



REGLEMENT TRAIL 2024  
English

**May, 2024**

**PEAKS Park GmbH**

Via Maistra 163

7504 Pontresina

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.

### 2.1. Course „Steinbock“

Length:	16,3km
D+/D-:	880m
Starting time:	July 6th, 9:30 am

We refer to the current course profiles and information on our website.

### 2.2. Course „Corvatsch“

Length:	30,1 km
D+/D-:	1.700 m
Starting time:	July 6th, 08:20 am

We refer to the current course profiles and information on our website.

### 2.3. Course „Bernina Glaciers Marathon“

Length:	42,2km
D+/D-:	2.600m
Starting time:	July 16th, 07:30 am
Time limits:	Lagalb Talstation 01:15 pm
	Alp Languard 03:30 pm

We refer to the current course profiles and information on our website.

#### **2.4. Course „GoVertical“**

Length: 6,5km  
D+: 1.400m  
Starting time: July 05th, 05:00pm

We refer to the current course profiles and information on our 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:

„Go Vertical“: 16 years and older  
„Steinbock“: 16 years and older  
„Corvatsch“: 18 years and older  
„BMG“: 18 years and older

Juniors:

Birth year 2005 to 2008

### **3.2.1 Exceptions**

The organisers keep the right to grant exemptions.

### **3.2.2 Parental Authorisation**

A written authorization 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

### 4.1. Standard Ranking

	Go Vertical	Steinbock	Corvatsch	BGM
<b>Men Overall</b>	✓	✓	✓	✓
Men M20 (1995 – 2004)	✓	✓	✓	✓
Men M30 (1985 – 1994)	✓	✓	✓	✓
Men M40 (1975 – 1984)	✓	✓	✓	✓
Men M50 (1965 – 1974)	✓	✓	✓	✓
Men M60+ (1964 and older)	✓	✓	✓	✓
<b>Women Overall</b>	✓	✓	✓	✓
Women M20 (1995 – 2004)	✓	✓	✓	✓
Women M30 (1985 – 1994)	✓	✓	✓	✓
Women M40 (1975 – 1984)	✓	✓	✓	✓
Women M50 (1974 and older)	✓	✓	✓	✓
Juniors Boys (2005 – 2008)	✓	✓		
Juniors Girls (2005 – 2008)	✓	✓		

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.

### 4.2. Combined Ranking

There will be a pair ranking on each course.

### 4.3. Categories Kids

Kids I - 2013 – 2014  
 Kids II - 2015 – 2016  
 Kids III - 2017 – 2018

## 5. REGISTRATION

### 5.1. Entry fees (per 15th March, 2024)

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

	<b>Price 1</b>	<b>Price 2</b>	<b>Price 3</b>	<b>Price 4</b>	<b>Pay and Run</b>	<b>Limit Starters</b>
Go Vertical	CHF 35,00	CHF 40,00	CHF 45,00	CHF 50,00	CHF 55,00	100
Steinbock	CHF 55,00	CHF 60,00	CHF 65,00	CHF 75,00	CHF 80,00	200
Corvatsch	CHF 85,00	CHF 95,00	CHF 105,00	CHF 115,00	CHF 125,00	300
Bernina Gletschermarathon	CHF 115,00	CHF 125,00	CHF 135,00	CHF 150,00	CHF 155,00	380
Mini Ultraks	CHF 10,00	CHF 10,00	CHF 10,00	CHF 10,00	CHF 10,00	100

### 5.2. Limitation in participation numbers

The number of participants for all courses is limited for safety reasons. The maximum number of participants per course can be found in 5.1.

### 5.3. Change or cancellation of participation

#### 5.3.1. Cancellation of participation

In the event of cancellation of registration, participants have no right to a refund, regardless of the reason.

#### 5.3.2. Insurance

Optionally, an insurance policy can be taken out during online registration, which covers the amount of the registration fee in the event of a withdrawal from participation in accordance with the rules. This will be handled directly by the insurance company and not by the organizer.

#### 5.3.3. Carryforward to the following year

The starting place can be transferred free of charge to the following year until 08.06.24. After that, the transfer will take place until 29.06.24 for a fee of 15 CHF. From 30.06.24 no more transfer can be concluded.

#### 5.3.4. Change of course selection

The route selection can be changed until Friday, 29<sup>th</sup> June 2024 at midnight. In the event of a change of route, the difference between the price at the time of the initial registration and the registration fee currently applicable on the day of the change

must be paid in arrears. If the initial price paid is higher than the registration fee for the new course after the change, the participant will not be entitled to any refund.

If the route is changed after 29.06.24., an administration fee of 15 CHF will be charged.

#### 5.3.5. **Race Cancellation**

If the race is cancelled by the organiser for reasons other than safety or force majeure, the registration fee will be refunded to the participant.

If the race is cancelled by the organiser for safety reasons or due to force majeure, the registration fee will not be refunded to the participant.

It should be noted that in the event of a change to the route or an interruption for safety reasons (particularly in the event of bad weather conditions) or due to force majeure, no refund will be made.

#### 5.4. **Benefits**

Each competitor will receive the following benefits:

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

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**

For all courses:

- Cell phone with saved emergency number: +41 79 889 25 33

On the Corvatsch course you must also carry

- Rescue Blanket



On the course of the Bernina Glacier Marathon you have to carry:

- Spikes for crossing the glacier
- Rescue blanket
- Rain or wind jacket

It is also recommended to wear a long-sleeved shirt.

The organizer reserves the right to prescribe additional mandatory equipment depending on the weather conditions (e.g. rain pants).

The organizer will check the equipment when entering the starting area. Missing compulsory equipment will lead to immediate disqualification.

## **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 Mountain railroads 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.

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> </ul>

- |  |  |
|--|--|
|  | <ul style="list-style-type: none"><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 <https://bernina.ultraks.com/en/> 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. A change of date and time is subject to weather and organisational influences.

The following categories will be honoured:

- 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 pair ranking

## **9. ORGANISATION AND RACE KOMITEE**

### **9.1. The Organiser**

The Bernina Ultraks trail run is organised by PEAKS Park GmbH in Pontresina.

### **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. LIABILITY AND INSURANCE**

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.

Pontresina, May 2024

The Organiser