



Associazione Sportiva Dilettantistica Val Veddasca e Molinera running

REGOLAMENTO

MAY 2nd, 2021

LMIT - KM 55 D+ 4.170m

LMIminiT - KM 20 D+ 1.430 m

People who subscribed to the LMIT 2020 and required to convert their subscription to LMIT 2021 (OPTION 1), or asked for the 25% discount (OPTION 2) can activate their LMIT 2021 subscription as described at the Paragraph # 7 of this Official Rules (HOW TO SUBSCRIBE)

EACH COMPETITOR WITH REGISTRATION DECLARES TO KNOW AND ACCEPT THIS REGULATION WITHOUT RESERVES.

1 -GENERAL INFORMATIONS

The LAGO MAGGIORE INTERNATIONAL TRAIL and the LAGO MAGGIORE INTERNATIONAL mini TRAIL are organized A.S.D. Val Veddasca e MolineraRunning.

The event is sponsored by Comunità Montana Valli del Verbano and by the Municipalities of Maccagno con Pino e Veddasca / Tronzano Lago Maggiore / Curiglia con Monteviasco / Dumenza (facenti parte della Provincia di Varese).

There are two competitive Races:

***LAGO MAGGIORE INTERNATIONAL TRAIL (LMIT) 55 Km con 4.170m D+;**

- Valore ITRA 3, per la CCC ("Courmayeur-Champex-Chamonix CCC®"), per la TDS ("Sur les Traces des Ducs de Savoie") e per OCC 2022 (awaiting confirmation).

***LAGO MAGGIORE INTERNATIONAL mini TRAIL (LMIminiT) 20 Km con 1.430m D+;**

- Valore ITRA 1, per la CCC ("Courmayeur-Champex-Chamonix CCC®"), per la TDS ("Sur les Traces des Ducs de Savoie") e per OCC 2022 (awaiting confirmation).

2 - PRIZES

There are no cash prizes. The prizes are cumulative.

Prizes are awarded in kind / technical accessories / technical clothing / trophies.

At the end of the race, however, the general rankings are drawn up with the arrival times and published on the <http://WWW.LMIT.INFO> website. The only categories are "men" and "women".

We will award:

- The first 10 men and the first 10 absolute women of the two Trail (regardless of any type of membership);

3 - CATEGORIES

Regarding entry and stay in the category, the Trailer of both sexes must refer to the day of the birthday (not to 1 January).

We have the following categories:

Juniors 18-19 y.o. (at least 18 and younger than 20);

Master-M M20 (20-24 y.o.), **M25** (25-29 y.o.), **M30** (30-34 y.o.), **M35** (35-39 ay.o), **M40** (40-44 y.o), **M45** (45-49 y.o), **M50** (50-54 y.o), **M55** (55-59 y.o), **M60** (60-64 y.o), **M65** (65-69 y.o), **M70** (70-74 y.o), **M75** (75-79 y.o), **M80** (80-84 y.o) etc.

Master-F F20 (20-24 y.o), **F25** (25-29 y.o), **F30** (30-34 y.o), **F35** (35-39 y.o), **F40** (40-44 y.o), **F45** (45-49 y.o), **F50** (50-54 y.o), **F55** (55-59 y.o), **F60** (60-64 y.o), **F65** (65-69 y.o), **F70** (70-74 y.o) etc.

4 - TRACK

The paths, which we report below, are classified as follows:

“LMIT”: C.A.I. definition: “E - Hiking route. Itinerary that is almost always carried out on trails or on varied terrain (pastures, debris, screes) with signs. It sometimes develops on open but not difficult terrain. It can take place on steep slopes.”

“LMIminiT”: C.A.I. definition: “E - Hiking route. Itinerary that is almost always carried out on trails or on varied terrain (pastures, debris, screes) with signs. It sometimes develops on open but not difficult terrain. It can take place on steep slopes.”

In the two races there are no sections with alpine difficulties.

