of inability to participate, the renunciation must be communicated by e-mail to info@tuscanycrossing.com.

The following reimbursement methods are provided for:

- renunciation by 31/12/2023: refund of 60% of the fee
- renunciation by 31/03/2024: refund of 50% of the fee
- renunciation by 01/04/2024: refund of 40% of the fee
- renunciation after 02/04/2024: no reimbursement

The reimbursement of the fee, net of bank charges, will be made no later than 31 August 2024 in the manner indicated at the time of renunciation.

It will be possible to transfer the registration to another person upon payment of an additional € 10.00 secretarial fee upon notification 31 March 2024

In the event of cancellation of the event due to force majeure, up to 10 days before the event, the Organisation reserves the right to reimburse a percentage equal to 50% of the registration fee paid or to transfer the registration to the next date set by the Organising Committee. This percentage is justified by the multiple expenses that the Organisation has already incurred and cannot recover. In the event of the event being interrupted or cancelled for atmospheric reasons, or for any other reason independent of the Organisation, no reimbursement will be due to participants.

Enrolment modalities

On Line by following the instructions at www.tuscanycrossing.com

Responsibility

The participant releases the organisation from any liability for medical problems that may occur to him/her before, during and after the race, as he/she is informed of the medical contraindications.

In the event that the activation of the 118 emergency services, including the possible use of a helicopter, becomes necessary, the costs arising from the intervention of facilities outside those of the organisation, both before, during and afterwards, cannot be charged to the organisation itself.

The athlete takes part in the event under his own responsibility, releasing the organising company from all liability for damage done or suffered by persons, animals or property before, during and after the event.

Familiarity: knowledge of the route offers physical and mental advantages when running, take care to study the difficulties well. Particular attention should be given to those sections you expect to run in the dark, when your mental and physical energy may be low.

Night event: In races where a large part of the event will be done at night, in addition to the obligatory light, it is advisable to have a second light and spare batteries. If the lights fail, wait for another runner with a light.

Weather: as temperatures during the event can range from 0° 30° degrees, participants must be prepared for both extremes. Weather conditions are unpredictable and can change rapidly.

River crossing: along the route, participants must ford rivers and streams; fording is dangerous and MUST NOT BE ATTEMPTED DURING RUNNING. On the

day of the event, a guide rope will be stretched across the river, with staff available for assistance.

Signposting: The route markings will consist of marking tape, arrows and other signs that will be communicated before the start. In addition, reflectors will be placed on the route for the dark hours. The staff does its best to provide an adequately signposted route, but it is necessary for participants to remain constantly on the alert.

Occasionally, persons not associated with the event may alter or remove signs.

A working knowledge of the route, the road-book and GPS track will be of infinite help to the participant.

Changing bags: The event management will provide transport for changing bags to the locations specified on the map. This service is provided to help participants. Those with adequate support are asked not to overload our volunteers with

unnecessary bags. The bags must be securely tied, clearly labelled with the number

and deposited at the appropriate collection station established for each

checkpoint before

of the start. The change bags must pass through an opening of 40 cm. You are limited to one bag per aid station, which will be located at the 60th and 114th km. Please do not use paper bags, shoe boxes or anything made of paper-like products. These can get wet easily. It is imperative that participants do not leave perishable items in their bags. DO NOT put glass bottles in the change bags.

The bags will be returned to the TUSCANY centre as soon as possible. It is the responsibility of each runner to reclaim their bags. If you cannot retrieve your bags, ask someone else to do it for you. Collection bags must be claimed by 10:00 a.m. on Sunday. Any bags left over after the event can be disposed of. DO NOT leave valuables in your bags. The organising committee is not responsible for lost or damaged collection bags and their contents.

Withdrawal: If you have to leave the event at a point where rescue is not available, we will make every reasonable effort to get you to the finish line or the nearest main checkpoint still in operation, especially if you need medical attention. In non-emergency situations, you may have to wait several hours before being evacuated. Participants who have to leave the event will be taken to the finish line. Our main responsibility is to put on an event, not to shuttle non-finishers, so please be patient in case. The aid stations will close when the broom service arrives.

Ethics of the event: please be courteous to hikers, tourists, motorists, the route will not be closed to traffic and participants must respect the highway code.

Volunteers: over 400 dedicated volunteers help at this event. They are truly the lifeblood of the event and will do everything they can to make your day a success. Many spend more hours on the course than the participants themselves. Please be polite and remember to thank them. Without volunteers there would be no events like the TUSCANY CROSSING.

Insurance; Civil Liability: The organisation takes out civil liability insurance for the entire period of the event. The organisation advises each participant to have their own personal insurance to cover participation in events such as Tuscany Crossing with accident, travel and evacuation costs.

NB: helicopter evacuation in Italy is subject to a fee.

Image right: By registering for the TC, the participant expressly authorises the organisation to acquire, free of charge, the right, together with its partners, to use the still or moving images on which he or she may appear, taken during his or her participation in the event, on all visual media as well as on promotional and/or advertising materials, produced and disseminated worldwide and

for the maximum period provided for by the laws, regulations, treaties in force, including any extension that may be made to the period provided for.

Acceptance: By registering and paying the fee, the participant accepts these regulations without reservation.

CT Rules

The purpose of these rules is to enable the regularity of the event and individual performances by providing equal conditions for all. The guiding principles of the rules are as simple as: walk and run fairly, all safe and respect the environment.

Violations of any rule or directive of the TC may constitute grounds for disqualification for one or more years, or other sanctions such as time penalties, fines and/or disqualification from prizes.

The official breastplate must be worn visibly on the front of the body and must be easily visible at all times.

Participants must follow the marked path at all times.

