

REGULATION BVG RUN / BVG MARATHON/BVG ULTRA

9th Edition – Saturday 20 April 2024

Navazzo di Gargnano (BS)

Art. 1 ORGANIZATION

L'Asd BiViGi ALTO GARDA with the support of Asd GS Montegargnano organizes **Young people April 20, 2024** the 9^o edition of **BVG TRAIL**, running race in a natural environment of low and medium mountains at a free pace, in a regime of semi-self-sufficiency in water and food.

The event is covered by civil liability insurance (a copy of the same will be made available on the site).

Art. 2 - Acceptance of the regulation

The BVG Run/BVG Marathon/BVG Ultra races will take place in accordance with these regulations, and any changes and notices that will be published on the official website www.bvgtrail.com and on the official Bvgtrail Facebook page. Participation in the competitions entails the acceptance of this regulation in all its parts and without reservations by the registered competitors. Competitors are also required to respect the highway code, in particular in the sections where the route crosses ordinary roads, which will not be closed to vehicular traffic. By registering, each competitor undertakes to comply with these regulations and releases the organizers from any civil or criminal liability for any accident or accident, for damage to people or things arising from or caused by them, which may occur during the event.

Art. 3 TESTS (General Information)

Free-paced running competitions in a natural environment of low and medium mountains (maximum altitude only for BVG MARATHON and BVG ULTRA of 1,465 m above sea level, in correspondence with the passage to Cima Denervo), along the paths/roads in the Brescia area of the Alto Garda Park and along the Bassa Via del Garda path.

The paths concern the territories of the municipalities of Gargnano (BS), Tignale (BS) and Toscolano Maderno (BS) and are classified according to the CAI up to EE (Expert excursions), resulting **exposed** in some short stretches.

In particular, there are two of the most demanding sections (only covered by BVG Marathon and BVG ULTRA), in which athletes are invited to pay maximum attention and caution, which will however be faced by all competitors competing in daylight conditions:

- **Descent from the "Sentèr del Tampa" towards Piovere di Tignale (CAI 252B trail sign)**
- **Ascent of the "Sentèr del Luf" (from Muslone di Gargnano) along some exposed sections, but equipped with safety ropes**

The competing athletes must also pay maximum attention and respect the Highway Code when crossing roads or within the inhabited centers crossed during the competition.

The races take place in a single stage in a semi-self-sufficiency regime, at free speed, in **alimited time and in compliance with the time gates indicated in the regulation** prepared and reported below.

Taking into account the length, difference in altitude, terrain morphology, distance to refreshment points and altitude, the races can be classified as follows:

We are	Length (km)	Height difference positive (D+)	Classification CAI trails	Trail classification	Maximum time
BVG RUN Departure 8.45am (Green Breastplate)	23,00	1.050 mt	T/E	Running on mixed terrain (roads, dirt roads and simple paths)	5h00 (arrive by 1.45pm)
BVG MARATHON Departure 9.30am (Yellow Breastplate)	42,2	2 600 mt	T/E + EE (traits)	Trail demanding	10:30 a.m (arrive by 8pm)
BVG ULTRA Departure 8am (Red Breastplate)	55,00	3.200 mt	T/E + EE (traits)	Trail a lot Challenging, with a "challenging" gate	12h00 (arrive by 8pm)

DATE AND PLACE OF DEPARTURE FOR ALL DISTANCES: Saturday 20 April 2024, yes Navazzo di Gargnano (BS) at the oratory sports field.

In the event of problematic weather conditions, the race organization reserves the right to change the race route even without notice, making suitable changes to safeguard the safety of athletes and volunteers.

Mileage is not indicated in the race. The route, to which the competitors must strictly adhere, under immediate penalty **disqualification**, will be reported with **signs, arrows, flags** It is **phosphorescent yellow stripes** as well as adequately **manned by volunteer staff and municipal police** at the points considered crucial.

Voluntary removal from the race course, in addition to leading to the disqualification of the athlete, will take place at the sole risk of the competitor. The athlete who withdraws has the obligation to immediately notify the organization of the race.

First aid stations, refreshments and recovery points for athletes will also be located along the race route.

Art.4 PARTICIPATION

The competition is open to all people, men and women, who have completed **18 years** at the time of the event and validly **registered** to one **Sports Association recognized by CONI** (Fidal and other EPS sports promotion bodies).

RUNCARD, Mountain and Trail Runcard and Runcard EPS holders, men and women, who are at least 18 years old on the date of the race and in possession of a sports medical certificate of suitability for competitive activity (Ministerial Decree 18.02.1982) can also participate in the races. tab. B), **with the words "valid for athletics" and valid on the date of the race.**

For foreign athletes it is mandatory to present the "Medical Certification" form, which can be downloaded from the Registration page of the site, and have it filled in and signed by your doctor. No other foreign certificates will be accepted.