The **“LMIT”** track goes through the municipalities of Maccagno con Pino e Veddasca (VA), Tronzano Lago Maggiore (VA), Curiglia con Monteviasco (VA), Dumenza (VA), and a short mountain section of the Cantone Ticino (Svizzera), in particular:

- **STARTING LINE: Maccagno con Pino e Veddasca (Parco delle Feste) - 206 m**
- Garabiolo (Maccagno con Pino e Veddasca) - 566 m
- Alpe Inent - 704 m
- Centrale Enel di smistamento (località Musignano)
- Pozzo Piezometrico Enel/Ristoro Lago Delio - 932 m

- Bassano – Santuario dell'Assunta (525m)
- Tronzano Lago Maggiore –342 m
- Bassano (Tronzano Lago Maggiore) - 532 m
- Monti di Bassano - 957 m
- Diga Nord Lago Delio - 930 m
- Diga Sud Lago Delio - 930 m
- Monte Cradrigna–1300 m
- Passo Forcora - 1200 m
- Monte Sirti - 1329 m
- Passo Fontanarossa - 1390 m
- Sasso Corbaro - 1528 m
- Località Montereccchio - 1329 m
- Lozzo (Maccagno con Pino e Veddasca) - 874 m
- Piero (Curiglia con Monteviasco) - 614 m
- Ponte di Piero - 549 m
- Monteviasco (Curiglia con Monteviasco) - 926 m
- Rifugio Capanna Merigetto (CAI Germignaga) - 1498 m
- Passo Agario (Svizzera) - 1556 m
- Monte Magino (Svizzera) - 1589 m
- Poncione di Breno (Svizzera) - 1654 m
- Monte Lema (Svizzera-Italia) - 1620 m
- Alpe Pian di Runo (Dumenza)- 1337 m
- Rifugio Campiglio – 1184 m
- Prato Bernardo – 1096 m
- Rifugio Dumenza Alpe Bois (CAI Luino) – 941 m
- Regordallo (Dumenza) - 552 m
- Incrocio 5 Vie – 551 m
- La Campagnetta – 536 m
- **FINISH LINE: Maccagno con Pino e Veddasca (Parco delle Feste) - 206 m**

TECHNICAL CHARACTERISTICS: 2% asphalt - 98% paths.

The “**LMIminiT**” track crosses the municipality Maccagno con Pino e Veddasca (VA), in particular:

- **STARTING LINE: Maccagno con Pino e Veddasca (Parco delle Feste) - 206 m**
- Garabiolo (Maccagno con Pino e Veddasca) - 566 m
- Alpe Inent - 704 m

- Centrale Enel di smistamento (località Musignano)
- Diga Sud Lago Delio - 930 m
- Monte Cradrigna – 1300 m
- Passo Forcora - 1200 m
- Diga Nord Lago Delio - 930 m
- Diga Sud Lago Delio - 930 m
- Musignano - 721 m
- Sarangio - 534 m
- Entiglio - 299 m
- Palestra di Roccia “Cinzanino”
- **FINISH LINE: Maccagno con Pino e Veddasca (Parco delle Feste) - 206 m**

TECHNICAL CHARACTERISTICS: 2% asphalt - 98% paths.

In both trails the kilometers are not marked. In this regard it is advisable to study well the description of the path provided by the Organization and downloadable from the official website, as well as the relative tracks available on the official website WWW.LMIT.INFO.

Competitors must strictly comply with the competition route marked by orange biodegradable paintmarks (2 superimposed vertical or horizontal rods or arrows), orange-colored rods or yellow / black ribbons.

Any signs of different colors must be neglected as they indicate paths that are extraneous to the Lago Maggiore International Trail.

In case you don't meet any of those signs for a distance of about 300 meters, you must go back to make sure you are on the correct path. Removal from the official route, in addition to entailing disqualification from the race, will take place at the exclusive risk and danger of the competitor.

5 - SUBSCRIPTIONS

People who subscribed to the LMIT 2020 and required to convert their subscription to LMIT 2021 (OPTION 1), or asked for the 25% discount (OPTION 2) can activate their LMIT 2021 subscription as described at the Paragraph # 7 of this Official Rules (HOW TO SUBSCRIBE)

To subscribe to Lago Maggiore International Trail you have to be 18 years old at least.

Subscriptions will open on November 10th, 2020 and will close at the midnight of April 18th, 2021 **(or when reaching 550 total competitors).**

Entries will be submitted for approval by the Competition Organizers.

Anyone who has taken offensive behavior of any kind against the Organizing Association, the Competition and / or other Competitors will be liable for non-acceptance of the application form for one or more events organized by A.S.D. Val Veddasca and Molinera Running.

