

REGULATION



Description:

A journey, a trailrunning experience for UltraTrail athletes only, a unique event that will take you on the paths of the Great War after 100 years, trampling the battlefields located on the front line between the Kingdom of Italy and the Austro-Hungarian Empire, where they were the scene of bloody and numerous battles for the conquest of a handkerchief of land on the peaks and valleys that surround it, circumventing the undisputed King of the Julian Alps, on the border of Italy between Austria and Slovenia with an alpine character.

Departure from Sella Nevea where you will focus on the beautiful Montasio plateaus, then descend along the path that leads to the village of Piani and then take the old road that goes up to Patocco and along a spectacular path that will take us to Chiusaforte. Leaving the village, passing the short ascent undergrowth you will come out in Costamolino, continue towards Dogna and start to climb up the valley of the same name, along and caressing its characteristic rural villages consisting of ancient buildings, and you will enter the fortified line of Plans, watershed and border line during the great conflict.

Once arrived at the Grego refuge, characterized in a very suggestive place, you will aim to descend towards the millenary forest of Tarvisio, precisely towards Valbruna, where you will run along the paths of the Alpe Adria Trail. A very particular stretch, undergrowth and cool that will take us to the center of the village through the Refuge Kugy and always under the eyes of the impressive and beautiful group of Jof di Fuart, one of the most beautiful and imposing peaks of the Julian Alps scene of bitter fighting during the First World War. Once arrived in Ugovizza the athletes will find the base life, located about halfway along the route, where it will be possible to receive assistance, feed, and start again for the second part of the route; (For the participants of the MEDIUM ULTRA VdG in the village there will be the start of the 65km route).

Right in the centre of the village we will take the path that will take us towards Malga Priu, Rifugio Gortani, and entering the Val Uque accompanied by the natural sound of its waters; we will arrive passing through the Rifugio Nordio in Sella Lom, the current border line between Italy and Austria and we will take the Traversata Carnica path to Sella Bistrizza under the Osternig Mountain, and then we will return along the Alpe Adria Trail that will take us first to the Madonna delle Nevi chapel situated on the Gozman Mountain, passing on the Pleccia saddle and descending towards Camporosso; descending to the valley we will climb up from the famous Pilgrim's Path to the famous and unique village on Mount Lussari where there is the sanctuary and you can enjoy a 360° view from the Tarvisio plain, the view of Mangart and Jof di Montasio.

Leaving the village you continue towards the valley of Rio Freddo going down and arriving to the village of Cave del Predil crossing it inside the mining museum and then along the nature trail that runs along the lake of Predil passing through its characteristic military fort; turn right and go back uphill for the last time towards malga Grantagar and take the Sentiero dei Tedeschi that leads to the refuge Corsi 1874mt and it will be the last roughness of the race; continuing along the suggestive Parete delle Gocce (Drops Wall) and passing the Scalini Pass, you will descend accompanied by the numerous ibexes who will be privileged spectators, and touching with your own hands the numerous Alpine positions of the Great War still existing, entering into an incredible landscape with a view that will be lost on the chain of Mount Canin that overlooks the finish line. After crossing the Passo degli Scalini, you will head towards Casera Cregnedul and take the path that will take you directly to the finish line of this wonderful event!

THE TRAIL

The Via delle Giulie is an ULTRA TRAIL , endurance mountain trekking in semi-autonomy valid for ITRA points.

The route includes two distances:

- **VdG Ultra** 120 km 8200 dsl+

VdG Trail Ultra   8 120,00 km

- **VdG Medium Ultra "Attraversata"** 65 km 4450 dsl+

VdG Trail Medium   9 65,00 km

- **VdG Short Ultra 40 km** 3350 dsl+

VdG Trail Short   11 40,00 km

This test involves numerous passages in altitude, up to 2200 m, where there is the possibility of encountering numerous changes in climate as you travel through different valleys. Certain weather situations can become IMPORTANT and RIGID, temperatures will vary between 30 and 0 degrees. The route is characterized by fast paths, for the most part in good condition but there will be alpine passages of light equipment in the final part, where it will be absolutely important to be very careful and have an adequate preparation. Therefore a good physical condition and the awareness to move without problems in alpine landscapes is required. Given the period in which the event takes place, it will be possible to find some sections with a few centimetres of snow and the use of crampons will be required especially in the final

part of the route. (it will be the responsibility of the organization to inform the competitors whether to equip themselves already at the start or not).

The logistics of the race will be at the Multipurpose Centre of Sella Nevea, where there will be the start of the ULTRA TRAIL on Friday 11th September and where there will be the meeting point for the transfer to the starting area located in Ugovizza of the MEDIUM ULTRA VdG on the morning of Saturday 12th September.