Registrations will not be accepted from athletes who are serving doping disqualifications in any discipline or who have already served doping disqualifications in the previous two years.

Participation in the competitions requires adequate **psycho-physical preparation**; in particular, for BVG Marathon and BVG Ultra excellent psycho-physical preparation is required and is **necessary experience in mountain environments and suitable equipment**, considering the great variability of the environments crossed (from 68 meters above sea level to 1465 meters above sea level) and consequently of the temperatures perceived, even more so considering the period of the year in which the competitions take place.

Art. 5 REGISTRATION

Registration for the competitions is reserved for **athletes of age on the date of the same in possession of a sports medical certificate for competitive activity (Athletics) valid throughout April 20, 2024.**

For participation in competitions **no qualifying races are required.**

Registrations are made via the site www.wedosport.net from opening (as indicated on our website/social media) **until the April 17, 2024, saved early reaching of the maximum limit of 700 total members.**

When registering, a copy of the valid medical certificate must be attached all of 04/20/2024 which must be sent directly to the registration management portal (with the exception of athletes registered with Fidal).

Under no circumstances will documents sent directly to the organization be considered.

In the event that the registered competitor does not provide the current sports medical certificate

valid until 04/20/2024, the bib cannot be delivered and the competitor cannot

will be able to take part in the race, without the right to any refund of the registration fee.

Registrations and deliveries of medical certificates at the bib collection are not accepted.

The registration fees are as follows:

We are	Dal 1/12 al 12/31/2023	From 01.01.2024 Al 28.02.2024	From 01.03.2024 Al 17.04.2024
BVG RUN 23 Km	18,00 €	22,00 €	26,00 €
BVG MARATHON 42.2 Km	34,00 €	39,00 €	44,00 €
BVG ULTRA 55 Km	42,00 €	47,00 €	52,00 €

For registrations of large groups there is a discount, which consists of a free bib for every 10 members belonging to the same group (for information contact the Organization at info@bvgtrail.com)

Registration fees include:

- **bib** (personalized bib only for those registered until 04/07/2024)
- **refreshment points with food and drinks along the route, rich refreshments in the**

finish area

- **free pasta party upon arrival in Navazzo di Gargnano (a first course and a drink);**
- **shower and changing room service near the Navazzo di Gargnano sports field**
- **athlete bag storage service in the start/finish area of Navazzo di Gargnano**
- **medical and nursing assistance along the route and in the start/finish area**
- **race timing service (live race availability on the wedosport.net website);**
- **transport service upon arrival of the withdrawn athletes**
- **Individual photograph package (at various points of the routes and at the finish line) downloadable online by each athlete, with facial/bib recognition service. The service is managed by RacePhoto by Weclick**
- ***Gadget for each athlete who finishes the race within the time limit***

Instead you will be asked for a **surcharge** for the **overnight stay at the Navazzo Oratory in Gargnano** (near departure and arrival) with own mattress and sleeping bag, for the nights of **19 and 20 April 2024 (€ 5,00** per person per night, to be paid upon registration, reservation required up to a maximum of n. 50 places available)

The payment of the aforementioned fees can be made according to the methods indicated on the registration portal www.wedosport.net

In the event of an injury to an athlete already regularly registered, communicated by **07.04.2024 Registration for the next edition will be considered valid upon presentation of adequate medical documentation sent to the e-mail address info@bvgtrail.com**

If the maximum number of available bibs is reached, the organization reserves the right to activate, on the wedosport.net portal, a "**waiver list**", in which to bring together members who renounce their membership, and one "**waiting list**", in which new registrations enter. Registrations from the waiting list are inserted into the actual registered list in chronological order every time a member renounces registration by releasing their bib number.

Bib collection will take place at the times and in the manner indicated in the event programme.

Art. 6 Refund of registration fees

In case of cancellation of the race by 16/04/2024, a refund of 70% of the registration fee paid will be provided. In the event of cancellation of the races due to force majeure or health reasons, beyond the control of the Organizer, beyond the date of 04/16/2023, no refund will be provided.

Art. 7 MANDATORY MATERIAL

By registering, each runner undertakes to carry with him all the mandatory material listed below throughout the race, under penalty of disqualification or penalty.

