

## 1. **FOREWORD: Important note regarding the SARS COV 2 pandemic (COVID 19)**

Due to the pandemic it is difficult to predict what the situation will be at the time of the event. Over the next few months we will be taking every precaution to ensure **TORX 2021** can go ahead, in accordance with the regulations that are introduced periodically by the national and international authorities. These race regulations will be updated as necessary. Any changes will be notified via the organisation's newsletter and published on the website and all official race channels.

## 2. **ORGANISATION**

**VDA TRAILERS** limited liability amateur sports club is the organiser of **TORX**:

**TOR330** - Tor des Géants®, **TOR450** - Tor des Glaciers, **TOR130** - Tot Dret, **TOR30** - Passage au Malatrà.

## 3. **DESCRIPTION**

**TOR330** - Tor des Géants®, **TOR450** - Tor des Glaciers, **TOR130** - Tot Dret and **TOR30** - Passage au Malatrà are foot races in a natural environment, following the Alte Vie trails in the Valle d'Aosta (Italy).

The races are run in a single, free-speed stage within a limited time, in conditions of semi-self-sufficiency.

The routes include high-altitude sections, some above 3000 metres, where conditions can be extremely harsh (wind, cold, rain, snow and ice), alternating with sections at much lower altitudes where conditions can be the exact opposite (very hot).

Runners must be prepared for varying weather conditions between support points, both day and night. Your choice of clothing and the equipment you carry with you should therefore reflect what is required for these particular circumstances. Rigorous training and a personal capacity for autonomy are **essential attributes** if you are planning to compete in these races.

### **TOR450 - Tor des Glaciers**

A route of approximately 453.20km with a positive altitude difference of about 31,040 metres (ITRA evaluation) along the official Valle d'Aosta trails, starting and finishing in Courmayeur. There will be no markers other than the official signs in the region. Runners will find their bearings using their own satellite navigation devices.

### **TOR330 - Tor des Géants®**

A 356km route with a positive altitude difference of about 27,390 metres (ITRA evaluation), passing through 34 different municipalities along official Valle d'Aosta trails, starting and finishing in Courmayeur. There will be refreshment points every 7-10km along the route, and 6 life bases at Valgrisenche, Cogne, Donnas, Gressoney SJ, Valtournenche and Ollomont.

### **TOR130 - Tot Dret**

A 142km route with a positive altitude difference of about 11,030 metres (ITRA evaluation) along official Valle d'Aosta trails, starting in Gressoney-Saint-Jean and finishing in Courmayeur. There will be refreshment points every 7-10km along the route, and just one life base at Oyace.

### **TOR30 - Passage au Malatrà**

A 29.8km route with a positive altitude difference of about 2,330 metres (ITRA evaluation), starting in Saint-Rhémy-en-Bosses and finishing in Courmayeur, along official Valle d'Aosta trails.

#### **CAUTION!**

**Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!**

If you take part, it is imperative:

- 3.1. to be fully aware of the unusual length and peculiarities of the race;
- 3.2. to be thoroughly prepared, both physically and mentally;
- 3.3. that prior to the race you equip yourself for total self-reliance in the mountains, so that you can handle any problems involved with this type of endurance trial, in particular:
  - coping alone and in isolation with the physical and psychological problems of extreme fatigue, gastro-intestinal upsets, muscle and joint pain, minor cuts and injuries, etc.;
  - managing altitude and weather conditions that could potentially cause extreme difficulty (darkness, strong wind, freezing temperatures, fog, rain and snow) without any help;
  - understanding that the organisation is not responsible for helping runners to manage any common issues that might arise, and that with demanding races like the TORX your safety depends on your own ability to cope even in extreme conditions.

## **4. TERMS OF REGISTRATION**

### **TOR450 - Tor des Glaciers**

To participate in the **TOR450 - Tor des Glaciers** you must have completed a TOR330 - Tor des Géants® event in under **130 hours** (120 hours for the 2012 event - stop after Gressoney OUT for 2015).

### **TOR330 - Tor des Géants® and TOR130 - Tot Dret**

Any male or female runner who has reached the age of **20 at the time of registration** (Senior to Veteran categories) is eligible to enter, whether or not they have signed up. There are no specific restrictions on registering, but it is strongly recommended that you have previous experience in other long-distance endurance trails (100km or more) over several days.

### **TOR30 - Passage au Malatrà**

Any male or female runner who has reached the age of **18 at the time of registration** (Junior to Veteran categories) is eligible to enter, whether or not they have signed up. There are no specific restrictions on registering, but it is strongly recommended that you have previous experience in at least one other medium-distance trail (25km) with a significant altitude difference (1500/2000 D+) over mountain terrain.

