

# GENERAL INFORMATION ABOUT EPIC SKI TOUR

## 1 – Organisation

Verein Davos Race und Curtes Sportevents Marketing Sas

## 2 – Conditions for participation

At the event 2019 can participate everyone who is born in 2005 or earlier. Participants have to satisfy all the physical conditions required for this event with high competitive level. In any other case the start is not allowed. In this case the organizational contribution is not returned. Participants accept without the responsibility conditions, relinquishing any legal action against the Organizing Committee. Participation is at your own risk!

## 3 – Locations, date, time, start-finish

The start will take place in multiple groups:

- Vertical Race, Firday 20th December 2019: 4.30 pm, Start: Bolgen, Arrival: Jakobshorn
- Individual Race, Saturday, 21st December 2019: 09.00 am, Start & Arrival: Jschalp

## 4 – Time Limits

For each stage is set a maximum time.

Participants who do not reach the various intermediate / arrival points in the allotted time are in any case excluded and do not appear in the final ranking. The time limits will be published together with the course details.

## 5 – Division into age groups

Women: U17, U20, Overall (>21), Master (> 40)

Men: U17, U20, Overall (>21), Master (> 40), Grand Master (> 50)

The Master and Grand Master category is a sub category of the Overall group. Therefore it is possible that athletes of the Master categories can also win the Overall category. This implements, that athletes can be awarded multiple times.

The different age groups start on the following course:

- Vertical Race – Long 1.0
  - Men: Overall (>21), Master (> 40) & Grand Master (>50)
  - Women: Overall (>21) & Master (> 40)
- Vertical Race – Short 0.6
  - Men: U17, U20, Overall (>21 – Hobby)
  - Women: U17, U20, Overall (>21 – Hobby)
- Individual Race – Long 1.6
  - Men: Overall (>21), Master (> 40) & Grand Master (>50)
  - Women: Overall (>21) & Master (> 40)
- Individual Race – Short 0.8
  - Men: U17, U20, Overall (>21 – Hobby)
  - Women: U17, U20, Overall (>21 – Hobby)

## 6 – Prizes

All prizes are gift-prizes.

Winners of all races and categories must be present at the award ceremony. For each category, the three best athletes for the Flower Ceremony and the top five athletes for the official prize distribution must be present.

## 7 – Distribution Starter Packages

The distribution of the starter packages will take place in the Restaurant After7:

- Vertical Race: Firday, 20th December 2019 from 12.00 pm to 4.00 pm (After7)
- Individual Race: Firday, 20th December 2019 from 12.00 pm to 8.00 pm (After7) and Saturday, 21st December 2019 from 7.00 am to 8.15 am (After7)

Please bring with you a valid medical certificate. The starting numbers can not be given to other people.

## 8 – Prize-Giving

The Prize-Giving ceremony will take place every evening during the Pasta Party at 8.30 pm at Cavalese (Palafiemme). The final Prize-Giving ceremony will take place in Canazei at the Gran Teatro Dolomiti at 4.00 pm.

## 9 – Publication of the ranking

The ranking is published directly on the website of the event.

## 10 – Timing

It will be used an electronic chip system.

## 11 – Material Transport

For the Vertical Race zones are marked at the start area, where helpers receive the materials of the participants and transport them to the Jakobshorn (arrival). The material must be placed in the appropriate transport bag.

## 12 – Privacy

The personal data provided by participants during registration will be stored and processed only for the purpose of carrying out and handling the event. By registering the participant agrees to a storage of the data.

The participant agrees that the collected personal data will be passed on to third parties for the purpose of time measurement, creation and posting of the result lists, for the settings of these lists on the homepage as well as to partners of the event. By registering the publication of this data by the organizer in all relevant media (homepage, print media and Internet) is approved. The participant agrees with the registration that the personal data given in the message may be stored and the photos and film footage taken in connection with EPIC Ski Tour may be used and published without compensation.

Below you will find the link for our intended use of data protection: <https://www.endu.net/it/privacy>

# REGISTRATION

## 1 – Registration

Online registration with payment by credit card, Paypal or bank transfer.

INFO:

[info@epicskitour.com](mailto:info@epicskitour.com)

The registration is considered valid only after receiving the payment of the enrollment fee.

The registration is personal. For changing the name of an athlete, a processing fee of € 25.00 will be charged.

## 2 – Limitation of participants

The number of participants is limited:

- Vertical Race: max. 150 participants
- Individual Race: max. 300 participants

## 3 – Registration Fee

The registration fee is:

- Vertical Race: **35,00 €** + 10,00 € deposit for the chip (Categories U17/U20 **20,00 €** + 10,00 € deposit for the chip)
- Individual Race: **65,00 €** + 10,00 € deposit for the chip (Categories U17/U20 **40,00 €** + 10,00 € deposit for the chip)
- Vertical und Individual Race: **90,00 €** + 10,00 € deposit for the chip (Categories U17/U20 **50,00 €** + 10,00 € deposit for the chip)

(the chip has to be returned at the end of the races for the refund of the deposit)

## 4 – Payment

The payment has to be on our bank account before the first race.

