

REGULATIONS

ETHICS

The world of trail running brings together different sorts of people who do not only practise sport, but who also believe in and respect a number of important values that form the ethics of sport.

Respect for People

- Self-respect: no cheating, either before or during the run;
- Respect for the other runners: always help another runner in difficulty;
- Respect for the volunteers: they take part in the race simply for the pleasure of helping out.
- Respect for Nature
- Respect plants and wildlife: don't leave rubbish behind.
- Stick to the paths marked, without taking shortcuts, in order to prevent soil erosion.
- No money prizes
- Just a prize to reward each runner who finishes the trail.
- Sharing and solidarity
- Everyone, be they runners or volunteers, should take action to ensure support is provided in all situations.

1. FOREWORD

It is important that you understand all the dangers involved with competitions such as this. You take part at your own risk. Following the regulations goes only part way to forestalling the problems you will find yourself up against. **It is your own responsibility to assess the risks involved and prepare for the challenge you are taking on.** For your own safety, it is essential that you are fully aware of your own capacities and your own limits. Being prepared to drop out of the race shows a responsible attitude.

2. ORGANISATION

[VDA TRAILERS](#) limited liability amateur sports club is the organiser of TORX:

TOR330 - Tor des Géants®, **TOR450** - Tor des Glaciers, **TOR130** - Tot Dret, **TOR100** - Cervino - Monte Bianco, **TOR30** - Passage au Malatrà.

3. DESCRIPTION

TOR330 - Tor des Géants®, **TOR450** - Tor des Glaciers, **TOR130** - Tot Dret, **TOR100** - Cervino - Monte Bianco, **TOR30** - Passage au Malatrà are trail running races set in a natural environment, covering the paths of the Alte Vie of Valle d'Aosta (Italy).

The races take place in a single stage, at free speed, within a limited time, in a semi-self-sufficiency regime. The race courses include sections at high altitudes, sometimes exceeding 3000 meters, where conditions can be very challenging (wind, cold, rain, snow, ice), alternating with passages at much lower altitudes, where conditions can be exactly the opposite (very hot).

Runners must anticipate facing different weather conditions between one refreshment point and another, during both daylight and nighttime hours. The choice of clothing and all necessary equipment is therefore conditioned by these particular characteristics.

Thorough training and a genuine capacity for personal autonomy are **indispensable requirements** for tackling these races.

TOR450 - Tor des Glaciers

A route of approximately 450 km with a positive elevation gain of around 32,000 m (evaluated by ITRA) along the official trails of Valle d'Aosta, starting and finishing in Courmayeur.

The race is self-supported. Along the route, there are 26 affiliated alpine refuges and accommodation facilities, as well as 3 Life Bases in Cogne, Donnas, and Gressoney SJ.

There is no additional marking outside the official regional signage. Runners must use their own satellite navigation devices for orientation.

ATTENTION! The GPS navigator is a safety and personal protection tool. It is crucial to master its use in all its functions, especially in extreme conditions such as poor visibility, storms, night, unmarked trails, etc.

TOR330 - Tor des Géants®

A route of approximately 350 km with a positive elevation gain of around 25,000 m (evaluated by ITRA), crossing the territory of 34 municipalities on official trails of Valle d'Aosta, starting and finishing in Courmayeur. Along the route, there are refreshment points every 7/10 km and 6 Life Bases in Valgrisenche, Cogne, Donnas, Gressoney SJ, Valtournenche, and Ollomont.

TOR130 - Tot Dret

A route of approximately 140 km with a positive elevation gain of around 11,000 m (evaluated by ITRA), on official trails of Valle d'Aosta, starting in Gressoney S.J. and finishing in Courmayeur. Along the route, there are refreshment points every 7/10 km and a single Life Base in Oyace.

TOR100 - Cervino - Monte Bianco

A route of approximately 100 km with a positive elevation gain of around 8,000 m (evaluated by ITRA), on official trails of Valle d'Aosta, starting in Breuil Cervinia and finishing in Courmayeur. Along the route, there are refreshment points every 7/10 km and a single Life Base in Oyace.

TOR30 - Passage au Malatrà

A route of approximately 30 km with a positive elevation gain of around 2300 m (evaluated by ITRA), starting from Saint-Rhémy-en-Bosses and finishing in Courmayeur, on official trails of Valle d'Aosta. Along the route, there are 3 refreshment points.

WARNING! Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!

To take part, it is imperative:

- you fully aware of the unusual length and peculiarities of the race;
- you are thoroughly prepared, both physically and mentally;
- that prior to the race you equip yourself for total self-reliance in the mountains, so that you can handle any problems involved with this type of endurance trial, in particular:
 - coping alone and in isolation with the physical and psychological problems of extreme fatigue, gastro-intestinal upsets, muscle and joint pain, minor cuts and injuries, etc.;
 - managing altitude and weather conditions that could potentially cause extreme difficulty (darkness, strong wind, freezing temperatures, fog, rain and snow) without any help;
 - understanding that the organisation is not responsible for helping runners to manage any common issues that might arise, and that with demanding races like the TORX your safety depends on your own ability to cope, even in extreme conditions.
 - knowing that dropping out of the race can be the best decision and shows that you are acting responsibly.