## **5. REGISTRATION FEE**

## 5.1. If you registered for 2020

<b>TOR450 Tor des Glaciers</b>	<b>TOR330 Tor des Géants®</b>	<b>TOR130 Tot Dret</b>	<b>TOR30 Passage au Malatrà</b>
<b>€800.00</b>	<b>€600.00</b>	<b>€160.00</b>	<b>€32.00</b>

The fee includes all the services outlined in these regulations, the official race pack, admittance to the pasta party on the night before the start of TOR330, supplies and services at the refreshment points (approximately every 20km), at the life bases along the route (approximately every 50km) and in Courmayeur, the shuttle for TOR130 and TOR30 runners, rescue in the event of an accident, return transport to the Courmayeur base if required, transfer of official personal bags between life bases, your ASI insurance card and registration fee insurance provided by **Protect Group**. (Terms and conditions)

## 5.2. New registrations

<b>TOR450 Tor des Glaciers</b>	<b>TOR330 Tor des Géants®</b>	<b>TOR130 Tot Dret</b>	<b>TOR30 Passage au Malatrà</b>
<b>€1100.00</b>	<b>€850.00</b>	<b>220.00</b>	<b>€45.00</b>

The fee includes all the services outlined in these regulations, the official race pack, admittance to the pasta party on the night before the start of TOR330, supplies and services at the refreshment points (approximately every 20km), in the life bases along the route (approximately every 50km) and in Courmayeur, shuttle for TOR130 and TOR30 runners, rescue in the event of an accident, return transport to the Courmayeur base if required, transfer of official personal bags between life bases, your ASI insurance card and registration fee insurance provided by **Protect Group**. (Terms and conditions)

## 6. NUMBERS OF RUNNERS

### 6.1. MAXIMUM NUMBERS

#### ■ **TOT450 - Tor des Glaciers**

The maximum number of race numbers available is 200, including 133 reserved for those who registered for the race in 2020.

#### ■ **TOR330 - Tor des Géants®**

The maximum number of race numbers available is 1100, including 762 reserved for those who registered for **TOR330** in 2020.

If there are more pre-registrations than the maximum number available, the registrations will go into a draw. The final list of runners will then be drawn up and published on the [100x100trail.com](http://100x100trail.com) website by 28 February 2021.

#### ■ **TOR130 - Tot Dret**

The maximum number of race numbers available is 500, some of which will be reserved for those who registered for the race in 2020.

#### ■ TOR30 - Passage au Malatrà

The maximum number of race numbers available is 500, some of which will be reserved for those who registered for the race in 2020.

**By paying the registration fee, runners declare that they have read and accepted the race regulations.**

#### 6.2. WILD CARDS

The organisation reserves the right to invite prominent athletes from the sports world at its own discretion.

#### 6.3. CHARITY RACE NUMBERS

##### TOR330 - Tor des Géants®

**20 charity race numbers** will be available to runners, the proceeds from which will be donated to one or more of the organisation's partner charities after the runner's race expenses have been deducted. These race numbers will be available to purchase online at [100x100trail.com](http://100x100trail.com) from **12pm on 20 March 2021 until 6pm on 30 June 2021, or until they are sold out.** Charity race numbers are charged at **€2,000** each, **of which € 1,000.00 as a registration fee for the race and € 1,000.00 as a share donated to charity. The amount donated to charity is non-refundable.** Payment is by credit card only and receipts will be issued for tax purposes.

##### TOR130 - Tot Dret

**20 charity race numbers** will be available to runners, the proceeds from which will be donated to one or more of the organisation's partner charities after the runner's race expenses have been deducted. These race numbers will be available to purchase online at [100x100trail.com](http://100x100trail.com) from **12pm on 20 March 2021 until 6pm on 30 June 2021, or until they are sold out.** Charity race numbers are charged at **€1,000** each, **of which € 500.00 as a registration fee for the race and € 500.00 as a share donated to charity. The amount donated to charity is non-refundable.** Payment is by credit card only and receipts will be issued for tax purposes.

#### 6.4. ECO RACE NUMBERS

##### TOR330 - Tor des Géants®

**10 eco race numbers** will be available to runners. These can be purchased online at [www.100x100trail.com](http://www.100x100trail.com) from **20 March 2021 until 30 June 2021, or until they are sold out.**

Payment is by credit card and a receipt will be issued for tax purposes. Eco race numbers are charged at **€2,000** each, **of which € 1,000.00 as a registration fee for the race and € 1,000.00** will be used to finance research and activities related to reducing the environmental impact in the region where the event takes place. **The proportion used for environmental activities is non-refundable.**

#### 7. HOW TO REGISTER

##### 7.1. REGISTRATION/UPDATE OF DETAILS ON THE 100%TRAIL WEBSITE

Before you can register, you must first pre-register on the VDA Trailers [100x100trail.com](http://100x100trail.com) website. **It is advisable to pre-register on the website before the registration period begins.** Users who are already registered must **update their details before registration begins; it will be too late to do so after.** If you have forgotten your password, please request a new one; **do not create a new profile.** Only one profile is allowed per person. **If you create a second profile, any priority treatment you are eligible for will be cancelled** (e.g. draw coefficients, runner rotation, etc.). When you register on the [100x100trail.com](http://100x100trail.com) website you will be required to disclose your personal details; it is a criminal offence in Italy to give false information.

