

**DELICIOUS TRAIL DOLOMITI**  
**SHORT DELICIOUS TRAIL DOLOMITI**  
**MEDIUM DELICIOUS TRAIL DOLOMITI**

**28<sup>TH</sup> SEPTEMBER 2024**

The Delicious Trail Dolomiti, the Short Delicious Trail Dolomiti and the Medium Delicious Trail Dolomiti are listed on the ITRA calendar (International Trail Running Association National League) as well as the UTMB **index races calendar** and in the Italian UISP calendar and recognized by the CONI (Italian National Olympic Committee) as races of high national interest.

**Art. 1 ORGANIZATION**

The Associazione Sportiva Dilettantistica L5T SPORT asd, with the backing of the Town Council of Cortina d'Ampezzo and Badia, the Regole d'Ampezzo, the Parco Naturale delle Dolomiti d'Ampezzo, and the Cortina branch of the Club Alpino Italiano and Fondazione Cortina, and with the collaboration of Atletica Cortina asd, Fairplay asd, the Soccorso Alpino mountain rescue units of Cortina and Badia, Uisp Belluno and Alta Badia Brand, is organizing the 8<sup>th</sup> edition of the "*Delicious Trail Dolomiti*" and "*Short Delicious Trail Dolomiti*" and the 3<sup>rd</sup> edition of the "*Medium Delicious Trail Dolomiti*", semi-self-sufficiency mountain running races in an alpine setting.

**Art. 2 GENERAL INFORMATION**

The Delicious Trail Dolomiti is a running race along the paths of the Dolomites UNESCO Heritage Site of around 43 km., with an elevation gain of 3.100 metres, in semi-self-sufficiency; the start is on Saturday 28<sup>th</sup> September 2024 at 7:00 a.m. from the centre of Cortina. Time limit: 11 hours.

The Short Delicious Trail Dolomiti is a running race along the paths of the Dolomites UNESCO Heritage Site of around 23 km. with an elevation gain of 1.300 metres; the start is on Saturday 28<sup>th</sup> September 2024 at 10:15 a.m. in Pocol. Time limit: 7 hours.

The Medium Delicious Trail Dolomiti is a running race along the paths of the Dolomites UNESCO Heritage Site of around 35 km. with an elevation gain of 1.900 metres; the start is on Saturday 28<sup>th</sup> September 2024 at 9 a.m. in the centre of La Villa in front of the tourist office (via Colz 75, La Villa, BZ). Time limit: 9 hours.

**THE TIMES, KILOMETRES AND CHECKPOINTS OF ALL RACES MAY BE CHANGED BY THE ORGANIZERS; PROMPT NOTICE WILL BE GIVEN OF ANY SUCH CHANGES.**

**Art. 3 REQUIREMENTS OF PARTICIPATION**

To participate in the Delicious Trail Dolomiti and the Medium Delicious Trail Dolomiti you must have mountain experience and not suffer from vertigo, be in excellent physical condition and be equipped with clothing suitable for temperatures that may range from -10 to +30 degrees Celsius. For the Short Delicious Trail Dolomiti mountain experience is required.

A medical certificate of fitness for competitive sports, valid at least until 28<sup>th</sup> September 2024 is required to participate.

## **Art. 4 REGISTRATION**

### **Registration requirements**

Registration is invited from athletes of age in possession of a medical certificate of fitness for competitive sports (see art. 5), valid until at least 28th September 2024. Athletes currently disqualified for the use of performance-enhancing substances will not be admitted. For registration in the Delicious Trail Dolomiti, the Medium Delicious Trail Dolomiti or Short Delicious Trail Dolomiti, there are no qualifying races. However, mountain experience is strongly recommended.

