

# Gran Sasso World Series 2022

One Hundred® Ultra Mountain Trail World Series 2022

October 21 to October 23, 2022

L'Aquila

## OFFICIAL REGULATION

**Art. 1 - 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 in Italy, organised by ASD Atleticom ([www.asdatleticom.it](http://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 L'Aquila and Gran Sasso area, in Italy, between the 21<sup>st</sup> and 23<sup>rd</sup> October 2022.

The routes offered are as follows:

- 2.1)** 100 Mile
- 2.2)** 100 Km
- 2.3)** 30 Km
- 2.4)** 15 Km

And one Non Competitive:

- 2.5)** 15 Km Nordic Walking, Walk

### Art. 3 - REQUIREMENTS FOR PARTICIPATION IN COMPETITIVE RACES

Can participate Italian and foreign athletes with FIDAL 2022 or WA 2022 membership, or Italian and foreign athletes with Fidal Run Card membership, and always in possession of a valid medical certificate of fitness for competitive runs.

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.
- Be at least 20 (thousandths of an age) for the 100-mile, 100km and 30km races and 18 (thousandths of an age) for the 15km race on 21 October 2022.
- Only on the 100-mile (160 km) distance race, at least one verifiable race of 50 miles (80 km) or more non-stop must also have been completed within the time limit in the three years preceding the start date of the event.

#### **Art. 4 - REQUIREMENTS FOR PARTICIPATION IN THE NON-COMPETITIVE EVENT**

Participation in the 15 km Non-Competitive Event is open to all without age limits. The planned distance of 15 km can be covered in various specialities: mountain running, Nordic walking and trekking.

Registration for the event implies the tacit declaration of self-certification of physical fitness for the practice of 'non-competitive' sport in accordance with the relevant regulations in force and therefore exempts the organisers from requiring such a medical certificate. The participant relieves the Organising Committee and its partners of all responsibility regarding his or her physical fitness to take part in the event and of all liability, both civil and criminal, for damage to persons and/or property caused by him or her or caused to him or her by participation in the race. He also declares that he grants his authorisation to use any of his images relating to his participation in the event for any legitimate use without remuneration.

For the 15 km non-competitive race, there is no timing of the participant.

#### **Art. 5 – REGISTRATIONS**

Registrations for the Gran Sasso World Series will be made through the link provided on the following website: <https://www.onehundred.run/it/world-series-it/gran-sasso-2022>

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

##### **5.1) Registration Costs:**

100 M	130,00 €
100 Km	95,00 €
30 km	50,00 €
15 Km	28,00 €

15 Km Non Competitive 20,00 €.

**5.2) 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.

**5.3) 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](http://www.onehundred.run/qualification)

**5.4) Athletes pack.** Registrations for the Gran Sasso World Series include the following items: - 10% discount on any One Hundred® in 2022 and 2023, anywhere in the world (cumulative with other discounts).

**5.5) 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. 6 - BENEFITS (HOMAGE)**

By registering, every participant receives:

## **6.1 - KITS**

- Backpack bag
- Bracelet
- Premium running t-shirt
- Bib with timing chip
- RCI insurance

**\*For shorter distances the kit will not include all gadgets**

## **Art. 7 - 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. 8 - MAXIMUM NUMBER OF ATHLETES**

Competitive races over distances of 100 miles, 100 km and 30 km are limited in number.

100M = 100 athletes;  
100Km = 150 athletes;  
30Km = 400 athletes;  
15Km = no limits;

15Km NW = no limits.

## **Art. 9 - 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 [onehundred@atleticom.it](mailto:onehundred@atleticom.it)

### **9.1 - Refund Policy.**

Up to 30 days before the event = 50% in credit for One Hundred® events in 2023.  
Up to 15 days before the event = 25% in credit for One Hundred events® in 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 race 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 [onehundred@atleticom.it](mailto:onehundred@atleticom.it) by September 30, 2022.