## 7.2. ENTRANTS WHO REGISTERED FOR TOR330, TOR450, TOR130 or TOR30 in 2020

Due to the pandemic it is difficult to predict what the situation will be over the next few months. All entrants who registered in 2020 are therefore reminded that priority registrations and reduced fees are valid for 3 years. If you decide not to register this year, you will still be able use your reserved place in 2022 or 2023, under the same conditions. **If you do not register for 2021, your eligibility for registration with the same benefits will automatically be postponed until 2022 or 2023.**

Entrants can register for the same race for which they were registered in 2020 and pay the registration fee shown above **from 12pm on 1 February 2021 until 6pm on 14 February 2021.**

A confirmation email will be sent to the address indicated at the time of registration.

Registrations will not be accepted outside this period.

## 7.3. NEW REGISTRATIONS FOR TOR330 - Tor des Géants®

If pre-registrations exceed the maximum number allowed, the final list of runners admitted to the race will be determined by a draw, taking into account the country quotas below.

### Registration stages:

- Sign-up/update details on the [100x100trail.com](http://100x100trail.com) website
- Pre-registration (1 - 14 February 2021)
- Data checked and coefficient calculated for the draw
- Draw
- Country quotas determined
- Official notification to selected runners (by 28/02/2021)
- Completion of registration (1 - 30 April 2021)

## 7.4. PRE-REGISTRATION FOR TOR330 - Tor des Géants®

Pre-registration opens **at 12pm on 1 February 2021 and closes at 6pm on 14 February 2021.**

Candidates must complete the online form in full and pay the **€10 fee (non-refundable).**

Pre-registrations will be recorded in the organisation's database when transfer of the payment is confirmed by the online interbank service.

A confirmation email will be sent to the address indicated at the time of registration.

**Only pre-registrations for which payment is successfully transferred and confirmed by the international credit card payment system** will be considered valid. The organisation accepts no responsibility for the management of online payments.

The system assigns a unique code to each person who registers. Every entrant must register in person; race numbers are not transferable and cannot be exchanged with other runners. Where any exchange of registration numbers is discovered between runners, the runners will be removed from the list and any fees paid will be forfeited.

#### 7.5. ROTATION OF PARTICIPANTS

To ensure there is a continuous turnover of runners, those who have entered for **3 consecutive TOR330 - Tor des Géants® events are not eligible to participate in the following event.**

For example, any runner who registered for the 2017, 2018 and 2019 events cannot register for 2021.

#### 7.6. DRAW

- COEFFICIENT FOR THE DRAW

Candidates who have pre-registered in previous consecutive years but have **never been selected or successful in the draw** will benefit from a higher individual coefficient to increase their chances in the 2020 draw. The coefficient will be calculated at the rate of  $2^{n-1}$ , where 'n' is the number of pre-registrations.

For example, runners who pre-registered in 2019, 2020 and 2021 will appear four times on the list for the draw ( $2^{3-1} = 2^2 = 4$ ).

- Runners who pre-registered for consecutive events in **2018, 2019, 2020 and 2021** but never selected or successful in the draw will be drawn automatically.
- Entrants who were successful in the 2020 draw but failed to confirm their participation will lose the right to priority.

#### 7.7. COUNTRY QUOTAS

TOR330 - Tor des Géants® is more than just a sporting event, it is also a means of promoting the Valle d'Aosta region throughout the world, along with the values of intercultural relations and fellowship between nations, which are the essence of mountain spirit. For this reason, the organisation has decided to set country quotas as follows:

- any nation represented on the list of pre-registrations is entitled to **a minimum of 2 participants**, however many entrants are registered.
- the remaining number of runners for each country will be based on the **total percentage of non-Italian pre-registrations** that country represents.
- the maximum number of runners of **Italian nationality will not exceed 40% of the total.**

#### 7.8. COMPLETION OF REGISTRATION

All runners whose names are drawn will be sent a **confirmation email by 28 February 2021** and must pay the registration fee **between 1 and 30 April 2021** to complete the registration process.

Following transfer of the payment and confirmation by the interbank online payment service, the registration will be recorded in the organisation's database and the entrant's name will appear on the list of runners.

A confirmation email will be sent to the address indicated at the time of registration.

**Only registrations for which payment is successfully transferred and confirmed by the international credit card payment system will be considered valid.** The organisation accepts no responsibility for the management of online payments.

Runners who fail to finalise their registration on time (i.e. by the **30 April 2021** deadline) will lose their entitlement to register.