4. DIFFICULTY LEVELS

The ITRA classifies trail races according to their level of difficulty.

Understanding the difficulty of a trail race allows runners to select the race that best suits their needs and better prepare for it.

ITRA race evaluations provide runners with ratings that are consistent throughout the world.

The ITRA uses a ratified method to calculate the difficulty level of a race; the method is based on the notion of 'Km-effort'.

The total Km-effort of a race is calculated taking into account both distance and altitude difference.

	TOR450 Tor des Glaciers	TOR330 Tor des Géants®	TOR130 Tot Dret	TOR100 Cervino - Monte Bianco	TOR30 Passage au Malatrà
iTRA points	6	6	6	5	2
Mountain Points	12	12	12	10	8

5. TERMS OF REGISTRATION

TOR450 - Tor des Glaciers

To participate in the **TOR450** - Tor des Glaciers you must have completed a **TOR330** - Tor des Géants® event in under **130 hours** (120 hours for the 2012 event - stop after Gressoney OUT for 2015).

TOR330 - Tor des Géants®, TOR130 - Tot Dret e TOR100 Cervino - Monte Bianco

Any male or female runner who has reached the age of **20 at the time of race** (Senior to Veteran categories) is eligible to enter, whether or not they have signed up. There are no specific restrictions on registering, but it is strongly recommended that you have previous experience in other long-distance endurance trails (100km or more) over several days.

TOR30 - Passage au Malatrà

Any male or female runner who has reached the age of **18 at the time of race** (Junior to Veteran categories) is eligible to enter, whether or not they have signed up. There are no specific restrictions on registering, but it is strongly recommended that you have previous experience in at least one other medium-distance trail (25km) with a significant altitude difference (1500/2000 D+) over mountain terrain.

6. REGISTRATION FEE

TOR450 Tor des Glaciers	TOR330 Tor des Géants®	TOR130 Tot Dret	TOR100 Cervino - Monte Bianco	TOR30 Passage au Malatrà
€ 1150,00	€ 990,00	€ 260,00	€ 230,00	€ 70,00

The registration fee includes all the services outlined in these regulations, the official race pack, admittance to the pasta party on the night before the start of TOR330, supplies and services at the refreshment points and life bases along the route and in Courmayeur, the shuttle for TOR130, TOR100 and TOR30 runners, rescue in the event of an accident, return transport to the Courmayeur base if

required, transfer of official personal bags between Life Bases and your ASI insurance card and photos along the course (provided that the photographer is present and operating, and that the system – automatic or manual – is able to recognize the competitor).

7. BIBS

o BIBS AVAILABLE

TOR450 Tor des Glaciers	TOR330 Tor des Géants®	TOR130 Tot Dret	TOR100 Cervino - Monte Bianco	TOR30 Passage au Malatrà
200	1100	500	500	500

TOR330 - Tor des Géants®

The maximum number of bibs available is 1100, including reserved spots for finishers of races within the

TORX® eXperience circuit season 2025/2026, distributed as follows:

NOME GARA	NAZIONE	NUMERO PAX
GTC100 - Gran Trail Courmayeur	Italy	100
TOR130 - Tot Dret	Italy	100
TOR100 - Cervino Monte Bianco	Italy	50
TORX® CHN 100	China	15
Ulju Trail Nine Peaks	South Korea	50
PRENN Trail	Vietnam	20
Adamello Ultra Trail	Italy	15
La Mision	Argentina	15
500 Thailand	Thailand	15
TRAILCAT200	Spain	10
Oh meu Deus!	Portugal	10

Terra de Gigantes	Portugal	10
Bishop High Sierra Ultras	USA	2
UTMAC	Spain	2
Rinjani 100	Indonesia	2
TAUT	Portugal	2
APUC RUMI Trail 100	Ecuador	2
DUTA 100km	Malaysia	2
MUSPO 100	Philippine	2

The final number of available spots will be announced at the opening of pre-registrations. If the number of pre-registrations exceeds the maximum number of admissible runners, a lottery will be organized. Following this, the list of admitted runners will be published on the [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>) **by February 28, 2026**. A confirmation email will be sent to all selected participants.

○ **CHARITY BIBS**

TOR330 - Tor des Géants®

Twenty charity bibs will be made available to runners, the proceeds of which, after deducting the direct costs of managing the runner's participation in the race, will be donated to one or more charitable partner organizations of the event. These bibs will be sold online on the [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>) starting **from 12:00 PM on April 1, 2026, until 12:00 AM on April 30, 2026, or until sold out**. **The cost of each charity bib is €2,000.00, of which €1,000.00 is the registration fee for the race and €1,000.00 is the amount donated to charity. The donation portion is non-refundable.** Payment must be made by credit card, and an official receipt will be issued for tax purposes.