The departure of the ULTRA TRAIL

VdG will take place on Friday 11th September 2019 at 17:00 at the Multipurpose Centre of Sella Nevea in the municipality of Chiusaforte.

The departure of the MEDIUM ULTRA

VdG will take place in the municipality of Ugovizza at 9:00 am on Saturday 12 September.

The departure of the SHORT ULTRA

VdG will take place in the municipality of Camporosso at 10:30 am on Saturday 12 September.

Please note that during road crossings the highway code is in force and is respected in all rules.

Stable time gates are:

- 10:00 p.m. Closing time**
- hours 08:00 Base Vita Ugovizza**
- 17:00 Cave de Predil**

MAXIMUM TIME:

Ultra Trail VdG maximum time 36 hours

Medium Ultra VdG maximum time 18 hours

Short Ultra VdG maximum time 12 hours



VdG Trail participates in the campaign "I DO NOT THROW MY WASTE".

The purpose of the campaign is summarised in the following points:

- to remember before the start that no discards must be left on the route;
- to set up several waste bins in the vicinity of the refreshment areas;
- avoid the use of plastic cups, encouraging the use of your own glass;
- disqualify those who throw waste on the ground on the route.

There will be various refreshment points and a half-life base (60km), where competitors can change, feed and start again. At the start will be delivered and then collected the bags that will be made to find one at the base life halfway and the other at the arrival. At the end of the group will be present the SCOPE that will have the task to close the competition and remove the balisaggio of the race course. It is therefore underlined that in case the competitor wants to continue the race without number and therefore at his own will, he relieves the organization from any responsibility for consequences deriving from such behaviour.

The athletes commit themselves to respect to the letter the Rules and Regulations, and release the organizers from any responsibility for any accident or any problem that may arise from disrespectful behavior.

The competitors who will be found throwing their waste on the course will be mathematically disqualified.

Categories and rankings

The time of each competitor will be expressed in hours and minutes and seconds as per Wedosport time trial.

Punching and controls

All registered athletes will receive a bib with chip attached. In addition, competitors must have with them the material OBLIGATORY both at the time of the race and during the race, because during the course there will be surprise checks or the immediate disqualification.

Each competitor must OBLIGATORILY download on his mobile phone the emergency number and the organizer.

Control posts

Along the way there will be control points (as mentioned in the previous point) where, at the complete discretion of the organization, the checks of the backpack and the mandatory material that will be listed below, can be carried out. This in order to manage in total safety and prevent the safety of the competitor, and in addition to check in the space of time of the two gates / control posts the lack of some athlete on the path. Whoever refuses to give the details of the identification number on the bib or in the absence of it, will take full responsibility for any consequences resulting from the failure to behave as described in the regulations.

Withdrawal

In case of withdrawal, the competitor must OBLIGATORILY AND TRAFFICALLY warn the organization, the broom, or the staff of the checkpoint, to avoid causing problems related to the task of the rescuers engaged for any future or ongoing rescue during the race, handing over the bib. From that moment on, the competitor will no longer be able to continue the route, relieving the organization from ANY act or consequence of rescue or other intervention. At the retreat, the organizational staff will take care of the recovery of the athlete, ONLY in the areas defined by the organization (control points, refueling). With regard to the possibility to stay overnight in the shelters that will be found during the route, however, it will be possible to do so only with complete autonomy decision and expense of the competitor.

Withdrawals will be brought back to the starting area.

Road Book

The Road Book will be available for download on the event website. It will be the responsibility of the athletes to download and print it to take it with them and above all to study it, in order to avoid endless

repetitions regarding the areas where the route will unfold. The Road Book can be updated up to and no later than the last 5 days before the race.

Safety and Medical Assistance

Of vital importance is the responsibility for the safety of athletes who must absolutely abide by the regulations in order to find themselves in unpleasant situations that may endanger the lives of rescuers, organisation and their companions. There will be rescue posts (base of life and checkpoints). There will be doctors in charge along the route to check the physical and psychological state of the participants, and will be able to decide whether the competitor can continue or must "leave" the race. The route is in all its development reachable by rescue vehicles, and only in a few stretches will be, in case of rescue, alerted in any case the helicopter rescue. Partner of the event will be the mountain rescue of the area. In case of unfavourable weather conditions it will be at the description of the organization, with a briefing together with the mountain rescue department, to decide to suspend the race. On the race bib there will be the number of the organization and the doctor. Much of the route is equipped with a good telephone network. The athlete who will call for help must ABSOLUTELY follow the instructions of the doctor, or whoever takes their place. To close the group will be present "brooms" which will have the task of supervising the athletes, both the discipline and the decision (in close contact with the organization) to exclude from the race competitors who can not complete the race. It is therefore remembered that the organization will do everything possible, in the interest of each athlete, to get him to the finish in the best possible conditions. The competitors, on their part, must assume all responsibility and awareness to finish the race without causing any damage to the organizers, athletes and the environment. In case of adverse weather conditions, temperatures close to freezing temperatures somewhere along the route are not excluded.

