A.S.D Valmaremola

Patrocinio
Regione Liguria

Patrocinio
Comune Pietra Ligure

Registro Nazionale delle Associazioni e società sportive dilettantistiche
Sezione della polisportiva U.I.S.P. n° C040371

VAL MAREMOLA TRAIL ED.15

REGOLAMENTO

ANNO 2027

VAL MAREMOLA TRAIL ULTRA ED.4

VAL MAREMOLA LONG TRAIL ED.15

VAL MAREMOLA MEDIUM TRAIL ED.2

VAL MAREMOLA SHORT TRAIL ED.11

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ART. 1) ETHICS

The world of trail running brings together people who not only engage in the sport but also believe in and uphold the important values that define the ethics of the sport.

- Respect for others is respect for oneself: no cheating, either before or during the race.
- Respect for fellow runners: offering assistance to another runner in distress.
- Respect for volunteers, who participate for the sheer pleasure of being involved.
- Respect for nature: respecting flora and fauna by not littering; sticking to marked trails and avoiding shortcuts to prevent soil erosion.
- No prize money.
- Sharing and solidarity: everyone—whether competitor or volunteer—steps up to provide support in any situation.

ART. 2) ORGANIZATION

A.S.D. Valmaremola is organizing the fifteenth edition of the trail race known as the "Val Maremola Trail," under the patronage of the Liguria Region and the Municipality of Pietra Ligure, and with the participation of the municipalities of Tovo San Giacomo, Giustenice, Finale Ligure, Borgio Verezzi, and Magliolo. Collaborating organizations include: the A.I.B. (Forest Firefighting & Civil Protection) Association of Finale Ligure; the A.I.B. (Forest Firefighting & Civil Protection) Association of Finale Ligure (Tovo San Giacomo section); the A.I.B. (Forest Firefighting & Civil Protection) Association of Borgio Verezzi; the Valmaremola Hunters' Association; the Pietra Soccorso Association; the Croce Bianca (White Cross) of Borgio Verezzi; the SMTS Red Cross; ARI Loano Amateur Radio (IQ1LA); SMS Concordia Verezzi; A.S.D. Polisportiva Maremola; and the CAI (Italian Alpine Club) Loano section.

ART. 3) TRAIL RACE

An open-pace race set in a natural environment, traversing the trails of the hilly and mountainous areas across six municipalities; it follows a wide circuit starting and finishing in Pietra Ligure. The race takes place in a single stage at an open pace, within a set time limit and under semi-autonomous conditions.

- Individual race of approximately 54 km with 2,700 meters of elevation gain and a maximum time of 11 hours; start at 06:00 from the Via Don Giovanni Bado seafront pier.

Course difficulty: High (30 km) / Demanding (24 km)

- Individual race of approximately 35 km with 1,800 meters of elevation gain and a maximum time of 6 hours 30 minutes; start at 08:30 from the Via Don Giovanni Bado seafront pier.

Course difficulty: Demanding (19 km) / Moderate (16 km)

- Individual race of approximately 24 km with 1,200 meters of elevation gain and a maximum time of 5 hours; start at 09:00 from the Via Don Giovanni Bado seafront pier.

Course difficulty: Demanding (8 km) / Moderate (16 km)

- Individual race of approximately 16.0 km with 700 meters of elevation gain and a maximum time of 3 hours 30 minutes; start at 09:30 from the Via Don Giovanni Bado seafront pier.

Course difficulty: Moderate

- Non-competitive recreational run (open pace) of approximately 8.0 km with 300 meters of elevation gain and a maximum time of 2 hours; start at 15:00 from the Via Don Giovanni Bado seafront pier.

Course difficulty: Easy/Moderate

ART. 4) PARTICIPATION

Participation in the **Val Maremola Trail Ultra (54 km, 2700m D+)** is open to athletes born in 2007 or earlier who hold a valid membership with UISP, FIDAL, or another recognized body, or who possess a RunCard, RunCard EPS, or Mountain & Trail RunCard (with 2026/27 membership in good standing); and to non-affiliated athletes holding a certificate of competitive fitness for track and field athletics valid on the date of the event.

