

CAUT 2022 RULES OF COMPETITION

Rev 0.2 (02/07/2022)

Art. 1)

ORGANIZATION

In collaboration with La Sportiva and Massi Sport, the amateur sports association A.S.D. Podistica Valle Grana organizes the second edition of the "CAUT - Curnis Auta Trail" and the first edition of the "Curnis Auta Trail RELAY" under the aegis of the Italian Sport Union (Uisp). Both races will be called "CAUT" and will take place on Saturday 9th and Sunday 10th July 2022.

Art. 2)

TRAIL RUNNING RACE

The "CAUT" race consists of a mountain trail which takes place in the municipalities of Caraglio, Montemale di Cuneo, Valgrana, Monerosso Grana, Pradleves, San Damiano Macra, Macra, Castelmagno, Demonte, Bernezzo, Rittana, Valloriate, Cervasca.

The CAUT - Curnis Auta Trail is a one stage race at free speed in a limited time; the Curnis Auta Trail RELAY is conducted by two participants who will pass the witness at the Fauniera Refuge, the mid-race point.

The race will be 81 km long with an elevation gain of approximately 4,450 meters and maximum time limit of 20 hours; the first changeover zone of the relay is at km 40 with 3.000 meters of positive height difference whereas the second exchange zone is at km 41 with 1,450 meters of positive height difference.

The start time will be at 11 pm near the Filatoio di Caraglio (CN) and the arrival will be in Cervasca city centre.

Art. 3)

PARTICIPATION

The "CAUT" race is open to all athletes of both genders being 18 years old at the date of the race, attached or unattached athletes, in possession of the Medical Fitness Certificate for competitive sports. For safety reasons, pets are not allowed.

Art. 4)

FUELING

Refreshment points will be supplied with drinks and food to be consumed on-site, as specified in the program. Plastic cups will NOT be available in the refreshment areas. Plain water will be provided to fill bottles or hydration packs. Before leaving the refreshment point, each athlete must be sure he/she has enough food and water to reach the next refreshment point. Non-registered persons are not allowed to accompany participants in the event. External assistance is allowed only in refreshment areas.

Art. 5)

REGISTRATION

Being able to cover a vast distance on your own strength and a consistent training are crucial to succeed in this competition. In fact, both races involve height differences up to 2,600 meters and adverse weather conditions (wind, cold, rain or snow).

Even if anyone may apply and participate in the "CAUT" competition, it is recommended that all runners have already participated in other Ultra Trail races before.

For more information, please contact info@podisticavallegrana.com

Art. 6)

MEDICAL CERTIFICATE

All runners applying for the "CAUT" need to be in possession of the Medical Fitness Certificate for athletics, Skyrunning, Mountain running, Trail running, Running.

Foreign athletes must download the medical certificate from the website ww.podisticavallegrana.com/caut – it needs to be filled in, stamped and signed by a doctor.

Such certificate (please check its validity period) must be uploaded at the time of registration on the website www.wedosport.net. It is not possible to send it via email. **Runners may not participate in the race without a correct certificate!!!**

Art. 7)

RELEASE FORM

When applying, athletes need to accept the VOLUNTARY ASSUMPTION OF RISK AND RELEASE OF LIABILITY FORM.

Art. 8)

REGISTRATION

Runners may start applying for the "CAUT" from 19/12/2021 on **Wedosport** platform.

The race will take place in all weather conditions. Depending on sudden adverse weather conditions, the organizing committee can change the route of the race to prevent the risks that may occur.

BEFORE THE COLLECTION OF THE BIBS, PLEASE REMEMBER TO FIRST GO THROUGH THE COMPULSORY EQUIPMENT CHECK. THE BIB WILL NOT BE DELIVERED WITHOUT THE MANDATORY EQUIPMENT CHECK FORM.

Art. 9)

REGISTRATION FEE:

Please see the following registration fees:

CAUT - Curnis Auta Trail:

- 80 euros – registration by 31/01/2022
- 85 euros – registration by 31/03/2022
- 90 euros – registration by 03/07/2022

Curnis Auta Trail RELAY:

- 90 euros – registration by 31/01/2022
- 100 euros – registration by 31/03/2022
- 110 euros – registration by 03/07/2022

The registration fee also includes the geo-location tracking device each competitor has to carry with him/her (as for the relay race, the device should be passed from one competitor to the other). **The tracker is guaranteed to the first 200 registered athletes by the date of 03/07/2022.** The competitor can also be followed from home on the wedosport.net platform. When collecting the bib, you will be asked to leave an identity document as a deposit; the same document will be returned to the competitor when giving the tracker back. **In case of non-return or damage, the competitor will be required to pay € 100.00 as a refund of the value of the tracker.**

ATTENTION: on-line registrations will be closed on Sunday 03/07/2022 at 24:00. It will still be possible to register on the day of the race by 6 pm at the finish area, paying a 5 euros surcharge per participant, with no guarantee that it will be possible to get the goodie-bag and the geo-tracker. The fee includes: bib number, goodie-bag with sweatshirt or T-shirt of the racing event, meal voucher for lunch, gadget for finishers of the 81Km race.