TOR130 - Tot Dret

Ten charity bibs will be made available to runners, the proceeds of which, after deducting the direct costs of managing the runner's participation in the race, will be donated to one or more charitable partner organizations of the event. These bibs will be sold online on the [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>) starting **from 12:00 PM on April 1, 2026,**

until 12:00 AM on April 30, 2026, or until sold out. The cost of each charity bib is €1,000.00, of which €500.00 is the registration fee for the race and €500.00 is the amount donated to charity. The donation portion is non-refundable. Payment must be made by credit card, and an official receipt will be issued for tax purposes.

TOR100 - Cervino Monte Bianco

Ten charity bibs will be made available to runners, the proceeds of which, after deducting the direct costs of managing the runner's participation in the race, will be donated to one or more charitable partner organizations of the event. These bibs will be sold online on the [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>) starting from 12:00 PM on April 1, 2026, until 12:00 AM on April 30, 2026, or until sold out. The cost of each charity bib is €1,000.00, of which €500.00 is the registration fee for the race and €500.00 is the amount donated to charity. The donation portion is non-refundable. Payment must be made by credit card, and an official receipt will be issued for tax purposes.

o **ECO BIBS**

TOR330 - Tor des Géants®

10 Eco race numbers will be available to runners. These can be purchased online at [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>) from from 12:00 PM on April 1, 2026, until 12:00 AM on April 30, 2026, or until sold out. Payment is by credit card and a receipt will be issued for tax purposes.

Eco race numbers are charged at €2,000 each, of which €1,000 to cover the race registration fee and €1,000 to finance activities related to reducing the environmental impact in the region where the event takes place. The cost of each charity bib is €2,000.00, of which €1,000.00 is the registration fee for the race and €1,000.00 is the amount donated to charity. The donation portion is non-refundable. Payment must be made by credit card, and an official receipt will be issued for tax purposes.

8. HOW TO REGISTER

REGISTRATION / DATA UPDATE ON THE TORX® eXperience PORTAL

To access the pre-registration process, it is necessary to register on the [TORX® eXperience](https://experience.torxtrail.com) website (<https://experience.torxtrail.com>), owned by VDA Trailers. **It is recommended to register on the site before the registration opening. Users already registered must update their data before the registration opening, as it will no longer be possible to do so afterward.**

Access must be made using the email address already registered on the 100x100trail.com portal, and a new password must be requested. Only one profile per person is allowed. **The creation of a second profile will result in the cancellation of any priority.**

Registering on the TORX® eXperience portal (<https://experience.torxtrail.com>) requires the submission of personal data. Providing false information in Italy is a criminal offense.

REGISTRATIONS FOR TOR330 - Tor des Géants®

If pre-registrations exceed the maximum number of places available, the final list of runners admitted to the race will be determined by a draw, taking into account the country quotas below.

Registration Phases:

- Registration / Data Update on the [TORX® eXperience](https://experience.torxtrail.com) portal (<https://experience.torxtrail.com>)
- Finalization of Registrations for PAX from the TORX® eXperience circuit (January 10 to January 28, 2026)
- Pre-Registration (February 1 to February 14, 2026)
- Data Verification
- Lottery
- Selection of Admitted Participants based on country quotas
- Official Communication to selected participants (by February 28, 2026)
- Finalisation of Registrations (March 1 to March 15, 2026)
- Subsequent Reallocation, if applicable.

REGISTRATION FOR TOR330 - Tor des Géants® via PAX

Runners who have earned one or more PAX by completing one or more races of the TORX® eXperience circuit may register for the TOR330 – Tor des Géants® from **12:00 (CET) on 10 January until 24:00 (CET) on 28 January 2026.**

Each runner must declare the races completed during the 2025/2026 season by accessing their personal area on my.experience.torxtrail.com (My Races section) no later than December 15, 2025.

Before the opening date of PAX registrations, the Organization will validate the submitted declarations.

PRE-REGISTRATIONS FOR TOR330 - Tor des Géants®

Pre-registration opens **at 12:00 on 1 February 2026 and closes at 24:00 on 14 February 2026.** Entrants must complete the online form in full and pay the **€10 fee (non-refundable).**

Pre-registrations will be recorded in the organisation's database when transfer of the payment is confirmed by the online interbank service.

A confirmation email will be sent to the address indicated at the time of registration.

Only pre-registrations for which payment is successfully transferred and confirmed by the international credit card payment system will be considered valid. The organisation accepts no

responsibility for the management of online payments.

The system assigns a unique code to each person who registers. Every entrant must register in person; race numbers are not transferable and cannot be exchanged with other runners. Where any exchange of registration numbers is discovered between runners, the runners will be removed from the list and any fees paid will be forfeited.