Participation in the **Val Maremola Long Trail (35 km, 1800m D+)** is open to athletes born in 2007 or earlier who hold a valid membership with UISP, FIDAL, or another recognized body, or who possess a RunCard, RunCard EPS, or Mountain & Trail RunCard (with 2026/27 membership in good standing); and to non-affiliated athletes holding a certificate of competitive fitness for track and field athletics valid on the date of the event.

Participation in the **Val Maremola Medium Trail (24 km, 1200m D+)** is open to athletes born in 2007 or earlier who hold a valid membership with UISP, FIDAL, or another recognized body, or who possess a RunCard, RunCard EPS, or Mountain & Trail RunCard (with 2026/27 membership in good standing); and to non-affiliated athletes holding a certificate of competitive fitness for track and field athletics valid on the date of the event.

.**Val Maremola Short Trail (16 km, 700m D+):** Participation is open to athletes registered with UISP, FIDAL, or other recognized bodies, or holders of a RunCard, RunCard EPS, or Mountain & Trail RunCard (born in 2008/2009 or earlier, including the Junior category) with valid 2026/27 membership; and to non-registered athletes holding a valid competitive medical certificate for track and field athletics (valid on the date of the event).

.**CAMMINANDO NELLA SUGHERETA (8 km, 300m elevation gain):** A non-competitive, recreational run/walk at an open pace; participation is open to everyone. Upon registration, participants must sign the registration form and the accompanying liability waiver.

ART. 5) COURSE CHARACTERISTICS

The course is a 54 km loop with a total elevation gain of 2,700 m (D+).

50% trails

30% dirt roads

20% asphalt

The route runs across open terrain along trails, featuring numerous technical sections; the middle section takes place in mid-mountain terrain—without exceeding an altitude of 900 meters—before descending back towards the sea.

The course is a 35 km loop with a total elevation gain of 1,800 m (D+).

52% trails

28% dirt roads

20% asphalt

A large part of the route runs across open terrain along trails, featuring numerous technical sections; maximum altitude is 316 meters.

The course is a 24 km loop with a total elevation gain of 1,200 m (D+).

52% trails

28% dirt roads

20% asphalt

A large part of the route runs across open terrain along trails, featuring numerous technical sections; maximum altitude is 280 meters.

The course is a 16 km loop with a total elevation gain of 700 m (D+).

52% trails

23% dirt roads

25% asphalt

A large part of the route runs across open terrain along trails, featuring numerous technical sections.

The non-competitive "Walking in the Cork Oak Forest" route is an 8 km loop with a 300 M D+
75% trails
25% asphalt
A large part of the route runs across open terrain along trail paths, while the start and finish sections are on asphalt.

ART. 6) MEDICAL CERTIFICATE
To register for Val Maremola races, a sports medical certificate attesting to fitness for running, track and field, or a higher-level activity is mandatory.

The certificate (please verify its validity for the date of the race) must be uploaded during registration at http://iscrizioni.wedosport.net/.

Athletes who fail to provide the sports medical certificate will not be allowed to participate in the race.

ART. 7) REQUIRED DOCUMENTS

Completion of a liability waiver will be required upon registration on the Wedosport website.

ART. 8) REGISTRATION PROCEDURE

Registration for the races takes place online via the websites www.valmaremolatrail.it and/or wedosport.net.

Online registration closes at midnight on Wednesday, February 3, 2027.

For the non-competitive, free-paced recreational run/walk "Camminando nella sughereta" (Walking in the Cork Oak Forest), registration is available on Saturday, February 6, from 12:00 PM to 2:30 PM at Piazza San Nicolò, Pietra Ligure.

Registration for the competitive races will be open on Saturday the 6th from 12:00 PM to 6:00 PM and on Sunday the 7th from 5:00 AM to 9:00 AM, subject to the availability of race bibs.

ART. 9) PAYMENT METHODS

Registration and payment may be made via credit card, MyBank transfer, BancomatPay, or Satispay on the websites www.valmaremolatrail.it and/or wedosport.net.

