

Tuscany Crossing Regulation

The sporting event is called "Tuscany Crossing" and will take a competitive form.

The race is organised by ASD SIENARUNNERS, an amateur sports association.

The TC takes place in southern Tuscany, in the Val d'Orcia Park (UNESCO World Heritage Site).

100 Mile

- The 100-mile race starts at 5:30 p.m. on Friday, 21 April with a start in Castiglione d'Orcia. Runners must reach the finish line no later than 32 hours to be eligible for a finisher's prize.
- The 103 km race starts at 05:30 on Saturday 22 April with a start in Castiglione d'Orcia. Runners must reach the finish line no later than 32 hours to be eligible for a finisher's prize.
- The 53 km race starts at 05:30 on Saturday 22 April with a start in Castiglione d'Orcia. Runners must reach the finish line no later than 32 hours to be eligible for a finisher's prize.

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

The race route will be mostly on typical Tuscan landscapes, with most of the roads being white, paths and asphalt with a percentage of less than 20%, passing through the most beautiful villages in Tuscany.

Entry requirements

Athletes over 18 years of age who have a sports medical certificate for competitive activity, valid at least until 24 April 2023, may register. Athletes serving disqualifications for doping will not be accepted. Qualifying races are not necessary for registration, but it is nevertheless advisable to have taken part in other long trails.

The athlete must take note of the length and particularities of the test, which differs substantially from other races, and be aware that participation requires a high level of physical preparation necessary to overcome situations that require great capacity for physical and psychological autonomy, because the apparently 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 valid medical certificate for athletics, which must be received by email or handed in directly when the bib is collected. Failure to do so will result in the cancellation of the registration without any right to a refund of the fee paid.

Registration

Registration will open on 1 June 2022 and close on 8 April 2023.

There will be a limited number of 300 entrants for each distance, but the organisation reserves the right to increase the number of entries for each distance to a maximum of 900 total entrants.

RACE	Until 01/09/22	Until 01/01/23	Until 15/03/23	Until 08/04/23
TC100M 160 km	€ 135,00	€ 140,00	€ 150,00	€ 160,00
TC100K 103 km	€ 80,00	€ 90,00	€ 95,00	€ 100,00
TC50K 53 km	€ 45,00	€ 50,00	€ 55,00	€ 65,00
walk 15 km	€ 13,00	€ 13,00	€ 13,00	€ 13,00

The registration fee includes:

race pectoral

assistance and refreshments along the route and at the end of the race

race package

Technical souvenir jersey

Finisher prize

meal voucher

race pectoral

AWARDS

There are no cash prizes.
Prizes will be awarded to the first 10 men and the first 10 women.
The prize-giving ceremony will take place on Saturday 22 April at 18:00.
Under no circumstances will prizes be shipped or delivered in advance.

Waiver of participation and partial refunds

If you are unable to attend, you must notify us by e-mail at info@tuscanycrossing.com.

The following reimbursement methods are available:

- renunciation by 31/12/2022: refund of 60% of the fee
- cancellation before 31/03/2023: 50% of the fee will be refunded
- renunciation before 01/04/2023: refund of 40% of the fee
- renunciation after 02/04/2023: no reimbursement

The refund of the fee, net of bank charges, will be made by 31 August 2020 in the manner indicated at the time of cancellation.

It will be possible to transfer the registration to another person upon payment of an additional € 10.00 secretarial fee after notification 31 March 2023

In the event of cancellation of the race for reasons of force majeure, up to 10 days before the event, the Organisation reserves the right to refund a percentage equal to 50% of the registration fee paid or 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 which it cannot recover. In the event of interruption or cancellation of the race due to weather conditions, or for any other reason beyond the control of the Organisation, no reimbursement will be due to the participants.

Enrolment procedure

Online by following the instructions on www.tuscanycrossing.com

Responsibility

The athlete relieves the organisation of any responsibility for medical problems that may occur to him before, during and after the race, as he has been informed of the medical contraindications concerning him.

In the event that it becomes necessary to activate the 118 emergency services, including the possible use of a helicopter, the costs arising from the intervention of structures outside those of the organisation, both before, during and after the event, cannot be charged to the organisation itself. The athlete takes part in the event under his own responsibility, relieving the organising club of all liability for damage caused or suffered by persons, animals or things, 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 running: In races where much of the running 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 race can vary from 0° to 30° degrees, participants must be prepared for both extremes. Weather conditions are unpredictable and can change rapidly.

River crossing: along the route runners will have to ford rivers and streams, fording is dangerous and **MUST NOT BE ATTEMPTED DURING THE RACE**. On the day of the race, a guide rope will be stretched across the river, with staff available for assistance.

Signposting: Course markings will consist of tape, arrows and other signs which will be communicated before the start. In addition, reflectors will be placed on the course for the dark hours. Staff do their best to provide an adequately signposted route, but it is necessary for runners to remain constantly alert while racing. Occasionally, people not associated with the event may alter or remove the signs. A working knowledge of the route, road-book and GPS track will be of infinite help to the runner.

Changing bags: Race management will provide transport for changing bags to the locations specified on the map. This service is provided to assist unmanned runners. Those with adequate support are asked not to overload our volunteers with unnecessary bags. Bags must be securely tied, clearly labelled with the number and deposited at the appropriate collection station established for each checkpoint before the start. Change bags must fit through a 40 cm opening. You are limited to one bag per aid station. Please do not use paper bags, shoe boxes or anything made of paper-like products. These can easily get wet. It is imperative that runners do not leave perishable items in their bags. DO NOT put glass bottles in your change bags.

