

COMPETITION RULES

STARKENBERGER HOMERUN 2020

The Starkenberger panorama trail with its historic streets, lakes, numerous streams and castles is one of the pearls among the long-distance hiking trails in Europe. The 52 km from Fernpasshöhe via Imst to Castle Landeck attract many visitors to Tirol every year.

The Starkenberger HOMERUN is an event in which especially the impressive variety of Tirol with its original landscapes and idyllic villages stand out.

Special for the run is the race format: A team consisting of 2 trail runners with 2 different routes but the common goal Imst.

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the Starkenberger HOMERUN, who is allowed to take part and what are the requirements? The Starkenberger HOMERUN is a team run on the Starkenberger panorama trail for teams consisting of two runners.

Each team member starts at a different starting point and has Imst as a common goal. Therefore everyone in the team masters another section of the Starkenberger panorama trail. The two starting points are the Fernsteinsee and Castle Landeck. There is no obligation to notify to the organizer, which team member completes which route. In this case, the decision can also be made just before the start.

A general rule is, that everyone starts in a team of two and must be at least 18 years old. Part of the course can also be high alpine passages, therefore absolute step security on alpine paths is very important. Furthermore, everyone should be able to deal with any courses that include rope insured sections.

Almost everyone knows about topographic maps and GPS technology in times of mobile phones. Important: Even without technology everyone must be able to orientate themselves in alpine terrain, even if the weather and visibility are poor.

With the signature of the declaration of liability everyone confirms his full sport suitability. Therefore, we ask for personal responsibility and consideration. We do not recommend starting with illnesses or injuries.

The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits competitors.

2. SELF-RELIANCE

It can get lonely on the course because everyone is completely on their own. Competitors must be self-reliant throughout the race. That means all runners must be able to orientate themselves without external support. This also means that everyone has enough food and drinks with them.

3. COURSE

The Starkenberger HOMERUN consists of 2 courses of varying length and difficulty. There is no guarantee that the weather will be good. Therefore, if the weather gods are not smiling on us and we are unable to ensure the safety of the competitors we may be forced to change sections of the courses at short notice. For all the latest information visit: www.starkenberger-homerun.com.

4. TEAM RANKING

The Starkenberger HOMERUN is a team race, consisting of two starters per team. If one of the team members has to withdraw from the race, the entire team is out of the ranking. Should the other team member still finish, there is no individual ranking. He runs out of the ranking.

5. CLASSIFICATION CATEGORIES

There will be the following classification categories:

- WOMEN | MASTER WOMEN | SENIOR MASTER WOMEN
- MEN | MASTER MEN | SENIOR MASTER MEN
- MIXED | MASTER MIXED | SENIOR MASTER MIXED

The general rule in the age groups is, that the start date of the event is the deadline. If the minimum number of participants (15 starter per category) can't be reached, the affected participants will be rated in a different category.

6. CLOTHING / EQUIPMENT

Weather conditions can change quickly. Therefore, all competitors must wear or carry in their running backpacks the following clothing and equipment. We will carry out checks on the start line and at the control points. Competitors who do not have all of the items listed below may be subject to time penalties or disqualification.

EACH PARTICIPANT must carry:

- Trail running shoes with a tread that is suitable for running in alpine terrain
- Running backpack
- Foul-weather gear for protection from the elements (as a minimum water-proof rain coat)
- Warm clothing (long-sleeved shirt and running pants) as insulating layers underneath the rain gear (in case of bad weather conditions which may set in suddenly in high mountain territory). The basic rule is that no skin is visible!
- Gloves and a warm hat
- X-Mug to get drinks at each food station
- Water tank containing at least 1,0 liter
- Emergency kit (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids 1x emergency whistle, blister pads, rescue blanket)
- GPS watch with complete course data saved to memory, alternatively: the printed course map(s) and elevation profile (issued at registration on race date)
- A mobile phone which has the number of the rescue service saved in its address book in order to be able to make emergency calls (it must be made sure that the phone can make international calls and works abroad)

NOTE: The competitor's food and beverage supplies must be labeled (waterproof) with the start number.

Our advice: sunscreen, fatty cream against chafing, a pair of sunglasses, running poles and plenty to eat and drink.

7. START NUMBER

Each participant / team receives the start number, which is unique and cannot be transferred to other people, at the registration desk in exchange for a signed copy of the declaration of liability (can be downloaded when registering to take part) and the personal ID card. The race number must be worn visibly at all times during the race and must not be taken off.

8. ELECTRONIC TIMING

The start number contains an electronic transponder chip, which will record the time. If this chip does not work or becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office.

9. BRIEFINGS / START

At the finish location (Imst) a compulsory briefing takes place. Here you will be told about the route in detail and the regulations.

On the day of the competition runners must gather at the start area 45 minutes before the official start time. There will be a final briefing in the start area 15 minutes before the gun goes.

10. NEUTRALISED START

In case of a neutralised start, runners are not permitted to overtake the lead vehicle during this time.

11. COURSE SIGNPOSTING

The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that other runners may knock off these markings, they can disappear or be hard to see in darkness or snowfall. We ask for your understanding. Once the time cut-off has passed, the course is closed to all runners and the markings will be removed soon.

12. CHECKPOINTS AND REFRESHMENT STATIONS

There is one refreshment station on the long distance, which is the starting point for the short distance at the same time. The exact location of the refreshment station can be found in the respective course map.

13. TIME CUT-OFFS / FINISH

If a team member arrives late at the finish or at a checkpoint, the entire team is out of the official ranking.

