

These rules apply to Piatra Craiului Marathon - edition 2016.

To read and understand the rules of competition means being better prepared for the challenge that you have registered. To suppose means most often making a mistake!

1. Main characteristics of CarpathianMan® competitions:

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. "Marathon Piatra Craiului 2016 – The back way":

- 2.1. It is a competition from the **CarpathianMan®** series
- 2.2. It is a mountain running, **individual** race.
- 2.3. The final of Carpathians Mountain Running Tour

3. The Route:

- 3.1. Length 41 km, diff. +2250 m/-2250m (Zarnesti Center, Coltul Chiliei, Diana Shelter, **Plaiul Foi**, Spirlea shelter, **Funduri saddle**, La Table, **Folea House**, Magura, Zarnesti Center).
- 3.2. The published route may suffer changes from various reasons, which include weather conditions, safety measurements, traffic restrictions, etc.
- 3.3. Each competitor is obliged to follow the official route and the referee's instructions; they are not allowed to use shortcuts or other similar advantages.

4. Categories:

- 4.1. - **women**: 18-29 years, 30-39 years, 40-49 years, 50+ years and open
- **men**: 18-29 years, 30-39 years, 40-49 years, 50-59 years; 60-69 years, 70+ years; open
- **special**: open (this category is destined for mountain rescue, gendarmerie members, firefighters and policemen. They will be included in the age categories too).

- 4.2. The categories where there will be less than 5 participants, they can be combined with another category at the organizer's choice.
- 4.3. For placing the participant in a certain category it will be taken into consideration the age that he has attained by 01.10.2016.

5. Equipment:

- 5.1. **Compulsory:** at least 0.33 / 0.5l full bottle at start, food (at least two bars or gels at start), backpack or hip bag, long pants, long sleeve shirt, a raincoat, hat or cap, gloves, running shoes with flange sole, map and number (supplied by us in the start package).
- 5.2. **In case of low temperatures and / or snow, the following extra materials there will be compulsory too:** a wind brake trousers, another layer on top (Polartec or down jacket); a pair of thick gloves, a pair of thick socks. The hip bag and hat there will not be accepted anymore.
- 5.3. **We recommend:** trekking sticks, spikes, phone, whistle, survival blanket.
- 5.4. The equipment will be checked at the entrance on the start area and arrival, also it can be checked during the competition. Lack of each item of equipment will be penalized with 10 min.

Keep in your mind, this is a competition that take place in a mountain area and the weather can change very quickly!

6. Race number / Pasta party ticket:

- 6.1. The competition number will be received in the moment of the registration validation, the day before the competition, 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 pasta party ticket 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. Validation / Briefing:

- 7.1. The validation of the registrations will take place the day before the competition, between 05.00PM - 11.00PM and Saturday morning between 06.00AM and 07.00AM.
- 7.2. The technical meeting will be held the evening before the race, starting at 08.00PM. A short briefing, in which will be announced any updates and changes that have emerged, will take place before the start.

8. Timing:

The timing will be kept with an electronic system.

9. The Start:

- 9.1. **October 1, 9:00 AM, Zarnesti, BV, altitude 720m**
- 9.2. The start area opens 30 minutes before the race and closes 10 minutes before the official start.
- 9.3. The start area will be divided as follows:
Sector A - the registered top three finishers in all categories from the 2015 edition (if they are registered) + all years, open, women and men winners (if they are registered)
Sector B - all other competitors that have been registered.

- 9.4. **The entrance in the start area will be made only through the access gates.**
- 9.5. Upon entering the start area, the equipment will be checked and each competitor will be checked on the start sheet. Those who did not appear on the sheet will be considered absent from the start and will not be ranked.
- 9.6. Once inside, the competitor must remain in the start area.
- 9.7. 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. The participants who will start the race after these 15 minutes will not be ranked.

10. Neutralized start:

A possible neutralized start will be announced at the briefing. In the case of such a start, the competitors must not pass each other and especially to pass in front of the leading vehicle. Defying this rule will mean disqualification.

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:

There is only a time limit on the route: CP 9-Plaiul Fcii 3h:00' from the start.

The time limits 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.
- 13.2. The organizer can stop the timer and / or require speed reduction and / or walking with special attention in these areas. The organizer may place markings to warn this kind of areas and / or use safety features (fixed ropes, etc.).

14. Arrival:

- 14.1. There are three intermediate finish lines: CP 9-Plaiul Fcii, CP 5-Funduri saddle, CP 2 Folea House and the final finish line in Zarnesti Center.
- 14.2. The participants can end the race in any of the four points of the route, but they will be ranked in the following order: Zarnesti Center, Folea House, Funduri saddle, Plaiul Fcii.
- 14.3. The compulsory equipment can be checked.

15. Stop / Withdrawal from the race:

- 15.1. The organizer reserves the right to stop a participant in the following cases:
 - was injured after the start and his physical condition is no longer allowing him to continue the race.
 - In exceptional cases.
- 15.2. Any participant who doesn't want or can't continue the race for any reason must inform the organizer immediately at one of the following places: at the start, at checkpoints, on

arrival or by calling the emergency number written on the competition number and that will be notified at the technical meeting.

- 15.3. Not announcing the withdrawal from the race can release a search and rescue operation (rescue team, mountain rescue and helicopter) and the expense will be supported by the involved participant.
- 15.4. The withdrawal can be confirmed on the checkpoint sheet.
- 15.5. Any participant who wants to retire 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 be made for those cases which are serious and do not allow any movement by its own means.

16. Rankings / Awards:

- 16.1. Rankings will be drawn and prizes will be awarded for the first three finishers in each category.
- 16.2. Those that complete the race will be awarded with the MPC medal.
- 16.3. Those who completed the race in any of the four finish lines will receive diplomas. The diplomas can be downloaded from www.carpathianman.ro
- 16.4. The points for the Carpathian Mountain Running Tour will be offered according with women and men OPEN rankings.

17. Nature conservation:

CarpathianMan® Competitions are 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 no right to register on Piatra Craiului Marathon for future.**

18. Supporters / Help:

- 18.1. The supporters can encourage verbally any competitor as long as they respect the traffic rules, the instructions given by the authorities and / or officials and do not obstruct the competition.
- 18.2. **On the MPC 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. Assistance between competitors is allowed during the race. By assistance we mean supporting with water, food, accessories, etc..
- 18.4. Any help offered with / from any moving vehicles is prohibited.

19. Other rules:

- 19.1. The **Marathon Piatra Craiului** 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 |
| - overpassing the leader vehicle in case of neutralized start | = Disqualification |
| - defying the environment rules | = Disqualification |
| - cutting or changing the race number | = Disqualification |
| - receiving assistance from outside the designated areas | = 60 minutes |
| - defying the other competition rules | = Disqualification |
| - lack of fair play to the other participants, officials, public, etc. | = Disqualification |
| - lack of the electronic chip (if is used) | = disqualification + payment guarantee |
| - lack of an article from the required equipment | = 10 minutes / item |

In granting the penalties will be considered the officials statements, photo and video evidence made on the route and checkpoints. Eyewitness testimony can also be taken into account. A penalty may also be granted retrospectively, if it is discovered later, and the concerned participant will have to return any awards or benefits. 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 provisional results. The appeal will be solved in the next 60 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 Marathon Piatra Craiului. She/he is responsible for her/his actions which should take into account relevant circumstances such as changing weather, traffic, particular conditions of terrain, weather and snow, equipment. . I also agree to allow the use of my image in any and all purposes of any competition from the "Carpathian Mountain Running Tour".