The bags will be returned to the TUSCANY centre as soon as possible. It is the responsibility of each runner to claim their bags. If you are unable to retrieve your bags, ask someone else to do it for you. Collection bags must be claimed by 10:00 am on Sunday. Any bags left 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 abandon the race 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. Runners who need to leave the race will be taken to the finish line. Our main responsibility is to put on a race, not to shuttle non-finishers, so please be patient in this case. Aid stations will close when the broom service arrives.

Ethics of the race: please be polite to walkers, tourists, motorists, the route will not be closed to traffic and runners must respect the highway code, volunteers on the route will not have the power to stop cars.

Volunteers: Over 300 dedicated volunteers help with the race. They really are the lifeblood of the race and will do everything they can to make your day a success. Many spend more hours on the course than the runners themselves. Please be polite and remember to thank them. Without the volunteers there would be no races like 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 covering participation in events such as Tuscany Crossing with accident, travel and evacuation costs.

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

Image right; By registering for the TC the athlete 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 material, produced and distributed throughout the world and for the maximum period provided for by the laws, regulations and 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 aim of these rules is to ensure the regularity of the race and individual performance by providing equal conditions for all. The guiding principles of the running rules are as simple as: running fairly, running safely and respecting 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 race number of each runner must be worn visibly on the front of the body and must be easily visible at all times.

Runners must follow the marked path at all times. Any runner leaving the official route must return to the exit point on foot before continuing.

Each runner must complete the entire route without external assistance. No physical or mechanical aids are allowed, 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.

Runners must comply with the race rules, regulations issued by the Race Director in the per-race e-mails and at the per-race briefing on Friday afternoon or else be disqualified.

Each runner must be registered or checked at all checkpoints.

All time limits will be strictly enforced. Runners must be OUT of the checkpoint BEFORE the time limit. Runners returning to the checkpoint after the limit time will be eliminated from the race.

Additional monitoring of individual runners may be necessary at the discretion of the medical staff. Refusal by the runner to cooperate fully may result in immediate disqualification.

Each runner must fully disclose to the medical staff at the per-race 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 race and invalidate the bib number. The rescuers are authorised to evacuate participants judged to be in danger by all means at their convenience. The use of anti-inflammatory infiltrations by the medical staff on duty is not permitted. If the use of anti-inflammatory injections becomes necessary, the competitor will be stopped and taken to the medical station for health checks.

Runners must refrain from any act of bad sportsmanship.

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

Any runner who is unable to complete the race must personally inform the nearest aid station or control point of his decision to withdraw. The runner must hand over the GPS tracker and bib at that time. All this serves as official notification of a runner's withdrawal from the race. Runners who leave the course without handing over their tracker and bib number 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.

Runners 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 sporting federation is ineligible for TC membership. Any athlete who refuses to submit to 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 organisation reserves the right to suspend the race in progress, to change the time barriers or to divert the transit of the race to asphalted stretches.

Compulsory material:

1. Water reserve 1 litre.
2. Water backpack or double water bottle.
3. Energy bars or equivalent foodstuffs.
4. Waterproof Windproof Jacket
5. Emergency sheet
6. Whistle
7. Headlamp with battery backup
8. Compulsory competitive 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

Timekeeping by Cromorni

GPS tracking by Setetracks

Each participant in the 160 km and 100 km will be given a GPS tracker to return at the end of the event.

Please note

- The GPS tracker will be handed out at the bib collection.
- Failure to use or incorrect use of the chip and GPS will result in non-inclusion in the ranking and no time allocation.
- When collecting your race bib and GPS, please check that they both match as Number
- With regard to the use of the GPS, it is recommended that you strictly follow the instructions and information included in the package.

- The GPS is strictly personal and cannot be exchanged.
- The GPS must be returned to the pit lane 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

- Time gates will be set up to allow competitors and a shuttle service to ensure that competitors are not left on the course without assistance. The time gates will be announced as soon as possible are calculated at 5 km per hour, after these times no assistance will be guaranteed and competitors will be out of the race. (they are intended as exit times)

ENVIRONMENT

The race takes place in a natural park and fully protected ecosystems. Runners must behave in an environmentally friendly manner, avoiding littering, picking flowers or disturbing wildlife. Anyone caught leaving rubbish along the route will be disqualified from the race and will incur the penalties provided for by municipal regulations.

Each runner must carry a glass or water bottle to fill up at the refreshment posts. The event is part of the Spirito Trail campaign "I don't throw away my rubbish".

RISTORI

The race is semi-autonomous and requires 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 natural water. At the start of each refreshment post, the runners must have the necessary amount of water and food to get to the next refreshment post.

There will be an additional refreshment point at the finish.

On the route there are several rivers, fountains and towns where you can get water.

Any purchase of food or drink in unauthorised places is the responsibility of the competitor.

COMPLAINTS

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 rider is very serious. Protests must be made by a registered rider and must be submitted using the following procedure:

Report the alleged breach to the runner while the incident is occurring. Find a witness to the alleged violation, if possible.

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

Report the alleged infringement in writing at the finish line to the Race Director.

All protests must be submitted by 10.30 a.m. on the Sunday following the race.

The written protest must include the name of the person making the complaint.

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

In the event of any oversights or omissions in the race regulations, the decision rests with the race director 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" race will be appointed by the organising committee and assisted by UISP judges.