



REGLEMENT TRAIL 2021  
English

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**OUTDOOR Unlimited Sarl**

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Switzerland

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## 1. GENERAL

The Bernina Ultraks are annual individual trail running competition which takes place in Pontresina, Switzerland. The Bernina Ultraks offer competitors on four courses the opportunity of a personal challenge and an opportunity to measure their level of performance against other competitors in a unique high-alpin mountain setting. It also allows competitors to take advantage of a venue loaded with emotions and history through one of the four courses proposed.

The Bernina Ultraks are supported by Tourismus Pontresina.

## 2. COURSES

Detailed plans of all courses, as well as profiles, are available on: [Bernina.ultraks.com](http://Bernina.ultraks.com)

The distances have been measured as precise as possible. However, it is still possible that race watches show small differences in distance and altitude. The tolerance level may be up to 5% which may result in distance differences of up to 2km on the Bernina Gletschermarathon.

All races start and finish at the Congress- and Cultural Center "Rondo",  
Via Maistra 133, 7504 Pontresina.

### 2.1. Course „Steinbock“

Length: 16,3 km  
D+/D-: 880m  
Starting time: July, 3 - 09:30am  
Time limits: no time limit

A detailed course profile as well as all information about the course are always up-to-date on the website.

### 2.2. Course „Corvatsch“

Length: 30,1 km  
D+/D-: 1.700 m  
Highest point: Fuorcla Surlej – 2.755 M  
Starting time: July 3, 08:15am  
Time limits: no time limit

A detailed course profile as well as all information about the course are always up-to-date on the website.

### 2.3. Course „Bernina Gletschermarathon“

Length: 42,2 km  
D+/D-: 2.600 m  
Highest point: Diavolezza (3.000m)  
Starting time: July 3, 08:15 am  
Time limits: will be announced on or before Feb 1, 2021

A detailed course profile as well as all information about the course are always up-to-date on the website.

#### 2.4. **Course „Languard Go Vertical“**

Length: 6,5 km  
D+: 1.400 m  
Highest point: Piz Languard (3.200m)  
Starting time: July 2, 05:00pm  
Time limits: will be announced on or before Feb 1, 2021

A detailed course profile as well as all information about the course are always up-to-date on the website.

#### 2.5. **Substitution courses**

In case weather conditions prevent using the original courses, substitution courses will be offered, if that is possible.

#### 2.6. **Course and time limit modifications**

In case of bad weather, and for safety reasons, the organisers are entitled to stop the race at any time, to adapt the courses and/or checkpoints and/or alter time limits. All such decisions will be issued by the Race Committee.

#### 2.7. **Signposting/Marking**

Signposting and course marking explanations will be sent to all runners shortly before the race in the “Runner’s Guide” and presented in the runners briefing.

### 3. **ENTRY CONDITIONS**

#### 3.1. **Participation**

The trail race is an individual race event. Runners who participate have to feel healthy, fit and well trained to be able to run the courses within the given time until the closure of the finish.

#### 3.2. **Minimum age**

The persons fulfilling the following conditions can enter the competition:

„Languard Go Vertical“:	Birth year 2005 and older
„Steinbock“:	Birth year 2005 and older
„Corvatsch“:	Birth year 2002 and older
„BMG“:	Birth year 2002 and older
Juniors:	Birth year 2002 to 2005

### 3.3. Exemptions

The organisers keep the right to grant exemptions.

### 3.4 Parental authorisation

A written authorisation by the parents will be required for runners under 18 years of age. The form can be downloaded on our website and must be filled, signed and presented to collect the bib.

## 4. CATEGORIES

	Go Vertical	Steinbock	Corvatsch	BGM
<b>Men Overall</b>	✓	✓	✓	✓
Men M20 (1992 – 2001)	✓	✓	✓	✓
Men M30 (1982 – 1991)	✓	✓	✓	✓
Men M40 (1972 – 1981)	✓	✓	✓	✓
Men M50 (1962 – 1971)	✓	✓	✓	✓
Men M60+ (1961 and older)	✓	✓	✓	✓
<b>Women Overall</b>	✓	✓	✓	✓
Women M20 (1992 – 2001)	✓	✓	✓	✓
Women M30 (1982 – 1991)	✓	✓	✓	✓
Women M40 (1972 – 1981)	✓	✓	✓	✓
Women M50 (1971 and older)	✓	✓	✓	✓
Juniors Boys (2002 – 2005)	✓	✓		
Juniors Girls (2002 – 2005)	✓	✓		

If there are less than five people at the start of a category, the competitors will be moved into the next lower category.

Juniors categories are maintained irrespective of the number of participants.

