

One Hundred® Ultra Mountain Trail World Series 2022
Italian Stage
Gran Sasso World Series
October 20 to October 23, 2022 Gran Sasso – L’Aquila Italia

OFFICIAL REGULATION

Art. 1 - ORGANISATION

One Hundred® Group Ltd, based in London - United Kingdom, is the organising company of the One Hundred® World Series that, in 2022, will have global stages in Brazil, Wales, Portugal, the United States, and the grand finale in Italy, organised by ASD Atleticom (www.asdatleticom.it).

This regulation refers to the Italian Stage – Gran Sasso World Series 2022, hereinafter referred to as the Gran Sasso World Series.

The organising committee reserves the right to modify these competition regulations based on the provisions and decisions of the competent institutions of the territory. Therefore, we invite all participants to consult it and stay up to date.

Art. 2 - GENERAL INFORMATION

The Gran Sasso World Series is an ultra mountain trail race held in the Gran Sasso area, in Italy, between the 20th and 23rd October 2022.

The routes offered are as follows:

- 2.1) 100 MILES (100M)**
- 2.2) 100 KM (100K)**
- 2.3) 50 KM (50 K)**
- 2.4) 50 KM in doubles (50K Doubles)**
- 2.5) 35 KM Obstacle**
- 2.6) 15 KM Nordic Walking**

Art. 3 - PARTICIPATION REQUIREMENTS

The Gran Sasso World Series is a competitive event reserved to FIDAL 2022 Italian and foreign registered athletes, and RUNCARD and RUNCARD EPS registered athletes with a valid medical certificate of fitness for competitive athletics.

The minimum requirements for registration on each route of the Gran Sasso World Series are as follows:

- Athletes must have previous experience in mountain running, should not suffer from vertigo, have a high standard of mental and physical preparation, and have adequate equipment for temperatures that may have large variations.
- Athletes must be at least 18 years of age on October 13th, 2022.
- At least one verifiable race of 50 miles (80 km) or more non-stop kilometres must also have completed within the time limit in the three years prior to the start date of the event.

Art. 4 - REGISTRATIONS

Registrations for the Gran Sasso World Series will be made through the link provided on the following website:

www.gransassows.com

	until 13/03/2022	14/03/2022 26/06/2022	27/06/2022 24/09/2022	25/09/2022 15/10/2022
100M	120,00 €	130,00 €	140,00 €	150,00 €
100K	80,00 €	85,00 €	90,00 €	100,00 €
50K	50,00 €	55,00 €	60,00 €	65,00 €
50K Doubles	40,00 €	50,00 €	60,00 €	70,00 €
35K	45,00€	50,00€	55,00€	60,00€
15K	20,00€	22,00€	25,00€	28,00€

4.1) Registration restrictions. The following athletes cannot register for the Gran Sasso World Series:

- Athletes who were disqualified in another race for using performance enhancing substances.
- Athletes who have been blacklisted by the One Hundred® Group Ltd at any of their global events.

4.2) Elite athletes. Athletes of the Gran Sasso World Series will be considered elite by meeting the specific conditions described on the following website: www.onehundred.run/qualification

4.3) Athletes pack. Registrations for the Gran Sasso World Series include the following items:

>> Candidates in the Launch Phase (16/02/2022 to 14/03/2022):

- 10% discount on any One Hundred® in 2022 and 2023, anywhere in the world (cumulative with other discounts).

4.4) Just One Tree. We are partners with Just One Tree, an initiative that donates £1 for each registration in the One Hundred® World Series world tour events for the purpose of planting a tree.

Art. 5 - BENEFITS

By registering, every participant receives:

5.1 - KIT

- Backpack bag
- Bracelet
- Premium running t-shirt
- Pair of running socks
- Visor
- Sunglasses
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses

5.2 - TECH SERVICES

- Hydration and feeding along the route, and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service
- Live streaming and GPS track

Art. 6 - MAXIMUM NUMBER OF ATHLETES

The maximum number of athletes in the Gran Sasso World Series is 1800 registered, being distributed as follows:

100M = 200 athletes

100K = 250 athletes

50K = 300 athletes

50K Doubles = 150 teams – 300 athletes

35K = 400 athletes

15K NW = 350 athletes

Art. 7 - CANCELLATION

If the athlete is unable to participate in the Gran Sasso World Series and wishes to cancel their registration, they must notify the organisers by email at italy@onehundred.run.

7.1 - Refund Policy.

Up to 60 days before the event = 75% in credit for One Hundred® events in 2022 or 2023.

Up to 30 days before the event = 50% in credit for One Hundred events® in 2022 or 2023.

Up to 15 days before the event = 25% in credit for One Hundred events® in 2022 or 2023.