Registrations for February 6–7, 2027, must be paid in cash.

For any registration issues, please send an email to iscrizioni@wedosport.net.

ART. 10) REGISTRATION FEE

54/35/24/16 KM RACES

Registration opens from September 17 to 19, 2026 (with a promotional launch on the website www.valmaremolatrail.it)

- 54 km €57.00
- 35 km €32.00
- 24 km €22.00
- 16 km €17.00

From September 20 to November 30, 2026, at www.valmaremolatrail.it and/or wedosport.net

- 54 km €67.00
- 35 km €42.00
- 24 km €32.00
- 16 km €22.00

From December 1, 2026, to January 18, 2027, at www.valmaremolatrail.it and/or wedosport.net

- 54 km €72.00
- 35 km €47.00
- 24 km €37.00
- 16 km €24.00

Dal 19 Gennaio al 03Febbraio 2027 su www.valmaremolatrail.it e/o wedosport.net

- 54 Km € 85,00
- 35 Km € 55,00
- 24 Km € 45,00
- 16 Km € 30,00

The same rates mentioned above will apply on February 6 and 7, 2027.
A 10% discount on the final price will be applied to each athlete for teams registering at least 10 athletes simultaneously.

The entry fee includes:

- the race pack (at the organizers' discretion),
- the pasta party in Piazza Castello,
- hot showers,
- post-race refreshments,
- the race bib,
- race organization (marshals, course markers, race officials, race director, etc.), medical and security services (doctors, nurses, first responders), scheduled aid stations, the organizer's civil liability insurance, and accident insurance for the competitor for the duration of the race

.Camminando nella sughereta Corsa/camminata ludico motoria non competitiva

a passo libero 8 km 300 D+ costo 10€

ART. 11) NUMBER OF PARTICIPANTS ADMITTED.

The maximum number of participants admitted to the "**Val Maremola Trail Ultra (4th Edition)" is 200 athletes.**

A minimum of 30 registered athletes is required for this race; failure to reach this number will result in the race being cancelled.

Those who have already paid the registration fee have two options:

Switch to the 35 km race (with the fee adjusted according to the original registration date) and receive a refund of the difference, minus bank charges.

Cancel the registration and receive a refund of the fee paid, minus bank charges.

The maximum number of participants admitted to the "**Val Maremola Long Trail (15th Edition)" is 300 athletes.**

The maximum number of participants admitted to the "**Val Maremola Medium Trail (2nd Edition)" is 300 athletes.**

The maximum number of participants admitted to the "**Val Maremola Short Trail (11th Edition)" is 300 athletes.**

Animals are not permitted in the 54 km, 35 km, 24 km, or 16 km races.

ART. 12) NON-PARTICIPATION AND REFUND OF ENTRY FEES

Registration is personal and final; bib swaps and/or name substitutions are not permitted.

Changing to a shorter race distance is permitted, but no fees will be refunded.

Under no circumstances may the registration fee be deferred to the following edition.

In the event of an inability to participate, cancellation must be communicated solely in writing via email to ***INFO@VALMAREMOLATRAIL.IT***.

he following refund terms apply:

- Cancellation by January 10, 2027: 50% of the fee refunded.
- Cancellation by January 24, 2027: 30% of the fee refunded.
- No refund is provided in the event of race cancellation within the 13 days prior to the start.

No refunds will be issued for requests made after January 24, 2026.

In the event of the event's cancellation due to *force majeure*—including reasons linked to a potential health emergency—the organizers cannot guarantee any form of refund, given the expenses already incurred and non-recoverable.

In the event of non-participation due to a musculoskeletal or joint injury, the athlete must email a copy of a medical certificate to info@valmaremolatrail.it; the certificate must state the condition and prognosis and must not be dated later than the day of the race.

Once the athlete's genuine inability to participate has been verified, they will be granted the option to register for the following edition of the competition—for the equivalent distance—at a 40% discount on the entry fee.

Any refunds (minus bank charges) will be processed by April 30, 2027.