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

### **Art. 10 - TIMELINE**

The full programme will be available at <https://www.onehundred.run/en/world-series-en/gran-sasso-2022>

**\*The event programme may be subject to change due to organisational requirements, so we invite all participants to consult it and keep up to date.**

Athletes' kits will be distributed at the race secretariat. To receive their kits, athletes must present a valid photo ID and all mandatory equipment.

### **Art. 11 - MANDATORY EQUIPMENT**

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

#### **11.1) 100Mile e 100Km**

- 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.

#### **11.2) 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. 12 - MAXIMUM TIME LIMITS AND DEADLINE**

The maximum time limits in the Gran Sasso World Series must be adhered to by the athletes during the competition.

The time limits are:

- 40 hours for the 100 Mile (160 km)
- 30 hours for the 100 km
- 6.30 hours for the 30 km (athletes must arrive in the finish area by 4 p.m.)
- 5 hours for the 15 km (athletes must arrive in the finish area by 4 p.m.)

### **The time gates are located at the control points.**

The time gates are as follows:

- 100 Miglia (160 km): 24 hours Castel del Monte / 30 hours Assergi / 40 hours Capitignano
- 100Km: 08 hours Santo Stefano / 12 hours Assergi

Athletes who do not reach these points by the established deadlines will not be allowed to continue the race. It is forbidden to proceed from the cut-off point to the refuelling areas. The race judges reserve the right to disqualify athletes who violate the regulations.

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

Participants who reach the checkpoints after the maximum time limit, 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 drop out, will be taken to the finish line by transport provided by the organisation. For logistical reasons, athletes who have withdrawn may have to wait before being transported to the finish area.

Any participant who withdraws from the race at a point other than the established checkpoints must immediately inform the race organisers by telephone on the number given by the organisation.

All 100M and 100K participants will receive a Gps tracker device at race check-in and each device includes an emergency button. The runner must only use the button in an emergency and if the button is pressed the runner will be immediately disqualified from the race and will not be allowed to restart.

### **LIFE POINT:**

Along the route of the Gran Sasso World Series several 'Life Points' have been set up where the competing athletes will be able to drink, eat, rest and if necessary have medical assistance.

### **The Life Points are as follows:**

- 160: km 40 Castel del Monte / km 80 Assergi / km 110 Capitignano
- 100: km 40 Santo Stefano / km 60 Assergi

### **Art. 13 - FILLING STATIONS, CREW SUPPORT AND DROP BAGS**

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. 14 - ROUTE**

Most of the Gran Sasso World Series routes are hilly and mountainous, as well as part of the Gran Sasso National Park. This route requires the ability to run on different types of terrain, trails and streams, as well as in rocky and flooded areas, and along rivers. In case of adverse weather conditions and any area of the route becomes inaccessible, alternative routes will be proposed in the briefing before the start of the race. Athletes must strictly follow the marked route and avoid shortcuts or route cuts. Any deviations from the official route may result in disqualification and will be at the sole risk of the athletes.

The routes have the following characteristics

13.1) 100Mile: 160Km distance

13.2) 100K: 100Km distance

13.3) 30K: 30Km distance, 1,000 m accumulated positive elevation gain, 1,000 m accumulated negative elevation gain, maximum altitude of 500 m

13.4) 15K NW: 15Km competitive distance

13.5) 15K: 15Km non-competitive distance

### **Art. 15 - ATHLETE INSURANCE**

All Gran Sasso World Series athletes must own insurance covering death and disability by accident, as well as medical and hospital expenses.

**Art. 16 - 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, or cars and ambulances. There will be a medical station at the test site.

**Art. 17 - 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. 18 - 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. 19 - DISQUALIFICATION, PENALTIES AND RESOURCES**

Any complaints must be made in accordance with the FIDAL and R.T.I. rules.