No cash refund, transfer or roll-over will be issued under any other circumstances. No sale of registrations to third-parties is permitted. No refunds or credit will be provided for route change if available.

We understand that last-minute problems arise that can prevent an athlete from reaching the starting line. We incur most of the costs at the beginning of the planning process, and this policy represents our ability to reasonably provide compensation for athletes who cannot attend, while maintaining our lowest and highest quality enrolment rates.

If the race is cancelled due to circumstances out of our control up to 15 days prior to the race, the organisers reserve the right to refund 50% of the paid registration fee. This percentage is calculated in such a way as to allow the organisers to cover part of the costs incurred which cannot be recovered.

If the race is cancelled for not meeting a minimum number of participants, the organisers reserve the right to cancel the race up to 60 days before the event, returning the amounts already paid, without the need to pay any hotel reservations or other expenses of stay or travel, including airline tickets and any other costs that the athlete may have incurred for themselves or others accompanying him, as well as any additional compensation.

If the test is cancelled or interrupted for atmospheric reasons, or for any other reason outside our control, there will be no refund of the registration fee.

The following is not allowed:

- Postpone registration to the following year.
- Participate in other stages instead of the stage for which the athlete has enrolled.
- Bib exchange with anyone other than the registered athlete themselves.
- Changes to registration must be requested by email italy@onehundred.run by September 25, 2022.

Any athlete found with another athlete's running number during or after the race will be disqualified and blacklisted by One Hundred®.

Art. 8 - TIMELINE (in progress)

The Gran Sasso World Series agenda will be announced soon.

Athlete kits will be handed out at the race location. Athletes must present a valid ID, with photo, and all mandatory equipment, to receive their kit.

Art. 9 - MANDATORY EQUIPMENT

The following equipment is mandatory in the Gran Sasso World Series and must accompany athletes throughout the race:

9.1) 100M e 100K

- Hydration backpack bag or water bottle carrier with a combined capacity of at least 1L.
- Waterproof jacket or windbreaker.
- Cap, hat, or headband type buff.
- Thermal blanket.
- Whistle.
- Two lanterns with their spare batteries.
- Glass or bottle of water.
- Mobile phone.
- GPS tracker provided at race check-in.
- Bib visible throughout the race.

It is the athletes' responsibility to bring equipment which respects these criteria. In case of verification before or during the race, the commissioner or judge will decide whether the equipment meets the criteria described in the regulation or, if otherwise, the athlete will be disqualified.

Mandatory equipment can be used or carried inside the backpack or pockets. All mandatory equipment will be checked when the athletes receive their kit. Those who do not present all mandatory equipment will be prevented from starting the race. In addition, one-off checks will be performed during the race.

9.2) Recommended Equipment

Race participants are advised to bring the following equipment with them, in addition to the mandatory ones:

- Warm sweater for the night.
- Energy bars or solid foods.
- Elastic adhesive tape.
- Spare money for use in any eventuality.
- Running/walking sticks are allowed.
- Sunglasses.
- Sunscreen.

Art. 10 - MAXIMUM TIME LIMITS AND DEADLINE (in progress)

Time limits and gates will be announced soon.

Gates are located at checkpoints. Athletes who do not reach these points within the established deadlines will not be able to continue the race. It is forbidden to proceed from the cut-off point and then to use the supply areas again. The judges of the race reserve the right to disqualify athletes who break the rules.

To protect the health of participants, medical staff at checkpoints have the authority to stop runners who are deemed unfit to continue the race, even within time limits. In this case, the participant must follow the instructions of the medical team. Anyone who does so will be immediately disqualified.

Participants who reach the checkpoints after the maximum time, those who are injured and those who are deemed unfit by the medical team to continue the race, and any other athletes who decide to give up, will be taken to the arrival of transport provided by the organisation. For logistical reasons, athletes who have given up may have to wait before being sent to the arrival area.

Any participant who withdraws from the race at any point other than the established refuelling points must immediately inform the race organisers by phone to the number indicated by the organisation.

All 100M and 100K participants will receive a GPS tracker device at the race check-in and each device includes an emergency button. The runner should only use the button in case of emergency and if the button is pressed the runner will be immediately disqualified from the race and will not be able to return to racing.

Art. 11 - FILLING STATIONS, CREW SUPPORT AND DROP BAGS (in progress)

Gran Sasso World Series is a race of semi-self-sufficiency and athletes are required to bring minimal amounts of water, as well as all other equipment listed as mandatory. Semi-self-sufficiency is defined as the ability to be autonomous between filling stations and be able to safely adapt to any problems (bad weather, physical suffering, injuries, etc).