#### 7.9. **NEW REGISTRATIONS FOR TOR450 - Tor des Glaciers, TOR130 - Tot Dret and TOR30 - Passage au Malatrà**

	<b>TOR450 Tor des Glaciers</b>	<b>TOR130 Tot Dret</b>	<b>TOR30 Passage au Malatrà</b>
<b>Registration opens:</b>	12pm CET on 1 March 2021		
<b>Registration closes</b>	30 April 2021	31 May 2021	31 July 2021

Following transfer of the payment and confirmation by the interbank online payment service, the registration will be recorded in the organisation's database and the entrant's name will appear on the list of runners.

A confirmation email will be sent to the address indicated at the time of registration.

**Only registrations for which payment is successfully transferred and confirmed by the international credit card payment system will be considered valid.** The organisation accepts no responsibility for the management of online payments.

No registrations will be accepted after the deadline.

## 8. **CONSENT FORM AND MEDICAL CERTIFICATE**

### 8.1. **CONSENT FORM**

All runners are required to sign a consent form declaring that they are aware of the difficulty of the endurance trial they are about to undertake and agreeing to carry with them all the equipment they need to complete the race safely.

The **consent form** is available in your personal file at [www.100x100trail.com](http://www.100x100trail.com) and must be completed online no later than **1 August 2021**.

**The organisation reserves the right to request additional certification depending on the requirements of any national and/or international regulations that may be issued to contain the SARS COV 2 pandemic (COVID-19).**

### 8.2. **MEDICAL CERTIFICATE**

It is mandatory to submit a medical certificate of fitness for competitive sports, with the following specification:

**certificate of fitness to participate in competitions, dated not more than one year before the date of the race.**

A consultation for a medical certificate of fitness to participate in competitions consists of the following tests: spirometry, electrocardiogram under stress, visual test and urine test.

Since regulations differ from country to country, the medical certificate we require must include the

following elements:

- **runner's personal details**
- **the wording 'competitive' or 'in competitions'**
- **date of issue**
- **doctor's stamp**
- **doctor's signature**

For foreign certificates, please request a copy in English or French.

These documents must be uploaded to your personal file at [www.100x100trail.com](http://www.100x100trail.com), no later than **1 August 2021**. Any entrant who fails to provide the required documents in time will not be allowed to take part in the competition.

Medical certificates and consent forms will not be accepted at the start of the race.

## 9. REFUND OF REGISTRATION FEES

VDA TRAILERS SSDrI is a non-profit organisation. Proceeds from the corporate business are invested in sports activities. Organising sporting events is an extremely demanding process involving a great many activities and requiring resources to meet fixed costs (salaries, rental of office premises and warehouses, maintenance of equipment, service and utility charges, subscriptions to external services such as press reviews, logistics costs, etc.). This means that any registration fees paid can only be reimbursed strictly within the stipulated limits and in the cases listed below:

### 9.1. Refund for cancellation of the race

In the event that the race is cancelled due to force majeure beyond the control of the organisation, including any national or international regulations issued to contain the spread of COVID-19, **the proportion of the registration fee to be refunded will be determined** as follows:

	% refund
before 1 June 2021	<b>60%</b>
between 1 June and 30 June	<b>50%</b>
between 1 July and 31 July	<b>30%</b>
after 31 July 2021	<b>no refund</b>

Refunds will only be made on submission of the appropriate request form completed by the runner, which will be provided by the organisation.

**CAUTION!** Refund requests received after 30 November 2021 will not be processed.

### 9.2. Refund for withdrawal of entrant

Registration fees are insured by the **Protect Group Refund Protect** scheme, pursuant to the terms and conditions of the insurance policy taken out by VDA TRAILERS and included in the services covered by the registration fee.

Note that it is the sole **responsibility of the registered entrant to contact the insurance company directly** with any request for reimbursement; no further charges will be incurred by VDA TRAILERS.

The following information is provided in this regard: we provide all our clients with enhanced

reimbursement terms for all registrations. To see all the applicable terms and conditions for reimbursement, click [here](#).

If you are unable to take part in the event due to unforeseen circumstances beyond your control, you may be eligible for a refund; click on the above link to see our Terms and Conditions for Refund. To request a refund, click [here](#) and enter the REFERENCE code that will be sent to you in a confirmation email.

If your reason for requesting a refund does not appear in the above Terms and Conditions for Refund, please email us at [segreteria@vdatrailers.it](mailto:segreteria@vdatrailers.it).

### 9.3. **Refunds will not be made for any other eventualities.**

## 10. **RACE NUMBERS AND CHIPS**

### 10.1. **RACE NUMBERS**

Race numbers are handed personally to runners on presentation of a photo ID.

