

Enrosadira Trail

October 11, 2025

REGULATIONS

1. ORGANIZATION

The Enrosadira Trail is organized by the "Union Sport La Val", based in San Senese 1, 39030 La Valle.

2. ENROSADIRA TRAIL

The Enrosadira Trail is a mountain race covering approximately 60 km with a positive elevation gain of 3,000 meters, ranging from a minimum altitude of 1,340 m to a maximum of about 2,130 m. For this first edition, the race includes only one course, starting from the town of La Val at 7:00 AM.

3. PARTICIPATION CONDITIONS

Men and women who are at least 18 years old by October 11, 2025, and meet the following requirements are eligible to participate:

- Participants residing in Italy: must hold a valid competitive medical certificate for athletics, issued by a sports physician and compliant with Art. 5 – Ministerial Decree of 18.02.1982. The certificate must be valid on the day of the race. A copy must be uploaded at the time of registration or, at the latest, by September 29, 2025, via the registration portal. Without this certificate, participation in the race will not be allowed.
- Italian participants residing abroad: must also have a valid competitive medical certificate for athletics, issued by a sports physician and compliant with Art. 5 – Ministerial Decree of 18.02.1982, valid on the day of the race. A copy must be uploaded during registration or by September 29, 2025, on the registration portal.

If Italian residents abroad are unable to obtain a certificate in Italy, they must present a medical certificate compliant with Italian law (D.M. 18/02/1982), completed by their general practitioner or a sports physician, using the form available [here](#). The form must be signed and stamped by the doctor and uploaded to the registration portal. Without a valid certificate, participation will not be allowed.

- Participants residing outside of Italy: according to current Italian regulations for running events, non-residents must also submit a medical certificate for competitive athletics in compliance

with Italian law (D.M. 18.02.1982). A copy must be uploaded at the time of registration or by September 29, 2025, at the latest.

Participants living outside Italy must provide a certificate compliant with Italian law (D.M. 18/02/1982), completed by their general practitioner or sports medicine specialist using the downloadable form [here](#). The form must be signed and stamped by the doctor and uploaded via the registration portal. Without this certificate, participation will not be allowed.

Participants must be capable of completing the course under their own responsibility and in partial autonomy.

The trail includes technical and demanding sections requiring:

- Secure footing
- No vertigo
- Excellent physical and mental condition
- Partial self-sufficiency
- Mountain running experience
- Navigation skills and safety on slippery terrain

4. AVAILABLE SPOTS

The number of participants is limited. A maximum of 120 people can take part in the zero edition of the event. The organizers reserve the right to modify the maximum number of participants. In that case, the date of registration submission will be considered.

5. REGISTRATION

Registration takes place online via this [link](#).

Registrations open on July 16 at 10:00 AM and will remain open until October 4, 2025, at 11:59 PM, or until the maximum number of 120 participants is reached.

By registering for the Enrosadira Trail, each participant accepts the rules of the competition.

6. PAYMENT AND REFUNDS

Data collection and payment processing are handled by Sport Dolomiti.

Registration is valid only after the participation fee has been received and the registration has been correctly completed.

- In case of non-participation by a registered athlete, no refund of the registration fee will be made. Exceptions are athletes who are unable to participate due to illness or injury and present a medical certificate.
- In the event of race cancellation due to extreme weather conditions or other force majeure, the registration fee will not be refunded.
- In case of shortening of the routes, the registration fee will not be refunded and cannot be transferred to the following year.

The race bib may be transferred to another person for justified reasons (injury, illness) until September 30, 2025.

7. AWARDS

The award ceremony will take place on Saturday, October 11, 2025, at 6:00 PM in La Val, at the finish area.

8. ENTRY FEE

For the zero edition of the Enrosadira Trail, the registration fee is €50 per participant.

9. REFRESHMENTS – SELF-SUFFICIENCY

Respecting the principle of a semi self-sufficient individual race is essential.

Semi self-sufficiency means the ability to be autonomous between two aid stations, both in terms of food, gear, and safety, and to be able to adapt in case of unexpected or foreseeable issues (bad weather, physical discomfort, injuries...).

This principle entails the following rules:

Each participant must carry all mandatory gear throughout the entire race (see the “MANDATORY GEAR – EQUIPMENT” section). This gear must be carried in a backpack, which must remain the same throughout the entire race. Race officials may check the backpack and its contents at any time. Participants must cooperate respectfully with these checks or risk being disqualified.