When leaving the rest points, athletes must have enough water and food to reach the next post. Support teams, called CREW SUPPORT (including family and friends) can only assist athletes in certain locations in the designated areas as defined by the post coordinator. Only one person per athlete can provide assistance and will be admitted 15 minutes before the athlete's arrival. Each 100M and 100K athlete will receive their respective support bags, called DROP BAG, with their bib number, and only these will be transported by the organisation.

Athletes will be able to put on clothes or food, the delivery of DROP BAGs should follow the schedule of the event. Athletes are advised not to place valuables in drop bags. The organisation is not responsible for any theft, loss, or damage. Running/walking sticks are not allowed or left in the drop bags. The drop bags should be picked up after the test following the schedule of the event, upon presentation of the bib number. Unclaimed drop bags will be donated.

Filling stations and their services are available exclusively to runners whose bib numbers are visible.

It is expressly forbidden for athletes to drink from the bottles supplied at the filling stations. Personal glasses should be used. Garbage should be left at each filling station. There will also be a supply on arrival. In addition, each participant can have a hot meal on arrival. To enjoy this hot meal, it is mandatory to present the bib number. There are natural drinking water points along the route, where participants can refuel.

Art. 12 - ROUTE (updated)

Most of the Gran Sasso World Series routes are hill and mountain areas, as well as the Gran Sasso National Park. This course requires the ability to run on different terrain types, trails and sters, as well as in rocky and flooded areas, and across rivers. Should any part of the course become inaccessible due to weather conditions, alternative routes will be outlined in a briefing.

Athletes must strictly follow the marked route and avoid shortcuts or cut the course. Any deviations from the official route may result in disqualification and will be at the exclusive risk of the athletes.

The routes have the following characteristics:

12.1) 100M: 160Km long.

12.2) 100K: 100Km long.

12.3) 50K and 50K Doubles: 50Km long, 3,000m cumulative positive uneven, 3,000m cumulative negative elevation.

12.4) 30K: 30Km long, 1,300m accumulated positive uneven, 1,300m cumulative negative elevation, 500m maximum altitude.

12.5) 14K: NW 14Km long.

Art. 13 - ATHLETE INSURANCE

All Gran Sasso World Series athletes must own insurance covering death and disability by accident, as well as medical and hospital expenses. All athletes of the Gran Sasso World Series are covered by insurance free of charge.

Art. 14 - RESCUE TEAM

All athletes of the Gran Sasso World Series have a rescue team at their disposal, composed by the appropriate national security teams, firefighters, nurses, and doctors. These will be positioned along the route and will be on foot, in cars with 4x4 traction, and ambulances. There will be a medical station at the test site.

Art. 15 - ENVIRONMENT

Most of the Gran Sasso World Series routes are in mountain areas, and other areas with natural ecosystems. Participants must, therefore, respect the environment by leaving no litter, not collecting flowers or disturbing wildlife. Anyone seen littering along the route will be disqualified from the race. There are places where athletes can leave the trash at several rest points. The organisation advises athletes to bring a small garbage bag with them. Athletes must follow the marked route so as not to cause harm to the environment. To reduce the use of plastic, there will be no disposable utensils (cutlery, glasses, plates, bowls) available at the refuelling points, so athletes should bring their own utensils if they wish to eat hot/cold foods.

Art. 16 - WEATHER

The organisation reserves the right to make last-minute changes to the routes, should there be any severe weather variations, or to eliminate potential hazards. Athletes will be promptly informed of these changes. The organisation also reserves the right to suspend or cancel the race if conditions endanger athletes, volunteers, or support teams. If necessary, the organisers will provide and communicate a plan B up to 24 hours before the start of the race.

Art. 15 - DISQUALIFICATION, PENALTIES AND RESOURCES

The following infractions in the Gran Sasso World Series will result in immediate disqualification and removal of the athlete's bib number:

- Does not cross a checkpoint.
- Uses shortcuts.
- Leaves garbage along the route.
- Does not help a participant in difficulty.
- Insults or threatens members of the organisation's work team.
- Uses transportation during the race.
- Refuses to undergo examinations by the medical team along the route.
- Refuses to show the mandatory equipment when requested by the judges.

A one-hour penalty will apply for the following infractions:

- Lack of any mandatory equipment, and the athlete must report this lack immediately, in case of recidivism in a new check the athlete will be disqualified.
- Unauthorised assistance or assistance outside the points provided for in the regulation.
- Bib not visible.

The penalty can be applied immediately as soon as the infraction is proven or at the end of the race. Penalties or disqualifications may be challenged in writing to the organisation within 2 hours of the publication of the results. The resources will be evaluated and responded to within the necessary timeframe. Decisions are final and unchallenged.

