

These rules apply to the Ultra Trail Fagaras 2017.

1. Main characteristics of CarpathianMan® events:

CarpathianMan® event series are outdoor competitions with a strong mountain character. The routes are unprotected and unimproved, they can be public roads and forest trails marked and unmarked, high inclination slopes and rough areas, etc..

Different segments of the routes pass through populated areas, meadows, wooded areas and cuts, alpine (ridges, steep slopes, valleys, scree, alpine meadows, juniper trees, etc..). All this requires that the participant should have experience and special skills such as:

- All participants must have at least one general experience regarding mountains.
- All participants should be able to cover, in safety conditions, a route in an alpine area.
- All participants should be experienced enough to cover a difficult alpine route (eg. a passage with fixed ropes).
- All participants should have a good sense of orientation in mountainous terrain, even in bad weather conditions and poor visibility. This means that each participant should be able to use a map and the information about the routes in order to reach a place in safety.
- All participants should have basic knowledge about how to react in case of dangerous situations, which might appear in the mountains.
- All participants should show fair play and friendship and to act accordingly when the situation requires it.
- All participants should know and have an attitude that takes into account the fact that although the organizers take all the safety measures, they are not and will not be able to cover all the risks that result from the nature of competitions, environment and conditions in which these evolve.
- **All participants should know and take into account the fact that no award is more important than their own health and life and the one of other participants and they should act accordingly when they feel or observe a danger.**

2. "Ultra Trail Fagaras - 2017:

2.1. It is a competition from the **CarpathianMan®** series'

2.2. It is a mountain running, **team** competition.

-UTF4: 4 stages, 2 person teams - 31.08-03.09.2017.

3. The route:

3.1. Route UTF4: 4 stages

-stage 1: prologue 5-7km* Avrig city

-stage 2: 25-40km long, total ascent: +2200m/+2800m, total descent: -1500m/-2200m* (Avrig, Barcaci Hut, Avrig Lake, Ciortea Peak, Scara Peak, Barcaci Hut).

-stage 3: 25-30km long, total ascent: +1700m/+3000m, total descent: -1500m/-2600m* (Avrig, Barcaci Hut, Negoiu Hut, Negoiu Peak, Caltun Lake, Laitel Peak, Paltinu saddle, Balea Lake Hut, Capra saddle, Conacul Ursului (area Piscul Negru - Capra).

-stage 3: 30-40km long, total ascent: +2000m/+2500m, total descent: -2000m/-3000m* (Conacul Ursului, Fereastră Zmeilor, Podu Giurgiului Lake, Podragu saddle, Vistea Peak, Moldoveanu Peak, Portita Vistei, Fereastră Mica a Sambetei, Fereastră Mare a Sambetei, Valea Sambetei Hut, Sambata Monastery.

*the length, route and level differences are approximated. The final route will be announced at the briefing before each stage and will be based on the weather conditions for the race day.

- 3.2. The participants completing the route within the time limits will enter the final rankings and will be considered "finishers".
- 3.3. Each competitor is obliged to follow the official route, to respect the referee's instructions, to not use shortcuts or other similar benefits.
- 3.4. The participants who leave the official route, for any reason, must reenter the race in the exact point where they left the route.
- 3.5. The published route is subject to change for various reasons, including weather conditions, safety, travel restrictions, etc..

4. Participants / Team:

- 4.1. Minimum age to participate in the race is 18 years old, on race day.
- 4.2. **UTF4** categories: **female, mixed, male, master** men (sum of ages of the two teammates must be over 80 years on the race day).
- 4.3. The team must make the entire route. The maximum distance between the team members is 2 minutes. This maximum distance can be measured at start, during the race or at arrival.
- 4.4. Assistance between competitors is allowed during the race. The assistance means supporting with water, food, accessories, bike parts, tools, accessories, or in special cases.

5. Equipment:

- 5.1. **Obligatory:** at least 0.5 + 0.5 l bottle at start, food (at least two bars or gels at start), backpack, long pants, long sleeve shirt, a raincoat, hat or cap, telephone, first aid kit, map and number (the last two are given by the organizer). If the weather conditions are bad, the organizer can ask for a second long sleeve t-shirt, a second pants (windstopper) and gloves.
- 5.2. **We recommend:** trekking poles, whistle and survival blanket.
- 5.3. **For prologue race is necessary only the running equipment and the competition number.**
- 5.4. The equipment will be checked at the entrance of the start area and on arrival, also it can be checked during the competition. Lack of each item of equipment will be penalized by 10 min.
Keep in mind that this is a competition that takes place in a mountain area and the weather can change very quickly!