The races were included in the ITRA (International Trail Running Association National League) race calendar and the UTMB Index Races Calendar and assigned points as follows:

- Short Delicious Trail Dolomiti (SHORT DISTANCE RUN) **1 ITRA POINT** and **UTMB INDEX EVENT 20K**

- Medium Delicious Trail Dolomiti (MEDIUM DISTANCE RUN) **2 ITRA POINTS** and **UTMB INDEX EVENT 50K**

- Delicious Trail Dolomiti (LONG DISTANCE RUN) **2 ITRA POINTS** and **UTMB INDEX EVENT 50K**

### **How to register**

Registrations open in March 2024 and close on 28<sup>th</sup> September 2024 unless the race bibs were all assigned during the weeks preceding the date of the event. The number of participants is limited to 350 for the race Delicious Trail Dolomiti, 300 for the Medium Delicious Trail Dolomiti and 850 for the Short Delicious Trail Dolomiti.

Registration is made online and the fee can be paid by credit card or via bank transfer.

### **REGISTRATION FEES**

#### **Short Delicious Trail Dolomiti**

- a) First 100 registrations: 40,00 euros
- b) From 101<sup>st</sup> to 200<sup>th</sup> registration: 45,00 euros
- c) From 201<sup>st</sup> to 300<sup>th</sup> registration: 50,00 euros
- d) From 301<sup>st</sup> to 650<sup>th</sup> registration: 55,00 euros
- e) From 651<sup>st</sup> to 850<sup>th</sup> registration: 60,00 euros

#### **Medium Delicious Trail Dolomiti**

- a) First 100 registrations: 50,00 euros
- b) From 101<sup>st</sup> to 200<sup>th</sup> registration: 55,00 euros
- c) From 201<sup>st</sup> to 300<sup>th</sup> registration: 65,00 euros

#### **Delicious Trail Dolomiti**

- a) First 100 registrations: 55,00 euros
- b) From 101<sup>st</sup> to 200<sup>th</sup> registration: 60,00 euros
- c) From 201<sup>st</sup> to 300<sup>th</sup> registration: 65,00 euros
- d) From 301<sup>st</sup> to 350<sup>th</sup> registration: 70,00 euros

### **Group gratuities**

Exclusively for sports associations affiliated with the Italian Athletics Federation (Fidal) and/or sports-promoting organizations, a complimentary registration will be provided for every 10 paying participants across all three races, including group members signing up for different races.

The registration fee includes:

- racing bib;
- assistance and refreshments along the route;
- the official event t-shirt;
- a Gourmet **meal voucher worth 12,00 euros** for the meal at the **PalaDelicious**. If for any reason it is not possible to set up the restaurant, participants will receive “Delicious Boxes” with products of the same quality;
- a gift for the finishers of **all three races**.

Showers and changing rooms will be provided.

Attended bag storage is available but all clothes must be packed in the bags and the bags must be closed.

### **Limited number**

The number is limited to 350 participants for the Delicious Trail Dolomiti, 300 for the Medium Delicious Trail Dolomiti and 850 for the Short Delicious Trail Dolomiti.

### **Change of race**

Participants can switch their registration to a race that is either shorter or longer in distance.

Those who wish to switch to a longer race will be required to pay an additional fee equivalent to the difference between their original registration fee and the fee for the longer distance run.

No reimbursement will be granted when changing to a shorter race. There is no administration fee in either case. A change is not possible if there are no more bibs available. Any transfer to another race must be notified immediately to the organiser by e-mail to [iscrizioni-delicioustrail@sportdolomiti.it](mailto:iscrizioni-delicioustrail@sportdolomiti.it).

### **Transfer of registration to another person**

All registrations can be transferred to another runner who meets the participation requirements set out in Art.3.

The transfer of registration will be subject to an administration fee of 10.00 euros.

Requests for route length changes or entry transfers must be submitted by e-mail to [iscrizioni-delicioustrail@sportdolomiti.it](mailto:iscrizioni-delicioustrail@sportdolomiti.it) to the organizer by 7<sup>th</sup> September 2024 at the latest.

### **Inability to participate**

Should a registered runner not be able to participate in the race, immediate notification of withdrawal by e-mail to [iscrizioni-delicioustrail@sportdolomiti.it](mailto:iscrizioni-delicioustrail@sportdolomiti.it) is required.