LOTTERY TOR330 - Tor des Géants®

The draw will be carried out on the random.org website. The list of names will be reordered causally, using an algorithm that cannot be altered. The entrants entitled to register for TOR330 - Tor des Géants® 2026 will be selected according to the order generated.

COUNTRY QUOTAS TOR330 - Tor des Géants®

TOR330 - Tor des Géants® is more than just a sporting event; it is also a means of promoting the Valle d'Aosta region throughout the world, along with the values of intercultural relations and fellowship between nations, which are the essence of mountain spirit.

For this reason, the organisation has decided to set country quotas as follows:

- a runner's country is the country where he/she lives;
- any country represented on the list of pre-registrations is entitled to **a minimum of 2 participants**, however many entrants are registered;
- the remaining number of runners for each country will be based on the **total percentage of non-Italian pre-registrations** that country represents;
- the maximum number of runners of **Italian nationality will not exceed 30% of the total**.

FINALISATION OF REGISTRATION TOR330 - Tor des Géants®

All runners whose names are drawn will be sent a **confirmation email by 28 February 2026** and must pay the registration fee **between 1 and 15 March 2026 to complete the registration process**.

Following transfer of the payment and confirmation by the interbank online payment service, the registration will be recorded in the organisation's database and the entrant's name will appear on the list of runners.

Only registrations for which payment is successfully transferred and confirmed by the international credit card payment system will be considered valid. The organisation accepts no responsibility for the management of online payments.

Runners who fail to finalise their registration on time (i.e. by the **15 March 2026** deadline) will lose their entitlement to register.

REALLOCATION FOR TOR330 - Tor des Géants®

In the event that not all the selected runners confirm their registration, the names that appear next on the draw list will be selected.

There will be two rounds of reselection.

In the event that not all selected runners confirm their registration, a registration day will be opened to all pre-registered participants (**Click Day**).

REGISTRATIONS FOR TOR450 - Tor des Glaciers, TOR130 - Tot Dret, TOR100 Cervino - Monte Bianco, TOR30 - Passage au Malatrà

	TOR450 Tor des Glaciers	TOR130 Tot Dret	TOR100 Cervino - Monte Bianco	TOR30 Passage au Malatrà
Registration opening	12:00 CET on 1 March 2026			
Registration closing	24:00 CET on 15 March 2026			

Following transfer of the payment and confirmation by the interbank online payment service, the registration will be recorded in the organisation's database and the entrant's name will appear on the list of runners. A confirmation email will be sent to the address indicated at the time of registration.

Only registrations for which payment is successfully transferred and confirmed by the international credit card payment system will be considered valid. The organisation accepts no responsibility for the management of online payments.

- Registrations will not be accepted beyond the established deadlines.
- There are no waiting lists.
- Registration is personal, non-transferable, and cannot be sold to third parties and/or postponed to the following year.

9. CONSENT FORM AND MEDICAL CERTIFICATE

CONSENT FORM

Each runner must sign a waiver stating that they are aware of the challenges of the race they are about to undertake and commit to carrying all the necessary equipment to safely complete the event. The waiver form is filled out online at the time of registration.

MEDICAL CERTIFICATE

In order to participate, it is mandatory to provide a valid competitive sports medical certificate covering the entire duration of the race. Documents must be uploaded to your personal area on the [TORX® eXperience](https://my.experience.torxtrail.com/) website (https://my.experience.torxtrail.com/) no later than **August 1st, 2026**. **Failure to upload the certificate by the specified date will result in the cancellation of registration.** No refunds will be given.

Runners from Italy

Italian runners must upload a certificate issued by a sports medicine doctor attesting to their **fitness to enter competitive 'sport atletica leggera'** (athletics sports).

Italians resident abroad

Italian runners resident abroad may complete and upload the form available on the event's website torxtrail.com.

Runners from other countries

Other runners must complete and upload the form available on the event's website torxtrail.com.

Certificates will not be accepted at the start of the race.

10. REFUND OF REGISTRATION FEES

VDA TRAILERS SSDrl is a non-profit organisation. Proceeds from the corporate business are invested in sports activities. Organising sporting events is an extremely demanding process involving a great many activities and requiring resources to meet fixed costs (salaries, rental of office premises and warehouses, maintenance of equipment, service and utility charges, subscriptions to external services such as press reviews, logistics costs, etc.). This means that any registration fees paid can only be reimbursed strictly within the stipulated limits and in the cases listed below:

o **Refund for cancellation of the race**

In the event of cancellation due to force majeure, not attributable to the organization, a portion of the paid registration fee will be refunded according to the following schedule:

	% refund
before 1 June 2026	60%
between 1 June and 30 June 2026	50%

between 1 July and 31 July 2026	30%
after 31 July 2026	no refund

Refunds will only be made on submission of the appropriate request form completed by the runner, which will be provided by the organisation.

