

**Any enrolment for the Trail 12km of EcoTrail Reykjavik® 2018 implies the tacit acceptance of the of the following regulations:**

### **1.1 EVENT**

A timed running race from the heart of the countryside, following nice trails of different kind. The distance of this EcoTrail Reykjavik is 12km. The start is in the edge of the largest outdoor area near Reykjavik called Heiðmörk and the finish line is at the beach of Nauthólsvík in Reykjavík. The route is one single leg, to be run at a free pace. There is a limited time available, coupled with strict enforced cut off at the check points/service points. The start of the race is on Friday the 6<sup>th</sup> of July 2018 at 23h00.

### **1.2 PARTICIPATION**

The race is open for anyone, man or woman,(including hopefuls and veterans categories), graduate or not.

### **1.3 TRAIL IN SEMI SELF-SUFFICIENCY**

The race is intended to be completed in a self-sufficiency manner. On the course there will be service area where refreshments will be served. Drinks and food are to be consumed on the spot. Only water (excluding other drinks) can be filled up in flasks and containers.

No personal assistance is authorized on the course outside the refreshment areas set out for this purpose.

**Any personal medical or paramedical care is strictly forbidden in case of intention to conclude the race. It is officially forbidden to be supported along the course by any person other than a regularly enrolled competitor.**

### **1.4 ENROLMENT CONDITIONS**

To enroll for the Ecotrail Reykjavik 12 km<sup>®</sup>, you are strongly advised to have participated in and completed minimum a 5-7km trail or road race.

**All runners are participating in the race at their own risk.**

### **1.5 ACCEPTANCE OF THE REGULATIONS AND OF THE ETHICS**

Taking part in the Ecotrail Reykjavik 12 km<sup>®</sup>, implies a de facto acceptance without reservations of the current regulations and the ethics of the race published by the organization. This can be consulted in the section «ethical charter» on the website.

A little bag specifically for collection the participants' rubbish will be handed out to each runner together with their race number. The use of this bag is obligatory, and carrying it will be checked out at the control points. **Any runner caught throwing down rubbish on the course will be disqualified.**

Everyone enrolled undertakes to follow the paths signposted by the organization, without taking any short-cuts. In fact, short-cutting a path causes an irreversible erosion of the site and thus permanent damage. **Non-respect for this direction will lead to disqualification.**

**A number of dustbins will be placed at each service point and it is obligatory to use these with an approach to a selective sorting of rubbish.**

## **1.6 MAXIMUM NUMBER OF PARTICIPANTS**

Trail 12km: 500 people

## **1.12 ELECTRONIC CHIPS FOR TIMEKEEPING PURPOSES**

During the issuing of race numbers, an electronic chip is individually handed over to each runner for timekeeping purposes. **This must be placed as stipulated in the technical description.** Each runner is responsible for the good care of the chip. The runner cannot be timed in the following cases:

- not carrying the chip.
- losing the chip.
- damaging the chip.
- unorthodox carrying of the chip.

## **1.13 RUNNERS BAGS FOR THE FINISH**

Each competitor brings their own personal effects bag of 20 litres' capacity (change of clothing, toiletries,...). A sticky label supplied with the race bib must be stuck onto this bag.

The bag can be deposited at a designated area close to the start area, between 22h00 and 22h45 on Friday the 6<sup>th</sup> of July. No runner's bag will be accepted by the organization at other times

**Bag recovery:** at the Nauthólsvík (Finish area). The bags are handed back either to the competitor or to those close to him, **uniquely on presentation of the bracelet.** Bags will be handed out until 11am on Saturday afternoon. Beyond this time limit, the runner will have to come and recover his bag, at his own cost, from the Ecotrail Reykjavik organizers.

Only the bags handed out by the organization will be taken. As the contents of the bags were not checked, there can be no protest about the contents at the Finish. It is recommended not to put valuable objects in them.

All the bags must be taken back from the association within 15 days after the event, beyond which date they given to charitable organizations.

## **1.14 SAFETY AND MEDICAL ASSISTANCE**

As the route will be different kind of trails and paths accessible to the general public it is imperative that the runners behave in a good manner, respect traffic rules and show respect for nature and everybody you meet during the race!

A First Aid station has been set up at each refreshment post. These stations are in telephonic liaison with Race Control. A medical control team is present throughout the entire duration of the event at Race Control.

