

# REGULATIONS



## GLACIER 3000 RUN

### Organizer

OK Glacier 3000 Run, Gstaad 3000 AG  
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With the registration for the Glacier 3000 Run (payment of race fees), participants automatically agree to the following regulations:

### Preamble

In these regulations the masculine form is used to designate all genders.

### Runner Eligibility

Eligible for the race are runners born in 2006 or earlier. The participant ensures that the personal data used for the registration is correct and that the race number will not be transferred to anyone else.

The routes lead over alpine hiking trails. Participants must be sure-footed, free from vertigo, in good physical condition and very familiar with the dangers in the mountains. This alpine challenge is only for very well-trained runners. Each participant is fully responsible for his/her own health condition. It can be life threatening to participate in the race, shortly after having an infectious sickness like angina or the flue. The same applies to the use of painkillers or similar medications before the race.

Doctors assigned to the course are authorized to pull a runner out of the race on medical grounds. If the race is continued despite the doctor's advice or after the official control vehicle (sweeper bike/sweeper runner) has passed the runner, a runner does so at his own responsibility and without any entitlement whatsoever to any services of the event organizer.

The slower runners must allow the faster runners to overtake them. Runners must strictly follow the instructions of the safety personnel on the running track.

### Race Number and Transfers

Every runner will receive a personally coded data chip together with his race number. Use of a private data chip is not permitted. The race number must be clearly visible during the race at all times, fixed either on the chest or to a race number belt and it may not be modified or folded. Infringement may lead to disqualification.

The organizers will not refund any race fees. Neither can any finish places be transferred to the following year.

The event organizer must be notified in case an existing finish place is transferred to someone else. A CHF 20.00 administrative fee will be charged for all transfers made on or after July 1st. It is also possible to get cancellation insurance while registering for the race online at [www.datasport.com](http://www.datasport.com).

Should the race be cancelled or only partially run due to safety reasons, the participant is not entitled to a refund of the entry fee nor is the fee transferrable to the following year. The race committee is entitled to make the decision to cancel or break off the race.

### Equipment

From the start line, each participant is responsible for carrying appropriate equipment adapted to the weather and conditions, which can change quickly in the high mountains.

#### Glacier 3000 Run (single and team):

The use of poles is not allowed.

#### Alpine Nordic Walking:

The use of poles is allowed.

### Vertical KM:

Runners are responsible for their own catering and refreshments on the course. There will be no catering point before the finish line. Wearing a helmet is mandatory and the use of poles is recommended.

### **Insurance**

Each participant is responsible for his/her insurance. The organizer does not assume any responsibility. By taking part in the Glacier 3000 Run, you agree that the organizer is not liable for any kind of damage (accident, evacuation, hospital stay, illness, loss or transport). Furthermore, neither the sponsors nor partners of the Glacier 3000 Run OC are liable for any loss or injury of any kind.

### **Escorts / Aids**

Any form of accompanying runners on the course (e.g. with a mountain bike or walking alongside a runner) is not permitted. Both will lead to disqualification.

### **Alpine Nordic Walking**

Jogging instead of walking, as well as the use of any technical aids (except for the normal walking sticks), is not allowed. Infringement can lead to disqualification. The Glacier 3000 Run OC supports the basic idea that Nordic Walking is a healthy adventure sport. Therefore, there will be neither a ranking list nor ranking announcement for this category. A finish list (with times) in alphabetical order will be made.

### **Checkpoint Closing Times**

The last control vehicle (sweeper bike / sweeper runner) marks the end of the race. After this control vehicle has passed, the stretch will be reopened to other users. Runners overtaken by the sweeper's bike/runner are no longer part of the race.

Glacier3000 Run Single, Teams und Alpine Nordic Walking:

- Reusch: Noon
- Oldenegg: 1.00 pm
- Cabane: 2.00 pm
- Finish at Glacier 3000: 3.00 pm

### Vertical KM:

last closing time at 1.00 pm at Cabane Middle Station.

