

Regulation

Lake Maggiore International Trail – LMIT

SUNDAY 28 APRIL 2024

This regulation may be subject to changes
(last update November 7, 2023 at 11:00 am)

ART 1 - GENERAL INFORMATION

The LAKE MAGGIORE INTERNATIONAL TRAIL - LMIT is organized by the A.S.D. Val Veddasca and Molinera Running.

The event offers 2 events which will take place on 28 April 2024 in a natural environment in the area overlooking Lake Maggiore in any weather condition. Each test takes place in a single stage, at free speed, in a limited time and in semi-autonomy.

The event can boast the patronage of the Comunità Montana Valli del Verbano and the municipalities of Maccagno con Pino and Veddasca (VA) and Tronzano Lago Maggiore (VA).

There are two competitive races:

LMIT K 43, approximately 43.4 km with 2,260 meters of positive altitude difference (ITRA value 2)

LMIT K 24, approximately 24.5 km with 1,500 meters of positive altitude difference (ITRA value 1)

ART 2 - PARTICIPATION CONDITIONS

To enroll in LMIT K 43 – K 24 you need:

- be aware of the length and characteristics of the race
- be perfectly trained to face it
- have acquired, before the race, a real capacity for personal autonomy in the mountains to be able to manage, even if isolated, problems arising from adverse weather conditions (wind, fog, rain, cold, snow)
- know how to manage, even if isolated, 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

ART 3 - REGISTRATION / REGISTRATION METHOD / CHANGE OF THE RACE

Registration will open on November 10, 2023 and will close at midnight on April 22, 2024 (or upon reaching a total of 600 competitors).

All athletes who:

- have reached the age of 18
- I am in possession of a sports medical certificate for competitive activity with the wording ATHLETICS mandatory with expiry no earlier than the day of the chosen competition. The medical certificate must be valid at the time of the race and not at the time of registration

Registration takes place online via the WEDOSPORT service by filling out the appropriate form in its entirety, click [HERE](#).

Payment can be made via the online service by credit card, paypal, mybank, satispay etc or by bank transfer.

Registration is personal and definitive, bib exchanges and/or name substitutions are not permitted.

It will be possible to change your registration from one race to another only by 14 April 2024; The changes will involve the integration of the fee in case of passage to the more expensive tender. Conversely, no sum will be refunded.

Changes in distance will not be possible in any way once registration closes.

Under no circumstances is it permitted to postpone the registration fee to the next edition.

In case of impossibility to participate, the cancellation must be communicated only in writing to the email info@lmit.info.

The following reimbursement methods are available:

- cancellation by 01/15/2024: 50% refund of the fee
- cancellation by 03/31/2024: refund of 40% of the fee

No refunds will be made for requests received after 03/31/2024.

Any refunds, net of commission costs, will be made by 06/30/2024.

In the event of failure to participate due to an osteoarticular or muscular injury, the athlete must send a copy of the medical certificate, not showing a date after the day of the race, certifying the pathology and reporting the prognosis to the email info@lmit.info.

Once the real impossibility of participation has been certified, the athlete will be given the opportunity to register for the next edition of the competition, for the equivalent distance, with a 30% discount on the expected fee.

In the event of cancellation of the event, due to reasons of force majeure, the organisation, by virtue of the costs already incurred and not recoverable, will not be able to guarantee any type of reimbursement.

The closure of registrations, in case the maximum number of participants is reached, before 22 April 2024, will be communicated on the websites WWW.LMIT.INFO and WWW.WEDOSPORT.NET. From that moment on, no further registrations will be accepted.

