

Any enrolment for the Trail 23km of EcoTrail Reykjavik® implies the tacit acceptance of the of the following regulations:

1.1 EVENT

A timed running race through the heart of the countryside, following nice trails of different kind. The distance of this EcoTrail Reykjavik is over 23km. The start is in the middle 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 evening.

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 areas 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 23 km[®], you are strongly advised to have participated in and completed minimum a 10-15km 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 23 km[®], 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.

Participants must carry a rubbish waist bag and re-usable cup. The use of this waist bag and re-usable cup is obligatory.

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.**

Waistbins 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 23km: 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 shall bring their own personal bag to the start line to leave with the clothes and more to be brought to the finish line.

The bag can be deposited at a designated area close to the start area around half an hour before the start.

Bag recovery: at the Nauthólsvík (Finish area). The bags are handed back to the participants when arriving to the finish line.

It is recommended not to put valuable objects in the bags as the organizers do not take any responsibility for the bags or the content in the bags.

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 personell will be present in Reykjavik at the finish area to assist runners at their arrival. Access to the “medical area” is only for participants.

1.16 CONTROL POSTS AND REFRESHMENT AREAS

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 5 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: Each participant runs and takes part in the event on it's own risks. Race organizers, staff and volunteers do now take any reponsability of anything that can happen during or after the races.

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 COURSE INFORMATION

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. This information will be emailed to all participants plus being on the web sites of the event.

1.26 RANKINGS AND REWARDS

Only those runners crossing the finish line will be ranked. No monetary prize will be awarded;

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 1st in the category will be rewarded.

By “Finisher” one means all the participants reaching the Finishing Line before the limited time as stated above.

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

- Minimum 250ml water supply in refillable bottle
- Food supply (bars or energy gels)
- A personal cup or bottle.

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- 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)
 - Smart watch fully charged and knowing how to operate and follow the gpx track of the route from the start to the finish.
 - Proof of identity.
Note that there is a refreshment station at 12km, but you must bring your own cup!

RECOMMENDED EQUIPMENT

- 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