Art. 10)

MAXIMUM NUMBER OF COMPETITORS

The maximum number of competitors admitted to the second edition of the CAUT - Curnis Auta Trail is 200 athletes, whereas the Curnis Auta Trail RELAY will admit 100 teams.

Art. 11)

TRANSPORTATION TO THE START AREA

For both trail race and relay race, transportation will be provided from the finish/registration area to the start area at the Filatoio Rosso in Caraglio. This (free) transport must be booked at the time of registration.

Otherwise the competitor will have to reach the starting point independently.

As for the relay, the second runner needs to reach the Rifugio Fauniera independently just like the first runner has to go back to the starting point independently. We suggest competitors to share their cars when possible, as there is no much parking space nearby.

Art. 12)

ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE

Participation in the "CAUT" means unreserved acceptance of these rules.

All official communications competitors will be receiving until the race date, will become an integral part of these regulations.

Art. 13)

REFUND OF THE REGISTRATION FEES

In case of last-minute race cancellation due to force majeure events, 50% of the registration fee will be refunded.

Art. 14)

EQUIPMENT

To ensure personal safety of all competitors – and based on experience gained – the organizing team imposes the following:

By registering, each runner officially accepts to bring with him/her the compulsory equipment listed below throughout the race, under penalty of disqualification.

Compulsory equipment (mandatory check before bib collection and spot check along the route)

1. Backpack or pouch
2. Thermal blanket
3. Headlamp + replace batteries or second working headlamp
4. Hat or bandana
5. Windproof jacket
6. Whistle
7. Water containers, **total minimum volume 0,5l**
8. Food (minimum 1 gel + 1 energy bar)
9. Glass or any other personal container
10. Mobile phone (enter the organization's emergency number, do not hide the number and do not forget to leave with the battery fully charged).

In case of very bad weather conditions, the following equipment will be mandatory:

1. Running pants or long tights
2. Specific rainproof jacket suitable for adverse weather conditions in the mountains
3. Gloves

Recommended:

1. Spare clothes in case of cold weather
2. Food and water, taking into account the number of refreshment points

Optional:

1. Hiking poles

All athletes have the possibility to find their own spare clothes halfway through the race, at Rifugio Fauniera. However, spare clothes can only be packed into bags provided by the Organization. All athletes who will use the poles will have to carry them during the whole race. No volunteers or rescue staff is authorized to collect / keep the athletes' poles. Any athlete who will leave or give his/her poles to a volunteer or any other person, will be penalized with a two-hour delay; if such penalty will make the athlete exceed the maximum time of 20 hours, he/she will be removed from the course.

Art. 15)

BIBS

Each competitor can pick up his/her own bib by showing a picture ID, after the mandatory equipment check.

The bib must be worn on the chest, belly, thigh and always be visible throughout the race. It must therefore be put on something you will continue wearing. It cannot be put on backpacks or on the back.

Before the start, each runner must turn on the tracker and go through the entrance gates at the starting area to be registered. The same will happen upon arrival.

When passing through a control point and at the finish, the runner must enable the bib reading and make sure that the reading is regularly carried out.

The bib is the pass to access the refueling areas and showers.

Art. 16)

RUNNING BAGS

All spare clothes of the each runner must be placed into the runner's bag and can be dropped at the finish line in Cervasca on Saturday, July 9, from 6.30 PM to 10.00 PM.

Art. 17)

SAFETY AND MEDICAL ASSISTANCE

For safety reasons, no pets are allowed on the course.

On each hill or highest point and at each gate and refreshment point, an emergency call point is installed, these points are connected with the event organizers.

The health and rescue organization is fully delegated to the competent doctor who planned the presence of ambulances and volunteers on the route.

Competitors can expect to see our volunteers especially in the mountain areas.

The doctors are authorized to stop the competitors judged unfit to continue the race. Rescuers are authorized to evacuate with all their means all runners judged to be in danger.

In case of need, the Event organizers will call 118 and the Alpine Rescue Team when deemed necessary by the medical assistance including the helicopter.

Any cost deriving from such services (including the Alpine Rescue Team helicopter, if needed) will be paid according to current regulations. Any runner who requests help from a doctor or a rescuer submits himself to their authority and agrees to respect his/her decisions.