6. Race number and accreditation:

- 6.1 The competition number and accreditation will be received in the moment of the registration validation, after the participant has completed and signed the application form, the responsibility statement and paid the registration fee.
- 6.2 The competition number must be worn and be visible throughout the race. Logos placed on the number must be visible.
- 6.3. The number must not be cut or modified in any way. Defying this rule will mean disqualification.
- 6.4. The accreditation is given to each competitor at the validation session. It gives the right to participate at the pasta party that will be held after the race.

7. Medical check/ Accident Insurance:

- 7.1. Each competitor will be in possession of a medical certificate, valid on the competition date, stating that she/he is fit for endurance effort.
- 7.2. Each participant will be in possession of an accident insurance which should cover the participation in UTF.

8. Validation / Briefing / Equipment Check:

8.1. Validation of the entries will take place on Friday before the event, between 02.00PM and 04.00PM.

8.2. Technical meeting will take place the evening before the race, starting at 20.00. A briefing, which will send updates or any changes, will take place before start.

8.3 The equipment will be checked at the entrance in the start area. The competition number must be clearly visible from the front side.

9. Timing:

9.1. The timing is done at second. An electronic timing system can be used. In this case each competitor will have an electronic chip. Loss of the chip will result in disqualification.

9.2. Team time is given after the last teammate crosses the finish line stage.

9.3. Total time is given by the race time + any penalties obtained for all of the 4 stages.

10. Start:

10.1. Stage 1: **31.08, 17.00, Avrig, SB**, altitude 550m

Stage 2: **01.09, 07.30AM, Avrig - Ghiocelul, SB**, altitude 580m

Stage 3: **02.09, 07.30AM, Barcaci mountain hut, SB**, altitude 1550m

Stage 4: **03.09, 07.30AM, Conacul Ursului(Piscul Negru-Capra), AG**, altitude 1310m

10.2. The starting area opens 20 minutes before and closes 5 minutes before the start time.

10.3. For prologue, the teams can choose their starting position.

10.4. For stages 2, 3 and 4, the starting area will be divided as follows:

- **Sector A** - the top three ranked teams in each category.

- **Sector B** - occupants of positions 4-20 at the four categories.

- **Sector C** - all teams ranked after the 20th place.

10.5. **The two team members will enter the starting area together and only through the access gates.** Once entered, the team must remain there.

10.6. When entering the start area the equipment will be checked and each athlete will sign the start list. Those who did not sign the start list will be considered absent from the start and will not enter the final rankings.

10.7. The start will remain open for 15 minutes after the official start time. Those who lost the start and will begin their race within these 15 minutes must notify the officials at the start area and the clock timings will be according to the official starting hour.

11. Checkpoints:

On the route there are mandatory checkpoints. The participants who do not pass through a checkpoint (for whatever reason) will be disqualified. At each checkpoint, the competition number of each participant can be noted in the arrival order.

12. Time limit:

The deadlines will be announced at the technical meeting, but they can be changed at the organizer wish in case of weather changes or of the competition conditions. Any change in the time limit will be announced before the start. Participants must pass through the above check points before the deadline, otherwise, for their safety, they will be advised to stop running and retreat to safe areas.

13. Dead Time / Difficult Areas:

13.1. The route may include areas with a high level of difficulty and the timer can be stopped.

13.2. The organizer can stop the timer and / or require speed reduction and / or walking with special attention in these areas.

13.3. The organizer may place markings to warn this kind of areas and / or use safety features (fixed ropes, etc.).

14. Arrival:

14.1. Stage 1: **Avrig, SB**, altitude 550m

Stage 2: **Barcaci mountain hut, SB**, altitude 1550m

Stage 3: **Conacul Ursului (Black Peak - Capra), AG**, altitude 1310m

Stage 4: **Sambata Complex, BV**, altitude 690m

14.2. A team will enter the final rankings after they have completed the whole route within time limit while respecting these rules.

15. Stop / withdrawal from the race / Forming a new team:

15.1. The organizer reserves the right to stop a participant in the following cases:

- the competitor was injured and his condition no longer allows to continue the race.
- in exceptional cases.

15.2. Any participant who does not can or no wants to continue the race for any reason must inform the organizer immediately to one of the following places: at start, at checkpoints, on arrival or by calling the emergency number is written on accreditation and will be announced and the technical meeting.