**Art. 20 - AWARDS**

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



## CHOOSE YOUR EVENT

QUALIFIER

**FINAL**

### One Hundred® Italy - 2022

#### 100 KM      100 MILES

		MEN	WOMEN	MEN	WOMEN	MILES-CLUB
<b>ELITE</b>	1st	£ 3,000.00	£ 3,000.00	£ 5,000.00	£ 5,000.00	-
	2nd	£ 1,800.00	£ 1,800.00	£ 3,500.00	£ 3,500.00	-
	3rd	£ 1,000.00	£ 1,000.00	£ 2,000.00	£ 2,000.00	-
	4th	£ 700.00	£ 700.00	£ 1,000.00	£ 1,000.00	-
	5th	£ 600.00	£ 600.00	£ 800.00	£ 800.00	-
<b>30-39 YRS</b>	1st	£ 250.00	£ 250.00	£ 350.00	£ 350.00	500 MILES
	2nd	-	-	-	-	500 MILES
	3rd	-	-	-	-	250 MILES
<b>40-49 YRS</b>	1st	£ 250.00	£ 250.00	£ 350.00	£ 350.00	500 MILES
	2nd	-	-	-	-	500 MILES
	3rd	-	-	-	-	250 MILES
<b>50-59 YRS</b>	1st	£ 250.00	£ 250.00	£ 350.00	£ 350.00	500 MILES
	2nd	-	-	-	-	500 MILES
	3rd	-	-	-	-	250 MILES
<b>60+ YRS</b>	1st	£ 250.00	£ 250.00	£ 350.00	£ 350.00	500 MILES
	2nd	-	-	-	-	500 MILES
	3rd	-	-	-	-	250 MILES

#### KING OF HILL      MOUNTAIN GOAT

		MEN	WOMEN	MEN	WOMEN	MILES-CLUB
	1st	£ 300.00	£ 300.00	£ 300.00	£ 300.00	500 MILES
	2nd	-	-	-	-	500 MILES
	3rd	-	-	-	-	250 MILES

M Absolute: 18 to 29 years old  
M Adults: 30 to 39 years old  
M Master: 40 to 49 years old  
M Senior: 50 to 59 years of age  
M Ultra Senior: over 59 years of age

W Absolute: 18 to 29 years old  
W Adults: 30 to 39 years old  
W Master: 40 to 49 years old  
W Senior: 50 to 59 years old  
W Ultra Senior: over 59 years of age

**Prizes:**

- 100Mile and 100K

Prize with medals: distributed as follows:

- 100Mile: All finishers will receive an exclusive Gran Sasso World Series medal.
- 100K: All finishers will receive an exclusive Gran Sasso World Series medal
- 30K, 15K: All participants crossing the finish line will receive the exclusive Gran Sasso World Series medal.

Miles Rewards: One Hundred has a mileage card, GO&RUN Club Miles, which offers miles to anyone who registers for races and makes purchases in the online shop. The miles on the card can be used for One Hundred race entries or in the online shop.

All athletes participating in the 100-mile and 100 km races receive an award of miles for every kilometre covered.

In the event of a withdrawal, the miles awarded are those from the last checkpoint. The first three athletes of the 30 km and 15 km distances also receive miles.

1st - 500 miles  
2nd - 500 miles  
3rd - 250 miles

The first three finishers Mountain Goat and King of the Hill also receive miles on the card.

1st - 500 miles  
2nd - 500 miles  
3rd - 250 miles

More information at: [www.onehundred.run/en/membership](http://www.onehundred.run/en/membership) [ww.onehundred.run](http://ww.onehundred.run)

**20.4) 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.

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.

Cash prizes will be awarded by One Hundred Group Ltd within three months of the competition by international bank transfer. Beneficiaries must provide the organisation with all their bank details including CIC or Swift code.

### **Art. 21 - 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 [onehundred@atleticom.it](mailto:onehundred@atleticom.it). 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](http://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](http://www.wada-ama.org)

### **Art. 22 - 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. 23 - 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. 24 - FINAL PROVISIONS**

Questions or technical information about the Gran Sasso World Series should be sent to the email [onehundred@atleticom.it](mailto:onehundred@atleticom.it) 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**.

For everything not provided for in the regulations, the FIDAL rules apply.

The competition is run under the aegis of Italian law.