The reimbursement will be made as follows:

- Cancellation in March, April, and May will result in a 50% refund of the registration fee paid (net of all bank charges)
- Cancellation in June and July will result in a 40% refund of the registration fee paid (net of all bank charges)
- Cancellation in August will result in a 30% refund of the registration fee paid (net of all bank charges)
- No refund will be issued for cancellations made on or after 1<sup>st</sup> September

The above-mentioned amounts will be reimbursed by 31<sup>st</sup> December 2024

## **Annulment**

Should the race be annulled owing to circumstances beyond our control up to 15 days before the event, the organizers reserve the right to reimburse a percentage equal to 50% of the registration fee paid. This percentage is justified by the numerous expenses which the organizers have already made and which cannot be recovered.

In the case of interruption or annulment of the race because of inclement weather, or for any other cause not imputable to the organizers, no reimbursement will be made to the participants.

Any athlete caught, even after the race, with another person's bib, will be banned for life.

## **Art. 5 MEDICAL CERTIFICATION**

When registering online, Italian participants must upload [this medical certificate](#) of fitness for competitive sports valid on 28<sup>th</sup> September 2024. **If the certificate is not provided, the registration will be cancelled and no reimbursement will be made to the competitor.**

Only medical certificates of fitness for competitive sports/athletics will be accepted.

Foreign athletes must get a doctor to fill in, stamp and sign this English medical certificate of fitness for competitive sports valid on 28<sup>th</sup> September 2024 and upload it when registering online for the race. The uploading can also be done later by clicking on the link to access the personal area, which each athlete will receive with the email confirming their registration. **If the certificate is not submitted by the specified date, the registration will be cancelled and no reimbursement will be made to the competitor.**

**PLEASE NOTE. To facilitate the secretariat's work and avoid queues at bib collection, kindly submit your medical certificate using the above-mentioned method by 20<sup>th</sup> September.**

## **Art. 6 COLLECTION OF RACING BIB AND OFFICIAL EVENT T-SHIRT**

The racing bibs and the official event t-shirts for all races will be distributed at the PalaDelicious marquee set up at the locality of Pocol, from 4 p.m. to 9 p.m. on Friday 27<sup>th</sup> September 2024.

On Saturday 28<sup>th</sup> September, racing bibs and the official event t-shirts for the long-distance run will be distributed at the mountain guides office in the centre of Cortina from 6:00 a.m. to 6:30 a.m. For the Short Delicious Trail Dolomiti (short-distance run), the pick-up is also possible from 8:15 a.m. to 10:00 a.m. at the PalaDelicious at Pocol.

On Saturday 28<sup>th</sup> September, racing bibs and the official event t-shirts for the medium-distance run can be picked up from 7.30 a.m. to 8.15 a.m. at the tourist office in La Villa (via Colz 75, La Villa, BZ).

In order to collect your racing bib, you will **compulsorily** need to submit a valid document of identity.

## **Art. 7 OBLIGATORY ITEMS**

**For the Delicious Trail Dolomiti long-distance run and the Medium Delicious Trail Dolomiti**

You must bring with you the following items for the entire duration of the race:

- identity card,
- a hydration pack or flask holder containing at least one litre of liquid,
- a clearly visible racing bib for the entire duration of the race,
- a thermal blanket,

- a whistle,
- a mobile phone switched on but in silent mode,
- a waterproof anorak with an incorporated hood and a fabric with a Goretex-kind membrane, minimum 10.000 Schermer, suitable to withstand bad weather conditions during the race,
- a cup, beaker or flask,
- suitable footwear,
- for those doing the long route, a headband torch that must compulsorily be switched on inside the Lagazuoi tunnel,
- a hard hat provided by the organizers, to be collected at the locality of the Falzarego Pass, which must be worn for the entire passage through the Lagazuoi tunnel; the hard hat will be retrieved by an official at the exit to the tunnel; you may bring your own hard hat provided it is of the standard required.

Checkpoints will be situated along the route for officials to monitor the athletes' passage and to check the obligatory items. Anyone refusing to submit to the obligatory item checks will be immediately disqualified. The competitors are directly responsible for compliance with these criteria, in case of an item check during the race, the referee/race steward will verify if it meets the provisions of the competition rules.