ART 4 - REGISTRATION FEES

The cost for enrolling in LMIT K 43 is:

- € 40 by 10 December 2023
- € 43 by 31 December 2023
- € 50 until 22 April 2024
- € 55 waiting list (only if bibs still available)

The cost of enrolling in LMIT K 24 is:

- € 21 by 10 December 2023
- € 24 by 31 December 2023
- € 30 until 22 April 2024
- € 35 waiting list (only if bibs still available)

ART 5 - COLLECTING THE BIB AND RACE PACKAGE

The bib and race pack collection operations will take place at the "Parco delle Feste" (adjacent to the sports field) of Maccagno con Pino and Veddasca:

Saturday 27 April 2024:

- 3.00 pm – 6.00 pm collection of bibs and race pack LMIT K43 and K 24
- 3.00pm – 6.00pm any last direct registrations for LMIT K43 and K 24 (only if bibs are still available)

Sunday 28 April 2024:

- 6.30am – 7.30am pick up of bibs and race pack LMIT K43 and K 24

ART 6 - SERVICES OFFERED

The following services are included in the registration fee:

- post-race meal (first course + second course + side dish + drink)
- a coffee
- free photo
- race package containing gifts from the organizing Association and products from the Sponsors

- refreshment points present along the route
- chip timing service by Wedosport
- health care
- showers + changing room
- overnight stay at the Maccagno gym with Pino and Veddasca while places last (it is mandatory to reserve a place when registering)

ART 7 - MATERIAL

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

It is mandatory for all athletes to leave bringing the following material with them:

LIMIT K 43

- mobile phone with the organization number registered (+39 353 4980047)
- a valid identity document for travel abroad
- at least 1 liter of liquids
- race bib with clearly visible number
- windproof jacket suitable for withstanding bad weather conditions in the mountains
- thermal blanket
- food reserve
- Running pants or tights that cover the knee can limit abrasion damage from an accidental fall (optional)
- emergency whistle
- hat or bandana
- telescopic poles (optional)
- personal glass or cup as no glasses of any kind will be provided in the refreshment areas

Border crossing into Switzerland

You will enter the territory of Switzerland for approximately 300 metres. Please remember that from Swiss territory in the event of an emergency it is advisable to activate roaming from your mobile phone, and the emergency numbers are 144 for the ambulance, and 1414 for the Swiss Air Rescue Guard.

LIMIT K 24

- mobile phone with the organization number registered (+39 353 4980047)
- at least 1 liter of liquids
- race bib with clearly visible number
- windproof jacket suitable for withstanding bad weather conditions in the mountains
- thermal blanket
- food reserve
- emergency whistle
- telescopic poles (optional)
- Running pants or tights that cover the knee can limit abrasion damage from an accidental fall (optional)
- hat or bandana
- personal glass or cup as no glasses of any kind will be provided in the refreshment areas

ART 8 - DEPARTURE AND ARRIVAL / CHIP CHECK

The departure and arrival of the LIMIT K43 and K 24 will take place in Maccagno con Pino e Veddasca (VARESE) at the Sports Field at 08:00.

Competitors must present themselves for the punching of their bibs at the Wedosport timekeepers' stand, set up near the starting line by 7.40 am, where the obligatory material can be randomly checked by the organization.

ART 9 - PATH

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

“LIMIT K 43”: C.A.I. definition: “E - Hiking itinerary. An itinerary that almost always takes place on paths or on various terrain (pastures, debris, rocks) with signposts. It sometimes develops on open but not difficult terrain. It can take place on steep slopes.”

“LIMIT K 24”: C.A.I. definition: “E - Hiking itinerary. An itinerary that almost always takes place on paths or on various terrain (pastures, debris, rocks) with signposts. 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 mountaineering difficulties.

The tracks of the LIMIT K 43 and K 24 races are available for free on the official website WWW.LIMIT.INFO

Competitors must strictly respect the race route marked by orange biodegradable paint signs (2 vertically or horizontally overlapping rods or arrows), poles with orange rod or yellow/black ribbons.

Any signs of different colors must be ignored as they indicate routes unrelated to the Lago Maggiore International Trail.

If you do not come across the aforementioned signs for a distance of approximately 300 metres, you must go back until you are sure you are on the correct route. Departure from the official route, in addition to leading to disqualification from the race, will take place at the competitor's sole risk.

ART 10 - ENVIRONMENT

Competitors must behave respectfully of the Alpine environment, in particular avoiding scattering waste, picking flowers or disturbing wildlife. Anyone caught leaving waste along the route will be disqualified from the race and will incur any sanctions provided for by municipal regulations.