Aid stations will provide food and drinks to be consumed on-site. Organizers will provide only still water or energy drinks for refilling bottles. Upon leaving an aid station, runners must ensure they have enough food and drink to reach the next aid station.

Being accompanied along the course by someone not registered for the race is strictly prohibited, except in clearly marked spectator areas near official assistance points. Any participant who accepts assistance outside these areas violates the principle of semi self-sufficiency. Race officials or staff who witness such violations are authorized to sanction the runner to ensure rule compliance.

Running with a dog or any other animal, including service animals, is not allowed.

10. COURSE MARKING AND CHECKPOINTS

Each participant must follow the marked and designated course. Any deviation from the official route will result in disqualification.

There will be several checkpoints along the course that must be passed within specific time limits. Any athlete who fails to pass through a checkpoint will be disqualified.

11. GEAR – EQUIPMENT

For safety reasons, each participant must carry all items listed in the mandatory gear list (see below) and must keep them with them for the entire duration of the race, even if they are not used. Both scheduled and random gear checks will be conducted during the race. Runners who do not have all the required equipment with them will face penalties, up to and including disqualification (see section “PENALTIES”).

Important note: the mandatory gear list includes basic items that every runner must carry. It is important not to choose the lightest clothing possible. On the contrary, runners should bring gear that provides adequate protection in the mountains and along the course against adverse weather conditions (cold, wind, heavy rain, and snow), thus ensuring greater safety and better performance. All clothing must be in the runner’s size and unaltered from its original manufactured condition. The mandatory gear must be carried in one backpack, which cannot be changed during the race.

To help reduce plastic waste, no disposable utensils (cutlery, cups, bowls) will be distributed at any checkpoint or aid station. Please bring your own utensils if you wish to consume hot meals at the aid stations.

If you have any questions about the mandatory gear, don’t hesitate to contact the organization.

Music: listening to music with headphones is allowed as long as it is safe to do so. However, earphones **MUST** be removed when crossing roads and when approaching any checkpoints or safety staff.

12. WITHDRAWAL

In case of withdrawal from the race, each athlete is responsible for arranging their own return. The organization will provide shuttle services at strategic locations indicated on the course map. Shuttle service is arranged exclusively by the race direction, and waiting times may occur. It is mandatory to follow the instructions of the sweepers (last runners on the course) regarding withdrawal procedures.

13. BIB PICK-UP

Bib pick-up will take place on:

- Friday, October 10, 2025, from 9:00 AM to 7:00 PM at the La Val Tourist Office
- Saturday, October 11, 2025, from 5:30 AM, again at the La Val Tourist Office

Each athlete will receive:

- Bib number: Each bib will be handed out individually upon presentation of a valid photo ID. The bib must be worn on the front of the body (chest or stomach) and be visible at all times during the race. It must be worn over clothing and not attached to a backpack or leg. Sponsor names and logos must not be altered or hidden.

The bib is required to access the organization's shuttles, aid stations, medical posts, rest areas, showers, bag drop/pick-up zones, etc.

The bib may only be withdrawn in case of refusal to comply with a race director's decision. In the case of withdrawal from the race, the bib will be deactivated.

- Timing chip: Provided free of charge and attached to the bib.
 - o Must not be carried in the backpack.
 - o Before the start, each athlete must pass through the entry gates of the starting area, where they will be registered.

IMPORTANT: The bib can only be picked up once registration is complete and the medical certificate has been uploaded.

14. SAFETY AND MEDICAL ASSISTANCE

There will be emergency stations along the course, connected via radio or phone with race headquarters. Ambulances, civil protection teams, and medical personnel will operate on the course. The rescue services are authorized to assist any athletes in difficulty using the organization's resources or affiliated services.

Checkpoints, medical personnel, rescue teams, the White Cross, and mountain rescue units have the authority to remove participants from the race if they are deemed unfit to continue.

Rescue teams may evacuate any athlete considered to be in danger using available means. If necessary, official mountain rescue will be activated and take over the intervention, possibly using helicopters or other special equipment.

The decision to use such extraordinary resources lies solely with the organization.

Any costs resulting from such interventions will be borne by the rescued athlete, according to current regulations.