#### **For the Short Delicious Trail Dolomiti race**

You must bring with you for the entire duration of the race the following items:

- identity card
- a hydration pack or flask holder containing at least one litre of liquid
- a cup, beaker or flask
- suitable footwear

The obligatory items may be worn or carried in the race backpack.

Checkpoints will be situated along the route for officials to monitor the athletes' passage and to check on the. Anyone refusing to submit to the obligatory item checks will be immediately disqualified.

#### **Highly recommended items**

You are advised to be equipped with the following items, **in particular for the long route:**

- a long-sleeved sweater
- long trousers covering the knees
- a hat or bandanna
- gloves
- waterproof trousers
- energy bars or solid food
- a small amount of money for the purchase of food at the refuges
- an elastic bandage for dressing
- a certified sling and a helmet

**- NB: THE USE OF EARPHONES IS STRONGLY DISCOURAGED, ESPECIALLY IN THE STRETCH FALZAREGO PASS-LAGAZUOI FOR THE LONG-DISTANCE RACE AND ON THE LAGAZUOI RIDGE FOR THE MEDIUM TRAIL.**

The use of trekking poles is allowed.

## **Art. 8 TIME LIMIT, TIME CHECKS, WITHDRAWALS**

- The time limit to reach the finish line of the Delicious Trail Dolomiti is 11 hours: by 6:00 p.m. on Saturday 28<sup>th</sup> September 2024.

- The time limit to reach the finish line of the Medium Delicious Trail Dolomiti is 9 hours: by 6 p.m. on Saturday 28<sup>th</sup> September 2024.

- The time limit to reach the finish line of the Short Delicious Trail Dolomiti is 7 hours: by 5:15 p.m. on Saturday 28<sup>th</sup> September 2024.

There will be a sweep search of the route following in the tracks of the last competitor, to ensure that anyone injured or left behind will not be without assistance.

There will be the following time checkpoint for the **Delicious Trail Dolomiti** race:

> at Col Gallina Refuge (about 29,4 km) the athletes must pass by by 2:00 p.m. (7 hours into the race)

There will be the following time checkpoint for the **Short Delicious Trail Dolomiti** race:

> at Baita Bai de Dones, at about km 13, the athletes must pass by by 4.15 p.m. (6 hours into the race)

There will be the following time checkpoint for the **Medium Delicious Trail Dolomiti** race:

> at the cross-country area Armentarola, at about km 15, the athletes must pass by by 1 p.m. (4 hours into the race)

- Any competitor not reaching the checkpoint by the pre-established time will be stopped and not allowed to continue the race.
- The time checkpoint is located at the exit of the refreshment point; competitors who do not pass the time checkpoint will be stopped and can not continue the race. Competitors are not allowed to pass through the time checkpoint and then return to the refreshment point. The race commissioner is entitled to sanction any misbehaviour with disqualification, anyhow.
- To protect the health of the participants, the medical staff stationed at the checkpoints or along the route is entitled to interrupt the race of those participants they consider unable to continue the race. Those participants are obliged to follow the instructions of the medical staff, otherwise they will be disqualified immediately.
- Competitors reaching the time checkpoints after the time limit, those injured or who are judged by the medical officer as being unfit to continue the race, and other athletes wishing to withdraw from the race voluntarily, will be taken to the finishing line by a shuttle service.
- For logistic reasons, competitors who withdraw may have to wait a short time before being transported to the finishing line.
- A shuttle service will be available near the checkpoint to take competitors who have dropped out of the race to Pocol.
- All competitors withdrawing from the race outside the pre-established points will have to proceed to Cortina by their own means and must communicate their withdrawal by sending a text message at once to the number indicated on their racing bib.

## **Art. 9 REFRESHMENT POINTS**

The competitors are in semi-selfsufficiency and must carry a litre of water with them.

Self-sufficiency is the capacity to be autonomous between two refreshment points in terms of food, equipment and safety and to be able to master any problems that may arise or are foreseeable (bad weather, physical complaints, injuries...).