The First Aid stations are there to bring aid to any person in danger using the organization's own or approved means. The official doctors are authorized to take any competitor unsuited to continue the event out of the race (by invalidating his race number). The first-aid workers are authorized to transport those runners whom they consider in danger by any means at their disposal.

Any runner not willing to comply with race- and /or public regulations and instructions from race officials will have to cover themselves all cost in case of damage or recovery patrols.

Any runner contacting or calling a doctor or a first-aid worker submits themselves to their authority and **undertakes to accept their decisions.**

### **1.15 PHYSIOTHERAPISTS AND MEDICAL STAFF AT FINISH**

Physiotherapists and other medical personnel will be present in Reykjavik at the finish area to assist runners at their arrival. Access to the "medical area" is only for runners wearing their bracelet. The first-aid area is open 00h10 on Saturday until 15h00 Saturday afternoon. Access to first aid and the nature of the care required are left to the assessment of the first-aid personnel, notably based how busy they are.

### **1.16 CONTROL POSTS AND REFRESHMENT AREAS**

**"Mobile" control zones have been set up at several points along the course.** Their position is not communicated by the organization and the means of control will be specified to the participants during the pre-race briefing on Thursday 5<sup>th</sup> of July.

**Only runners carrying a visible race number have access to the refreshment areas.** The road map will identify a precise list of refreshment points. The refreshment points are supplied with drinks and food to eat on the spot and with still water for refilling your bottle or flask. A post-race nutrition will be served close to the finish to all the participants of the race who have asked for it during their registration.

### **1.17 MAXIMUM TIME AUTHORISED AND TIME GATES**

The maximum time for the event, for the whole of the course, is fixed at 3 hours. The hour limits from the Start (time gates) of the refreshment zones will be defined and communicated in the road map.

These time gates have been calculated to enable the participants to get to the Finish in the maximum time laid down, while still making possible stops (rest, care...) To be authorized to continue the event, **competitors must set off again from the refreshment zone before the fixed time limit** (whatever their arrival time in the refreshment area).

Any competitor put out of the race and wishing to continue his course can only do so having returned his race number, and must then continue at his own responsibility and in complete

autonomy. From then on he can no longer be considered as a finisher. In this case the runner will have to sign a waiver taking back full responsibility for his behavior.

**In the case of poor weather conditions and/or for safety reasons, the organization reserves the right to cancel and/or to stop the race underway, even to modify the time gates in liaison with the prefectures concerned.**

### **1.19 PENALISATION - DISQUALIFICATION**

Controllers on the course are authorized to check the obligatory material and, more generally, the respect for all the regulations (runners identity, respect for the site and the ethic, illicit help and accompanying, race number not permanently visible to the front... )

**Any runner not in possession, during a control along the course, of the totality of his obligatory material will be immediately disqualified, without any possibility of making an appeal against this sanction.**

The displaying or exhibition of brands, sponsors, or partners being strictly forbidden in the start / finish area. The organizer is in charge of respecting this regulation. Because of this, non-respect will lead to an immediate and irrevocable disqualification. In addition, the competitor concerned will no longer be able to enroll in future runnings organized by Ecotrail Reykjavik.

A minimum penalization of half an hour is applied for any other breach in regulations. The controller tells his post director and/or Race Control and can ask, depending on the seriousness of the act and the behavior of the runner, for the disqualification of the competitor. The race jury can declare the disqualification of a competitor for any serious breach in the regulations, in particular in the case of:

- not wearing the race number correctly,
- not presenting identity papers or the presentation of identity papers not corresponding to those on the race number being worn,
- not wearing the bracelet,
- not respecting the regulations and laws regulating the use of public roads/paths
- not respecting the instructions given by the control post
- using any means of transport,
- starting off from a refreshment area after the time limit,
- not helping another competitor in difficulty,
- accepting personal assistance outside the official refreshment areas,
- not respecting the rule not to be accompanied along the course,
- display or exhibition, in no matter what form, of brands, sponsors, or partners at the start/finish area,
- pollution or damage to the sites by the competitor or by a member of his team,
- insults, rudeness or threats made during a meeting with any member of the organisation or any volunteer,
- refusal to be examined by a member of the medical staff at any moment in the event,
- drug-taking or refusal to allow a drugs test,
- not carrying the rubbish bag.