Controls will be carried out on a random basis **along the route and upon arrival.**

BVG RUN: The mandatory material is as follows:

Material	Penalty imposed in case of absence/material shortage
Mobile phone with organization emergency number stored on the bib number	Disqualification

Glass and the canteen a mouth long for water supply (please remember that organisation does not provide glasses)	30 minute penalty on the race time
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THROUGH BVG MARATHON - from BVG ULTRA: The mandatory material is as follows:

Material	Penalty imposed in case of absence/material shortage
Telephone mobile phone with memorized organization emergency number shown on the bib	Disqualification
Whistle	30 minute penalty on the race time
Long trousers or leggings below the knee (worn or carried in the backpack)	Disqualification
Waterproof jacket long sleeve It is with built-in hoods suitable for dealing with bad weather conditions at high altitude (so-called "shell")	Disqualification
Replacement dry long-sleeved thermal shirt	Disqualification
Calzature da trail running (A5)	Disqualification
Backpack or pouch that allows you to contain the mandatory material	Disqualification
Containers (bags, water bottles, bottles) that allow a water reserve of at least 1/2 litre	Disqualification
N. 1 Survival blanket	Disqualification
Glass and/or wide-mouthed bottle for water supply (please note that the organization does not provide glasses)	30 minutes of race time penalties

The competitor using the poles must keep them with him for the entire duration of the race.

The competing athlete who refuses to undergo the mandatory material check will be immediately and for this reason disqualified.

Art. 8 RECOMMENDED MATERIAL

Given the environmental conditions and possible adverse weather conditions **strongly recommended:**

- gloves
- cap or bandana
- waterproof trousers
- rescue kit
- food reserve (gels, bars, etc.)
- Headlamp

The organization reserves the right to request the recommended material **as mandatory** in the event of obvious adverse weather conditions, promptly communicating this via email/social media/website news.

ART. 9 EMERGENCY MANAGEMENT PLAN

The Organization will draw up an "Emergency Management" plan which will be available in the days before the event, downloadable from the website and to be consulted carefully.

Each Athlete, by registering and participating in the race, undertakes to respect the decisions made by the Organization and the Rescuers during the management of any form of emergency that may arise during the event.

Art. 10 MAXIMUM COMPETITION TIME – GATES TIMES – WITHDRAWALS

Per BVG RUN 23K, departure at 8.45am, it is expected **1 time gate**:

Time gate	Total hours (from departure)	Location
By h. 11:15	2h30	Gaino (Chiesa di San Michele) BS 11 km circa
BVG RUN: TIMEOUT 5 h from departure (ARRIVAL WITHIN HOURS 13:45 ON SATURDAY 20 APRIL 2024)		

Per BVG MARATHON 42K departure at 9.30am is expected **2 time gates**:

Gate \ time	Total hours (from departure)	Location
By h. 14:00	4h30	Gardola di Tignale (outward journey), Piazzale delle Ginestre, approximately 20 km
By h. 17:30	8h	Muslone di Gargnano, Piazza Mombelloni approximately 34 km
BVG MARATHON: TIME LIMIT 10H30 from Departure (ARRIVAL WITHIN HOURS 20:00 ON SATURDAY 20 APRIL 2024)		

Per BVG ULTRA 55K, starting at 8:00 am, are scheduled **2 time gates**:

Gate \ time	Total hours (from departure)	Location
By h. 14:00	6h	Gardola di Tignale (outward journey), Piazzale delle Ginestre, approximately 31 km
By h. 17:30	9h30	Muslone of Gargnano, Mombelloni Square Km 46 circa
BVG ULTRA: TIME LIMIT 12h00 from departure (ARRIVAL WITHIN HOURS 20:00 ON SATURDAY 20 APRIL 2024)		

In order to safeguard the safety of the competing athletes and the service personnel, competitors who pass "out" of the controls beyond the times indicated above will be disqualified with simultaneous withdrawal of the bib (athletes transport service will be set up on site for the return to the trail village in Navazzo di Gargnano BS) and consequently placed out of the race.

Again for safety purposes, the race organization staff is authorized to stop the competitor deemed no

longer fit to continue the test, having to strictly observe the instructions of the medical staff. Competitors who arrive at the intermediate time controls outside the maximum time, those who intend to voluntarily abandon the race and those who are in any case disqualified will be transported as soon as possible to the trail village in Navazzo di Gargnano BS.

In particular, those who intend to abandon the race must go to the nearest recovery point indicated in the regulations where the shuttle service for the return will be set up, promptly communicating their withdrawal to the organization by communicating it to the staff located on the route also specifying the number of bib.

In case of failure to communicate a withdrawal and the consequent start of the search for the runner, any resulting expense will be charged to the runner himself.

The end of the race will be manned **from the broom service** who will provide first assistance to any athletes in difficulty as well as collect all the material used for tracing the route; this staff has the full right to stop an athlete even if not at a time gate, organizing his/her return to the arrival area.