This implies the following rules:

- the participants have to carry with them all the obligatory items for the full length of the race
- the food and drinks at the refreshment points must be consumed on-site. Bottles or hydration packs can be filled with any beverage. When leaving each refreshment point, the competitor must have enough water and food to reach the next aid station
- a limited selection of food and drinks, which the organizers consider the proper nutrition during the competition, is offered at the refreshment points. Runners with special nutritional needs have to provide by themselves.

Family members or teams may support the participants only at some refreshment points (see Art. 10) in designated areas and according to the guidelines of the manager of the refreshment point. Support is only permitted for one person per participant.

There will be 8 refreshment points along the route for the **Delicious Trail Dolomiti**:

1. Lago d'Ajal Refuge
2. Croda da Lago Refuge
3. Scoiattoli Refuge
4. Nuvolau Refuge
5. Averau Refuge
6. Col Gallina Refuge- time checkpoint at 2:00 p.m.
7. Lagazuoi Refuge
8. Baita Resch

For the **Short Delicious Trail Dolomiti** there will be 6 refreshment points:

1. Malga Peziè de Parù
2. Scoiattoli Refuge
3. Nuvolau Refuge
4. Averau Refuge
5. Baita Bai de Dones - time checkpoint at 4:15 p.m.
6. Baita Resch

The refreshment points for the **Medium Delicious Trail Dolomiti** will be:

1. Club Moritzino Refuge
2. Bioch Refuge
3. Pralongià Refuge
4. Scotoni Refuge
5. Lagazuoi Refuge
8. Baita Resch

The event also focuses on the gastronomic aspect, and therefore there are not only the traditional refreshment points but also the “Delicious” dishes. The food and beverage preference is considered a personal free choice of the athlete according to his attitudes and habits.

To ensure that the catering, a very important aspect of the event, takes place properly, the maximum collaboration of all participants is required. Only participants with clearly visible bibs pinned to the front of the shirt have access to the refreshment points.

**Food and drinks will be served by the staff.**

The Delicious Trail adheres to the **Cortina Plastic Free protocol** of the municipality of Cortina d'Ampezzo and the CAI-section of Cortina. That's why at the refreshment points we use only certified biodegradable dish-ware.

When leaving each refreshment point, competitors must have an adequate quantity of food and water to reach the subsequent refreshment point.

Upon arrival in Pocol, every runner has the opportunity to get a warm meal inside the PalaDelicious marquee using the meal voucher worth 12.00 euros he received when collecting his racing bib.

Should it not be possible to use the PalaDelicious marquee due to extraordinary events of any kind, each participant will receive a "Delicious Box" with the meals cooked by the chefs of the Cortina Delicious area.

Along the route, there are several water fountains where you can renew your water supply. You can also stop for refreshment in the mountain refuges situated along the route. Any food or drink purchased by the competitor at the refuges is acquired at his own cost.

#### **Art. 10 ASSISTANCE DURING THE RACE**

It is forbidden to be accompanied by people who are not registered for the race. This applies both to the entire route and sections of the route.

**Being accompanied by an animal during the race is prohibited.**

#### **Art. 11 START**

The bib numbers can be assigned to the participants based on their ITRA and UTMB© performance index.

- Competitors in the Delicious Trail Dolomiti must arrive at the starting area in the centre of Cortina by 6:30 a.m. on Saturday 28<sup>th</sup> September 2024.
- Competitors in the Short Delicious Trail Dolomiti must arrive at the locality of Pocol – Cortina d'Ampezzo (BL) by 10:00 a.m. on Saturday 28<sup>th</sup> September 2024.
- Competitors in the Medium Delicious Trail Dolomiti must arrive at the centre of La Villa (via Colz 75, La Villa, BZ). by 8.30 on Saturday 28<sup>th</sup> September 2024.

The organizers are not responsible for objects left unattended in the competition area.

#### **Art. 12 SHUTTLE SERVICE**

##### **- From Cortina to Pocol and return**

Free shuttle buses to the competition venues will be provided for the route from Cortina's Olympic Ice Stadium to Pocol and return.