Art. 18)

REFUELING POINTS

- Località Piatta di Montemale (about 11 km), liquids
- Colle del Gerbido (about 20 km) solid and liquid
- Basse di Narbona (about 32 Km) solid and liquid
- Rifugio Fauniera (about 39.5 km) solid and liquid
- Bivouac Bernardi (about 52 km) liquids
- Colle dell'Ortiga (about 61.5 km) solid and liquid
- Località Le Funse (approx. 69.5 km) solids and liquids
- Località Aranzone (about 77 Km) water

Art. 19)

MAXIMUM TIME LIMIT AND CUT-OFF TIMES

The maximum time limit to complete the race is 20 hours.

The departure time limit (cut-off time) from the checkpoint at Rifugio Fauniera (approximately 39.5 km) is set at 9:30 AM.

The departure time limit (cut-off time) from the checkpoint at Colle dell'Ortiga (approximately 61.5 km) is set at 2:30 PM.

In extraordinary circumstances, the event organization will be able to transport one competitor at a time to ensure his/her safety. The cut-off times are set to allow all participants to reach the finish line within the maximum time limit, while making possible stops (rest, meals, etc.). To continue the race, competitors must leave the checkpoint before the cut-off time.

In case of bad weather conditions and/or for safety reasons, the organization reserves the right to suspend the race or to amend the cut-off time.

Art. 20)

SHOWERS

It is possible to take a hot shower upon arrival near the finish line.

Art. 21)

DROPPING OUT OF THE RACE

Runners who decide to drop out of the race must reach the nearest checkpoint or wait for "broom service" and communicate their decision to the organizers. In case a competitor does not inform anyone of his/her withdrawal and the subsequent search for the missing runner starts, any expense arising from it will be charged to the runner himself.

Art. 22)

PENALTIES AND DISQUALIFICATIONS

The staff on the route are authorized to check the compulsory equipment and the full compliance with the entire regulation. Irregularities showed by videos received by the organization after the race, may cause disqualifications or penalties.

INFRINGEMENT - PENALTY

Absence of mandatory safety equipment: specific rainproof jacket

(only in case of cold weather, rain, snow), running pants or tights under the

knee, water → Disqualification

Absence of other mandatory equipment: backpack or pouch, glass or any other water container, food → 1 hour

Refusal to be checked by the organization staff, refusal to be examined by a doctor of the organization at any time during the race → Disqualification

Dropping waste on the way → Disqualification

Use of a means of transport, bib sharing or swapping, failure to pass a control point, doping or refusal to submit to an anti-doping screening, refusal to help another runner in a difficult situation, insults, rudeness or threats against the staff → Disqualification

Refusal to comply with an order from the race directors, race marshal, doctors, aid station's team leader → Disqualification

Departure from a control point after the cut-off time → Disqualification

Art. 23)

COMPLAINTS

Written complaints are only accepted within 30 minutes after the posting of provisional results, with a deposit of € 50,00

Art. 24)

RACE JURY

The race jury consists of :

- Race director
- Person in charge on the race course
- All competent people appointed by the race director

The jury has the right to decide on all disputes or disqualifications that occur during the race in a time compatible with the race obligations. The decisions taken cannot be appealed.

Art. 25)

MODIFICATION OF THE ROUTE OR CUT-OFF TIMES – RACE CANCELLATION

The organization has the right to modify the route or the location of the rescue and refreshment points at any time, without prior notice. In case of adverse weather conditions, the start time can be postponed by one hour; otherwise the race will be canceled.

Art. 26)

INSURANCE

All athletes are covered by UISP insurance.

Participation is under the entire responsibility of the competitors, who renounce any recourse against the organizers in the event of damage and any further consequences that may occur after the race. To complete the registration and collect the bib, the runner must sign the release of liability form and give it to the organization staff.

Art. 27)

RANKINGS AND AWARDS

Only the competitors who reach the finish line in Cervasca and will be regularly registered upon their arrival will be included in the ranking. No prize money will be distributed.

Each runner registered in the "CAUT" will receive a race pack.

A general ranking for men and women will be drawn up with the respective times.

For the CAUT - Curnis Auta Trail the first 5 men as well as the first 3 women of the general ranking will be awarded, in addition to the first runner of each of the following classes:

M1 (2004-1988), M2 (1987-1978), M3 (1977-1968), M4 (1967 and earlier), F1 (2004-1988), F2 (1987-1970), F3 (1971 and earlier) .

For the Curnis Auta Trail - RELAY the first 3 male, female and mixed teams will be awarded.

Art. 28)

IMAGES RIGHTS

By signing the registration, athletes expressly acknowledge they have no rights to the photos taken during the race. In addition, no appeal against the organization staff and its partners will be accepted for the use of their own image.

For any additional information, please send an email to info@podisticavalleggrana.com, or call Maurizio 389 3463927 or Max 338 5803796

Race director: Maurizio Veglia