The judgment of acceptance or refusal of registration is not complainable.

Registration is personal and definitive, it is valid only for the chosen race, bib numbers and / or replacement of names are not allowed.

Subscription closure will be announced on WWW.LMIT.INFO and from that moment further registrations will no longer be accepted.

The registered members list will be published on the site and kept constantly updated.

To subscribe to **LMIT** you have to:

- be aware of the length and characteristics of the tender;
- be perfectly trained to face it;
- have acquired, before the race, a real capacity for personal autonomy in the mountains to be able to better manage the problems arising from adverse weather conditions (wind, fog, rain, cold, snow);
- being able to manage physical or mental problems caused by great fatigue; muscle or joint pain, small wounds, etc. ;
- be aware that the Organization's role is not to help a runner manage these problems.

6 – SUBSCRIPTION FEES

Subscription fees for the Lago Maggiore International Trail are:

- € 25 for the first 100 subscriptions;
- € 29 for subscriptions from n° 101 to n° 200;
- € 32 for subscriptions from n° 201 to n° 300;
- € 35 for subscriptions from n° 301 to n° 400;
- € 38 for subscriptions from n° 401 to n° 500;
- € 41 for subscriptions from n° 501 to n° 550;
- **€ 45 waiting list (only if BIB numbers still available).**

Subscription fees for the Lago Maggiore International mini Trail are:

- € 22 for the first 100 subscriptions;
- € 25 for subscriptions from n° 101 to n° 200;
- € 28 for subscriptions from n° 201 to n° 300;
- € 31 for subscriptions from n° 301 to n° 400;
- € 34 for subscriptions from n° 401 to n° 500;
- € 37 for subscriptions from n° 501 to n° 550;
- **€ 41 waiting list (only if BIB numbers still available).**

Please note :In the event of non-participation in the competition due to the athlete's unforeseen circumstances, the registration fee will be recognized at 25% for participation in the 2022 edition, upon written notice to be sent to the e-mail address info@lmit.info

WITHIN the midnight of April 18th, 2020.

Subscription fees include:

- post-race meal voucher to be used at the **"Central Station -" Parco delle Feste "in Maccagno with P.V.** (first course + second course + side dish + water / orangeade / coca cola / beer);
- a coffee;
- free photo;
- race package containing gifts from the organizing association and sponsors' gifts;
- refreshment points along the route;
- Wed sport time keeping service;
- health care;
- showers + dressing room;
- overnight stay at the Maccagno gym with Pino and Veddasca subject to availability (it is mandatory to reserve the place upon registration).

7 –HOW TO SUBSCRIBE

ATTENTION PLEASE:

If you enrolled to LMIT 2020 and decided to convert your subscription to LMIT 2021 (OPTION 1), please [CLICK HERE](#)

If you qualified for the 25% discount on LMIT 2021 subscription (OPTION 2), please [CLICK HERE](#)

If you are a new customer you can subscribe in one of the following ways:

PAYMENT VIA CREDIT CARD/PAYPAL (CLICK HERE)

If you are in trouble with it, please drop us an email at info@lmit.info

VIA BANK TRANSFER:

Payment via bank transfer, **with fees at your charge**, to:

A.S.D. VAL VEDDASCA E MOLINERA RUNNING, Via Europa, 7/B – 21010 Tronzano Lago Maggiore – VARESE;

- C/C IBAN- IT95K0311150401000000005001

BIC: BLOPIT22

WRITE IN THE PAYMENT REASON "Participant's name and surname".

- The payment receipt (bank transfer) must be loaded / sent during the online registration procedure.

- Registration will be valid by publishing the name on the enrolled list only after verifying the regularity of the registration.

[PLEASE CLICK HERE TO SUBSCRIBE AFTER HAVING PAID VIA BANK TRANSFER](#)

8 –CHANGE OF RACE

In the event that an athlete regularly registered, for exceptional reasons, needs to change the competition, the procedure to follow is the following:

- the Athlete must submit to the Organization, via e-mail, a request to change the competition only after having provided to regularize any payment difference in favor of the Organization.

9 –MEDICAL CERTIFICATION

In order to proceed with the race pick-up, it is mandatory to give a photocopy of the sports medical certificate for the competitive activity with a deadline not before the date of the competition, as well as a valid identification document.