##### **- From Cortina to La Villa and return**

Shuttle services to the places of the Medium Delicious Trail and return will be arranged. The service is **by reservation and for a fee** of 10 euros (inclusive price for round trip or one-way trip only).

The routes are:

- from Cortina to La Villa, Badia (way there)  
Only one departure at 6.15 a.m. from Cortina's Olympic Ice Stadium in via Bonacossa 1. The ride also includes a stop in Pocol at 6.30 a.m. at the bus stop near the Villa Argentina hotel and one at 6.40 a.m. at the Son dei Prade car park.



- from Pocol to Badia (return) with a stop at the parking space at Son dei Prade, only one departure at 5 p.m.

Payment and booking, specifying the route you are interested in, must be made **exclusively** when registering for the Medium Delicious Trail and **no later than Friday 30<sup>th</sup> August 2024**.

After this date, the organisation of transport and the related costs are the sole responsibility of the participant. When you pay for the shuttle service, you will receive a **named ticket** by email which must be shown to the driver when boarding.

This ticket is non-refundable as it covers the organizer's expenses.

### **Art. 13 ROUTE**

The **Delicious Trail Dolomiti** route is classified with the red seal: an EE **itinerary for expert hikers**, hence an itinerary that requires the capacity to negotiate particularly arduous or treacherous terrains, tracks or paths (slopes with rocky outcrops or shale), in some places exposed.

The route of the **Delicious Trail Dolomiti** takes in the following itinerary: centre of Cortina, Via del Parco, Convento – Volpera, Lake d'Ajal, Gores de Federa, Croda da Lago Refuge, Rucurto, Cason di Claudione, Cinque Torri Refuge, Scoiattoli Refuge, Nuvolau Refuge, Averau Refuge, Col Gallina Refuge, Falzarego Pass, Lagazuoi tunnel, Lagazuoi Refuge, Sotecordes, Dibona Refuge, Son dei Prade, Pocol, for a total of around 43 km and a positive difference in altitude of 3.100 metres.

The route of the **Short Delicious Trail Dolomiti** takes in the following itinerary:

Pocol - Malga Peziè de Parù - Cinque Torri Refuge – Averau Refuge - Nuvolau Refuge – Baita Bai de Dones – Baita Resch – Pocol, for a total of around 23 km and a positive difference in altitude of 1.300 metres.

The route of the **Medium Delicious Trail Dolomiti** is marked by the Italian Alpine Club CAI with the red dot EE as an **itinerary for expert hikers**. It requires an ability to run on rough terrain and treacherous paths (such as slopes with rocky or boulder ledges), which are sometimes exposed. It takes in the following itinerary: start in the centre of La Villa in front of the tourist office (via Colz 75, La Villa, BZ), Path of the Artists, Piz La Villa Moritzino Refuge, Bioch Refuge, Pralongià Refuge, Alta Badia cross-country centre, Capanna Alpina, Scotoni Refuge, Lagazuoi Refuge, Pocol, for a total of around 35 km and a positive difference in altitude of 1.900 metres.

In the case of inclement weather or the impracticability of one or more paths, alternative routes will be provided and will be published on the race website, at the latest immediately before the start.

The kilometres will not be marked. The competitors must keep strictly to the official route of the race, and must not take shortcuts or cut out parts of the route. Departure from the official route will lead to disqualification from finishing the race and will be at the competitor's own risk.

### **Art. 14 INSURANCE**

The Delicious Trail has a valid insurance that covers search and rescue costs in Italy. Anyway, participants are advised to have valid individual insurance that covers search and rescue costs in Italy. Competitors who are members of the ITRA (International Trail Running Association National League) can take out an insurance policy that covers the cost of search and rescue and is valid worldwide. For more information: <https://itra.run/page/353/Insurance.html>

**The Delicious Trail suggests the Dolomiti Emergency insurance policy for mountain sports.**

**For more information:** <http://dolomitiemergency.it/en/about-us/>

**In case of necessity, the competitor will be responsible for presenting his/her personal dossier to the insurance company within the established time.**

#### **Art. 15 SAFETY AND CHECKS**

Race officials and mountain rescue personnel in constant contact with the base will be present along the route. Ambulances with paramedics will be stationed at Pocol, where there will also be a resuscitation physician and an AMP (advanced medical post). Checkpoints will be situated along the route for officials to monitor the athletes' passage and to check on them. Anyone refusing to submit to the obligatory item checks will be immediately disqualified.