ART. 13) MANDATORY EQUIPMENT

In addition to largely sharing the same routes as the 35 km, 24 km, and 14 km races, the 54 km race traverses a mid-mountain section between the 10 km and 29 km marks—specifically the "Terre Alte" trail—at an altitude below 900 meters, where unfavorable weather conditions may be encountered. The remainder of the course unfolds across the Gorra (Finale Ligure) slope, the Borgio-Verezzi coastal promontory, the Monte Grosso (Tovo San Giacomo – Pietra Ligure) mountain complex, and the area stretching from Bruxa Crava to Termini (within the municipalities of Tovo San Giacomo and Giustenice-Magliolo), where precipitation or particularly adverse weather is unlikely. To ensure the personal safety of the competitors, the organizers mandate the following:

Val Maremola Trail Ultra – 4th Edition

- Thermal blanket
- Whistle
- Long or 3/4-length trousers + socks covering the entire leg
- Backpack
- Headlamp

- Waterproof jacket with hood
- First aid kit (elastic bandage, plasters, gauze)
- Long-sleeved thermal top
- Gloves
- Bandana
- Water supply (at least 1 liter)
- Food supply for the course
- Cup or other suitable personal container
- Mobile phone (save the organization's emergency number, do not hide your number, and ensure the battery is fully charged at the start)

Val Maremola Long Trail – 15th Edition

- Thermal blanket
- Whistle
- Backpack or waist pack
- Waterproof jacket with hood
- First aid kit (bandage, plasters, gauze)
- Long-sleeved thermal top
- Water supply (minimum 0.5 liters)
- Food supply; cup or other suitable personal container
- Mobile phone (save the organization's emergency number, do not hide your caller ID, and ensure the battery is fully charged at the start)

Val Maremola Medium Trail – 2nd Edition

- Emergency thermal blanket
- Whistle
- Backpack or waist pack

- Waterproof jacket with hood
- First aid kit (bandage, adhesive bandages, gauze)
- Water supply (minimum 0.5 liters)
- Food supply; cup or other personal container suitable for use
- Mobile phone (save the organization's emergency number, do not hide your number, and ensure the battery is fully charged at the start)

Val Maremola Short Trail – 11th Edition

- Backpack / Waist pack
- Thermal blanket
- Mobile phone (save the organization's emergency number, do not hide your number, and make sure to start with a fully charged battery)

By registering, each runner commits to carrying all the mandatory gear listed below throughout the race; failure to do so will result in disqualification.

Random checks will be conducted along the course to ensure compliance with the rules; any athlete found not to be in compliance will be disqualified from the race.

For the 53 km race, a gear check will be performed when bibs are collected.

ART. 14) RACE BIBS

Each race bib will be issued individually to each competitor upon presentation of:

- A photo ID document
- A copy of a valid medical certificate (if not already uploaded/submitted)
- Proof of registration payment.

In the days leading up to the event, every athlete is required to check the email address provided during registration at least once a day.

Before the start, every runner must pass through the entry gates to the secured start area to be checked in; failure to do so means the competitor will not be recorded as having started and will not appear in the final rankings.

The race bib must remain visible throughout the entire race. It must be worn over all clothing and must under no circumstances be attached to a backpack or leg (this also facilitates checks along the course without requiring the runner to stop).

Sponsor logos must not be altered or obscured.

The timing chip is attached to the back of the race bib.

ART. 15) BIB AND RACE PACK COLLECTION

Saturday, February 6th, from 11:30 AM to 7:00 PM: Bib and race pack collection for all races at Piazza San Nicolò.

Sunday, February 7th, from 5:00 AM to 9:00 AM: Bib and race pack collection and bag drop-off at the Guido Moretti Municipal Theater (Teatro Comunale Guido Moretti), Via IV Novembre, Pietra Ligure.

ART. 16) BAGS FOR PERSONAL BELONGINGS.

All spare gear belonging to the runners must be placed in bags or holdalls and may be dropped off at the start in the area designated by the organizers.

The organizers will ensure these are available for collection at the end of the race.

Under no circumstances will the organizers ship uncollected bags or holdalls to participants' homes.