Drinks and food

In the refreshment areas there will be basic food and drink available without forgetting that the pure spirit of the trail is to run the race in total semi-autosufficiency. It should be remembered as the basic rule of a real trailer, the fact that there will be no glasses provided by the organizing body, so it will be MANDATORY to have with you a glass of your own or similar, along the entire route.

Clothing bags

At the pectoral retreat, two bags of different colors will be delivered. One that will be filled by the competitors for the base life placed about halfway along the route in Ugovizza, and the second with the change that will be left at the start/arrival area. It will be care of the organization as much as possible to get the bags in time. Who, inside the bags, will insert materials that are not suitable, of value or that cause problems of tightness to the bags, will totally exempt the organization from any loss of objects.

NOTE: the loss of the Tracker, given to the athletes at the time of bib delivery, involves the cost of the total cost of the instrument by the competitor (150 euros). We therefore ask the maximum attention to the use and positioning of the same during the trip.

Personal assistance

The athletes will be able to organize, if they deem it necessary, personal assistance areas, ONLY and NOT beyond the supply areas provided by the organization itself, under penalty of IMMEDIATE DISQUALIFICATION. It is possible to ask the staff for specific points for possible team organizations with the support of their staff.

Compulsory equipment for both routes

Backpack

Water bottles or water bag with at least 1 1/2 litre of water

Food reserve

Thermal towel

Whistle

Elastic bandage for possible bandaging

Waterproof jacket capable of withstanding harsh weather and bad weather

Pants that cover the knee, worn or in the backpack

Bandana or hat

Personal glass or container for drinking at refreshment stands

Cellular phone with the two numbers inside, rescue and organization with battery charged!!

2 headlamps plus spare batteries

Visible red flashing light

1 pair of gloves

20 euros in cash

Valid identity document

The Road Book

Penalty

The athletes will be penalized and disqualified if they cut the course, do not show the number on the bib, damage things, people or animals and act with the lack of assistance to a competitor found in difficulty or in a state of obvious danger; and especially to those who will be found to dirty and then throw garbage on the ground. The penalty will consist in the immediate exclusion of the athlete from the race.

Registration

- **ULTRA TRAIL VdG:** only athletes who have participated in the last 12 months in at least one Ultra Trail of 60 kilometers and at least 3500 meters of altitude difference and who have a regular and valid competitive medical certificate on the day of the event can register. Any different mileage will be taken care of by the organization after a request, validate the access to the registration.
- **MEDIUM ULTRA VdG "Crossing":** Only athletes who have participated in the last 12 months in at least one Ultra Trail of 45 kilometers and at least 2500 meters of altitude difference, and who have a regular and valid competitive medical certificate on the day of the event. Any different mileage will be taken care of by the organization after a request, validate the access to the registration.

NOTE : After consulting the database of the DUV (Deutsche Ultramarathon Vereinigung) and checking the athlete's curriculum vitae, the organization will accept the registration. The opening of registrations will take place on 01 February 2020; registrations will close on 01 September 2019, at 23:59.

The gadget of the event sponsored by Montura, will be available ONLY to those registered until 01 September, (only for Ultra and Medium) even in case of postponement of entries of any day if decided by the organization.





The registration will take place on the website www.vdgtrail.com by Wedosport.

In case of cancellation of the race for higher causes, it will be the responsibility of the organizing body to decide the refund or the modalities after a careful evaluation.

Cost of registration

- **ULTRA TRAIL VdG** : 135 euros (100 euros until May 1) and will include bib with tracker afterwards, medical service, supplies/reservoirs, event gadgets, chrono service, transport of basic life bags, transport of pickups and pasta party.
- **MEDIUM ULTRA VdG "Crossing"** : 75 euro (60 until May 1st) and will include bib with chip, medical service, supplies/reservoirs, event gadgets, chrono service, transport, pick ups and pasta party.
- **SHORT ULTRA VdG** : 55 euro (40 until May 1st) and will include bib with chip, medical service, supplies/reservoirs, event gadgets, chrono service, transport, pick ups and pasta party.

Cancellation of race/route changes

In case of possible bad weather (heavy rain, heavy thunderstorms, strong wind, snow at high altitude) or exceptional events or disasters, the organization may at any time and without notice change the route during the race or cancel it, after making the decision with the Alpine Rescue and staff, in order to preserve the safety of each athlete, staff and staff on the route.

Good VdG UltraTrail on the Julian Alps !

Web Site: www.vdgtrail.com

Official Video : <https://youtu.be/Unw4Nx7SOFo>

