

REGULATIONS

SALOMON ALPEN X 100 powered by LEDLENSER 2016

The following rules and regulations shall apply to the SALOMON ALPEN X 100 powered by LEDLENSER. By registering for the event, every participant confirms that he has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing the waiver of liability.

1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The SALOMON ALPEN X 100 powered by LEDLENSER is a single trail run at the alps. The courses include high alpine trails passages demanding particular experience and skill of the participants.

Specifically, prior experience and applicable competencies must relate to:

- Profound **experience** in **alpine environments** / trail-running settings
- Awareness of the **extraordinary course length** and associated **physical and psychological challenges**
- Understanding that signing the liability waiver confirms an **unreserved fitness-to-compet** and a **physical /mental disposition** allowing participation in / coping with the strains and challenges of extreme endurance competitions (submission of a medical certificate not required)
- **Being sure-footed** on **alpine trails, faint paths** and across terrain without a recognizable trail tread even where participants are exposed to precipitous vertical relief. Such ability may not be compromised by an undue and **known fear of heights**.
- Prior **experience** in negotiating **difficult alpine terrain** (e.g. exposed cliffsides that may be secured by fixed ropes)
- **Orientation** skills that corroborate a good sense of direction in mountainous terrain **even during inclement weather and visibility**. Navigational competencies that allow following a bearing /path using topographical maps or digital course information provided by the race organizers
- Familiarity with **basic emergency procedures** as applicable to high alpine and mountainous terrain.
- **Full physical aptitude** to exceed or at least meet predefined minimum speed requirements for the course (or segments thereof) as spelled out in the race documentation – even under challenging environmental conditions as would often be prevalent in the High Alpine, on technically demanding trail sections (e.g. trail segments secured by fixed rops or subject to severe exposure) or during difficult weather (e.g. rain, snow cover or frozen surfaces).

Under the agreement that these requirements are met there's no prerequisite for qualifying races to participate in the SALOMON ALPEN X 100 powered by LEDLENSER.

The fact that the participant actually has the necessary skill and expertise cannot be verified by us as the organizer of the event. By registering for the event and signing the waiver of liability, the participant represents and warrants to the organizer that he or she has the above listed skill and expertise, where the individually mentioned skills are by no means to be understood as a complete list but merely represent examples we have taken from experience with the event.

2. SELF-SUFFICIENCY OF PARTICIPANTS

The SALOMON ALPEN X 100 powered by LEDLENSER is a trail-running event for individual competitors whom race organizers expect to be competent to fend for their own and to demonstrate self-reliance over extensive course sections. Self-sufficiency is defined in this context as the ability of each individual participant to be able to (a) maintain adequate orientation and direction on the course without outside assistance, (b) evaluate objective hazards (e.g. darkness, rain, lightning storms, fog, snowfall, slippery trail sections) and to demonstrate apt mental disposition to respond to such and other challenges within reason, (c) to supply themselves with stores of food and beverages for prolonged trail sections where catering facilities may not be available. The requirement for self-sufficiency may not be waived during night hours, during adverse weather (e.g. downpour, snowfall, etc.), on challenging course sections (e.g. wet or weakened trail surfaces) or due to alterations in the competitor's physical or mental capacities (as a consequence of fatigue or injury).

3. COURSE

Three courses are offered at the SALOMON ALPEN X 100 powered by LEDLENSER. All three lead through the Alps, one of the world's most beautiful mountain regions.

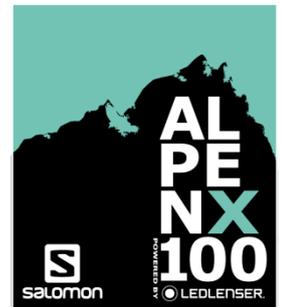
- a) ALPEN X 100 SEEFELD – BRIXEN 100 miles: 160,4 km / 9.228 m of positive vertical (subject to modifications due to land use licensing conditions)
- b) STEINACH am Brenner – BRIXEN 70 miles: 102,3 km / 6.121 m of positive vertical (subject to modifications – conditional on land use licensing)
- c) GOSENSASS – BRIXEN 40 miles: 69.7 KM / 4.205 m of positive vertical (subject to modifications – conditional on land us licensing)