WARNING! No requests for refund due to race cancellation will be accepted after **30 November 2026**.

○ **REFUND DUE TO WITHDRAWAL OF THE RUNNER**

■ **Ordinary refund**

The Organisation will refund **50% of the registration fee paid for proven cases of serious illness and proven events of a serious personal nature that could not be predicted at the time of registering**. Requests for refund should be submitted by email to segreteria@vdatrailer.it. **Requests for refunds will not be accepted after 31 July 2026.**

■ **Refund Protect program by the Protect Group**

Runners may opt to protect their registration fee with the Protect Group's Refund Protect program at the time of registering, in accordance with and for the purposes of the contract established between the Protect Group and VDA TRAILERS.

There is a charge for this service, which is not included in the registration fee.

Subscription is optional.

Note that it is the sole responsibility of runners to apply directly to the programme manager at Protect Group for reimbursement; no further charges will be incurred by VDA TRAILERS SSDrl.

The following information is provided in this regard: we provide all our clients with enhanced reimbursement terms for all registrations. If you are unable to take part in the event due to unforeseen circumstances beyond your control, you may be eligible for a refund; click on this link to see our Terms and Conditions: <https://www.refundable.me/extended/en/>.

To request a refund, follow the link in the confirmation of registration email you received.

○ **NON-CUMULATIVE REFUNDS**

IMPORTANT: The two types of refund cannot be combined. If you subscribe to the Refund Protect program by the Protect Group you waive your entitlement to Ordinary refund.

- **Refunds will not be made for any other eventualities.**

11. RACE NUMBERS AND CHIPS

○ RACE NUMBERS

The race bib will be given exclusively to the registered participant upon presentation of a valid photo ID. For the TOR450, TOR330, TOR130, and TOR100 races, two bibs will be provided: one to be worn visibly on the chest or stomach, and the other to be attached to the backpack. For the TOR30 race, only one bib will be provided to be worn visibly on the chest or stomach.

Race numbers allow runners free access to shuttles, buses, refreshment areas, treatment rooms, rest rooms, showers, bags, etc.

Printed on the bib are:

- the emergency number to contact the Operations Base
- the QR code for identification for the photo service

○ CHIPS

Two timing chips will be handed out along with race numbers:

- **a numbered wristband** to be worn for tracking via smartphone at checkpoints.
- **a plastic-coated chip** to be attached to the outside of the backpack for detection by antennas at the start and finish.

Before the start, all runners must pass through the entry gates into the enclosed starting area, for registration.

12. GPS TRACKERS

Each runner is provided with a GPS locator (tracker) to be attached externally to the backpack and returned upon arrival. A deposit of **€100.00** will be required, which will be refunded upon the intact return of the locator.

The GPS tracker allows the organization to verify the runner's position on the course, and the public can track the runner's progress on an interactive map. It is a satellite locator, primarily designed to enhance safety by sending alerts in case of an emergency.

The location updates are not as frequent as those of a GPRS locator because the positions are transmitted to the satellite constellation, which is much farther away than a radio tower and therefore more susceptible to interference. However, this system allows tracking runners in areas without cellular network coverage, thereby enhancing their safety.

The location updates may not be continuous, as the tracker may face difficulties transmitting points in heavily wooded or deep areas. Nevertheless, this is the only system capable of transmitting from a complex route such as that of **TORX®**.

Please note that the GPS tracker is an additional safety device and does not replace the GPS navigator. The latter, with the preloaded GPS track, is mandatory for all participants of TOR450 - Tor des Glaciers and must be carried throughout the race.

It is the runner's responsibility to turn on and check the functionality and charge before the start and upon exiting each checkpoint, following the instructions provided by the organization.

The organization is always reachable during the race through the emergency number printed on the bib.

	TOR450 Tor des Glaciers	TOR330 Tor des Géants
Availability	Provided by organization	Optional on request
Rental cost	Included in the registration fee	€100
Deposit (returned upon device return)	€100	€100

13. SEMI-SELF-SUFFICIENCY

WARNING! Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!

Semi-self-sufficiency is defined as the ability to be autonomous in terms of safety, subsistence and equipment between refreshment stops. It also includes the ability to handle and manage any issues that may arise (bad weather, physical problems, injuries, etc.).

Daily weather forecasts are displayed at all Life Bases and on the VDA weather telegram channel for runners to assess what type of clothing and equipment they will need to complete the race safely. If there are any special circumstances, the organisation reserves the right to require runners to carry specific equipment (crampons where the route is over frozen ground, heavy clothing, etc.).

14. EQUIPMENT

WARNING! Underestimating the physical and psychological preparation and the proper clothing and equipment required can have serious and potentially life-threatening consequences!