15.3. Not announcing the withdrawal from the race can cause a search and rescue (rescue teams, helicopter) at the expense of the participant involved.

15.4. Withdrawal can be confirmed by the signature on a race sheet.

15.5. Any participant who retires will be helped in finding the best option to withdraw, but it is responsible for his/her own transportation, the route that he will use and subsequent actions after withdrawing. An exception will make those cases which are serious and do not allow any movement by its own means.

15.6. If one of the team members can't finish the race from any reason, the other member can form another team. These new teams can be formed and announced before the starting of the new stage.

15.7. The newly formed teams must obey the competition rules, must start the stage from the back of sector C, will not be included in the final ranking, but they will become „race finishers.”

15.8. Any individual competitor which cannot form a team may continue the race alone, but in the same conditions as 15.7

16. Ranking / Awards:

16.1. Ranking will be drawn and prizes will be awarded for the 4 categories. The categories which will don't have five teams can be ranked in another categories at organizer choice.

16.2. Will be awarded the first top three in each category. All those who have completed the race will receive diplomas.

16.3. Special prizes may be awarded.

17. Nature conservation:

Ultra Trail Fagaras is held in some of the most beautiful mountain regions of Romania. Leaving debris, packaging, equipment, along the routes and / or deliberate destruction of the environment will entail disqualification and the riders will not be accepted anymore to register in CarpathianMan events.

18. Supporters / Help:

18.1. Supporters can encourage any competitor provided to comply with traffic rules, instructions authority and / or officials and not obstruct the competition.

18.2. **On the route any help from outside it is not allowed (supporter, spectator, etc..)**, except for assisting in refueling at the check points, where competitors in addition to beverages, fruits and food provided by the organizer may receive other foods, liquids, etc.. Another exception are special cases

18.3. Any help offered with / from any moving vehicles is prohibited.

18.4. The competitor whose supporters don't comply with these rules can be penalized.

19. Other rules:

19.1. The **UTF** route uses the following: public roads, forest roads, marked and unmarked trails, grasslands, forests, clearings, alpine, debris, steep valleys, ridges.

19.2. The route is not closed to other traffic participants (cars, vehicles, pedestrians, tourists, animals and others). This entails that the participants must observe and obey the traffic rules imposed by law. Any accident caused by a race participant occurred during the competition and by violating the traffic rules shall be the responsibility of the person involved in the accident.

19.3. Any participant must show fair play and allow a competitor who is faster to move in front without obstructing him, to give assistance when a competitor is in difficulty.

19.4. The route is unimproved and unprotected, so there is a risk of injury and / or death due to the threats common to outdoor competitions. These include and are not limited to: collision with vehicles, other vehicles, stones, rocks, trees, people and other objects, falls, slips, injuries caused by cold and / or heat, hypothermia, heatstroke, dehydration, frostbites, burns, altitude sickness, hail, snow avalanches, rock and / or soil, floods, storms, lightning, animals, reptiles, insects, fire, drowning, physical exercise.

20. Penalties:

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| - shortening the route | = Disqualification |
| - doping | = Disqualification |
| - if the leader vehicle exceeding the neutralized start | = Disqualification |
| - defying the environment rules | = Disqualification |
| - changing the number of competition | = Disqualification |
| - receiving assistance from outside the designated areas | = 60 minutes |
| - defying the competition rules | = Disqualification |
| - lack of fair play to the other participants, officials, public, etc. | = Disqualification |
| - lack of the electronic chip (if was used in the race) | = disqualification + payment guarantee |
| - lack of an article from the required equipment | = 10 minutes / item |
| - more than 2 minutes between teammates - 1 time | = verbal warning |
| - more than 2 minutes between teammates - 2 time | = 60 minutes |

The officials and competitors testimonials, pictures and/or video images can be used like proofs for receiving a penalty. The participation fee will not be refunded if disqualified.

21. Appeals:

21.1. Any participant can make a complaint against another participant who failed to comply with the competition rules or against the decisions of the officials.

21.2. The written appeal, along with a fee of 200 lei, will be submitted to the race office within 15 minutes after posting the final results. The appeal will be solved in the next 30 minutes.

21.3. The fee will be returned to the applicant, if the appeal will be accepted.

By signing up, paying and participating to the competition, each competitor confirms having read, understood and accepted the terms of participation, assumes the risks of participating at the UTF. She/he is responsible for her/his actions which should take into account relevant circumstances such as changing weather, traffic, weather conditions and snow, equipment.