ART. 17) COURSE MARKINGS

To ensure visibility at night, the markers are equipped with reflective material that reflects light from headlamps. Out of respect for the environment, removable signage will be used—consisting of tape, arrows, and eco-friendly paint (on asphalt) that fades quickly.

ATTENTION: If you do not see the sign for 200 meters, turn back.

ART. 18) COURSE CHANGES

RACE CANCELLATION

The organizers reserve the right to modify the course or the location of aid and refreshment stations at any time, without prior notice.

They also reserve the right to cancel the race at any time for safety reasons.

If made prior to the scheduled race start date, such decisions will be communicated exclusively via our website.

In the event of adverse weather conditions (severe low-pressure system, heavy rainfall, risk of severe thunderstorms, etc.) and/or for safety reasons, the start may be delayed by a maximum of one hour. Beyond that time, the race will be cancelled.

In the event of poor weather conditions and for safety reasons, the organizers reserve the right to suspend the race while it is in progress.

Any decision will be made by a jury composed of at least the Race Judge, the Race Director, and the Safety Coordinator.

No refunds will be issued if the race is cancelled within 14 days prior to the start.

No refunds will be issued in the event of course changes or race suspension

ART 19) SAFETY AND MEDICAL ASSISTANCE

Race officials will be present along the course, and various aid stations linked by radio or telephone to race headquarters will be set up along the route; ambulances, Civil Protection units, and a designated physician will be present at the Pietra L. base and along the course for the entire duration of the races.

Any runner who is injured or in distress may call for assistance by:

- **reporting to a medical post or aid station;**
- **calling the emergency number printed on their race bib;**

- **asking another runner to notify emergency services. Any runner who encounters a person in distress must promptly call the emergency number printed on the race bib and alert emergency services.**

- **Athletes with injuries or contusions may not be transported in private vehicles; they are required to use the emergency transport provided by the organization.**

During the waiting period, the athlete's safety depends on proper conduct and the use of the mandatory gear carried in their backpack.

Any runner who seeks assistance from a doctor or rescue worker effectively submits to their authority and agrees to abide by their decisions.

All competitors must stay on the marked trails.

Any competitor who voluntarily leaves the marked trails is no longer the responsibility of the Organization.

Participation in the event takes place entirely at the individual competitors' own risk; by registering, they waive any right to legal recourse or claims against the organizers and the organizing body regarding death, personal injury, or property damage—whether sustained by themselves or others—as well as any further consequences arising after the race.

ART. 20) TIMING POINT

Timing checks will be carried out at the following locations:

<u>Val Maremola Trail Ultra (4th Edition) – 54 km, 2,700m elevation gain</u>

- Start: Seafront pier, Via Don Giovanni Bado
- Intermediate timing point: Cresta Mario (18 km)
- Intermediate timing point: km 36.8 – Loc. Vain (Tovo S.G.)
- Finish: Piazza San Nicolò – Pietra Ligure

Val Maremola Long Trail (15th Edition) – 35 km, 1,800 m elevation gain

- Start: Seafront pier, Via Don Giovanni Bado
- Intermediate timing point: 16.1 km – Loc. Vain – Tovo S.G.
- Finish: Piazza San Nicolò – Pietra Ligure

There will be no intermediate timing points for the following races:

Val Maremola Medium Trail (2nd edition) – 24 km, 1,200 m elevation gain

- Start: Seafront pier (Via Don Giovanni Bado)
- Finish: Piazza San Nicolò – Pietra Ligure

Val Maremola Short Trail (11th edition) – 16 km, 700 m elevation gain

- Start: Seafront pier (Via Don Giovanni Bado)
- Finish: Piazza San Nicolò – Pietra Ligure

8 km cork oak forest run (300m elevation gain) – Non-competitive race

- Start: Waterfront pier, Via Don Giovanni Bado
- Finish: Piazza San Nicolò – Pietra Ligure

ART. 21) AID STATIONS

Val Maremola Trail Ultra (4th Edition) – 54 km, 2,700 m elevation gain

- Cascina Porro Refuge area (km 15) – solids and liquids
- Via Morelli – Tovo S.G. area (km 35) – solids and liquids
- Braciale – Gorra area (km 39.5) – liquids
- Piazza Sant'Agostino – Verezzi (km 45.8) – solids and liquids