- All runners must carry with them, for the entire duration of the race, all the equipment necessary to safely face the weather conditions, the route and the altitude.
- Runners may add to or integrate their equipment only at the Life Bases, where their personal TORX® bag is available.

Along the route, under certain circumstances (adverse weather conditions, technical difficulties, etc.), race marshals may check the runner’s equipment and report to the Race Management. After assessing the situation together with the safety and rescue officials, the Race Management may decide, at its sole discretion, to stop the runner.

○ **MANDATORY EQUIPMENT - 1**

Mandatory equipment that all runners must carry with them for the entire race

<p>TOR330 - Tor des Géants® TOR130 - Tot Dret TOR100 Cervino - Monte Bianco TOR30 - Passage au Malatrà</p>	<p>TOR450 - Tor des Glaciers</p>
<ul style="list-style-type: none"> ○ A cup or other container suitable for drinking at refreshment points ○ Mobile phone to be kept always on, with the ringtone activated to receive communications from the Race Direction. <p>REMEMBER to:</p> <ul style="list-style-type: none"> ■ Save the organization's emergency number in your contacts. ■ Do not mask your number. ■ Start with a fully charged battery. <ul style="list-style-type: none"> ○ An identity document or health insurance card (or similar) ○ Two survival blankets ○ Food supply* ○ Water supply* ○ Two working head torches and spare batteries (except for TOR30) <p>* see point 13 of the regulations</p>	<ul style="list-style-type: none"> ○ All items listed in the preceding column ○ Handheld GPS navigator provided with course tracks (downloadable in GPX format from the torxtrail.com website). The use of a smartphone is accepted but not recommended. The smartwatch alone is not sufficient.). <p>WARNING! Your GPS navigator is a personal safety and security device. It is essential that you thoroughly understand all its functions and are familiar with using it, especially in extreme conditions - poor visibility, storms, night-time, unmarked paths, etc.</p> <ul style="list-style-type: none"> ○ Route maps (downloadable from www.torxtrail.com) ○ Altimeter and compass (suitable smartphone apps accepted)

○ **MANDATORY EQUIPMENT - 2**

Compulsory equipment that the competitor may opt to store in the TORX® bag, subject to personal evaluation, but which the Race Direction may require to be worn or carried in the backpack if challenging conditions arise on the course (such as adverse weather, snow, or ice).

When choosing what equipment to carry, runners must take into account the length of time between Life Bases, the altitude of the trail and the weather forecast.

Remember that changes in the weather can be sudden and violent in the mountains, and can occur in localised spots!

Remember that equipment that is sufficient for trail running in general may not be adequate for the low temperatures, rain, wind, mud, snow and ice that you will find in the mountains.

- Trail running shoes (category A5) or trekking shoes, suitable for rough and uneven terrain
- Antislip device (crampons with at least 8mm spikes on the forefoot and heel)
- Thermal jacket with hood suitable for freezing temperatures, potentially several degrees below zero.
- Hooded jacket with rainproof shell, breathable waterproof lining and thermo-taped seams
- Running leggings or pants
- Long waterproof over-trousers
- Warm top layer: long-sleeved top in a technical fabric, long trousers
- Hat that covers the ears
- Warm, waterproof gloves
- Change of clothes
- Whistle
- Self-treatment first aid kit
- Power bank to recharge phone and other equipment
- Altimeter
- GPS tracker with the race route uploaded (downloadable in GPX format from www.torxtrail.com)
- Knife

15. SAFETY AND MEDICAL ASSISTANCE

- Rescue points with radio or telephone connection to the race organisers are set up along the route. Ambulances, security personnel and doctors will be available in the area. All the details are contained in a safety plan, approved and registered by the Valle d'Aosta Regional Prefecture. Rescue points are there to provide assistance for anyone experiencing difficulties, via the official agencies or the organisation's own resources.

- The official race doctors are authorised to remove runners from the competition if they consider them unfit to continue. Rescue service workers are authorised to remove from the race any runner they believe to be in danger, using any means at their disposal. Where necessary for the interests of the person requiring rescue and at the sole discretion of the organisers, the official mountain rescue services may be called in to take over the rescue operation using any means they consider appropriate, including helicopter. **Any costs incurred by recourse to this method of transport will be charged to the person rescued, in accordance with current regulations.**
- Any runner who requests the services of a doctor or rescue service worker implicitly submits to their authority and undertakes to abide by any decision they make.
- Doctors and health professionals stationed along the trail route will only provide assistance in cases of major medical or health problems. All runners must make sure they take with them everything they need to treat foot problems and small cuts and grazes not requiring medical attention.

○ HEALTH INSURANCE

Medical expenses in Italy are not free. The costs of rescue by helicopter and emergency medical treatment are only covered by the relevant institutions in the runner's country of residence, or any private insurance policy, if the runner is carrying the following up-to-date documentation:

- **ITALIAN NATIONALS:** health insurance card/tax code
- **EUROPEAN NATIONALS:** (including Switzerland, Liechtenstein and the UK): European health insurance card. (<https://ec.europa.eu/social/main.jsp?catId=559&langId=en>).
- **NON-EUROPEAN NATIONALS:** a guarantee of payment letter with the address of the insurance company to which invoices should be sent.

