



## REGULATIONS

### SALOMON KEEP ON RUNNING St. Wendel 2012

As of 21.03.2012

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The following rules and regulations shall apply to the SALOMON KEEP ON RUNNING St.Wendel. By registering for the event, every participant confirms that he has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing this document.

#### 1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

SALOMON KEEP ON RUNNING St. Wendel are trail runs in partly inaccessible terrain. This specifically means for the participants:

- Each participant has to have an appropriate level of running experience.
- Each participant has to be sure-footed and have the ability to move safely on narrow trails in the forest and in steep terrain with exposure.
- Each participant has to be experienced in hiking difficult trails passages.
- Each participant has to possess a good sense of direction in mountain terrain, even when weather and visibility turn for the worse.
- Each participant has to be familiar with emergency procedures in mountain terrain.

The fact that the participant actually fulfills these necessary pre-conditions cannot be verified by us as the organizer of the event. By registering for the event and signing this document, the participant represents and warrants to the organizer that he or she has the above listed skill and expertise, where the individually mentioned skills are by no means to be understood as a complete list but merely represent examples we have taken from experience with the event.

#### 2. COURSE

SALOMON KEEP ON RUNNING St. Wendel consists of three races on three days. The races will start as follows:

Friday, October 5 <sup>th</sup> , 2012	7 p.m.	CityNight-Sprint	(3,1 km)
Saturday, October 6 <sup>th</sup> , 2012	12 p.m.	Spiemont-Trail	(30,7 km)
Sunday, October 7 <sup>th</sup> , 2012	10 a.m.	Bosenberg-Trail	(19,0 km)
Sunday, October 7 <sup>th</sup> , 2012	9.30 a.m.	Schnupper-Trail	(10,0 km)
Saturday, October 6 <sup>th</sup> , 2012	7.30 p.m.	Headlamp Run	(6,6 km)

#### 3. RANKING CATEGORIES

There are the following categories to compete in:

- MEN
- WOMEN
- MASTER-MEN (age 40+, cut-off date October 5, 2012)
- MASTER-WOMEN (age 40+, cut-off date October 5, 2012)
- SENIOR-MASTER-MEN (age 50+, cut-off date October 5, 2012)
- SENIOR-MASTER-WOMEN (age 50+, cut-off date October 5, 2012)

The minimum number of participants in each category is 20. If the minimum number of participants in a given category should not be reached, participants will automatically be ranked one category below (e.g. Senior Master in case of Master)

Only at the CityNight-Sprint: JUNIORS( age 14 – 17, only with consent form of parent or legal guardian and his/her identity card) and TEAM RANKING . Teams must be a minimum of 3 persons.



In the course of the "Pasta-Party," the winners of the day's respective stage will be awarded small prizes and the overall leaders will be given their leader jerseys. At the finish after the second day the overall winner in the respective categories will be calculated by adding up all times. Moreover the six fastest runners in each category of the sprint distance will get a time bonification as following: 1<sup>st</sup> place: 60 sec., 2<sup>nd</sup> place: 50 sec., 3<sup>rd</sup> place: 40 sec., 4<sup>th</sup> place: 30 sec., 5<sup>th</sup> place: 20 sec., 6<sup>th</sup> place: 10 sec.

**Subject to change, please see latest race- info!**

#### 4. CLOTHING/EQUIPMENT

It is mandatory to carry the following equipment during the entire competition:

- Foul-weather gear for protection from the elements (as a minimum water-proof top and bottom shells).
- Warm clothing as insulating layers underneath the rain gear.
- Gloves and a warm hat.
- Back pack or hip bag

The race organizers will perform random checks prior to the race start and at various checkpoints on whether the aforementioned mandatory equipment/clothing is indeed being carried along. If mandatory equipment were to be missing, the participant might face disqualification from the race.

#### 5. START NUMBER TAG/RACE PASS

Each participant receives his/her start number tag at the issuing office upon handing in the signed liability statement (download available on the registration form) and providing proof of identification. This start number tag must be worn on the body and remain visible at all times during the race and not be covered by items of clothing. It is issued personally per participant and non-transferable. Advertisements on the start number tags must remain visible during the race. The transponder chip in the start number tags is scanned before the start, at check points, and in the finish. Participants must also carry their race pass with them during the race. The start number tag must never be taken off, except if a participant were to be disqualified due to a breach of the rules and regulations. In case of a withdrawal from the race the transponder chip will be removed from the start number tag.