The certificate must be delivered exclusively upon collection of the bib and must not be sent to the organization by e-mail, fax or post.

It is not necessary, even less, to present the FIDAL card or another Federation or Sports Promotion Agency.

Participation in "LMIIT" , "LMIminiT" and DOG TRAIL is not allowed to those who do not provide a photocopy of the sports medical certificate for the competitive activity.

For foreign athletes, the corresponding certificate issued in the country of origin is valid. A form to be filled and signed by your Doctor is available for download by clicking [HERE](#)

10 –BIB AND RACE PACK WITHDRAWAL

The bib and race package withdrawal operations will take place at the “Parco delle Feste” (close to the sports field) of Maccagno with Pino and Veddasca:

Saturday, May 1st 2021:

from 3pm to 5 pm BIB and race pack withdrawal for **LMIIT** and **LMIminiT**;

from 3pm to 5 pm latest subscriptions to LMIIT and LMIminiT (**only in case of BIBS available still**).

Sunday, May 2nd 2021:

from 5:30 am to 6:30 am BIB and race pack withdrawal for **LMIIT**;

from 8:30 am to 9:30 am BIB and race pack withdrawal for **LMIminiT**.

11 – STARTING AND FINISHING LINE

The departure and arrival of LMIT and LMIminiT will take place in Maccagno with Pino and Veddasca (VARESE) at the "Parco delle Feste" (adjacent to the sports field).

The competitors must present themselves for the punching of the bibs at the Wednesday timekeepers stand, set up near the starting line within the hours:

- 6:40am for **LMIT** (race starts at 7:00am);
- 10:00am for **LMIminiT** (race starts at 10:10am).

12-TIME LIMIT

The time limit to reach the finish line is of 13:00 hours for **LMIT** and 4:30 hours for **LMIminiT**.

We'll provide a "broom service" which will follow the last competitor on the track, in order to be able to help with any withdrawals and to prevent any injured persons from being left without assistance.

For **LMIT** you'll find the following "time gates":

- at 11:55am Passo Forcora (km 21,3 timemax 4h55');
- at 2:05pm Ponte di Piero (km 30,5 timemax 7h5');
- at 6:00 pm Rifugio Campiglio (km 43,5 timemax 11h);

For LMIT it could be surprisingly established along the way (at the discretion of the Organization) bib control operations.

For **LMIminiT** you'll find the following "time gate":

- at 12:45 Passo Forcora (km 10,5 timemax 2h35');

For LMIminiT, bib control operations may be set up along the way (at the Organization's discretion).

Athletes who pass the gates beyond the maximum time may continue by delivering the bib number without assistance.

The areas where the time gates are located can be reached by car or by the Civil Protection means, and therefore are points where the athlete, unable to continue, can retreat.

In the event of retreat during the race, it is compulsory to notify the race staff present along the route as soon as possible and to deliver the bib number, then it will be possible to continue exclusively under one's own responsibility and in complete autonomy.

In the event of failure to notify a retreat and the consequent start of the search for the trailer, any resulting expense will be charged to the rider himself.

The evacuation of runners who abandon the race, or who cannot overcome a "time gate" in good time, is subject to the availability of means of transport, the priorities of the race, the meteorological situation, etc. There is therefore no right to be evacuated immediately unless it is an emergency medical evacuation.

13-REFRESHMENT POINTS

The race takes place with water-food assistance.

The refreshment points will be as follows:

LMIT:

- Bassano / liquid + solid (Km 14,1);
- Passo Forcora / liquid + solid (21,3);
- Monterecchio / natural water (Km 26);
- Lozzo / natural water;
- Ponte di Piero / liquid + solid (Km 30,5);
- Monteviasco / natural water;
- Capanna Merigetto / natural water (Km 35);
- Monte Lema / liquid + solid (Km 40,5);
- Regordallo / natural water (Km 49).

LMIminiT:

- Passo Forcora / liquid + solid (Km 10,5).

Athletes will have to throw waste, glasses, gels, bars, etc. into the special containers made available at the refreshment points

Anyone who is caught throwing something out of the containers will be disqualified.