4. RANKING CATEGORIES

There are the following categories to compete in:

- MEN
- WOMEN
- MASTER-MEN (age 40+, cut-off date June 18th 2016)
- MASTER-WOMEN (age 40+, cut-off date June 18th 2016)
- SENIOR-MASTER-MEN (age 50+, cut-off date June 18th 2016)
- SENIOR-MASTER-WOMEN (age 50+, cut-off date June 18th 2016)

The minimum number of participants in each category is 15. If the minimum number of participants in a given category should not be reached, participants will automatically be ranked one category below (e.g. Senior Master in case of Master)



5. CLOTHING/EQUIPMENT

It is mandatory to carry the following equipment during the competition:

- **Trail running shoes** with a tread that is suitable for running in alpine terrain
- **Labeling of a competitor's food / beverage supplies** by the individual's start number
- **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); **basic rule: it is not allowed to see any skin!**
- **Gloves** and a warm **hat**
- **Functioning headlamp** and replacement **batteries**
- **X-Mug** to get drinks at the food stations
- **Water tank** containing at least **1.5 liters**
- **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)
- **GPX watch** with complete course data saved to memory, **alternatively:** the printed course map(s) and elevation profile (issued at registration on race date)
- **Running Back pack**
- **Mobile phone** with Medical Crew Number saved in its address book to be able to make emergency calls (it must be made sure that the phone can make calls from within Austria as well)

Also recommended: sun screen, fatty cream against chafing, additional supply of own food and beverages, blister tapes

The race organizers will perform random checks prior to the race start and at various check points on whether the aforementioned mandatory equipment/clothing is indeed being carried along. If mandatory equipment were to be missing, the participant in question will get time penalty or will be disqualified from the race.

6. START NUMBER TAG

Each participant receives his/her start number tag at the issuing office upon handing in the signed liability statement (download available on the registration form) or providing proof of identification. This start number tag must be worn on the body and remain visible at all times during the race and not be covered by items of clothing. It is issued personally per participant and non-transferable. Advertisements on the start number tags must remain visible during the race. The transponder chip in the start number tags is scanned before the start, at check points, and in the finish.

The start number tag must never be taken off, except if a participant were to be disqualified due to a breach of the rules and regulations. In case of a withdrawal from the race the transponder chip will be removed from the start number tag.

7. TIMING

Times are recorded with an electronic transponder chip system. The chip is attached to the back of the start number tag and may not be torn out! The chip records the individual participant's time electronically. Should a chip get lost or fail to work properly, please inform the personnel at a check point and the race office immediately.

8. BRIEFINGS/START

At the start in Gossensass and Steinach/Brenner a detailed briefing on the entire race as well as the course briefing the night before the race will be held in the context of the pasta party by the race and course director in charge. At the start in Seefeld, these briefings will be set also at the Pasta Party, but Pasta Party starts at noon. In those briefings the race and course director will bring specific features of the upcoming course to the attention of participants.

Starting grids are assumed 45 minutes prior to the official start time. The additional, up-to-date briefing for all starters by the race and course director, directly at the starting area starts about 15 minutes before the official starting time. Within the starting grid, participants will be positioned in blocks that are determined beforehand.

9. NEUTRALIZED START

A neutralized start will be announced always during the briefing by the race and course director in charge. During a neutralized start it is not allowed to pass the pilot vehicle / motorcycle.

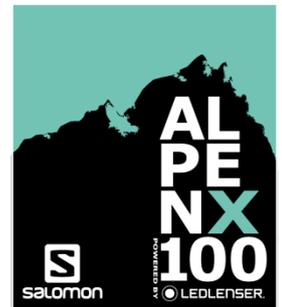
10. SIGNPOSTING

The course of the SALOMON ALPEN X 100 powered by LEDLENSER will be marked with chalk spray, signposts, barrier tape, flags, etc. by an experienced and competent team. This, however, does not guarantee a continuously marked course and it does not free the participants from their obligation to keep their bearings in alpine territory. Especially at nightfall, after heavy rain, in case of snow, or other adverse weather conditions, markings can disappear, be covered up, or not be visible in time (as well in case of changing signs from third person). That is why participants have to carry with them detail map and altitude profiles of the course. S alternative it is also possible to carry the gpx watch. As well we have to indicate that it might happen sometimes that the markings were removed by someone else.