ART 11 - RACE ASSISTANCE AND SAFETY

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

Any athlete injured or in difficulty can call for help:

- by presenting yourself at an official control point or at the route assistants
- by calling the organization number (+39 353 4980047)
- asking another athlete to notify the emergency services

It is necessary and obligatory to provide assistance to all people in difficulty and if necessary notify emergency services. In the event that a competitor has lost time to help another competitor who is injured or in difficulty, he or she can request the Competition Jury to reduce the time spent on the official ranking

ART 12 - MAXIMUM TIME / GATES TIMES

The maximum arrival time is 9:30 am for LMIT K 43 and 6:00 am for LMIT K 24.

There will be a "broom service" that will travel the route following the last competitor, in order to be of help to any retiring riders and prevent any injured people from being left without assistance.

For LMIT K 43 the following "time gates" will be established:

- at 11:00 Tronzano Lake Maggiore (km 12.1 max time 3h)
- at 2.00 pm Passo Forcora (km 23.7 max time 6h)
- at 4.00pm Return to Passo Forcora (km 32.9 max time 8h)

ARRIVAL MAXIMUM TIME H 9:30 (K 43 / D+ 2,260 m)

For LMIT K 43, surprise bib control operations could be set up along the route (at the discretion of the Organisation).

For LMIT K 24 the following "time gate" will be established:

- at 11:00 Tronzano Lake Maggiore (km 12.1 max time 3h)

ARRIVAL MAXIMUM TIME H 6:00 (Km 24,650 D+ 1,500 m)

For LMIT K24, surprise bib control operations may be set up along the route (at the discretion of the Organisation).

K 43 and K 24 athletes who pass through the gates after the maximum time must be considered excluded from the competition, they will still be able to continue along the route provided they hand over their bib and without assistance.

The areas where the time gates are located can be reached by car or by Civil Protection vehicles, and therefore are points where the athlete, not in a position to continue, can withdraw.

In case of withdrawal during the race, it is mandatory to notify the race staff present along the route as soon as possible and hand over the bib, then you can continue exclusively under your own responsibility and in complete autonomy.

In case of failure to communicate a withdrawal and the consequent start of searches for the trailer, any resulting expense will be charged to the runner himself.

The evacuation of runners who abandon the race, or who fail to pass a "time gate" in time, is subject to the availability of means of transport, the priorities of the race, the weather situation, etc. There is therefore no right to be evacuated immediately unless it is an emergency medical evacuation.

ART 13 - REFRESHMENTS - SEMI SELF-SUFFICIENCY

Although there are several natural water points and liquid-solid refreshment points along the route, the principle of semi-sufficient LMIT K 43 and K 24 competitions is the rule.

The refreshments will be as follows:

LMIT K 43:

- Tronzano Lake Maggiore liquid + solid (Km 12.1)
- Forcora Pass liquid + solid (Km 23.7)
- Return to Passo Forcora liquid + solid (Km 32.9)

LMIT K 24:

- Tronzano Lake Maggiore liquid + solid (Km 12.1)

Athletes will have to throw away waste, glasses, gels, bars, etc. in the appropriate containers made available at the refreshment points.

Anyone caught throwing anything outside the designated containers will be disqualified.

ART 14 - MISCELLANEOUS CHANGES / WEATHER

The organization reserves the right to change the route and location of the first aid and refreshment points at any time, even without notice. In the event of adverse weather conditions (for example thick fog, snow, strong thunderstorms...) and such as to put the safety of the competitors at risk, the organization may, at its sole discretion, postpone or cancel the start and/or modify and/or reduce the routes and/or modify the barriers and/or stop the race at any point on the route. The suspension or cancellation of the race will not entitle the competitors to any automatic refund of the registration fee.

Athletes will be informed in advance of the changes.

In the days preceding the event, each athlete is required to check their email address, inserted during registration, at least once a day to verify any communications.

ART 15 - PRIZES

There are no cash prizes. The prizes are cumulative.

At the end of the race the general rankings with the arrival times are drawn up and published on the WWW.LMIT.INFO website. The only categories are "men" and "women".