Anyone who does not have public health cover (Italian or European health insurance card) or private health insurance (payment guarantee letter from a private insurance company) will be required to **pay the full cost of any healthcare provided, including emergency treatment.** The relevant documentation must be carried **at all times during the race.**

Runners must pay any non-urgent medical expenses in full.

○ HELICOPTER RESCUE

Transfer by helicopter is only for **patients requiring urgent medical attention** and cannot be used simply as a means of transport by runners who withdraw from the race.

Where a runner **is of foreign nationality or not covered by the national health service, or in the event of a call-out not justifiable for health reasons, the entire cost must be paid by the runner, even if he/she is registered with the national health service** (Regional Council Resolution no. 1054//016).

16. INSURANCE

- The organisation takes out public liability insurance to cover the entire period of the event. Participation in the race is entirely at the runners' own risk. Runners waive the right to make any claim against the organisers in the event of injury or consequences that may arise subsequent to the race.
At the time of registering online, runners are required to sign a consent form to complete the registration process.
- The organisation undertakes to enrol all registered competitors with the **ASI** (Italian Sports Association), which provides accident insurance for all (click <https://www.asinazionale.it/affiliazione/#assicurazioni> - "TESSERA B" for details).
- Runners are strongly advised to take out personal injury insurance in case of accidents during the race, covering medical expenses and rescue by helicopter.
The **ITRA** (International Trail Running Association) has developed a **special trail-running insurance policy** to cover the needs of trail runners who experience difficulties during a race (for details go to <https://itra.run/Runners/AboutInsurance>).

17. ASSISTENCE DURING THE RACE

- Any kind of personal assistance along the route is forbidden and will result in the runner's disqualification.
- Assistance provided through the use of motorhomes, cars, or any other vehicle is prohibited. Runners found sleeping, eating, or receiving assistance outside the authorised areas will be disqualified.
- Personal assistance is allowed only and exclusively at refreshment points and Life Bases, in areas specifically designated for this purpose and at the discretion of the person in charge of the refreshment point.
- The person in charge of the refreshment point has the authority to remove assistants who disturb runners or who do not comply with the rules.
- Only **one assistant per runner** is allowed, and they must hold a pass issued by the Organisation.
- Assistants are not allowed to consume food or supplies prepared for the runners. Runners must serve themselves according to their own needs.
- Assistants may bring spare clothing, shoes, food and/or supplements to the runner.
- Assistants are not allowed to request or pick up the runner's race bag on their behalf.
- Medical or paramedical assistance from personal assistants is strictly prohibited.
- Rest areas, showers and medical facilities are reserved exclusively for runners; access to these areas is forbidden to companions and assistants.
- Assistants must respect traffic restrictions and road rules. Any violation will result in the runner's disqualification.

- Assistants must comply with the race regulations; failure to do so will result in the disqualification of the runner.

18. PACING

Runners are prohibited from receiving pacing along the route, on penalty of disqualification.

The competition is individual. Each competitor must be able to complete it in total autonomy.

By pacing, we mean the systematic act of running alongside a competitor, even for short sections of the course (50m or more), potentially but not necessarily providing moral support or encouragement.

Cheering at aid stations or along the course does not constitute pacing.

19. PARTNER REFUGES TOR450 - Tor des Glaciers

- All partner refuges are check points. Runners must ensure they register correctly. Failure to register at a checkpoint will lead to disqualification of the runner.
- The organisation has made arrangements for runners to use the sleeping accommodation, subsistence and shower facilities free of charge at partner refuges. Runners must observe the rules of the refuge and not disturb other people using the facilities.
- Before leaving a refuge, runners must ensure they have enough food and water to last until they reach the next refreshment point.
- **The runner is responsible for checking the functionality of the provided GPS locator upon exiting each checkpoint and along the course, following the instructions provided by the organization.**

20. REFRESHMENT POINTS AND CHECKPOINTS

- All official refreshment points are also checkpoints. Runners must ensure they register correctly. Failure to register at a checkpoint will lead to disqualification of the runner.
- Runners must follow the marked route through each refreshment point, even if they are not intending to stop there.
- The organisation reserves the right to carry out checks at unofficial checkpoints along the route.
- The official refreshment points supply drinks and food strictly for runners only, which must be consumed on site.
- **Plastic drinking cups are not supplied.**
- Before leaving a refreshment point, runners must ensure they have enough food and water to last until the next one.
- Some refreshment points have areas where runners may take a short rest, maximum 2 hours. If a runner is unable to resume the race after a maximum 2-hour stay at a refreshment point or refuge, the on-site volunteers will contact the race organisers to assess whether the runner should be

withdrawn from the race.