11. CHECK POINTS & FEED ZONES

There will be the possibility for medical check point at V6 and V8 for everyone.

- a) 160, km: 13x Check points and feed zones
2x mandatory MEDICAL CHECK AT V5 STEINACH and V8 GOSSENSASS
1x big rest area at V8
- b) 102,3 km: 8x Check points and feed zones
1x mandatory MEDICAL CHECK AT V8 GOSSENSASS
- c) 96,7 km: 5x Check points and feed zones



Feed zones

At each feed zone sports drinks energy bars and fruit are available for participants. The exact location of the feed zone is pointed out on the map (printed or gpx). Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly. Depending on the weather, some feed zones will also offer warm meals and drinks.

It is absolutely compulsive to take a "X-Mug" with for getting drinks. There will be no cups offered at the feed zones.

Check points

There are check points throughout the entire course where each participant has to check in. Participants that miss one of the check points but still arrive at the finish (e.g. because they lost the way or took a shortcut), will be disqualified. The jury reserves the right to impose a higher time penalty depending on the specific circumstances. At the check points participants will be processed in the order in which they arrive.

Medical Checkpoints - MEDICAL TRIAGE

Medical checkpoints are located at catering spots V5 and V8, respectively. All competitors commit themselves to pass through the checkpoint and agree to comply with any directives issued by medical personnel. A complete check will only be performed where medically indicated (e.g. in case of conspicuous mental or physical issues) or on request by the competitor. Participants are encouraged to voice any medical concerns and will receive help or advice accordingly.

12. TIME LIMITS/FINISH

Time limits will be defined (e.g. check point 3 by 15:00) by which participants have to have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the detailed maps (print or gpx) to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. For their own safety, participants that do not make the cut-off times (e.g. from 15:01 at check point 3) will officially be taken out of the race by the race and course director, the personnel at the check points, or the officials trailing the field.

Participants who have been taken out of the race by the race director, course director, the personnel at the check points, or the official trailing the field due to not making the cut-off times, or who, due to injury, arrive at the finish not under their own power but some means of transportation, will not appear in the official ranking.

The official results of the race are determined in the finish. Participants will be scanned in the order in which they arrive. That way the official ranking of the race is calculated.

13. WITHDRAWAL FROM THE RACE

Participants that decide to withdraw from the race for whatever reason (i.e. exhaustion, injury) must inform the race organizers immediately by calling +49/151/55010150. Participants that do not inform the race organizers of their decision to withdraw will be considered "gone missing" and a search and rescue operation (including official mountain rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. In case of withdrawal from the race the organizer has no duty to transport the runners for example by shuttle, as well as in case of cancellation the race or changing the route. Participants who want to withdraw from the SALOMON ALPEN X 100 powered by LEDLENSER also have to cancel with the Race Office at the finish and return the transponder chip.

14. TIME PENALTIES AND DISQUALIFICATIONS

The jury reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following violations:

- Failure on the part of the participant to fulfill the particular pre-conditions mentioned under heading 1 of this document
- Noncompliance with / violation of the SALOMON ALPEN X 100 powered by LEDLENSER rules
- Disregard of the directives of the race and course director, rescue director, officials at the check points, or officials within and trailing the field
- Breach of traffic regulations
- Not carrying the complete, mandatory equipment at the start (for a complete list see clothing/equipment)
- Refusal to be subjected to an equipment check
- Littering/polluting the environment
- Unfair behavior or misconduct toward other competitors
- Missing one of the check points
- Failing to help a person in danger
- Health problems of a participant
- Doping
- Deliberately taking shortcuts
- Intentionally lining up in the wrong sector of the starting grid
- Tampering with start number tags

This is a list of examples and by no means to be understood as complete!

Participants that are disqualified from the race cannot claim reimbursement from the organizer.

15. EMERGENCY MEDICAL CARE (MEDICAL CREW)

Start/finish area

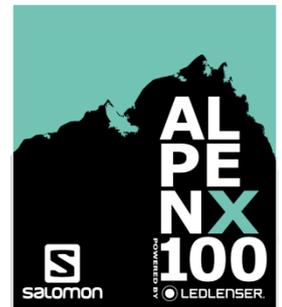
In the finish area the Medical Crew keeps a mobile assistance site. There will also be an additional medical service provided by a local aid agency. There a heated marquee stands ready. The aid personnel at this site will make sure care is provided until the last runner arrives. Service in the start area begins 1 hour prior to race start.