## CATEGORIES KIDS

Kinder I -		2010 – 2011
Kinder II	-	2012 – 2013
Kinder III	-	2014 – 2015

## 5. REGISTRATION

### 5.1. Entry fees (per Oct 6, 2020)

Prices per person in CHF (incl. 2,5% VAT).

	Early Bird	Regular	Late	Pay n Run
	Bis 31.12.	Bis 30.04.	Bis 01.07.	02.07./03.07.
Languard Go Vertical	CHF 30,00	CHF 35,00	CHF 40,00	CHF 45,00
Steinbock	CHF 50,00	CHF 60,00	CHF 70,00	CHF 75,00
Corvatsch	CHF 75,00	CHF 90,00	CHF 105,00	CHF 110,00
Bernina Gletschermarathon	CHF 110,00	CHF 125,00	CHF 140,00	CHF 145,00
Mini Ultraks	CHF 10,00	CHF 10,00	CHF 10,00	CHF 15,00

### 5.2. Phases of registration

The registration during the first three phases until July 1 will only be online.

The “Pay n Run” registration will take place onsite on

- July 2: 2:00pm to 7:30pm
- July 3: 6:30am to 1h before start of race

Due to special corona regulations as part of the “hygiene concept”, the organisers may not be able to offer an onsite registration service.

Please note, that all registrations after Friday, June 24 (23:00) won't contain the runners name on the bib.

### 5.3. Limitation in participation numbers

The organisers will retain the right to limit the number of runners per course or overall.

A limitation will be announced on the event website.

### 5.4. Course change / no show

#### 5.4.1. Course change

A participant can change the course until Friday June 24, 2021 (23:00, 11pm). A change of course will result in an extra payment of the difference between the original entry fee and the fee at the time of change. No refund will be made, should the entry fee of the new course be lower than the fee originally paid.

#### 5.4.2. **No Show**

The entry fee will not be refunded in case a registered competitor does not participate for any reason.

#### 5.4.3 **Insurance**

An optional insurance can be booked during the online registration.

#### 5.4.4 **Race cancellation**

The entry fee will be refunded if the event is cancelled by the organisers for reasons, other than safety or force majeure.

The entry fee will not be refunded for cancellation due to safety or force majeure. No refund of the entry fee will apply in case of cancellation, modification of course or interruption of the competition for safety reasons (particularly bad weather) or force majeure.

### 5.5. **Benefits**

Each competitor will receive the following benefits:

- A starting number
- An electronic chip for timing
- Aid stations supplies during and after the race
- Finisher gift

Anything not expressly mentioned here above is to be organised and borne by the competitors, including transportation, accommodation, food and beverage.

## 6. **EQUIPMENT**

### 6.1. **Compulsory Equipment**

The Race Committee does not impose any compulsory equipment.

Each competitor is responsible to evaluate the personal equipment for the race. It is recommended to check the weather forecast in order to adjust the equipment accordingly. It is also recommended to take a long sleeve jacket and a survival blanket.

A weather bulletin will be published 24-hours before the first start.

### 6.2. **Poles**

Poles are accepted on all courses.

## 7. **COMPETITION RULES**

### 7.1. **Timing**

The starts of all courses are mass starts. Due to the special hygiene rules, it may be required to organise a “wave start”. This is a staggered start with runners grouped.

The individual timing starts when runners cross the starting line.

## 7.2. **Wearing the bib**

Each competitor must wear the bib number clearly visible (number and sponsor) on the chest, the upper body or on the thigh during the whole race.

The bib number gives access to aid stations, medical support as well as all facilities and services dedicated to competitors (such as left luggage, showers, etc.). In addition, the bib can be used after abandoning the race to use the Bergbahnen free of charge on the way down to Pontresina.

## 7.3. **Behaviour on the course**

Competitors shall comply with the present Rules & Regulations and follow all instructions of the Race Committee.

It is reminded that:

- Every competitor must observe the signposting/course marking;
- Even in the absence of a specific rule or instruction, competitors will take the appropriate measures required by the circumstances in order to avoid accidents, which may affect them, other competitors, organisers representatives or third parties on the course.
- Competitors have a duty to assist any person in danger or victim of an accident and to inform promptly the Race Committee of any accident by phone or by a course marshal (orange gilet);
- A competitor must give way direction, should he be asked to do so;
- Competitors must respect the environment. No littering on the course;
- Any third party physical assistance is forbidden (pushing, pulling or carry,...).

## 7.4. **Withdrawal, abandoning the race and disqualification**

A competitor may decide to withdraw or can be pulled out of the race by the Race Committee.

Except in case of injuries, withdrawal can only take place at a check point. The competitor will have to follow instructions from the Race Committee.

A competitor that does not meet the time limits will be considered as disqualified and needs to follow instructions from the Race Committee.