Two race numbers will be issued: one to be worn in a visible position on the chest or stomach at all times, and one to be attached to the backpack. Race numbers allow runners free access to shuttles, buses, refreshment areas, treatment rooms, rest rooms, showers, bags, etc.

### 10.2. **CHIPS**

Two chips will be issued: one to wear on the wrist and the other to attach to the backpack. Before the start of the race, all runners must pass through the entrance gates into the reserved starting area, so the chip can be registered. When passing through a checkpoint and arriving at the finishing line, runners must ensure the chip passes under the timer antenna and that it registers correctly.

## 11. **GPS TRACKERS**

### 11.1. **TOR450 - Tor des Glaciers**

Every runner is issued with a GPS tracker to be fixed on the outside of the backpack and returned after the race. A deposit of **€100** is required, which will be forfeited if the tracker is not returned.

**The GPS trackers are the principal way of tracking the progress of runners.** It is the responsibility of runners to check that their trackers are switched on and working properly before the start of the race, following the instructions provided by the organisation.

### 11.2. **TOR330 - Tor des Géants®**

Every runner is issued with a GPS tracker to be fixed on the outside of the backpack and returned after the race. A deposit of **€50** is required, which will be forfeited if the tracker is not returned. **Only €50 banknotes are accepted.**

The tracker will not be activated at the moment of issue. **It is the responsibility of the individual runner to check that the tracker is switched on and working properly before the start of the race, following the instructions provided by the organisation.**

### 11.3. **TOR130 - Tot Dret**

GPS trackers will be supplied at the request of individual runners and depending on availability. Trackers should be fixed on the outside of the backpack and returned after the race. A **deposit of €50** is required, which will be forfeited if the tracker is not returned. **Only €50 banknotes are accepted.**

The tracker will not be activated at the moment of issue. **It is the responsibility of the individual runner**

to check that the tracker is switched on and working properly before the start of the race, following the instructions provided by the organisation.

- 11.4. **TOR30 - Passage au Malatrà**  
GPS trackers are not provided.

## 12. **SEMI-SELF-SUFFICIENCY**

### **CAUTION!**

**Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!**

Semi-self-sufficiency is defined as the ability to be autonomous in terms of safety, subsistence and equipment between refreshment stops. It also includes the ability to handle and manage any issues that may arise (bad weather, physical problems, injuries, etc.).

**Daily weather forecasts are displayed at all life bases for runners to assess what type of clothing and equipment they will need to continue the race in safety. If there are any special circumstances, the organisation reserves the right to require runners to carry specific equipment (crampons where the route is over frozen ground, heavy clothing, etc.).**

## 13. **EQUIPMENT**

### **CAUTION!**

**Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!**

- 13.1. All runners must carry with them for the entire race all the equipment they need to safely confront the challenges of weather, route and altitude. This equipment must be carried in a suitably-sized backpack.
- 13.2. Runners may only offload any equipment they are carrying into their personal TOR bags at life bases (approximately every 50k), where the bags are kept.
- 13.3. In particular circumstances (adverse weather conditions, difficult technical route, etc.), the race marshals may check the equipment that runners are carrying and report to the race organisers. After assessing the situation along with security officials and rescuers, the race organisers may take the decision at their sole discretion to stop a runner from completing the race.

### 13.4. **COMPULSORY EQUIPMENT**

**Compulsory equipment that all runners must carry with them for the entire race**

**TOR330 - Tor des Géants®, TOR130 - Tot Dret, TOR30- Passage au Malatrà**

- A cup or other container suitable for drinking at refreshment points
- A mobile phone (add the organisation's secure numbers to the contacts list, check that the mobile number is not hidden and make sure the battery is fully charged before setting off)
- Identity document and health insurance card (or similar)
- Two survival blankets

- Food supplies
- Water supply (at least 1.5 litres)
- Two working head torches and spare batteries (**TOR30 excluded**)

#### **TOR450 - Tor des Glaciers**

- GPS tracker with the race route uploaded (downloadable in GPX format from [www.tordesgeants.it](http://www.tordesgeants.it))
- Route maps (downloadable from [www.tordesgeants.it](http://www.tordesgeants.it))
- Altimeter and compass (suitable smartphone apps accepted)
- A cup or other container suitable for drinking at refreshment points
- A mobile phone (add the organisation's secure numbers to the contacts list, check that the mobile number is not hidden, and make sure the battery is fully charged before setting off)
- Identity document and health insurance card (or similar)
- Two survival blankets
- Food supplies
- Water supply (at least 1.5 litres)
- Two working head torches and spare batteries

#### **13.5. EQUIPMENT RECOMMENDED TO COMPLETE THE TRIAL SAFELY**

**Equipment that runners may carry in their backpacks or leave in their TOR bags at their own discretion or as instructed by the race organisers**