#### **Art. 16 ENVIRONMENT**

In part, the race will take place in the Nature Park of the Ampezzo Dolomites, and in part in the Fanes-Senes-Braies Nature Park, both hosting protected ecosystems, as well as in the WW1 open-air museums on Mt. Lagazuoi and at the 5 Torri, where there must be complete respect for the memory of the tragic events that took place there.

Competitors must respect the mountain environment, refraining in particular from leaving rubbish, picking flowers or molesting the fauna.

Anyone caught abandoning rubbish along the route will be disqualified from the race and will incur any sanctions specified in the local council regulations. Each competitor must bring with him a cup or a flask to be filled at the refreshment points.

The Delicious Trail Dolomiti adheres to the campaign promoted by Spirito Trail **“I don't leave my rubbish behind”**.

#### **Art. 17 WEATHER CONDITIONS**

In the case of seriously bad weather conditions (such as thick mist, snowstorms or heavy thunderstorms), the organizers reserve the right to effect variations in the route, up to the last minute or during the race itself, to eliminate potential danger or conditions of extreme discomfort for the participants. Participants will be informed of any variations by the officials.

In addition, the organizers reserve the right to suspend or cancel the race should the weather conditions put participants, volunteers or rescue workers at risk.

#### **Art. 18 DISQUALIFICATIONS AND PENALTIES**

Immediate disqualification, with forfeiture of the racing bib, will ensue for the following infractions:

- a) failure to pass through a checkpoint
- b) taking shortcuts along the race route
- c) disrespectful behaviour while passing the restored works of the WW1 open-air museum
- d) leaving rubbish along the route
- e) failure to aid a competitor in difficulty
- f) insults or threats to organizers or volunteers
- g) the use of means of transport during the race
- h) the refusal to submit to checks on the part of health officials along the route
- i) the refusal to submit to obligatory item checks
- j) the absence of anorak, thermal blanket or container for 1 litre of liquids
- k) start in a different starting line than the one assigned

A penalty of 30 minutes is applied for the following infractions:

- the absence of a whistle, cup or flask;
- failure to display the racing bib

The penalty will be applied with immediate effect at the checkpoint where the infraction is discovered.

#### **Art. 19 PRIZES**

No cash prizes will be given. Non-cash prizes will be awarded to the first 3 men and the first 3 women to reach the finishing line in all races. Each competitor completing his race within the time limit will be given a Finisher gift.

Prize-giving will take place on Saturday 28<sup>th</sup> September 2024 at 5 p.m. at the PalaDelicious marquee at the finishing line. On no account can prizes be sent or given in advance.

The special prize “**Gran Premio della Montagna**” will also be assigned to the male and female contestants taking the shortest time to ascend from the Falzarego Pass to the Lagazuoi Refuge and hence vertical stretch in the tunnel will have a special classification. Falzarego Pass 2105 m. - Lagazuoi refuge 2752 m. – a total elevation gain of 648 m.

A "**Grand Prix Final Sprint**" will be awarded to the female and male competitors who will cover in the shortest time the last km of the race; there is a unique ranking for the long, medium and short distance race.

#### **Art. 20 IMAGE COPYRIGHT**

On registration, competitors automatically authorize the organizers to make free use, without territorial or time limits, of any photographs or video images taken of them on the occasion of their participation in the Delicious Trail Dolomiti, Medium Delicious Trail Dolomiti or Short Delicious Trail Dolomiti.

#### **Art. 21 WAIVER OF RESPONSIBILITY**

Voluntary registration and the consequent participation in the race imply total acceptance of this set of regulations and of any subsequent modifications thereto published on the website.