Each participant must complete the entire route without outside assistance. Physical or mechanical aids are not permitted; the use of trekking poles is permitted.

Any assistance cannot be provided outside the designated points (refreshment area) except in the case of possible medical assistance

Participants must comply with the event regulations, regulations issued by the Event Director in the pre-manifestation e-mails and at the pre-manifestation briefing

on Friday afternoon or else be excluded from the event. Each runner must be registered or checked at all checkpoints.

All time limits will be strictly enforced both at the entrance and exit of the refreshment posts at certain times (to be announced later) . Participants must be OUT of the checkpoint BEFORE the time limit. Participants returning to the checkpoint after the limit time will be eliminated from the event.

Additional monitoring of individual participants may be necessary at the discretion of the medical staff.

Refusal by the participant to cooperate fully may result in immediate exclusion. Each runner must fully disclose to the medical staff at the per-manifestation check-in any changes in existing medical conditions and any prescribed medication.

The medical/health staff may at its sole discretion suspend the participant from the event by invalidating the bib number. Rescuers are authorised to evacuate participants deemed to be in danger by all means at their convenience. The use of anti-inflammatory infiltrations by the medical personnel on duty is not permitted. Should it become necessary to use anti-inflammatory injections, the competitor will be stopped and transported to the medical station for health checks. Participants must refrain from any acts of bad sportsmanship.

Smoking is not permitted at any of the checkpoints or along the route.

Any runner who is unable to complete the event must personally inform the nearest aid station or control point of his decision to withdraw. The runner must hand in the GPS tracker and bib at that time. All this serves as official notification of withdrawal from the race. Participants who leave the course without handing in their GPS tracker and bib will be classified as 'lost', thus potentially activating the search and rescue unit. Time spent searching for such a runner may be billed to the runner.

Participants who cross the finish line after the time limit will not be listed as official finishers. The TC has a zero tolerance policy regarding the use of performance enhancing drugs (PEDs). Any athlete who has been determined to have violated anti-doping rules or policies enforced by the International Association of Athletics Federations ([IAAF](#)), the World Anti-Doping Agency ([WADA](#)) or any other national sports federation is ineligible for TC membership. Any athlete who refuses to submit to anti-doping controls, if selected for testing, must be disqualified and subject to a lifetime ban from the TC.

In the event of bad weather conditions, weather warnings and for safety reasons, the organisers reserve the right to suspend the event in progress, to change the time barriers or to divert the transit of the event to asphalted stretches.

Compulsory equipment for 160 km and 53 km:

1. Water reserve 1 litre.
2. Water backpack or double water bottle.
3. Energy bars or equivalent foodstuffs.

4. Waterproof Windproof Jacket
5. Emergency Cloth
6. Whistle
7. Headlamp with battery backup
8. Compulsory medical certificate
9. Charged mobile phone

The use of the following material is strongly recommended:

1. Hat or bandana and gloves
2. Trail shoes
3. Spare headlamp

Timekeeping and gps tracking

Each participant in the 160 km will be given a GPS tracker to be returned at the end of the event.

Nota
Bene

- The GPS tracker will be handed out at bib collection
- When collecting the event bib and GPS, check that both match as
Number
- With regard to the use of the GPS, it is recommended to strictly follow the instructions and information included in the package.
- GPS is strictly personal and cannot be exchanged
- The GPS must be returned to the pits in the finish area to the staff in charge, even for athletes who have withdrawn or have not started. If the GPS is not returned, the athlete will be charged €50.

Gates Timetable

- Minimum and maximum time gates of 6 km/h and a maximum of 3.3 km/h will be set up to allow competitors access to refreshments and a shuttle service so that competitors are not left on the route without assistance in the event of retirement. Outside these

times no assistance will be guaranteed and competitors will be out of the event. (these are intended as exit times)

ENVIRON MENT

The event takes place in a nature park and fully protected ecosystems. Competitors must behave in an environmentally friendly manner, avoiding in particular littering, picking flowers or harassing fauna. Anyone caught abandoning waste along the route will be excluded from the event and will incur any penalties provided for by municipal regulations.

Each runner must carry a glass or water bottle to fill up at the refreshment stations. The event adheres to the campaign promoted by Spirito Trail "I don't litter".

RISTO RI

You participate in semi-self-sufficiency with the obligation to have a one-litre water supply.

Food and drinks at the refreshment posts must only be consumed on the spot; water bottles or Camel bags may only be filled with plain water. At the start of each refreshment post, participants must have the necessary amount of water and food to get to the next refreshment post.

There will be additional refreshments at the finish line.

On the route there are several rivers, fountains and towns where water can be supplied. Any purchase of food or drink in unauthorised places is the responsibility of the competitor.

COMPLAI NTS

The violation of any of the rules or regulations of the TC is an extremely serious matter. Consequently, the alleged violation of a rule by another participant is very serious. Protests must be lodged by a registered participant and must be submitted using the following procedure:

Report the alleged violation to the participant while the incident occurs. Find a witness to the alleged violation, if possible.

Report the alleged violation with the name and number of the participant to the next available aid station judge.

Report the alleged breach in writing at the finish line to the Event Director.

All protests must be lodged by 10.30 a.m. on the Sunday following the race. The written protest must include the name of the person lodging the protest.

Both parties will be invited to discuss the complaint with the Committee at noon on Sunday, when a decision will be made on whether to refuse the award to the alleged violator.

In the event of oversights or various omissions in the regulations of the race, the decision rests with the director of the event as well as the final judgement on all parties.

A final resolution of the problem can be taken by the UISP Territorial Committee about two weeks after the race.

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The director of the 'TUSCANY CROSSING' event will be appointed by the organising committee and assisted by UISP judges.