Art. 11 REFRESHMENTS

The competitions take place in a semi-autonomous water and food regime, given the mandatory and recommended material.

The organization will arrange the following refreshment points on the route:

BVG RUN 23K		
Location	Distance (km)	Typology
PAPER MILL VALLEY (Paper Museum or Palazzo Maffizzoli)	8 km circa	LIGHT REFRESHMENT
QUEEN	14.5 km circa	COMPLETE REFRESHMENT
GARGNANO Town Hall Square	18 km circa	WATER POINT

BVG MARATHON 42K		
Typology	Distance (km)	Typology
BRIANO, ALPINI HUT	Km 5	COMPLETE REFRESHMENT
LOCATION BOLDIS	Km 13 circa	LIGHT REFRESHMENT
GARDOLA DI TIGNALE (Outbound) Piazzale delle Ginestre	Km 20 circa	COMPLETE REFRESHMENT
AIR	Km 29 circa	COMPLETE REFRESHMENT
MUSLONE	Km 34 circa	LIGHT REFRESHMENT
BRIANO, ALPINI HUT	Km 37.5 circa	COMPLETE REFRESHMENT

BVG ULTRA 55 K		
Typology	Distance (km)	Typology
QUEEN	7 km circa	COMPLETE REFRESHMENT
GARGNANO Town Hall Square	10.5 km circa	Water point
BRIANO, ALPINI HUT	Km 16.5 circa	COMPLETE REFRESHMENT
BOLDIS LOCATION	Km 24,5	LIGHT REFRESHMENT
GARDOLA DI TIGNALE (Outbound) Piazzale delle Ginestre	Km 31,5	COMPLETE REFRESHMENT
AIR	Km 40,5	COMPLETE REFRESHMENT
MUSLONE	Km 45,5	LIGHT REFRESHMENT
BRIANO, ALPINI HUT	Km 49 km circa	COMPLETE REFRESHMENT

Use: at the refreshments **main salts and supplements will be available.**

Upon arrival in Navazzo di Gargnano BS the final refreshment will be set up.

L' **assistance to athletes** by family members and/or companions is possible **only and exclusively within the refreshment points** in the areas indicated by the facility manager.

It is absolutely forbidden to accompany athletes in the race who are not regularly registered under penalty of immediate disqualification.

Art. 12 ENVIRONMENT

The races take place largely in a natural environment, therefore the competitors will have to observe behavior that is absolutely respectful of the delicate ecosystem, in particular avoiding dispersing their waste along the route and in any case outside the collection points equipped for this purpose, removing flora or harass local wildlife in any way.

Anyone caught violating the aforementioned precepts will be immediately disqualified.

In order to limit the environmental impact and in particular the production of waste, no glasses will be provided at the refreshment points as the athletes will have to use the personally supplied container imposed as mandatory material.

Art. 13 DISQUALIFICATIONS AND PENALTIES

Without prejudice to the disqualifications and penalties indicated above, the **disqualification** immediate in the following cases:

- **failure to pass through a checkpoint;**
- **race route cutting;**
- **failure to help a competitor in difficulty;**
- **insults or threats to competitors, volunteers or organizers;**
- **use of means of transport during the race;**
- **refusal to undergo a health check on the route.**

Art. 14 PREMI

There are no cash prizes.

They will be rewarded with prizes in kind **the top 3 men and women top 3 female finishers** for each race.

Each competitor who reaches the finish line within the set time limit will be awarded a "finisher" gadget.

The awards will be held at the times and places indicated in the program.

In any case, the prizes will not be sent to the athletes' homes nor will they be delivered in advance.

Art. 15 CLAIM

Only written complaints are accepted within 30 minutes of the provisional results being posted, with a €50.00 deposit.

The Jury composed of the Race Director, the coordinator responsible for safety, the medical manager, the managers of the control posts in the area in question, and the competent people designated by the President of the Organizational Committee will decide on complaints.

The jury is authorized to decide in a time compatible with the obligations of the race on all disputes or disqualifications that occur during the race.

The decisions taken are without appeal.

Art. 16 IMAGE AND PRIVACY RIGHTS (laws 31/12/96 no.675, 318/99 and GDPR 679/16)

Each competitor expressly renounces the right to exercise their image rights during the competition, as well as renounces any appeal against the organization and its authorized partners for the use made of their image.

Each competitor authorizes the processing of personal data for the preparation of rankings, for the management of registrations, for communications and news relating to the race and for the promotion of trail running. The runner can request in writing at any time to be removed from the BVG Trail Committee lists.