## 5 – Refund

If a participant does not show up at the start he/she has no right for a reimbursement of the enrollment fee, except in case of injury or illness accompanied by a medical certificate (at least 7 days before the race). If the event does not take place for reasons of force majeure, extreme weather conditions or any other reason not indebted by the organization, the fee will not be refunded, nor recognized for the following year.

## 6 – Registration deadline

Registration will be closed on **18.12.2019**.

In exceptional cases the OC can accept the enrollment of an athlete after the deadline.

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# EQUIPMENT

## Compulsory Equipment

All equipment and the obligatory material must be used according to the manufacturer's instructions and must not be altered.

COMPULSORY EQUIPMENT	INDIVIDUAL RACE	VERTICAL RACE
Passport or ID card (evt. copy)	x	x
Skis/Binding	x	x
Boots	x	x
Ski Poles	x	x
Skins (min. 1 pair)	x	x
Gloves	x	x
Helmet	x	x
Mobile Phone	x	x
Head Torch		x
Rucksack	x	x*
Upper Body Clothing (3 layers)	x	x*
Lower Body Clothing (2 layers)	x	x*
DVA/ARVA	x	x*
Snow Shovel	x	x*
Snow Probe	x	x*
Survival Blanket	x	x*
Sun/Ski Glasses	x	x*
Upper Body Clothing (4th layer)	x*	
Ski Cap or Head Band	x*	
2nd pair of Gloves	x*	

x\* = additional material that may be required by the jury

### 1- Passport/ ID Card

An original identity document or a copy of it must be carried throughout the race.

### 2- Skis & Binding

A pair of skis with metallic edges covering at least 90% of their length, and minimal width of at least 80 mm in the front, 60 mm under the boot and 70 mm in the rear part; ski length must be of at least 160cm for men and 150cm for women.

The skis will be measured according to the method "Rolling".

Bindings which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps.

- The Binding-System must have a lateral and a front complete release system (the boot is completely separate from the ski).
- Boots and bindings must be set according to the instruction for use given by the manufacturer in order to guarantee optimum working of the release systems and the best protection of bindings and ski structure.
- Minimal weight for skis and bindings:
  - Men: 750 grams, i.e. 1500 grams per pair.
  - Women : 700 grams, i.e. 1400 grams per pair.
- Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed

### 3 – Boots

- Boots (only the shell) must cover the ankles and have notched soles in Vibram or an equivalent., the minimum notch depth is 4 mm
- There must be at least 8 notches under the heel and 15 under the front part of the sole, with a minimum surface area of 1cm<sup>2</sup> per notch
- Each boot must have at least 2 independent closing
- Boots must be designed to be used with metallic
- Crosscountry ski boots and bindings or equivalents are strictly forbidden. The use of adhesive tape on the boots is forbidden
- Modified boots by a second manufacturer are only allowed if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part
- The notched soles have to cover the 100% of the boot surface
- Cadets & Juniors are prohibited from wearing full carbon shoes. This includes Carbon Composites materials as well (Kevlar, Aramite etc.)
- Minimal weight for boots (shell and dry inner):
  - Men: 500 grams, i.e. 1000 grams per pair
  - Women and Men U17: 450 grams, i.e. 900 grams per pair

### 4 – Ski Poles

A pair of alpine or cross-country ski poles (carbon or other material) of a maximum diameter of 25 mm, and with non-metallic baskets.

### 5 – Survival Blanket

A survival blanket with a minimum surface area of 1.80 m<sup>2</sup>, modifications subsequent to manufacture are not allowed. The term “survival blanket” is as defined by the manufacturer.

### 6 – DVA/ARVA

An avalanche, also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. The DVA has to be equipped with a 3 antennas emission system. It has to be worn in a closed pocket (zipped lock only) opening on the inside of the racing suit, and at the belly level. The DVA must stay on during the hole race. The DVA must be used as requested by the producer.

### **7 – Snow Shovel**

The shovel mounted with the handle and the spoon has to have a minimum length of 50 cm. The spoon measures must be at least 20x20cm must not have undergone any changes.

### **8 – Snow Probe**

A snow probe with min. length 240 mm and a diameter of 10 mm.

### **9 – Rucksack**

A rucksack with sufficient capacity to hold all the equipment required by the regulation, with two posterior and/or lateral fastening straps for carrying skis. If the rucksack has an independent crampons pouch, the pouch must be securely fastened to the back of the rucksack (using Velcro straps, etc.). The rucksack crampon pocket must be opening from the back and not from the front (to avoid opening in case of fall).

### **10 – Skins**

A pair of removable anti-slipping skins. The skins of wild animal origin are strictly forbidden. The skins have to cover at least 50% of the surface and 50% of the length of the ski.

### **11 – Clothing**

Upper body clothing: three layers that fit the competitor well:

- 1 long or short-sleeved, body-hugging layer
- 1 ski suit with long-sleeves or a second layer with long-sleeves
- 1 breathable, long-sleeved wind breaker.