Val Maremola Long Trail – 15th Edition – 35 km, 1,800 m elevation gain

- Via Morelli – Tovo S.G. (14.6 km) – Solid and liquid refreshments
- Braciale – Gorra (17.9 km) – Liquid refreshments
- Piazza Sant'Agostino – Verezzi (21 km) – Solid and liquid refreshments

Val Maremola Medium Trail (2nd Edition) – 24 km, 1,200 m elevation gain

- Braciale area (9.1 km) – Liquids
- Piazza Sant'Agostino, Verezzi (15.5 km) – Solids and liquids

Val Maremola Short Trail (11th Edition) – 16 km, 700 m elevation gain

- Via Morelli area, Tovo S.G. (8 km) – Solids and liquids

"Running in the Cork Oak Forest" – 8 km, 300 m elevation gain (Non-competitive race)

- Quagliodromo area, Tovo S.G. (3.5 km) – LiquidsART.

22) TIME CUT-OFF

Val Maremola Trail Ultra (4th Edition) – 54 km, 2,700m elevation gain

- 3h 30m cut-off at km 18 – Cresta Mario (Giustenice)
- 6h 30m cut-off at km 36.8 – Loc. Vain (Tovo S.G.)

Val Maremola Long Trail (15th Edition) – 35 km, 1,800m elevation gain

- 3h 30m cut-off at km 17.1 – Loc. Vain (Tovo S.G.)

ART. 23) MAXIMUM TIME

Val Maremola Trail Ultra (4th edition) – 54 km, 2,700 m elevation gain

Maximum race time: 11 hours

Val Maremola Long Trail (15th edition) – 35 km, 1,800 m elevation gain

Maximum race time: 6.5 hours

Val Maremola Medium Trail (2nd edition) – 24 km, 1,200 m elevation gain

Maximum race time: 4.5 hours

Val Maremola Short Trail (11th edition) – 16 km, 700 m elevation gain

Maximum race time: 3.5 hours

ART. 24) SEMI-SELF-SUFFICIENCY

Aid stations will be stocked with food and beverages that comply with regulations.

Participants must use their own suitable containers for drinks.

Only still water will be available for refilling water bottles or hydration packs (e.g., Camelbaks).

At the start and at each aid station, every runner must ensure they have enough water to reach the next aid station.

Being accompanied on the course by anyone not officially registered for the race is prohibited.

ART. 25) SHOWERS

Shower facilities will be available for all athletes at the Sports Hall located on Viale della Repubblica.

A shuttle service to and from the facility will be available to athletes on race day.

ART. 26) MEALS

A complimentary post-race meal service is provided—reserved exclusively for athletes participating in the 54 km, 35 km, and 24 km races—and will be available until 5:00 PM.

To access this post-race service, athletes must present their race bib.

For the Sunday races, athletes in the 16 km event may purchase a meal voucher for €10, while accompanying persons for any of the races may purchase one for €12; payment can be made at the food service area or during online registration.

Meal distribution will take place in Piazza Castello and will be managed by the ISS Migliorini-Da Vinci Hospitality Institute.

At the end of all the races, a light refreshment will be available for the athletes..

ART. 27) WITHDRAWAL AND RETURN

If a competitor withdraws from the race along the course, they must either proceed to the nearest checkpoint or wait for the sweep team to report their withdrawal and be registered; the organizers will then arrange for their return to Pietra L.

Failure to report a withdrawal, resulting in the initiation of a search for the runner, will result in all associated costs being charged to the runner.

ART.28 ANTI-DOPING CONTROL

Any competitor may be subject to anti-doping testing during the race or upon finishing. Any positive result will lead to immediate disqualification.

ART. 29) PENALTIES AND DISQUALIFICATIONS

Course marshals are authorized to check for mandatory gear and compliance with the entire set of regulations. Irregularities confirmed—including those identified via video footage received by the organizers after the race—may result in disqualification or penalties.

