

"TORARANDO" RULE BOOK

document "A"

The "TORARANDO" is a non-competitive sporting event, open to all, with an aggregative Spirit and dedicated to mountain bike and mountain enthusiasts. The event aims to enhance the experience of mountain biking in the magnificent Alpine and Mediterranean environment of the Ligurian Alps.

-EVENT-

The event is inspired by the "Audax" cycling, and reworks the formula.

In these events the participants face long journeys, passing through predetermined control points distant between them tens of kilometers.

The purpose is to complete the route and the order of arrival is irrelevant; the experience lived in a group or alone is the real reward.

The "TORARANDO" is therefore not a race and requires only to travel the indicated route, collecting the punching marks at the check points along the way as proof of the actual passage.

The collection of hallmarks has no competitive value and is intended exclusively as an element constituting the spirit of adventure that the event pursues.

-REGISTRATION-

Participation is open to all bikers, registered and non-registered, with Mountain Bike or E-Bike type bicycles.

All cyclists, sports cyclists and cyclists are admitted, up to date with the membership of their country cycling Federation or a sports promotion organization recognized by the UCI.

Cyclists who do not have a card among those indicated, can still participate in the event by presenting a valid medical certificate (with a date not earlier than 12 months), certifying the state of physical fitness for the practice of competitive sports or not challenge.

Minors are also admitted to participation upon parental consent and the relative completion of the document attached to the regulation.

Participants registered with Foreign Federations, must send a copy of the membership number of the sports club to which they belong, valid for 2019, or, in compliance with the Italian law on safety in sport, non-registered participants must send the act of registration the health model, prepared by the organization and available here (medical certificate) duly completed, signed and stamped by the doctor, in accordance with the regulations in force in your country.

The bikers from other countries must send us a team card (if this is recognized by the UCI, valid for 2019)

-PARTICIPATION-

All participants will be provided with a recognition table to affix to the handlebar and a road book.

Along the way there will be control points where there will be punchings (ink stamp) to be placed on your road book / table.

Upon arrival the different stamps will be checked and if the road-book is validated, the "Finisher" certificate will be given to the participant.

-ROUTE-

The route starts from the square in front of the "Gola di Gouta" refuge.

It passes through the towns of Colla Scarassan, Passo Muratone, Saorge (F), La Brigue (F), Colla Sanson, Barracks of Cima Marta, Cima della Valletta, Passo dell'Incisa, meadows of the Toraggio to end at Pigna.

The itinerary develops in Italian and French territory.

It develops mainly in the off-road sector, with the use of dirt roads, single-track trails and forest tracks.

There will also be transitions on the paved road.

During the passage on state / provincial roads the participants are required to behave and comply with traffic regulations.

The route will be reported where necessary.

The level of difficulty of the route is determined by the characteristics of the route and the places crossed, as well as by the relative technical capabilities required and can be summarized as challenging.

The level required for each participant is medium to high.

Participants are reminded that along the way there is no presence of organization employees, self-sufficiency and the ability to self-determine one's abilities with respect to physical effort and bicycle riding technique are therefore fundamental.

The "road-book" supplied to each participant will indicate the route, the altitude development, the most challenging points and those for water supply, in addition to the main information in case of emergency.

- PERSONAL EQUIPMENT -

Each participant must be self-sufficient with regard to the breeding, hydration and possible repair of the bicycle. Each participant must also bring along a small dressing and emergency kit, which must include a whistle, an isothermal blanket and a mobile phone.

Participants using an E-Bike must take into consideration the autonomy of their battery with respect to the length and the altitude variation of the course.

- OBLIGATIONS AND PRECAUTIONS-

Every participant is required to wear a helmet and gloves and it is strongly suggested the use of glasses or mask, knee pads, elbow pads and back protector or backpack with back protector.

Any exit from the indicated route is prohibited, except for the abandonment of the race.

In this case it is mandatory to promptly report the abandonment by sending a message to the telephone number indicated on the road book, waiting and alerting the sweeper.

It is also mandatory to immediately remove the personalized table and, if you are able, to go on arrival through alternative roads indicated on the road book.

-RESPONSIBILITY-

As indicated in Document "Disclaimer of Liability" each participant in the event is responsible to himself and to the other participants.

Each participant in the event is aware of his / her own abilities and limits of running a bicycle, physical fitness and motor skills, specific technical-bicycle riding skills in off-

road vehicles and agrees to participate in the event that is not controlled by the organizer throughout the his journey.

The organizer cannot in any way be held liable in the event of any accidents, losses or other facts of an intentional nature occurring to the participant as he is aware of what is listed in this regulation and having accepted on his own initiative to participate in the event, also having submitted and attached its documentation concerning the physical state with respect to sports practice.

Being non-competitive ecological ride, the entire event will take place at a controlled pace.

The cycling group will be preceded by the forerunner who cannot in any way be overtaken by cyclists, under penalty of immediate disqualification.

Each participant at the time of registration accepts to renounce any action of responsibility or recourse against the organizer and the person responsible for the event deriving from his / her participation at the event.

At the time of registration, the participant declares that he / she knows the characteristics of the event, that he / she is therefore physically fit to participate in it, to allow the processing of his / her data pursuant to Legislative Decree 196/2003 and to have read this regulation which fully accepts.