Lower body clothing: two long-legged layers that fit the competitor well

- 1 ski suit or ski pants
- 1 breathable wind breaker trousers

### **12 – Helmet**

A helmet conforming to: UIAA 106 and EN 1077 classB standards or EN 12492 and EN 1077 classB standards. Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line).

### **13 – Mobile Phone**

Each athlete has to take with him during the race his mobile phone. The mobile phone must stay on during the entire race. You have to indicate your phone number during the enrollment.

### **14 – Gloves**

A pair of gloves that cover all the hand up to the wrist – to be worn throughout the duration of the race

### **15 – Sun/Ski Glasses**

An UV-protection sunglasses or ski glasses

### **16 – Head Torch**

Full functioning Head Torch

### **17 – Supplementary Equipment**

The jury reserves the right to ask the athletes at any time to bring more materials with them

- An additional upper body thermal fleece layer of clothing (4th layer with long sleeves), soft shell double with fleece that fits the competitor well. The 4th layer is thermal clothing which must have a minimum weight of 300 gr.
- A Ski Cap or Headband
- A second pair of gloves

Equipment will be inspected at the finish line or at any other point on the course (without stopping the competitor, the controller takes note as the competitor goes past).

The competitor is totally responsible for his/her equipment. If a competitor has doubts about his/her equipment, he/she can have it checked by the jury at the end of the race briefing the day before the competition.

# RACE

## 1 – Race Bibs

The race bibs may not be folded or cut. The bib number must be placed in the designated positions throughout the race (at the back of the rucksack and at the front of the right leg). In the vertical race, where the use of a rucksack is not required, a start number is reserved for the back.

## 2 – False Start

In case of a false start the athletes will not be stopped. The penalty occurs after crossing the finish line. The penalty applies to the first one causing the false start. The start is video-monitored by the timekeeping.

## 3 – Course markers

The marking is done by flags and jalons, ribbons, reflectors and torches.

**Ascent:** The sections marked with green flags must be walked on skis and mounted skins.

**Portage/route on foot:** sections marked with yellow flags must be walked. The skis are fixed on the rucksack.

**Descent:** The sections marked with red flags must be entered on skis without climbing skins. The shoes must be locked in all sections marked with red flags.

The athletes must follow the markings of the course in ascending and descending exactly. The athletes have to run in the direction of the flags. Any dangerous and / or unsporting behavior will be punished.

## 4 – Overtaking

A participant who is to be overtaken must immediately leave the track lanes and allow the participant calling "TRACK" to overtake.

## 5 – Portage/ Route on foot

The skis must be fixed to the backpack throughout the entire portage / route with two (2) attachment points. If the skis come loose, the athlete has to stop and fix the skis. Any other behavior leads to a penalty.

## 6 – Transition Areas

The participants must carry out all the transition steps required for the required change of material within the change range marked by the entry and exit lines. These maneuvers include putting on and taking off skins or crampons, packing and unpacking skins or crampons, attaching / detaching skins to rucksacks and closing/opening shoes.

The participants must stay in the same place from the beginning to the end of the maneuver. The ski poles should be laid flat on the ground for manipulation. This also applies if the participants put on or take off their skins or crampons, pack or unpack skins or crampons and attach the skis to the rucksack.

## 7 – Tape

The use of tape or glue is prohibited. The use of adhesive tape to attach the skins is prohibited for environmental reasons.



## **8 – Skins**

Participants must either pack their skins in their ski suit or close them in their rucksack. The skins may be visible, but never hang out of the ski suit.

## **9 – DVA**

Participants must ensure that their device is working properly throughout the race. The WMS must remain on until the participants have gone through the material control.

If it is determined that a WMS does not work, the athlete will be stopped and immediately disqualified.

## **10 – Clothes Layers**

The race director or post chief may request participants to wear their windbreakers, caps, or other compulsory equipment at any point of the route.

## **11 – Disposal of waste/material**

The disposal of garbage or other materials outside of the specially equipped catering zone strictly prohibited! The catering zone is specially marked with two lines. Participants who violate them will be disqualified.

## **12 – Catering Zone**

The OC organizes a catering zone (fresh & hot water, tea, cereal bars, cakes) at the most suitable place on the course. The catering zone can also be observed by third parties/coaches. You can deliver food and drinks there. The feeding zone is limited by two lines (entrance/exit) on the ground.

## **13 – Help from outside**

The help from outside is forbidden. Exceptions: changing the ski poles. Athlete can change a broken ski pole anywhere and with anyone.

Changing a broken ski or a binding is only possible in the catering zone or in a specially designated exchange zone by the jury.

Meals may only be provided by third parties / coaches in the catering zone (s) designated by the jury.

## **14 – Mutual Help**

Participants must help competitors in distress or danger. The jury considers the time spent on providing the help.

## **15 – Withdrawal**

It is compulsory to communicate one's withdrawal from the competition at the intermediate point or to staff members along the racetrack. The organization will arrange the transportation of the athletes back to the start area.