14-MUST HAVE AND SUGGESTIONS (MANDATORY STUFF)

It is important to know that in case of need for assistance, the morphology of the territory or the current weather conditions could make rescue efforts wait longer than expected. Security will then depend on the material you will have in your backpack or pouch.

It is mandatory for all athletes (**LMIT and LMIminiT**) to start the race taking with them the following stuff:

“LMIT”

- mobile phone with registered organization numbers (+39 327 9303569) - mandatory;
- an identity document - mandatory;
- at least 1 liter of liquids - mandatory;
- race number with clearly visible number - mandatory;
- windproof jacket suitable to withstand bad weather conditions in the mountains (**we reserve the right to make it mandatory**);
- thermal blanket - mandatory;
- front torch (**we reserve the right to make it mandatory**);
- food reserve - mandatory;
- emergency whistle - mandatory;
- route map or track of the race available on the official website WWW.LMIT.INFO (downloadable for free) - mandatory;

- trail running shoes (indicated as A5, representing the ideal footwear for this kind of route) - strongly recommended;
- hat or bandana - strongly recommended;
- running pants or tights that cover the knee, can limit abrasion damage due to an accidental fall - strongly recommended;
- telescopic poles - strongly recommended;
- 20 euros (or 20.- Swiss francs) due to unforeseen circumstances - strongly recommended;
- personal glass or cup as there are no glasses of any kind in the refreshment points - strongly recommended.

“LMIminiT”

- mobile phone with registered organization numbers (+39 327 9303569) - mandatory;
- at least 1 liter of liquids - mandatory;
- race number with clearly visible number - mandatory;
- windproof jacket suitable to withstand bad weather conditions in the mountains (**we reserve the right to make it mandatory**);
- thermal blanket - mandatory;
- food reserve - mandatory;
- emergency whistle - mandatory;
- route map or track of the race available on the official website WWW.LIMIT.INFO (downloadable for free) - mandatory;
- telescopic poles - strongly recommended;
- running pants or tights that cover the knee, can limit abrasion damage due to an accidental fall - strongly recommended;
- trail running shoes (indicated as A5, representing the ideal footwear for this kind of route) - strongly recommended;
- hat or bandana - strongly recommended;
- personal glass or cup as there are no glasses of any kind in the refreshment points - strongly recommended.

PLEASE NOTE ... Before the start of the race, a member of the Staff will carry out checks on the mandatory equipment. If the competitor does not possess the mandatory equipment he will be disqualified and will not be able to start.

15-PENALTIES AND DISQUALIFICATIONS

The Organization staff members present on the course are authorized to verify the compliance of the riders with the regulations and to communicate to the race jury the infringements found. The race jury applies the penalties according to the following table. The time penalties are applied immediately at the end of the race or in the following days with additional time shown on the official ranking.

INFRINGEMENT OF THE REGULATION	PENALTY / DISQUALIFICATION
Voluntary abandonment of waste	Disqualification
Departure from a control point beyond the time limit	Disqualification
Cutting of a stretch of route over 2 km	Disqualification

Failure to move to a checkpoint	Disqualification
Refuse to be checked	Disqualification
Absence of mandatory stuff	Disqualification
Cheating: use of a means of transport, sharing or exchange of bib numbers	disqualification and interdiction for life
Insults and threats to volunteers or employees of the Organization	disqualification and interdiction for life
Omission of assistance to a runner in difficulty	Disqualification
Assistance of accompanying persons (authorized only at the refreshment points)	penalty : 1 hour
Cutting of a stretch of path less than 2 km	penalty : 1 hour
Race number bib with invisible number	penalty : 15 minutes

16 - SEMI SELF-SUFFICIENCY

Semi-autonomy is defined as the ability to be autonomous between two refreshment points, in terms of safety, equipment and nutrition / hydration.

Although along the way there are several natural water and liquid / solid water points, the principle of competitions (LMIT and LMI mini T) in semi-sufficiency is the rule.