During the SALOMON ALPEN X 100 powered by LEDLENSER

Numerous stationary and mobile emergency assistance sites will provide help along the course. They will be staffed both by personnel from local medical teams and mountain rescue services and people from our own MEDICAL CREW. There participants will get immediate medical assistance. Additionally, there will be our mobile MEDICAL CREW on mountain bikes and motor cycles. It will also make sure that participants get immediate assistance in case of an emergency.

The MEDICAL CREW provides medical care for athletes and gives emergency first aid to participants. It is available around the clock in case of emergencies.

Competitors are not just morally but also legally required to assist others in need of help by (a) administering First Aid, and/or (b) assisting in calling the MEDICAL CREW or national/regional emergency services. Racers who assist others in distress situations receive an according time credit upon confirmation by MEDICAL CREW and in consultation with race organizers.



Participants need to be aware that unforeseen circumstances, a force majeure or decisions passed in connection with the aforementioned may lead to delays in providing assistance. Participants' safety therefore relies to a large degree on assuming personal responsibility and racing with due diligence. Compliance with all equipment requirements as laid out by race organizers - verbally or in writing - is compulsory as it may determine the course / outcome of any efforts in connection with a distress or emergency situation. In case a participant were to knowingly stray from the marked course, he/she directly contravenes the efforts by race organizers and their third-party service providers to meet their legal responsibilities for emergency assistance. Participants unable/unfit to continue the race due to physical problems or psychological distress are required to inform the closest checkpoint, catering stop or trail monitor. Participants who sense an increasing degree of incapacitation are strongly advised to cease participating in the competition while they can still safely reach trailside assistance. Applying common sense and recurrent prudent assessments of one's capacities are paramount to participation in the competition.

MEDICAL CREW is authorized in this context to:

- Disqualify or de-register participants who - from a medical perspective - are deemed unfit to continue the race under their own power or would only be able to do so with grave risk to their own well-being or that of official course monitors or personnel of MEDICAL CREW. The start number / transponder chip would be removed under such circumstances and be passed on to the Race Office.
- Remove disqualified / de-registered participants from the course using appropriate means of transportation, evacuation or recovery as deemed necessary under the given circumstances.
- Transfer participants directly or through public rescue / ambulance services to the nearest hospital / infirmary if the participant's condition were to necessitate such measures.
- Examine participants at any time as medically indicated or to screen a participant's gear whether it meets equipment requirements.

Participants are obliged to comply with directives issued by trailside medical personnel.

Any costs associated with an evacuation or recovery from the course shall be borne by the participant in question.

Emergency phone number for all participants

Medical info hotline: +49 151 55010148

EURO-emergency phone number: 112

Each participant is obligated to provide first aid to other runners who are in an emergency and inform the MEDICAL CREW! Participants that provided first aid will be credited with this time.

16. DOPING

The organizer reserves the right to perform unannounced doping tests. Doping in any way or form will lead to the immediate disqualification of a competitor. Prohibitions in this context include in particular intravenous infusions without prior medical authorization (i.e. in a proven case of intractable vomiting). In turn, the administration of an infusion in a case of stress-induced dehydration by the race physician or the competitor's own medical team is considered a form of doping and, as such, would lead to disqualification. The race physician decides on the basis of the rules and regulations of WADA whether a medical indication for the administration of an infusion were to be justified or necessary.

17. EXTERNAL SUPPORT

Participants are not allowed to accept help from a third person (spectators, supporters, other participants) during the race, except in emergency situations, injuries, or bad falls. It is acceptable though to receive food, beverages, clothing, and gear in need of replacement from assistants along the trailside. It is also permissible to accept medical attention and treatment from the SALOMON ALPEN X 100 powered by LEDLENSER Medical Crew.

If a participant requires or enlists third-party services, in particular search and rescue services, the race organizers are indemnified from payment for such services. The participant further authorizes the race organizers to collect any incurred charges.