#### 6. TIMING

Times are recorded with an electronic transponder chip system. The chip is attached to the back of the start number tag and may not be torn out! The chip records the individual participant's time electronically. Should a chip get lost or fail to work properly, please inform the personnel at a check point and the race office immediately. The chip carries a deposit of EUR 50. If the participant loses the chip, this deposit will remain with the organizer. After the competition the deposit will be refunded to the participant when the chip is returned.

#### 7. BRIEFINGS/START

A thorough briefing on the race weekend and the first race will be provided by the responsible race-course director on Friday. On Saturday night a detailed course-briefing on the next race will be held in the context of the Pasta-Party. In that briefing the specific features of the following race will be brought to the attention of the participants. Participants can position themselves within the starting grid 30 minutes prior to the officially announced race start. An updated, daily briefing will be given by the responsible race-course director approximately 15 minutes before the start to ensure that all participants can be in attendance. All briefings will be given by the authorized race and course director.

The start venue is officially open until 10 minutes after the official start before being dismantled. Any participant starting later than 10 minutes after official time-taking commences, will not be considered for time-taking and thus the race results. On Saturday the position of a participant within the starting grid is established by their start number, from the second race on the participant's starting sector will be determined by their standing in the ranking.

#### 8. NEUTRALIZED START

A neutralized start will be announced always during the briefing by the race and course director in charge. During a neutralized start it is not allowed to pass the pilot vehicle / motorcycle.

#### 9. SIGNPOSTING

The course of SALOMON KEEP ON RUNNING will be marked with chalk spray, signposts, barrier tape, flags, etc. by an experienced and competent team. This, however, does not guarantee a continuously marked course and it does not free the participants from their obligation to keep their bearings in alpine territory. Especially at nightfall, after heavy rain, in case of snow, or other adverse weather conditions, markings can disappear, be covered up, or not be visible in time. That is why participants have to carry with them the detail map, and altitude profiles of the course.

#### 10. CHECK POINTS & FEED ZONES

On each stage there are between one and four check points, the location of which is unknown to participants before the race, where participants have to check in. Participants that miss one of the check points but still arrive at the finish (e.g. because they lost the way or took a shortcut), will receive a time penalty of 60 minutes for every check point they missed. The jury reserves the right to impose a higher time penalty depending on the specific circumstances.

At each feed zone sports drinks, energy bars and gels, and fruit are available for participants. The exact location of the feed zone is pointed out on the map and the Trail Book. Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly. Depending on the weather, some feed zones will also offer warm meals.

#### 11. TIME LIMITS

Time limits will be defined (e.g. check point 3 by 15:00) by which participants have to have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the trail book to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. For their own safety, participants that do not make the cut-off times (e.g. from 15:01 at check point 3) will officially be taken out of the race by the race and course director, the personnel at the check points, or the officials trailing the field.



## 12. FINISH

The official results of the race are determined in the finish. Participants will be scanned in the order in which they arrive. That way the official ranking of the race is calculated.

Also in the finish, there will be a strict time limit (e.g. 4:00), by which all participants must have arrived. Such time limits are mentioned in the trail book to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. For their own safety, participants that do not make the cut-off times (e.g. from 04:01) will officially be taken out of the race.

Participants who have been taken out of the race by the race director, course director, the personnel at the check points, or the official trailing the field due to not making the cut-off times, or who, due to injury, arrive at the finish not under their own power but some means of transportation, will not appear in the official ranking.

## 13. WITHDRAWAL FROM THE RACE

Participants that decide to withdraw from the race for whatever reason (i.e. exhaustion, injury) must inform the race organizers immediately by calling +49/151/55010146. Participants that do not inform the race organizers of their decision to withdraw will be considered "gone missing" and a search and rescue operation (including official rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. Participants who want to withdraw from the SALOMON KEEP ON RUNNING also have to cancel with the Race Office at the finish and return the transponder chip.