They will be rewarded:

- The first five women and the first 5 men overall of the two Trails
- The first woman and the first man in each category of both Trails

The prizes will be awarded only during the awards ceremony. The organization will not send any unclaimed prize.

ART 16 - THE CATEGORIES

Regarding entry and permanence in the category, Trailers of both sexes must refer to their birthday (not January 1st).

They are defined as follows:

Juniors aged 18-19 years (from 18 years old to 20 years old);

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

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

ART 17 - GYM AND SHOWERS

At the municipal gym of Maccagno con Pino e Veddasca, via Oliari nr.1, cots or mats are not provided.

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

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

Overnight stay in the gym is free. The overnight stay must be booked at the time of registration.

There are 100 (one hundred) places available.

ART 18 - INSURANCE

The Organization holds a civil liability insurance policy to protect the participants for the entire period of the trial.

Any expenses resulting from the use of emergency vehicles are the responsibility of the rescued person, as are those for their return from the place where they were hospitalized. It is advisable to take out a specific insurance policy to cover especially helicopter rescue and recovery costs.

ART 19 - PENALTIES AND DISQUALIFICATIONS

The Organization's employees present on the route are authorized to verify compliance with the regulations by the runners and communicate the infringements found to the race jury. The racing jury applies penalties according to the following table. Time penalties are applied immediately at the end of the race or in the following days with an increase in the time shown on the official ranking.

BREACH OF THE REGULATION	PENALTY/DISQUALIFICATION
Voluntary abandonment of waste	Disqualification
Departure from a checkpoint after the cut-off time	Disqualification
Cutting a stretch of route longer than 2 km	Disqualification
Failure to pass through a checkpoint	Disqualification
I refuse to be checked	Disqualification
Absence of mandatory material	Disqualification
Failure to help a runner in difficulty	Disqualification
Assistance from companions (authorized only at refreshment points)	penalty: 1 hour
Cutting a section of the route less than 2 km	penalty: 1 hour
Race bib with non-visible number	penalty: 15 minutes

Cheating: using a means of transport, sharing or exchanging a bib	disqualification and lifetime ban
Insults and threats to volunteers or employees of the Organization	disqualification and lifetime ban

ART 20 - COMPLAINTS

Only written complaints are accepted within 30 minutes of the arrival time of the last competitor, with delivery of a deposit of €100.00 (one hundred/00).

ART 21 - DECLARATION OF RESPONSIBILITY

Voluntary registration and consequent participation in the race indicate full acceptance of these regulations and any changes made. By registering, the participant exempts the Organizers from any liability, both civil and criminal, for damage to people and/or things caused by him or derived from him.

At the time of online registration, in order to complete the registration, the runner signs a liability release.

ART 22 - IMAGE RIGHTS

By registering, the competitors authorize the Organization to use free of charge, without territorial and time limits, still and moving images portraying them during their participation in the "Lago Maggiore International Trail" and the "Lago Maggiore International mini Between".

ART 23 - JURY

The jury is composed of:

- by race director CORDARO Merchiorre
- by the managers of the control posts (time gates + bib recordings) in the area in question
- by all competent persons designated by the president of the Organizing Committee

The jury is authorized to decide in a time compatible with the obligations of the race on all arguments or disqualifications that occur during the race. The decisions taken are without appeal.

ART 24 - CHANGES

The Organizing Committee reserves the right to modify these regulations at any time for reasons it deems appropriate for better organization of the race or other needs.

Any changes will be appropriately communicated to those registered via the email contact provided at the time of registration, as well as on the event website WWW.LMIT.INFO.

ART 25 - PRIVACY PROTECTION

The data provided will be processed in compliance with the rules established pursuant to REGULATION (EU) 2016/679 and used exclusively for the purposes relating to the tender.

Under the patronage of:

Verbano Valleys Mountain Community (Varese)

Municipality of Maccagno with Pino and Veddasca (Varese)

Municipality of Tronzano Lago Maggiore (Varese)

ASD Val Veddasca e Molinera Running