18. ENVIRONMENTAL PROTECTION/NATURE

Since the SALOMON ALPEN X 100 leads through nature reserves, appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated feed zones and check points or deliberate damages to the environment will carry severe time penalties or lead to disqualification.

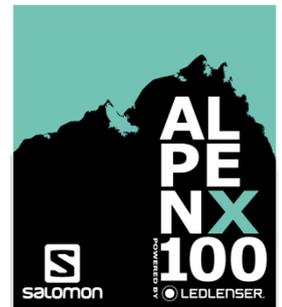
19. THE SALOMON ALPEN X 100 powered by LEDLENSER RULES

The SALOMON ALPEN X 100 powered by LEDLENSER takes place on public roads, roads that are not closed to traffic, forestry roads, hiking and alpine trails.

- Participants have to **obey the traffic laws** of the respective countries. Participants also have to comply with directives issued by police officers, the race and course director in charge, and any authorized trail patrol.
- The SALOMON ALPEN X 100 powered by LEDLENSER mostly makes use of **forestry roads, hiking trails, paths, and high mountain alpine territory**. Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants are forbidden to take any shortcuts (including the shortcutting of switchbacks, bends, serpentines, etc.) or detours of their own choosing. All participants take part in the event **at their own risk**.
- Each participant is obliged to **exercise caution** with due diligence at confusing or **dangerous trail/road passages**. The race organizer reserves the right to designate high-risk sections where the specific directives apply, such that participants may not pass each other or that a reduction in speed and appropriate caution is appropriate. The organizers may place warning signs at such sections and may provide **additional safety measures** (such as fixed ropes to be used as handrails). There is, however, no obligation on the part of the organizer that such measures be taken.
- The organizer reserves the right to **change portions of the course** or use alternative routes on short notice if weather conditions demand such changes.
- A vehicle **escorting** participants **must not interfere** with the race in any way; coaching from an accompanying vehicle is prohibited. The jury may penalize interference of the race by accompanying vehicles by issuing time penalties or disqualifying the participant receiving support from the interfering vehicle. Finding accompanying vehicles on portions of the course that are closed to traffic will result in the immediate disqualification of the participant who received or was to receive support from that vehicle.

TRAIL-RUNNING BEYOND THE BURN: ACROSS THE ALPS IN A SINGLE STAGE!
LAUFEN AM LIMIT: DIE ERSTE NON-STOP ALPENÜBERQUERUNG FÜR TRAILRUNNER!





- For reasons of environmental preservation it is **strictly prohibited** that people accompanying/assisting individual participants **pollute or, worse, damage** the course and/or the natural environment. This especially includes the spraying or painting of appeals to participants onto the course, even if it is done by biologically recyclable chalk spray. If people accompanying/assisting participants are found to be violating this rule, the participant(s) that received or were to receive such appeals will be disqualified immediately.
- It is **prohibited to throw away litter** such as food wrappings, bottles or drinking cups in the nature, except at check points where there will be designated containers for that purpose. Any violation of this rule leads to an immediate disqualification.
- As a principle, the following regulation applies with regard to using poles: **Participants starting into the race using poles must carry them until they arrive in the finish.** Conversely, no participant who has started the race without poles is allowed to pick up any along the way.
- It is expected that participants act in accordance with the principles of **courtesy, sportsmanship and fair play.**

20. APPEALS AND THE JURY

Each participant has an opportunity to raise an objection in case of a perceived breach of rules by other participants or to enter a caveat against decisions of the race and course director up to one hour after the finish time limit. Such objections have to be made in person in the race office and require the naming of (a) witness(es). A jury of three adjudicators (race and course director, the head of time keeping, event organizer) will consult on the issue of appeal and make a decision within 24 hours. All witnesses have to be present at the proceedings. The appeals fee is EUR 100. It will not be reimbursed if the appeal fails. The aforementioned contraventions, which may be reprimanded with time penalties or disqualification, provide only an incomplete rundown of other possible offenses that may be penalized.

The organizer reserves the contractual right to cancel the agreement with any participant until the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 1 German Civil Code ["BGB"]. The settlement will then take place in accordance with § 346 German Civil Code ["BGB"].

These rules and regulations remain subject to change by the race organization!

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