## 7.5. **Time limits and closure of finish**

The organisers will keep the right to announce a time limit for all trails. Time limits can also be imposed short term because of weather and natural situations. For the trails currently announced under normal weather situations, time limits only for the Bernina Gletschermarathon and the Go Vertical trail will be announced on or before Feb 1, 2021.



Times for the closure of finish are currently:

Friday, Go Vertical      20:00  
 Saturday, all trails      19:00

**7.6. Anti-doping**

The organisers requires the integrity of the competitors and the respect of sport ethical rules. Competitors shall refrain from any doping practice. The list of forbidden substances and methods is the WADA list (in competition) in force at the time of the competition (<http://www.wada-ama.org/en/>).

The organisers reserve the right to conduct anti-doping tests. Competitors accept to submit to such tests.

**7.7. Penalties**

**7.7.1. General**

Penalties will be imposed in case of breach of the Rules & Regulations by a competitor. All decisions related to penalties are made by the Race Committee and are final.

**7.7.2. Penalty table**

Breach	Penalty
<ul style="list-style-type: none"> <li>Refusal to comply to direct instructions from Race Committee;</li> <li>Positive anti-doping test.</li> </ul>	<ul style="list-style-type: none"> <li>Disqualification</li> </ul>
<ul style="list-style-type: none"> <li>Other non-compliance to Rules &amp; Regulations.</li> </ul>	<ul style="list-style-type: none"> <li>Five minutes penalty by breach (can be added)</li> <li>Disqualification for severe breaches</li> <li>Exclusion from the ranking</li> </ul>

**7.8. Protest**

Protest can be made in writing to the Race Committee latest 15 min after a competitor crosses the finish line. Past this deadline, a protest will no longer be admitted.

Protest must be accompanied by a deposit of 100,- CHF that will be refunded if the protest is decided in favour of the applicant. The deposit is not refunded if the protest is rejected.

Decisions related to protests are final.

## 8. RESULTS AND PRIZE-GIVING

### 8.1. Results

Rankings per category will be published on the website (Bernina.ultraks.com) after the results are made final.

In case of discontinuation of the race, ranking will be set according to times at the last check point.

### 8.2. Prize-giving

A prize-giving ceremony will be organised. Typically, it takes place on Saturday, at 3:30 PM (tbc) for the following categories:

- Men Overall per course ("scratch"), top three
- Women Overall per course ("scratch"), top three
- Juniors Men, top three
- Juniors Women, top three
- Winners of each age categories as per Clause 4
- Winners of the Bündner Classification per course for Women/Men

A change of date and time is subject to weather and organisational influences.

## 9. ORGANISATION AND RACE COMMITTEE

### 9.1. The Organiser

The Bernina Ultraks trail run is organised by Outdoor Unlimited Sarl in Geneva

### 9.2. Race Committee

#### 9.2.1. Formation

A Race Committee will be formed by the organisers. It consists out of four persons. Officials, such as guides, doctors, etc. that are present along the course must be considered as representatives of the Race Committee.

#### 9.2.2. Responsibilities

- Manage the competition, including changing or stopping the programme/course ;
- Enforce the Rules & Regulations ;
- Act as jury in case of protest ;
- Take all decision commanded by the circumstances and that are not expressly covered by the Rules & Regulations

## 10. PERSONAL RESPONSIBILITY AND INSURANCES

Each competitor must be personally insured against accidents and other damages. Rescue costs in case of accident are not borne by the organisers.

In case of need, the official mountain rescue service will be called to operate rescue operations and make decision regarding the engagement of necessary means, including helicopter. Costs resulting from rescue, including cost of transportation from the location where the person is transported, will be borne by the rescued person. It is the sole responsibility of the competitor to submit a claim in due time to his/her insurance.

In case the organisers have to meet costs of the rescue, such costs will have to be reimbursed to the organisers by the competitor (or his/her insurance).

## 11. LEGAL PROVISIONS

Competitors take part at the Bernina Ultraks under their sole responsibility and at their own risks. Competitors waive any claim or recourse against the organisers, whatever the damage suffered.

In case of accident, any liability of the organisers, its officers, employees, agents, auxiliaries, volunteers is expressly excluded to the full extent permitted by law.

Each competitor expressly allows the organisers, as well as its licensees and co-contractors, such as media and sponsors, to use pictures and films of the competition, including its preparation and follow-up phases, where he/she could appear in the context of his/her participation to the Bernina Ultraks, on any medium, including promotional and/or advertising documents and without limitation in time and space.

Participation to the competition does not confer any rights to use the race for promotional or commercial purposes. Any communication on the competition or use of images of the race is forbidden subject to an express and written authorisation from the organisers.

Bernina Ultraks is a registered trademark.

In case of differences between the different versions of the Rules & Regulations, the German version shall be the prevailing one.

Munich, October 6, 2020

The Organisers