



TRAIL DELLA GROTTA GIGANTE

REGULATION

Art. 1: GENERAL INFORMATION

CAI CIM SAG TRIESTE A.S.D. organizes the “Trail della Grotta Gigante” (TGG) on November 12th 2023. The race is a mountain trail running in karst area within the “Riserva Naturale del Monte Lanaro” ending inside the cave Grotta Gigante, a unique path among this kind of races.

Race length is 17km and about 700m elevation gain, the last 1km occurs inside the cave with 100m elevation gain underground.

The race is supported by CONI FSA-C.S.E.N. Ente di Promozione Sportiva and it is part of the 2023 race schedule of FSA-C.S.E.N.

Art. 2: REGISTRATION

a) Registration requirements

To register to the race, participants have to be at least 18 years old, with medical certificate for the competitive practice of trail running. The certificate must be valid at the race date, November 12th 2023.

b) How to register

Registration starts on Saturday July 1st 2023 and closes on Thursday November 9th 2023 unless the maximum number of participants is reached beforehand.

Registrations must be finalized using WEDOSPORT www.wedosport.net webpage.

In case there are still unsold bibs, It is possible to register the day of the race in the Grotta Gigante Museum between 7 and 9 am, at higher cost.

Copy of the valid medical certificate must be uploaded during the online registration procedure. If the certificate is not submitted, the application will not be finalized and the race cannot be attended.

With the registration the participants relieve the organizers from any responsibility for any loss, damages and offence to people and goods that may occur before, during and after the race.

The race fee cannot be refunded in case you do not participate to the race.

c) Registration fee

- From July 1st to August 31st: 25,00€
- From September 1st to November 9th: 35,00€
- In case of available bibs, at the event date: 45,00€

d) Race Pack

the registration fee includes:



- racing bib number
- support and aid stations along the route and at the arrival
- timing and results list
- A post-race lunch ticket
- Runner's gift
- 2 tickets for free entrance to the cave "Grotta Gigante". Tickets must be used within December 31st 2023 (Tickets value is 30,00€)

If the race is cancelled due to unpredictable reasons during the days before the race, you will be refunded by 50% of the submitted fee. This percentage enables the organization to cover part of the expenses incurred.

In case the race is cancelled or stopped during the racing day due to weather reason or due to whatever reasons beyond the control of the organizers, the fees will not be refunded.

Art. 3: BIBS AND RACE BAG COLLECTION

Bibs and bags could be collected on

- Saturday November 11th 2023 from 15.30 to 18.00 at the Grotta Gigante Museum
- Sunday November 12th from 7.00 to 9.00 at the Grotta Gigante Museum

Art. 4: RACE START

The athletes must be at the race start (Avalon wellness centre) within 9.45; race will start at 10.00 after the race briefing has finished.

Art. 5: RACE ROUTE

The route will go through 16km and 600m of elevation gain, of both wide and single tracks within the Natural Reserve of Monte Lanaro and later through 1km and 100m elevation gain underground, climbing 500 steps stair. The route is marked with directional stripes and signals and the critical crosses are marshalled by volunteers from Protezione Civile, Soccorso Alpino e Speleologico.

It is recommended (not compulsory though) to wear gloves during the cave descent for a better grip on the handrail.

Athletes not following the marked official route will be disqualified, and no support nor aid is granted.

Art. 6: SAFETY AND CHECK

Along the running route there will be marshals, (member of the organization, Volunteers from Protezione Civile and Soccorso Alpino e Speleologico), who will be in constant contact with the race headquarters. Along the route will be set up several check points, where marshals will monitor the athletes course.



Art. 7: ENVIRONMENT

Due to the race arrangement and location, athletes must behave and respect the surrounding environment. Disqualification will occur to whoever is found leaving garbage along the route. Furthermore, there will be fines according to local town regulation. To reduce the environmental impact, no plastic glass will be provided at the refreshment stations. Each participant must have its own drinking cup or other personal container that will be filled at the refreshment points.

Art. 8. REFRESHMENT STATIONS

There will be 2 refreshments points with food and drinks along the route, at the 7,6 km and 11,7 km.

There will be a refreshment point with liquids at the finish line as well.

There won't be any cup or glass available. Each athlete must carry its own glass, cup or drinking flasks with wide top.

Art. 9: MAXIMUM TIME LIMITS AND CUT OFF TIMES

The maximum time limit to complete the race is 3 hours and 30 minutes.

A "pick up" service will follow the last runner during the trail.

The following cut off times are established:

- At 11.50: at the Monte Lanaro summit (after 7km from start). After such time the athlete will be withdrawn from the race and must reach the arrival by its own to the finish area.
- At 13.00: at the Cave entrance. After 13.00 no athlete is allowed to enter the Cave

Art. 10: DISQUALIFICATION

Athlete will be disqualified and bib number withdrawn in case of one of the following offences:

- Failure to pass a check station
- Passing through the check station over the cut off time
- Route shortcuts
- Garbage left along the route
- Failure to aid to another participant in difficulty
- Insults or threats to organizers or volunteers

Art. 11: PRIZES

There are no cash prizes.

Goods rewards will be awarded to the first 10 men and 10 women.

Special prize entitled to Carlo Finocchiaro (called "Maestro") in the fortieth year from his disappearance to the 40th athlete.

Price to the largest running team attending the race.



Art. 12: IMAGE RIGHTS

When registering for the race, athletes authorize the Organizers to use any static pictures or videos depicting them during the race, freely and with no time or territorial limits.

Art. 13: WAIVER OF RESPONSIBILITY

By registering, participants:

- declare to have read carefully and to fully accept the Trail della Grotta Gigante (TGG) Regulations and any subsequent changes made to them
- declare to understand that the trail race is a potentially hazardous activity and the participation in this event is at their own risk
- exempt the Organizers from any civil or criminal liability for damage to persons and/or properties caused by or to them.