An athlete who seeks help from a doctor or rescuer accepts their authority and agrees to comply with their decisions.

15. START AND TIME LIMIT

The race will start on Saturday, October 11, 2025, at 7:00 AM.

The maximum time limit to complete the race is 14 hours.

Time barriers (cut-offs) are placed at each aid station, with the following deadlines:

- Badia – 10:30
- La Villa – 11:30
- Colfosco – 14:00
- Corvara – 14:30
- San Cassiano – 17:30
- La Crusc – 18:30
- La Val – 21:00

IMPORTANT: These times are subject to change. Updated information will be published on the official website and sent via email a few days before the event.

The race will officially end at 9:00 PM on Saturday, October 11, 2025.

Athletes who arrive at a checkpoint after the cut-off time will be excluded from the competition.

All runners must follow the instructions of course staff, checkpoint personnel, and sweepers (last runners).

An athlete may only withdraw from the race at a checkpoint, except in case of injury. The checkpoint manager will decide how to proceed and arrange return transport.

Every withdrawal must be reported to a course official or communicated by phone to race headquarters using the number indicated on the bib.

In case of adverse weather conditions or safety concerns, the organization reserves the right to interrupt the race or modify cut-off times.

16. VIOLATIONS AND PENALTIES

Officials will be present along the course to ensure compliance with the rules.

They have the authority to immediately disqualify an athlete and report any infractions to the race jury.

The following penalties may apply:

Violation	Penalty
Missing mandatory equipment at finish	2 hours to disqualification
Cutting the course	Disqualification
Refusal of gear check	Disqualification
Littering	Disqualification
Unauthorized aid, doping, disrespect, cheating	Disqualification
Bib not visible	30-minute penalty
Disobeying race officials or medics	Disqualification
Missing timing chip	Jury decision
Continuing after cut-off	Disqualification

No refunds in case of disqualification.

17. COMPLAINTS

Any complaints must be submitted in writing to race management within 30 minutes of the official publication of results.

A deposit of €50 is required to submit a complaint.

Race management will make a decision within 30 minutes.

If the complaint is accepted, the deposit will be refunded.

18. JURY

Composed of:

- Event Committee President
- Race Director
- Two Committee Members
- Course Manager

19. DOPING

All participants must comply with international anti-doping regulations.

Athletes may be subjected to doping controls before, during, or after the race.

20. COURSE CHANGES AND CANCELLATION

The organization reserves the right to modify the course, the location of aid and rescue stations, or cut-off times at any time without prior notice.

For safety reasons, the race may be cancelled at any moment.

In case of adverse weather conditions, the start may be postponed or cancelled. If necessary, the organization may alter or remove certain parts of the course.

In case of modifications or cancellation, the registration fee will not be refunded.

21. INSURANCE

The organization provides civil liability insurance valid for the entire duration of the race.

Each participant must hold personal accident insurance covering search and rescue costs in Italy. This insurance can be purchased from any provider chosen by the participant.

The choice of evacuation methods and the place of hospitalization is at the sole discretion of the organization.

All costs arising from the use of special rescue or evacuation services are the responsibility of the rescued individual, who must also arrange for their own return from the evacuation point.

It is the sole responsibility of the runner to submit any necessary claims or documents to their personal insurance provider within the specified deadlines.

In any case, each participant enters the race at their own risk and assumes full responsibility for their actions, both personally and toward third parties. By registering, the participant waives all liability claims against the organizers and their representatives, whether managerial or executive.

22. IMAGE RIGHTS

All participants explicitly waive their image rights during the event and any claim against the organizer and its authorized partners for the use of their image.

Only the organization has the right to assign image rights to any media outlet, through appropriate accreditation or licensing.

23. DATA PROTECTION – GDPR 2016/679

The personal data provided during registration will be stored and used exclusively for the organization and management of the event.

By registering, the participant agrees to the storage and use of their personal data. These data may be shared with third parties for timing management, publication of rankings, and online posting of results.

By registering, the participant also agrees to the publication of personal data via all relevant media (website, press, internet), and authorizes the free use of photos and videos taken during the Enrosadira Trail for promotional purposes, without any claim to compensation.

THE ORGANIZATION WISHES EVERY PARTICIPANT A SAFE AND FAIR RACE!