Only competitors who reach the finish line in Pietra L. and register their arrival will be included in the final rankings.

ART. 30) SANCTIONS

Immediate disqualification and confiscation of the race bib—at the sole discretion of the race jury—will result from the following infractions:

- Unauthorized personal assistance (water carrier, pacer, etc.).
- Failure to have mandatory gear at the start.
- Missing any item of mandatory gear during a race check.
- Failure to punch in or arriving at a checkpoint after the time limit.
- Use of a means of transport.
- Littering and/or environmental degradation caused by the competitor.

- Failure to assist a competitor in distress.
- Doping or refusal to submit to anti-doping testing.
- Insults or threats directed at organization members.
- Refusal to undergo a medical examination at any point during the race.
- Physical or mental condition deemed unfit to continue the race.
- Dangerous behavior.
- Cutting the course.

ART. 31) PROTESTS

Protests will be accepted if submitted in writing within thirty minutes of the provisional results being posted by the race director at the finish line, subject to payment of a €50.00 fee, which will be refunded if the protest is upheld.

ART. 32) EVENT JURY

The jury shall be composed of:

- the Race Judge;
- at least one person selected from among the checkpoint marshals; and
- any other qualified person deemed appropriate by the Race Director.

The jury is responsible for ruling—within a timeframe compatible with the demands of the race—on any dispute or disqualification arising during the event, after hearing the person involved. Decisions shall be final and not subject to appeal. The decision must be validated by the Race Director's signature. Once any protests submitted in accordance with the procedures and timeframes set out in Art. 31 have been examined, the jury shall announce the final results..

ART. 33) INSURANCE

The organizers shall take out civil liability insurance covering the entire duration of the event.

Competitors are advised to hold their own personal accident insurance for the duration of the competition.

Participation in the event is entirely at the individual competitor's own risk; by registering, competitors waive any right to legal action or claims against the organizers or the organizing body in the event of death or injury to themselves or others, damage to property, or any further consequences arising from the race.

Upon online registration, the athlete must sign a liability waiver.

ART. 34) RACE PACKS

. The first 200 registrants for the Val Maremola Trail Ultra individual race (54 km, 2,700m elevation gain) are guaranteed a race pack containing technical gear and/or local products.

. The first 300 registrants for the Val Maremola Long Trail individual race (35 km, 1,800m elevation gain) are guaranteed a race pack containing technical gear and/or local products.

. The first 300 registrants for the Val Maremola Medium Trail individual race (24 km, 1,200m elevation gain) are guaranteed a race pack containing technical gear and/or local products.

. The 300 registrants for the Val Maremola Short Trail individual race (16 km, 700m elevation gain) are guaranteed a race pack containing technical gear and/or local products.

.**ART. 35) AWARDS**

A general ranking for men and women will be compiled, showing both split and total times.

The top three male and female finishers in the 4th edition of the Val Maremola Trail Ultra will be awarded local products and/or technical gear.

A finisher's prize will be awarded to all those who complete the race.

The top three male and female finishers in the 15th edition of the Val Maremola Long Trail will be awarded local and/or technical products.

The top three male and female finishers in the 2nd edition of the Val Maremola Medium Trail will be awarded local and/or technical products.

The top three male and female finishers in the 11th edition of the Val Maremola Short Trail will be awarded prizes.

The top three male and female finishers in the Corri nelle Sughereta race will be awarded prizes.

No cash prizes will be awarde

Prizes will be awarded only during the prize-giving ceremony.

The organizers will not ship any unclaimed prizes.

ART. 36) IMAGE RIGHTS

Each competitor expressly waives their image rights during the event and waives any right of recourse against the organizers and their authorized partners regarding the use of their image.

This document is inspired by the Italian Trail Manifesto and the Italian Trail Running Guidelines.

ART. 37) ACCEPTANCE OF RACE RULES AND ETHICS

Participation in the “Val Maremola Trail” implies unreserved acceptance of these regulations, the Italian Trail Manifesto, and the Italian Trail Running Guidelines (Non-stadium activity – UISP National Athletics – activity code 01 E – Trail Running).