- Shoes of a category between A2 and A5 (intermediate-> trail)
- Anti-slip device (crampons) (e.g. NORTEC, GRIVEL, CAMP)
- Thermal jacket with hood suitable for freezing temperatures, potentially several degrees below zero.
- Hooded jacket with rainproof shell, breathable waterproof lining and thermo-taped seams
- Running bottoms or leggings (below the knee at least);
- Long waterproof over-trousers
- Warm top layer: long-sleeved top in a technical fabric, long trousers
- Hat that covers the ears
- Warm, waterproof gloves
- Change of clothes
- Whistle
- Self-treatment first aid kit
- Power bank to recharge phone and other equipment
- Altimeter
- GPS tracker with the race route uploaded (downloadable in GPX format from [www.tordesgeants.it](http://www.tordesgeants.it))
- Knife
- Rope

#### **14. SAFETY AND MEDICAL ASSISTANCE**

14.1. Rescue points with radio or telephone connection to the race organisers are set up along the route.

Ambulances, security personnel and doctors will be available in the area. All the details are contained in a safety plan, approved and registered by the Valle d'Aosta Regional Prefecture. Rescue points are there to

provide assistance for anyone experiencing difficulties, via the official agencies or the organisation's own resources.

14.2. The official race doctors are authorised to remove runners from the competition if they consider them unfit to continue. Rescue service workers are authorised to remove from the race any runner they believe to be in danger, using any means at their disposal. Where necessary for the interests of the person requiring rescue and at the sole discretion of the organisers, the official mountain rescue services may be called in to take over the rescue operation using any means they consider appropriate, including helicopter. **Any costs incurred by recourse to this method of transport will be charged to the person rescued, in accordance with current regulations.**

14.3. Any runner who requests the services of a doctor or rescue service worker implicitly submits to their authority and undertakes to abide by any decision they make.

14.4. Doctors and health professionals stationed along the trail route will only provide assistance in cases of major medical or health problems. All runners must make sure they take with them everything they need to treat foot problems and small cuts and grazes not requiring medical attention.

#### 14.5. **HEALTH INSURANCE**

Medical expenses in Italy are not free. The costs of rescue by helicopter and emergency medical treatment are only covered by the relevant institutions in the runner's country of residence, or any private insurance policy, if the runner is carrying the following up-to-date documentation:

- **ITALIAN NATIONALS:** health insurance card/tax code.
- **EUROPEAN NATIONALS** (including Switzerland, Liechtenstein and the UK): [European health insurance card](#).
- **NON-EUROPEAN NATIONALS:** a guarantee of payment letter with the address of the insurance company to which invoices should be sent. Anyone who does not have public health cover (Italian or European health insurance card) or private health insurance (payment guarantee letter from a private insurance company) will be required to **pay the full cost of any healthcare provided, including emergency treatment.**

The relevant documentation must be carried **at all times during the race.**

**Runners must pay any non-urgent medical expenses in full.**

#### 14.6. **HELICOPTER RESCUE**

Transfer by helicopter is only for **patients requiring urgent medical attention** and cannot be used simply as a means of transport by runners who withdraw from the race.

Where a runner **is of foreign nationality or not covered by the national health service, or in the event of a call-out not justifiable for health reasons, the entire cost must be paid by the runner, even if he/she is registered with the national health service** (Regional Council Resolution no. 1054//016)

### 15. **INSURANCE**

15.1. The organisation takes out public liability insurance to cover the entire period of the event.

Participation in the race is entirely at the runners' own risk. Runners waive the right to make any claim against the organisers in the event of injury or consequences that may arise subsequent to the race.

At the time of registering online, runners are required to sign a consent form to complete the registration process.

15.2. The organisation undertakes to enrol all registered competitors with the **ASI** (Italian Sports Association), which provides accident insurance for all (click [here](#) for details).

15.3. Runners are strongly advised to take out personal injury insurance.

**The ITRA** (International Trail Running Association) has developed a **special trail-running insurance policy** to cover the needs of trail runners who experience difficulties during a race (click [here](#) for details).

## 16. ASSISTANCE DURING THE RACE

16.1. Assistants are expected to observe the regulations, on penalty **of the runner being disqualified**.

16.2. Refreshment point managers have the right to remove assistants who cause inconvenience to the competitors.

16.3. Personal assistance is permitted only in the areas specially reserved for this purpose at refreshment points and life bases, and at the discretion of individual refreshment point managers. Each runner is allowed one assistant only, who must hold a pass issued by the organisation.

16.4. Assistants may not consume refreshments provided for the runners. Runners must help themselves personally to any refreshments they require.

16.5. Assistants may bring spare clothing and shoes, food and/or supplements for runners.

16.6. Professional assistance (team members, professional trainers) and medical or paramedical assistance are strictly prohibited.

16.7. The showers, medical treatment rooms and appointed rest areas are for the exclusive use of runners. Access to these areas is prohibited for assistants.