### **Disqualification / Dropping Out**

The jury (race organizers and medical team) decides about any disqualifications. Possible reasons for disqualification are incorrect information about the runner (name, age), giving your race number to someone else, unprofessional conduct (e.g. not running through a time station, taking shortcuts, running without a valid race number, using any kind of aids, disregarding official instruction and doping).

Those who abandon the competition report to the nearest first aid post.

Objections must be written and handed to the person in charge of the finish area within 30 minutes of crossing the finish line. Anyone who drops out during the race must notify the next first aid station. The costs for searching a runner who has not provided proper notification for dropping out will be charged to the runner involved. The race number entitles runners to free transportation to the finish area to pick up personal belongings and then to return to the finish area (Glacier 3000 mountain railways / Shuttle Bus).

### **Clothing transport**

Personal items and clothing (baggage) will be transported to the finish line. Max. 5 kg per person, delivery 17-liter special bag on site.

### Glacier 3000 Run Single:

The baggage must be deposited by 9.15 h the latest using special at race number pick-up at the ice rink premises in Gstaad. The baggage will be deposited in the finish area.

### Team:

Teams are responsible for bringing their baggage to the transfer area in Reusch themselves. Baggage for the second runner in the team must be deposited by 9.45h before the race start at the ice rink premises.

### Alpine Nordic Walking:

Baggage deposit at Oldenegg station is possible until 10.15 h am at the latest.

### KM Vertical:

Luggage must be deposited at the information desk at Col du Pillon by 10:00 am. The runners will pick it up after the finish at the middle station Cabane.

### **Medical Services**

Medical services are available at various points throughout the race – refer to course map.

### **Information Booth / Deposit of Valuables and Lost & Found**

Info telephone: +41 (0) 24 492 09 23

The information booth and place for depositing valuables are located on the ice rink premises in Gstaad. Any found items can be deposited there as well. The participants get their valuables back with their finisher prize. The event organizer is not liable for any items stolen from the luggage depot.

The runners of the Vertical KM have the possibility to deposit their valuables at the information stand at Col du Pillon.

### **Awards**

If fewer than three runners are classified in one category, this one will be cancelled and runners assigned to the preceding age-group category. (Juniors will be assigned to the next oldest category).

Prize monies will be awarded to the top three women and men for the categories Overall Run.

The three first place winners in the categories Run Single, Team and Vertical KM will receive a prize in kind.

Each runner who crosses the finish line at Glacier 3000 will receive a prize.

### **Doping Controls**

Doping controls may be conducted at any time. It is the responsibility of each participant to ensure that any medicine, supplement or similar substance taken does not contain any unauthorized ingredients. See [www.sportintegrity.ch](http://www.sportintegrity.ch) for more information.

### **Permission for Use of Data**

By registering for the race, participants automatically give permission that their first name, last name, year of birth, city of residence, nationality, race number, race time and ranking in the start and ranking list can be published. This permission also applies to publication on the Internet, print media, TV, Teletext and for notice board and speaker announcements. Photos and video in connection with the race event can be used on TV, Internet, in our own advertising tools, magazines and books without any right to remuneration. Participant names, postal and email address may be given to partners (e.g. photo and video services) for services or advertising purposes, as well as to sponsors upon request, with regards to targeted mailings related to the race event.

The personal data (name and surname, address, date of birth, telephone number and e-mail address) will be used for the purpose of the Glacier 3000 Run. The data will be shared with our co-sponsor SWICA, unless the participant prohibits the passing on of the data by sending a message to [info@glacier3000run.ch](mailto:info@glacier3000run.ch). The data will be used by SWICA for marketing purposes. This includes, among other things, contacting the participant by telephone or sending newsletters. The participant can withdraw the consent to data processing for marketing purposes at any time. The Swiss Data Protection Act applies.