Art. 18 - AWARDS

Athletes will compete in the Gran Sasso World Series individually, except for the 50K in doubles. Athletes are divided into the following categories, for registration, classification and award purposes, taking as reference the age of each athlete on December 31st, 2022:

Male

Male Adult: Runners from 30 to 39 years old

Male Master: Runners from 40 to 49 years old

Senior Male: Runners from 50 to 59 years old

Male Senior Grand: Runners over 59 years old

Female

Female Adult: Runners from 30 to 39 years old

Female Master: Runners from 40 to 49 years old

Senior Female: Runners from 50 to 59 years old

Senior Female: Runners over 59 years old

18.1) Cash prizes

Total of € 15,000.00 distributed.

18.2) Prizes by type

Awards with buckles and medals, distributed as follows:

- 100M: All finishers will receive an exclusive Gran Sasso World Series buckle.
- 100K, 50K, 50K Doubles, 30K and 15K: All finishers will receive an exclusive Gran Sasso World Series medal.

18.3) Miles Rewards

One Hundred has a miles card, the GO&RUN Miles Club, which offers miles to anyone who signs up for races and shops in the online store. Card miles can be used on One Hundred race registrations or the online store. All 100-mile and 100km athletes receive miles for every kilometre travelled. In case of withdrawal, the miles allocated are those of the last checkpoint.

The first three athletes of the distances of 50K, 30K and 15K also receive miles.

1st - 500 miles

2nd - 500 miles

3rd - 250 miles

The top three ranked Mountain Goat and King of the Hill also receive miles on card.

1st - 500 miles

2nd - 500 miles

3rd - 250 miles

More information at: www.onehundred.run/en/membership-en

18.4) Awards with trophies, distributed as follows:

- **King of the Hill:** The first placed of each genre in the segmented uphill route, called King of the Hill, on the 100M and 100K courses, will receive exclusive Gran Sasso World Series trophies.

- **Mountain Goat:** The first placed of each genre in the segmented downhill route, called Mountain Goat, on the 100M and 100K courses, will receive exclusive Gran Sasso World Series trophies.

- **General Male and Female Elite:** The top five (5) finishers of each genre on each course will receive exclusive Gran Sasso World Series trophies.

- **Categories:** The top three (3) finishers in each category will receive exclusive Gran Sasso World Series trophies.

- **Teams:** The first Team of the 50K Doubles receives an exclusive Trophy Gran Sasso World Series.

The gross time will be considered in the definition of the top five (5) athletes of each gender in general. Other classifications will use net time as reference. Athletes who do not attend the awards will lose their right to the prize. These will not be shipped or delivered in advance for any reason.

Art. 19 - ANTI-DOPING

By enrolling in the Gran Sasso World Series, each athlete:

- You must declare to the organisation any information regarding the use of a prescription subject to Therapeutic Use Exemption (TUE) through the email italy@onehundred.run. Athletes may be ill or have conditions requiring the ingestion of certain medicines. If this medicine, taken for the purpose of treating a disease or condition, is on the list of prohibited substances, the TUE may allow the athlete to take the medicine. For more information: www.wada-ama.org/en/science-medical. This information should be provided as soon as possible and definitively before the start of the race.

Additionally, athletes must:

- Accept all requests for samples and analysis of urine and/or blood and/or capillaries related to the requests made by the organisation's physician, understanding that any expenses related to the performance of these samples and the associated analyses are the direct responsibility of the organisation.

- Agree to respond to all calls that the doctor of the organisation can send to him based on medical information about him, to discuss his ability, or not, to participate in the race in which he is enrolled. At the end of the consultation the doctor can guide the jury of the test whether the runner should be excluded from it, for medical reasons.

For all information on combating doping, we invite you to consult the World Anti-Doping Agency website: www.wada-ama.org

Art. 20 - IMAGE RIGHTS

At the time of registration in the Gran Sasso World Series, athletes authorise the organisation to freely use any images that represent athletes during their participation in the event, stop or in motion, without territorial or time limits.

Art. 21 - DISCLAIMER

Voluntary registration and subsequent participation in the Gran Sasso World Series indicate full acceptance of the rules and regulations of the race and any subsequent changes made. By registering, participants exempt the organisation from any civil or criminal liability for personal and/or property damage caused by them.

Art. 22 - FINAL PROVISIONS

Questions or technical information about the Gran Sasso World Series should be sent to the email italy@onehundred.run and will be answered in a timely manner.

The organisation may, at its discretion or according to the needs of the event, include or amend this regulation, in whole or in part. All copyright scans relating to this regulation and the event belong to ASD Atleticom and One Hundred® Group Ltd.