17- ASSISTANCE AND SECURITY

Organizers take care of the assistance and security in partnership with:

- Associazione Nazionale Carabinieri – Sezione di Luino;
- CAI/Sezione di Luino;
- CAI/Sezione di Gallarate;
- Circolo ACLI di Garabiole (Maccagno con Pino e Veddasca);
- Corpo Nazionale Alpino e Speleologico/ Stazione di Varese;
- Nucleo Protezione Civile e Ambiente Carabinieri in Congedo – Provincia di Varese;
- Protezione Civile di Maccagno con Pino e Veddasca;
- Protezione Civile di Tronzano Lago Maggiore;
- Protezione Civile Intercomunale Val Dumentina;
- A.S.D. Polisportiva Valdumentina;
- Associazione Nazionale Carabinieri – Sezione di Lavena Ponte Tresa;
- Pro Loco di Maccagno con Pino e Veddasca.

An ambulance will be present in the arrival area.

Athletes are required to have orientation and self-management skills in the mountains, even in bad weather conditions.

Any injured or struggling athlete can call for help:

- presenting themselves at an official checkpoint or at the Assistants of the course;
- by calling the organization number (+39 327 9303569);
- asking another athlete to notify the rescue team.

It is a must and obligatory to provide assistance to all the people in need and, if necessary, to notify the rescue team. In the event that a competitor has lost time to rescue another injured or struggling competitor, he can request the Race Time Jury to reduce the time spent on the official classification.

18 - ENVIRONMENT



Competitors must behave in a manner that respects the alpine environment, avoiding in particular to disperse waste, collect flowers or harass wildlife. Anyone surprised to leave litter along the way will be disqualified from the race and will incur any penalties provided for by municipal regulations.

19 - WEATHER

The race will take place in any weather condition. In the event of significant weather phenomena (thunderstorms, snow), the Organization reserves the right to make changes to the course even at the last minute so as to eliminate any dangers or conditions of great discomfort for the participants. Any changes will be communicated to the participants and reported by the employees.

20 - GYM AND SHOWERS

At the municipal gym of Maccagno with Pino and Veddasca, via Oliari nr.1, there are no cots or mats available.

The gym and shower rooms are not controlled, therefore the Organization is not responsible for any theft or damage to objects left unattended.

It is mandatory to leave the gym and showers as they were found, without leaving waste and cleaning up the spaces, equipment and services used..

21 - ASSURANCE

The Organization is in charge of a civil liability insurance policy and for the protection of the participants throughout the trial period.

Any costs arising from the use of rescue vehicles are the responsibility of the rescued person, as well as those for his return from the place where he was hospitalized. It is advisable to take out a special insurance policy to cover above all helicopter rescue and rescue costs.

22 - DECLARATION OF RESPONSIBILITY'

The voluntary registration and the consequent participation in the race indicate the full acceptance of this regulation and of any changes made. By registering, the participant exempts the Organizers from any liability, both civil and criminal, for damage to persons and / or things caused by him or to him.

23 - DISCLAIMER

When collecting the race number and race packet, the athlete must sign a release of liability release.

24 - IMAGE RIGHTS

By registering, the competitors authorize the Organization to use, for free, without territorial and time limits, still and moving images that portray them on the occasion of participation in the "Lago Maggiore International Trail" and the "Lago Maggiore International mini Between".

25 - PRIVACY POLICY

The data provided will be treated in compliance with the rules established by Legislative Decree 30.06.2003 nr. 196 and used exclusively for the purposes related to the tender.

26 - TIMEKEEPING

Timekeeping service will be provided by Wedosport.

27 - COMPLAINTS

Only written complaints are accepted within 30 minutes of the last competitor's arrival time, with a deposit of € 50.00.

28 - JURY

The jury is composed of:

- by the race director;
- by the heads of the control posts (time gates + bib numbers) of the area in question;
- by all the competent persons designated by the president of the Organizing Committee.

The jury is authorized to deliberate in a time compatible with the obligations of the race on all disputes or disqualifications occurred during the race. The decisions taken are without possibility of complaint.

29 - VARIATIONS

The Organizing Committee reserves the right to modify this regulation at any time for reasons it deems appropriate for a better organization of the competition. Any changes to the timetables, services and places, as well as any cancellation of the race and refund procedures, will be communicated on the website of the event: WWW.LMIT.INFO

Sponsored by:

Provincia di Varese

Comunità Montana Valli del Verbano (Varese)

Comune di Maccagno con Pino e Veddasca (Varese)

Comune di Tronzano Lago Maggiore (Varese)

Comune di Curiglia con Monteviasco (Varese)

Comune di Dumenza (Varese)

ASD Val Veddasca e Molinera Running