16.8. Assistance of any kind along the route is prohibited and will incur the **disqualification of the runner**.

16.9. Assistants and coaches must observe road transit restrictions. Any infringement of this rule will incur the **disqualification of the runner**.

16.10. Assistance provided by camper van, car or any other means of transport is prohibited anywhere except at life bases. Any runner found sleeping, eating or receiving assistance outside the authorised points will be disqualified.

## 17. COACHING

Runners are prohibited from receiving coaching along the route, on penalty of **disqualification**.

## 18. PARTNER REFUGES TOR450 - Tor des Glaciers

18.1. Each partner refuge is a check point for a section of the route. Runners must ensure they register correctly (manually or via the electronic chip) as they pass through the checkpoints. Failure to register at a checkpoint will lead to disqualification of the runner.

18.2. The organisation reserves the right to carry out checks at non-official checkpoints along the route.

18.3. The organisation has made arrangements for runners to use the sleeping accommodation, subsistence and shower facilities free of charge at partner refuges. Runners must observe the rules of the refuge and not disturb other people using the facilities.

18.4. Before leaving a refuge, runners must ensure they have enough food and water to last them until they reach the next refreshment point.

18.5. Each runner must check that the battery in their GPS tracker is fully charged on their departure from each refuge.

## 19. REFRESHMENT POINTS AND CHECKPOINTS

- 19.1. All official refreshment points are also checkpoints for runners. Runners must ensure they correctly register (manually or via the electronic chip) as they pass through refreshment points. Failure to register at a checkpoint will lead to disqualification of the runner.
- 19.2. Runners must follow the marked route through refreshment points, even if they are not intending to stop over.
- 19.3. The organisation reserves the right to carry out checks at unofficial checkpoints along the route.
- 19.4. The official refreshment points supply drinks and food strictly for runners only, which must be consumed on site.
- 19.5. **Plastic drinking cups are not supplied.**
- 19.6. Before leaving a refreshment point, runners must ensure they have enough food and water to last them until the next one.
- 19.7. Some refreshment points have areas where runners may take a short rest, maximum 2 hours. If a runner is unable to resume the race after a maximum 2-hour stay at a refreshment point or refuge, the on-site volunteers will contact the race organisers to assess whether the runner should be withdrawn from the race.

## 20. **LIFE BASES - REST AND SHOWERS**

- 20.1. Life bases are set up along the route where runners can have a full hot meal and a hot shower, and stay for a longer rest, depending on time barrier constraints.
- 20.2. The life bases appear in the schedule of race sections and in the elevation profile, and are indicated on the GPX trail. All files can be downloaded from the DOWNLOADS section of the [tordesgeants.it](http://tordesgeants.it) website.
- 20.3. It is strictly prohibited to sleep in any building, shelter or vehicle other than the organisation's check points.

## 21. **RUNNER BAGS (TOR BAGS)**

- 21.1. When runners collect their race numbers they will be given a bag for the equipment they need to complete the race safely (TOR bag). These bags will be transferred between life bases by the organisation. Runners are required to collect their bags in person on entering the life base, and return them in person to the bag collection volunteers when leaving.
- 21.2. Any runner who withdraws from the race should go to the Courmayeur life base where his/her bag will be handed over in return for the race number.
- 21.3. Bags will not be transported if anything is attached to the outside. Please do not put any fragile items or items of value in the bags. The organisation accepts no responsibility for any items lost or damaged in transit.
- 21.4. **TOR30 - Passage au Malatrà**  
Each runner will be given a bag for their belongings when they collect their race number, which should be returned after the race. The bags will be transferred to the Courmayeur life base by the organisation.

## 22. **WITHDRAWAL AND RETURN TO COURMAYEUR**

- 22.1. Runners wishing to withdraw before the end of the race must go to the nearest checkpoint and report their decision to withdraw. The organisation will then arrange for transport back to the base at Courmayeur.
- 22.2. Any runner who withdraws without reporting the decision immediately, thereby prompting a search by rescue personnel, will be responsible for any costs incurred.

## 23. **MAXIMUM TIME ALLOWED AND TIME BARRIERS**

- 23.1. The races are held in a single, free-speed stage with a limited time:

<b>TOR450 Tor des Glaciers</b>	<b>TOR330 Tor des Géants®</b>	<b>TOR130 Tot Dret</b>	<b>TOR30 Passage au Malatrà</b>
190 hours	150 hours	44 hours	8 hours

- 23.2. A schedule of stages and time barriers is available to download from the DOWNLOADS section at [www.tordesgeants.it](http://www.tordesgeants.it)
- 23.3. Each life base has two time barriers: one at the entrance and one at the exit. These are calibrated to allow runners to reach the finish line within the maximum time allowed, but still make stops (to rest, eat, etc.).
- 23.4. The time barriers at interim points are set up as exit barriers.
- 23.5. Runners will not be allowed to leave after the time limit has expired.