Details on the time cut-offs can be found on the homepage. Please be aware that the organisers reserve the right to change the time cut-offs e.g. due to weather conditions. People who have the right to remove competitors from the race are: the race director, course director, members of staff at the checkpoints and refreshment stations, the medical crew and the officials trailing the field.

14. WITHDRAWING FROM THE RACE

If a runner is forced to withdraw from the race, he must inform the Medical Crew immediately by calling **+49 151 550 101 48**. If he fails to do this it may result in an expensive and complicated search mission being launched to find him. The runner will have to bear the costs of any such search mission. Please be aware that runners who have withdrawn from the race are not automatically entitled to a transfer.

15. TIME PENALTIES AND DISQUALIFICATION

In case of a rule violation time penalties between 5 and 120 minutes can be handed, or even disqualifications can occur. Note: In this case the payment will not be refunded. To avoid this, please consider the following points:

Everyone is obliged to comply with the Starkenberger HOMERUN rules (see point 20). In the same way, the requirements listed under point 1 of the regulations must be accomplished. Nobody should have health problems or take prohibited substances (doping). All instructions of the official staff must be considered, as well as the traffic regulations. The compulsory equipment has to be carried throughout the race, no control should be denied on the track. Of course, the environment should not be polluted and it is also forbidden to shorten the routes (all checkpoints must be passed). Mutual help in an emergency is self-evident.

16. MEDICAL EMERGENCIES (MEDICAL CREW)

Start/finish area: Your health is our number one priority. An hour before the official start time and an hour after the last runner reaches the finish area there will be a MEDICAL CREW on-site. Please use their services if you need to. Important! Please make sure you get there in plenty of time – things can get pretty busy. Competitors who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

During the race: Safety first is the name of the game. That's why members of our MEDICAL CREW and/or public ambulance crews will remain at points along the course until the last runner has passed. If you get into trouble, call the medical info hotline or ask another competitor to do so for you. If things are acute, ask another competitor to provide first aid. Remember: every runner is obliged to help other runners in this way. Don't worry about losing time – any delay incurred as the result of helping another runner in a medical emergency will be deducted from your time at the finish.

In a natural environment there are often unpredictable circumstances which make it difficult or impossible to provide immediate medical assistance. This is where you, your own responsibility and your self-discipline come in. Please abandon the race too early rather than too late – if possible at a checkpoint or refreshment station. The members of our MEDICAL CREW have the right to withdraw competitors from the race at any time if they believe the runner will not be able to complete the race or will seriously jeopardise his/her health and/or the safety of the course team or MEDICAL CREW by doing so.

Which other powers does the MEDICAL CREW have? They can carry out medical examinations and check if competitors have all the necessary safety equipment. They can transport competitors off the course using the appropriate means of transport and take them either directly or with the help of the local ambulance service to the nearest hospital if this is necessary.

Please be aware that competitors must cover the costs of all rescue services apart from those carried out by the MEDICAL CREW.

MEDICAL INFO HOTLINE: +49 151 550 101 48

EUROPEAN EMERGENCY NUMBER 112

The medical info hotline can be found on the course maps and on the back of your start number. If you are unable to get through to the medical info hotline, please call the European emergency number 112 without delay.

17. DOPING

Any runner found to have doped will be immediately disqualified. Medical procedures not permitted include intravenous infusions (without a Therapeutic Use Exemption), even in cases of stress-induced dehydration. Working on the basis of the WADA rules, the race doctor will decide whether or not individual medical treatments are justified. Doping controls may be carried out at any time.

18. EXTERNAL HELP

Help from spectators, members of your support team and other runners is only permitted if you fall, are injured or find yourself in another emergency situation. There are, of course, exceptions. You are allowed to take food, drinks, spare clothing and medical assistance from people along the side of the course.

19. PROTECTING THE ENVIRONMENT / NATURE

Trail runners respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

20. THE STARKENBERGER HOMERUN RULES

The Starkenberger HOMERUN takes place on tarmac roads, forest roads, walking paths and alpine trails, which are not closed to the public.

Competitors must adhere at all times to the rules of the road in the respective country. All competitors must follow instructions given by the police and the course marshals.

Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Competitors take part in the event at their own risk.

At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.

It is forbidden for competitors to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the race as the result of accompanying vehicles of any kind may result in the competitor who is receiving support being given a time penalty or being disqualified from the race. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the competitor receiving support.

For environmental reasons, members of support teams assisting individual competitors are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the competitor who was the recipient or the intended recipient of this support.

Any competitor who disposes of food wrappers, bottles or cups by throwing them away in nature instead of at the refreshment stations will be disqualified.

Competitors who begin the race with poles must keep them with them all the way through to the finish. Vice versa, competitors who begin the race without poles are not allowed to be given poles along the course during the race.

Mechanical connections between two runners are prohibited for safety reasons.

All competitors and teams must behave in a considerate, sporting and fair manner.

21. PROTESTS AND JUDGES

Every competitor has the right to lodge a complaint and name witnesses at the Race Office in the finish area if they believe another competitor has breached the race rules or if they are not willing to accept a decision made by the race director. Such protests must be made no more than one hour after finishing the race. A panel of judges will deal with the protest within 24 hours. All named witnesses must appear in person. There is a protest fee of EUR 100. This protest fee will be retained by the event organiser if the protest is rejected. The infractions listed above leading to time penalties or disqualification are just an example of some of the rule violations which may be punished by the race organiser.

22. CANCELLATION OF PARTICIPATION BY RACE ORGANISER

Up until the official end of the event, the race organiser reserves the right to cancel a competitor's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

The race management and organising team reserves the right to make changes to these competition rules.