## 14. TIME PENALTIES AND DISQUALIFICATIONS

The jury reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following violations:

- Failure on the part of the participant to fulfill the particular pre-conditions mentioned under heading 1 of this document
- Noncompliance with / violation of the SALOMON KEEP ON RUNNING St. Wendel rules
- Disregard of the directives of the race and course director, rescue director, officials at the check points, or officials within and trailing the field
- Breach of traffic regulations
- Not carrying the complete, mandatory equipment at the start (for a complete list see clothing/equipment)
- Refusal to be subjected to an equipment check
- Littering/polluting the environment
- Unfair behavior or misconduct toward other competitors
- Missing one of the check points
- Failing to help a person in danger
- Health problems of a participant
- Doping
- Deliberately taking shortcuts
- Intentionally lining up in the wrong sector of the starting grid
- Tampering with start number tags

This is a list of examples and by no means to be understood as complete!

Participants that are disqualified from the race cannot claim reimbursement from the organizer.

## 15. EMERGENCY MEDICAL CARE (RESCUE-TEAM)

### *Start/finish area*

In the finish area the rescue-team keeps a mobile assistance site. There will also be an additional medical service provided by a local aid agency. There a heated marquee stands ready. The aid personnel at this site will make sure care is provided until the last runner arrives. Service in the start area begins 1 hour prior to race start.

### *During the SALOMON KEEP ON RUNNING*

Numerous stationary and mobile emergency assistance sites will provide help along the course. They will be staffed both by personnel from local medical teams and people from our own rescue team. There participants will get immediate medical assistance. Additionally, there will be our mobile rescue-team on mountain bikes and motor cycles. It will also make sure that participants get immediate assistance in case of an emergency.

The rescue-team provides medical care for athletes and gives emergency first aid to participants. It is available around the clock in case of emergencies.

### *Emergency phone number for all participants*

**The medical info hotline is: +49 178 7819222**

### *What to do in case of an emergency?*

- Stay calm
- Dial emergency phone number: +49 178 7819222
- Give exact location and start number
- If unable to make an emergency call yourself, please inform other runners so they can call for help at the next check point
- After the facts have been clarified by the head of the rescue operations, immediate help will be provided.
- In trivial cases special arrangements apply

### *Procedure*

All rescue operations are coordinated by the commander of the rescue-team. He determines which rescue team is to carry out a certain rescue operation. In case of an emergency the rescue-team commander immediately notifies the central rescue office. Depending on the emergency, the central rescue office will then dispatch additional rescue forces provided by the public rescue services. In case of undefined reports or trivial injuries or complaints of a participant the rescue-team commander reserves the right to initiate a rescue operation on its own without informing the central rescue office. If an emergency call is received by one of the rescue teams, the respective team will notify the rescue-team commander.

Each participant is obligated to provide first aid to other runners who are in an emergency and inform the rescue-team

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## 16. DOPING

The organizer reserves the right to perform unannounced doping tests. Each case of doping will result in the immediate disqualification of the participant in question. Specifically prohibited are intravenous infusions without medical exception permit (an exception, for instance, would be a medical infusion in case of vomiting that does not respond to other forms of therapy). In case of dehydration caused by exertion, infusions by the race physician or by the participant's own medical staff are prohibited. The race physician will decide whether an infusion is called for according to the rules and regulations of the NADA.

## 17. EXTERNAL SUPPORT

Participants are not allowed to accept help from a third person (spectators, supporters, other participants) during the race, except in emergency situations, injuries, or bad falls. It is acceptable though to receive food, beverages, clothing, and gear in need of replacement from assistants along the trailside. It is also permissible to accept medical attention and treatment from the SALOMON KEEP ON RUNNING rescue-team.

If a participant requires or enlists third-party services, in particular search and rescue services, the race organizers are indemnified from payment for such services. The participant further authorizes the race organizers to collect any incurred charges.

## 18. ENVIRONMENTAL PROTECTION/NATURE

Since SALOMON KEEP ON RUNNING St. Wendel traverses some of the most delicate nature reserves of the region appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated food stops and check points or deliberate damages to the environment will carry severe time penalties or even lead to disqualification from the event.

## 19. THE SALOMON KEEP ON RUNNING ST. WENDEL RULES

- The SALOMON KEEP ON RUNNING St. Wendel takes place on public roads, roads that are not closed to traffic, forestry roads, hiking and alpine trails.
- Participants have to obey the traffic laws of the respective countries. Participants also have to comply with directives issued by police officers, the race and course director in charge, and any authorized trail patrol.
- The SALOMON KEEP ON RUNNING St. Wendel mostly makes use of forestry roads and paths.

Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants are forbidden to take any shortcuts (including the shortcutting of switchbacks, bends, serpentines, etc.) or detours of their own choosing. All participants take part in the event at their own risk.

- Each participant is obliged to exercise caution with due diligence at confusing or dangerous trail/road passages. The race organizer reserves the right to designate high-risk sections where the specific directives apply, such that participants may not pass each other or that a reduction in speed and appropriate caution is appropriate. The organizers may place warning signs at such sections and may provide additional safety measures (such as fixed ropes to be used as handrails). There is, however, no obligation on the part of the organizer that such measures be taken.
- The organizer reserves the right to change portions of the course or use alternative routes on short notice if weather conditions demand such changes.
- For reasons of environmental preservation it is strictly prohibited that people accompanying/assisting individual participants pollute or, worse, damage the course and/or the natural environment. This especially includes the spraying or painting of appeals to participants onto the course, even if it is done by biologically recyclable chalk spray. If people accompanying/assisting participants are found to be violating this rule, the participant(s) that received or were to receive such appeals will be disqualified immediately.
- It is prohibited to throw away litter such as food wrappings, bottles or drinking cups in the nature, except at check points where there will be designated containers for that purpose. Any violation of this rule leads to an immediate disqualification.
- As a principle, the following regulation applies with regard to using poles: Participants starting into the race using poles must carry them until they arrive in the finish. Conversely, no participant who has started the race without poles is allowed to pick up any along the way.
- It is expected that participants act in accordance with the principles of courtesy, sportsmanship and fair play.

## 20. APPEALS AND THE JURY

Each participant has an opportunity to raise an objection in case of a perceived breach of rules by other participants or to enter a caveat against decisions of the race and course director up to one hour after the finish time limit. Such objections have to be made in person in the race office and require the naming of (a) witness(es). A jury of three adjudicators (race and course director, the head of time keeping, event organizer) will consult on the issue of appeal and make a decision within 24 hours. All witnesses have to be present at the proceedings. The appeals fee is EUR 100. It will not be reimbursed if the appeal fails. The aforementioned contraventions, which may be reprimanded with time penalties or disqualification, provide only an incomplete rundown of other possible offenses that may be penalized.

## 21. TERMINATION OF CONTRACT BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the contractual right to cancel the agreement with any participant until the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 1 German Civil Code ["BGB"]. The settlement will then take place in accordance with § 346 German Civil Code ["BGB"].

## 22. DISCLAIMER OF LIABILITY

With the antecedent registration, the participant submits a self-willed and binding registration for an event of his/her choosing by the PLAN B event company GmbH and asserts, without requiring further proof by the event organizer, possession of the skills and experiences that are mentioned and required by all participants under heading 1 of this document. Compensation claims brought forward by the participant against the event organizer, for whatever legal reason, are excluded. Each participant agrees to waive all legal claims against the organizer or promoter, as well as their helpers or agents. This does not apply, if the organizer, his legal representatives or his agents have acted with intent or with gross negligence in the execution of his duties or if the organizer is duly liable due to accountable damages resulting from injuries to the life, the body or the health of a person or the breach of constitutive contractual obligations.

The participant consents to be subjected to tests and inspections on his/her person and personal equipment as ordered by the race jury.

The participant knows, understands, and fully acknowledges the conditions of participation and the rules and regulations. The participant expressly confirms that he or she has fully read and understood the rules, guidelines, and conditions detailed within this document.



The participant agrees to the publication of photographic and other audiovisual materials obtained during the event. With the release of an e-mail address, the participant knowingly allows PLAN B event company GmbH to use this email address to send additional event information.

The participant certifies with his/her signature that their participation in this event will be at their own risk and that adequate insurance coverage (valid in foreign countries as well) exists in case of an accident or injury.

Furthermore, by starting at the event the participant solemnly affirms to be unaware of any health concerns that would undermine his/her participation in the race and that his/her physical level of performance meets the requirements that such an alpine endurance race places on the body and mind.

## 23. STATUTE OF LIMITATION / PLACE OF JURISDICTION

Any claims by the participant towards PLAN B event company GmbH, irrespective of its legal ground, are subject to the statute of limitation of one year after the contractually specified end of the race event.  
The legal place of jurisdiction for any settlement of dispute(s) is Munich, Germany. The legal and contractual relationship between the participant and PLAN B event company GmbH shall be entirely subject to German law.

**These rules and regulations remain subject to change by the race organization!**