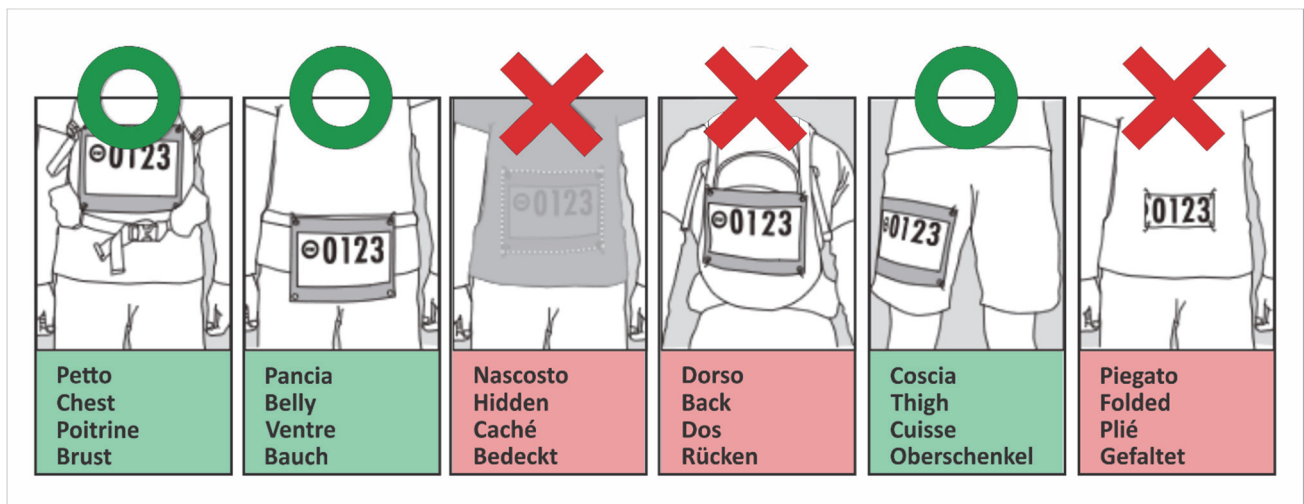




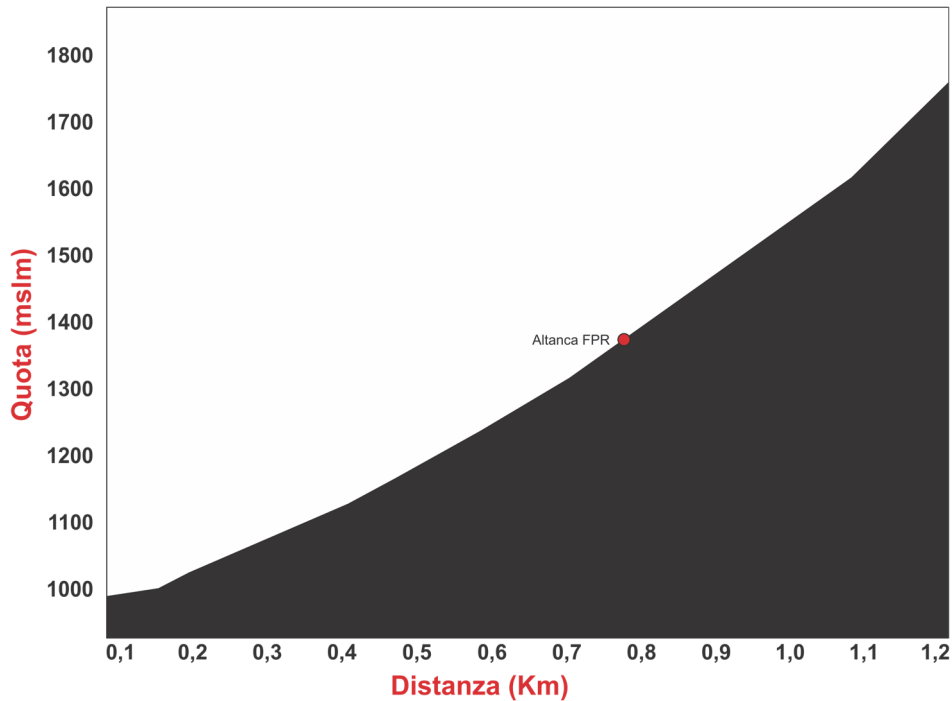
## REGULATIONS

### Stairways to Heaven

- 1) Registration implies acceptance without restrictions of this Regulations.
- 2) Each participant signs up and runs at its peril; an accident insurance covering helicopter rescue operations and accidents is mandatory. The organizer assumes no liability in case of accidents. Each runner must manage its forces and take its decisions independently. It is mandatory to provide help to distressed or injured runners, penalty the immediate disqualification.
- 3) Each participant brings along an equipment suitable for this type of race. The sticks are PROHIBITED.
- 4) The bib number provided must be worn in a visible manner. The organization suggests fixing it on the front part of the right thigh, or alternatively it suggests the use of a bib carrying-belt. Refer to the drawing:



- 5) There are not intermediate assistance points and so the race shall be run autonomously.
- 6) The route is marked and shall be followed in its entirety. It is forbidden to leave the track, penalty the immediate disqualification.
- 7) The post-race descent will be accomplished by walking along a defined path down to the departure area or await the end of the competition and take advantage from a special cable car run offered by STH and Ritom SA taking all runners back to valley.
- 8) The runners arriving at the finish line will receive a participation prize.
- 9) The race will take place under any weather condition and registration fee will not be refunded under any circumstances. In case of adverse weather (thunderstorms or snow), the organizer may delay or cancel the race. In any case the participation gift will regularly be distributed.
- 10) The race presents a very steep profile (up to 90% in some parts), therefore a very aerial view. It requires a firm step and absence of heights fear. We recommend an inspection of the racetrack in order to familiarize with the steep surrounding landscape



- 11) The prizes for the top three in each category are at the discretion of the organization.
- 12) Appeals will be considered after payment of a fee of CHF 100.- and the judgment of the organization is final.
- 13) To facilitate the runners, the departures will be spaced out by 30 seconds. The fastest runners will start first followed by the less fast participants. At the time of enrolment, it is mandatory to give an estimate time based on individual performance; this will allow a realistic departure schedule. In any case a slower runner **MUST IMMEDIATELY** give way to a faster runner coming from the back and this last will make aware the runner in the front with a gentle recall at due time. In this case the slower runner will move to the right and give way to the fastest one. In case of deliberate obstruction against other participants, the immediate disqualification will apply.
- 14) The orders of staff members **MUST** be followed without any discussion, penalty the immediate disqualification.
- 15) The transportation of a runner's backpack in the arrival area is granted by a special cable car run departing the start area 09:00. Laggards will lose this service.
- 16) The departure schedule will be communicated after registration process completion. Laggards will be let depart the race as last.
- 17) Maximum race time is 1h30min.
- 18) Anti-doping rules as per [www.antidoping.ch](http://www.antidoping.ch) applies
- 19) **ATTENTION:** it is strictly forbidden to get on the race track between all year round. Missing in complying with this request will lead to an immediate disqualification of the identified athletes and thus to a prohibition to start the race; complaints will not be accepted. The owner and the managing company of the structures, are declining any responsibility in case of accidents resulting from the non-respect of this rule.
- 20) The Italian language regulations have priority of application.

**END**