### **1.20 PROTESTS**

They can be made by letter in the 60 minutes after the posting of the provisional results.

## **1.22 THE RACE JURY**

This is made up of:

- Chairman of the Icelandic Ultra Running Association or a person acting on his/hers behalf
- the organizer,
- the race director,
- the coordinator responsible for safety,
- the director of the medical team,
- the directors of the control areas concerned,
- as well as anyone considered competent by the President of the Organization Committee. The jury is authorized to take decisions within a time limit compatible with the rules of the course on all the disputes or disqualifications which occur during the event. The decisions are without appeal.

## **1.23 MODIFICATIONS TO THE COURSE OR TIME GATES; CANCELLATION OF THE RACE**

The organization reserves the right to modify the course and the locations of the First Aid and refreshment posts, at any moment and without warning. In the case of really bad weather (strong wind with serious amounts of rain and snow, strong risk of a storm...) the start can be delayed by maximum of two hours, beyond which, the race is cancelled.

**In the case of bad weather conditions, and for reasons of safety, the organisation reserves the right to cancel and/or to stop the event underway, even to modify the time gates.**

**Cancellation, postponement or modification to the race opens no right to enrolment reimbursement.**

Any decision will be taken by a jury bringing together at least the race director, the organizer and the coordinator responsible for safety as well as any person competent in the eye of the President of the Organization Committee.

## **1.24 INSURANCE**

Personal liability: The organizer has taken out a personal liability for the duration of the event. This personal liability insurance guarantees the financial consequences of its responsibility, of that of its officials and its participants.

Personal accident: **Each competitor must be in possession of an individual accident insurance.** Such an insurance can be taken out with any organization chosen by the competitor, and in particular with the Icelandic Athletics Association

## **1.25 ROAD BOOK**

A detailed description of the course will be supplied at the same time as the distribution of the race numbers. It includes practical information such as the cut offs for the check points, locations of the refreshment areas, the rescue posts, the care posts, as well as the access points for the accompanying members. A single copy of this book will be given exclusively to those who have enrolled.

## **1.26 RANKINGS AND REWARDS**

**Only those runners crossing the finish line will be ranked.** No monetary prize will be awarded; all the finishers will receive the same specific gifts

A general male and female ranking and a ranking for each male and female category will be established: the first 5 men and the first 5 women in the general ranking, as well as the first 3 in each category will receive a trophy or a gift. General classifications and those by category cannot be accumulated. In the hypothesis where less than 10 runners in the same category will be at the Start of the event, then only the 1<sup>st</sup> in the category will be rewarded.

The detail of the awards can be given on request at the time of race bib distribution.

By “Finisher” one means all the participants reaching the Finishing Line before 02.29.59 am on Saturday July 7<sup>th</sup> 2017.

## **1.27 SUPPORT**

In the context of the values of solidarity and for the protection of the environment of the Eco-Trail Reykjavik it has seemed natural for the organization to associate itself with a project for the environment. What specific project that will be supported in 2017 is not yet decided.

## **1.28 PICTURE RIGHTS**

In taking part in the race, each competitor expressly authorizes the Eco-Trail Organisation (or its assignees) to use and allow to use or to reproduce or allow reproduction of their name, their image, their voice and their sports performance in the context of the race with regard to any direct exploitation or in the form derived from the event and this, in any support, in the whole world, through all known and unknown means to-date, and for the entire duration at present granted to these direct or derived exploitations by the legislative or regulatory dispositions, legal or arbitrary decisions of the whole country as well by international agreements, current or future, allowing for possible extensions which might be made to this duration.

EQUIPMENT:

### **MANDATORY EQUIPMENT**

- A personal cup or bottle.
- Mobile phone (enter the safety numbers of the organization into its directory, do not hide its number and do not leave without charged batteries for the mobile phone)
- Proof of identity.

**Note that there is a refreshment station at 6km, but you must bring your own cup!**

**RECOMMENDED EQUIPMENT**

- Minimum 250ml water supply in refillable bottle
- Food supply (bars or energy gels)
  
- Cap or bandana or bonnet,
- A minimum sum of IKR 5.000 to take care of any unforeseen events
- Rainproof jacket able to withstand poor weather.
- Gloves