

Race regulations

Participation

Gondo Event is a strenuous race. Only well trained and prepared runners are advised to participate. Each runner is responsible for his own health. Everyone over 18 years can start, but there is a limited number of entries.

Liability/Insurance

Insurance is at the runner's responsibility. The organizer is not liable for accidents, damages or theft.

Marking of the course

The race course is marked with signs and plastic bands and should not be left. The organizer cannot be held responsible for manipulation of the markings. In case of dangerous weather conditions or sudden weather changes the course can be changed at short notice or the race course description and map can be found in the race information.

Identification number and equipment

Each runner has an individual number which has to be attached visibly. In good weather conditions there are no equipment regulations. It is advised to carry a water bottle and a light windproof jacket. In bad weather conditions a windproof jacket will be compulsory since the highest point of the course is at 2417 m above sea level.

Walking sticks

Walking sticks are allowed at the race, but they have to be carried the whole stage.

Time limits and deadlines

Runners who arrive after the deadline will not be taken on the finisher list. For runner's safety there are time limits at certain points. Runners that fail following limits will be taken off the race by race officials.

First stage/day	Simplon pass:	12:00
	Ried-Brig (Finish):	16:00
Second stage/day	Simplon pass:	12:00
	Gabi (Runners):	14:00
	Gabi (Walkers):	15:00
	Gondo (Finish):	16:00

Giving up the race

Runners who quit before reaching the finish have to report to race personell at one of the posts. Transport to the finish will be organized. Giving up does not entitle to reimbursment of the race fee or parts thereof.

Food and Drink supply

Location of the supply posts are marked at the map with the course profile. They are five to ten kilometers apart. At minor stations water is supplied, at the major posts water, tea, karbonhydrate containing drinks and solid food (Bananas and Bars) will be served.

Medical Service

Medical officials can or must take runners out of the race if their health is endangered. Runners have to follow their orders and decisions are fix. In case of ignoring Medical officials advice the race organization is not liable for disadvantages for the runner's health.

Companionship/helping runners

In case a participant develops health problems during the race, other participants must help with first aid and inform race officials

Assistance during the race

All runners should have the same conditions and therefore inofficial help (especially pace making) is not allowed.

Environmental protection

Participants have to respect the environment and littering is not allowed.

Pictures

The race organization has the exclusive right to use pictures which are taken by race officials during the Gondo Event. Participants agree that their names and pictures can be published.

Complaints/Objections

Objections have to be handed in written until thirty minutes after the official race end at the race office including a deposit of CHF 20,-. Race jury's decision is final and cannot be objected.