#### 24. **CHANGES TO THE ROUTE AND TIME BARRIERS – CANCELLATION OF THE RACE**

- 24.1. The organisation reserves the right to change the route, the location of rescue and refreshment points and the time barriers, at any time and without notice.
- 24.2. In the event of unfavourable weather conditions (severe depression with heavy rain and snowfall at high altitude, severe risk of storm, etc.) the start of the race may be postponed by a maximum of 24 hours, beyond which the race will be cancelled.
- 24.3. Where necessary, the organisation reserves the right to change or remove sections of the route.

#### 25. **ROUTE AND GPS TRACKING**

The race route is available to download as a GPX file from the DOWNLOADS section of the [www.tordesgeants.it](http://www.tordesgeants.it) website. The organisation will notify runners in good time of any substantial change to the route and/or logistics.

#### 26. **DISQUALIFICATION**

- 26.1. Race marshals will be stationed along the route to check that runners are in compliance with the regulations.
- 26.2. The marshals are authorised to carry out checks of any kind and may stop a runner from competing after reporting an irregularity or infringement of the regulations to the race organisers.
- 26.3. If an irregularity is confirmed, the runner will be disqualified by the race organisers.
- 26.4. **The following infringements are punishable by disqualification:**
- Refusal to submit to checks
  - Litter left behind by the runner or his/her assistant
  - Failure to provide assistance to another runner in difficulty
  - Refusal to comply with an order from the race organisers, a race marshal, a doctor or a rescuer
  - Leaving a checkpoint after the time limit has expired
  - Drugs use or refusal to submit to a drugs test
  - Failure to pass through a checkpoint
  - Using a means of transport
  - Verbal abuse or threats from the runner or his/her assistant to a member of the organisation or volunteer.
  - Sharing and/or exchanging race numbers
  - Failure to comply with the road transit restrictions by the runner's assistant or coach
  - Coaching
  - Assistance given outside authorised points

- Any infringement of the race ethics detected

26.5. Disqualification is immediate and the runner must withdraw from the race directly.

## 27. COMPLAINTS

Complaints will only be accepted if they are submitted non-anonymously before the closing ceremony, together with a €150 deposit.

## 28. JURY

28.1. The jury comprises:

- the race organiser
- the health & safety director
- any person deemed appropriate by the race organiser

28.2. The jury will reach a decision within the time it takes for discussion and carrying out of required checks.

28.3. **The jury's decision is final.**

## 29. RANKINGS AND PRIZES

29.1. The runner who arrives at the finish line in Courmayeur in the shortest time wins the race. Only runners who finish the race within the set time will have a qualifying time for entry in the final ranking.

29.2. No cash prizes will be awarded. Every runner who finishes the race will be awarded the title 'finisher'.

29.3. An overall ranking of all male and female runners will be drawn up, as well as separate rankings for men and women. Prizes will be awarded to the top five male and female runners in the overall ranking, and to the winner in each category. Prizes for individual categories will not be given to any runner who has already been awarded another prize.

29.4. CATEGORIE

**Runners' ages are taken into consideration at the start of the race.**

- V4 - 70 and over
- V3 - 60 to 69
- V2 - 50 to 59
- V1 - 40 to 49
- SEN - 20 to 39
- JUN - 18 to 19

## 30. IMAGE RIGHTS

All runners expressly waive the right to images taken of them during the event, or grant the organisation and its partners free, unlimited use of any photographs and videos in which they appear.

**Any dissemination for commercial purposes of photographic or video images captured during the event, via any means (internet, social networks, TV, press, magazines, etc.), without written authorisation from the organisation is prohibited.**

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31. **PRIVACY**

By registering, runners declare that they accept all the clauses in these regulations and the Privacy Policy, which is available to view [here](#).

32. **ACCEPTANCE OF REGULATIONS AND RACE ETHICS**

Participation in a TORX race assumes **unreserved acceptance of these race regulations** and the race ethics, which are published and available to view at [www.tordesgeants.it](http://www.tordesgeants.it)

**By registering, runners declare in particular that they have read and accepted the following articles and are aware of them:**

- Article 1      **FOREWORD: Important note regarding the SARS COV 2 pandemic (COVID 19)**
- Article 6.3    **CHARITY RACE NUMBERS**
- Article 6.4    **ECO RACE NUMBERS**
- Article 9      **REFUND OF REGISTRATION FEES**
- Article 12     **SEMI SELF-SUFFICIENCY**
- Article 13     **EQUIPMENT**
- Article 14     **SAFETY AND MEDICAL ASSISTANCE**
- Article 30     **IMAGE RIGHTS**
- Article 31     **PRIVACY**

**IMPORTANT: The original version of this document is written in Italian. In the event of any inconsistencies or discrepancies with versions in other languages, the Italian version will prevail.**