21. LIFE BASES – REST AND SHOWERS

- Life Bases are set up along the route where runners can have a full hot meal and a hot shower, and stay for a longer rest, depending on time barrier constraints.
- **Access to Life Bases is for runners only. No assistants or coaches will be admitted.**
- All Life Bases are checkpoints. Runners must ensure they register correctly both on entering and on leaving. Failure to register at a checkpoint will lead to disqualification.
- **All runners are required to follow the route that passes through each Life Base, even if they are not stopping there.**
- Life Bases are indicated on the schedule of race checkpoints, in the altitude profile and on the GPX trackers. All files can be downloaded from the DOWNLOADS section at torxtrail.com.
- **It is strictly forbidden to sleep in any structure, shelter, or vehicle outside of areas designated and controlled by the organization.**

22. RUNNER BAGS (TOR BAGS)

- Each runner will be given a bag for the equipment they need to complete the race safely (TOR bag) when they are issued with a race number. These bags will be transferred between Life Bases by the organisation. Runners are required to collect their bags in person on entering a Life Base, and return them in person to the bag collection volunteers when leaving.
- If a runner withdraws from the race, the bag will be taken to the Life Base in Courmayeur where it can be collected at the time the race number is handed in. It is not possible to guarantee that a runner's bag will be available in Courmayeur as soon as he/she withdraws. The volunteers at the Courmayeur Life Base are not responsible for non-arrival of bags.
- Bags will not be transported if anything is attached to the outside. Please do not put any fragile items or items of value in the bags. The organisation accepts no responsibility for any items lost or damaged in transit.
- Once the bag has been handed over, it will be managed exclusively by the Organisation's logistics team. In this case, it will no longer be permitted for the runner's assistance crew to transport the runner's bag.
- The runner may choose not to hand over the bag to the Organisation's logistics team and instead have their change of gear managed by their assistance crew, who will be solely responsible for its handling throughout the entire race. To avoid misunderstandings, it is forbidden to use TOR bags from any edition to independently transport one's **spare equipment**.

○ **TOR130 - Tot Dret**

Each runner will be given a bag for the equipment they need to run the race safely (TOR bag), at the time the race number is issued. The bags will be transported to the Life Base in Oyace by the organisation. Runners are required to collect their bags in person on entering the Life Base, and return them in person to the bag collection volunteers when leaving

An additional bag will be handed out for necessary spare equipment on arrival. This will be transported to the Courmayeur Life Base by the organisation.

○ **TOR100 - Cervino - Monte Bianco**

Each runner will be given a bag for the equipment they need to run the race safely (TOR bag), at the time the race number is issued. The bags will be transported to the Life Base in Oyace by the organisation. Runners are required to collect their bags in person on entering the Life Base, and return them in person to the bag collection volunteers when leaving

An additional bag will be handed out for necessary spare equipment on arrival. This will be transported to the Courmayeur Life Base by the organisation.

○ **TOR30 - Passage au Malatrà**

Each runner will be given a bag for their belongings when they collect their race number, which should be returned after the race. The bags will be transferred to the Courmayeur life base by the organisation.

○ **LOST OR FORGOTTEN PERSONAL ITEMS**

The organization is not responsible for personal items lost or forgotten during the event. All recovered clothing will be disposed of for hygienic reasons at the end of the event. Valuable items (phones, video/photo cameras, poles, etc.) will be stored for a maximum of two weeks after the event. For hygienic reasons, organization staff are not authorized to touch or search used clothing or other items. Runners who are looking for their personal belongings must go in person to the organization's headquarters and personally take care of recovering them.

23. WITHDRAWAL AND RETURN TO COURMAYEUR

- Runners wishing to withdraw before the end of the race must go to the nearest checkpoint and report their decision to withdraw. The organisation will then arrange for transport back to the Life Base at Courmayeur.
- Any runner who withdraws without reporting the decision immediately, thereby prompting a search by rescue personnel, will be responsible for any costs incurred.

24. MAXIMUM TIME ALLOWED AND TIME BARRIERS

- Each race is held in a single, free-speed stage for which limited time is allowed:

TOR450 Tor des Glaciers	TOR330 Tor des Géants®	TOR130 Tot Dret	TOR100 Cervino Monte Bianco	TOR30 Passage au Malatrà
190 h	150 h	44 h	40 h	8 h

- A schedule of stages and time barriers is available to download from the DOWNLOADS section at torxtrail.com.
- Each life base has two time barriers: one at the entrance and one at the exit. These are calibrated to allow runners to reach the finish line within the maximum time allowed, but still make stops (to rest, eat, etc.).
- **The time barriers at interim points are set up as exit barriers.**
- Runners will not be allowed to leave after the time limit has expired.

25. CHANGES TO THE ROUTE AND TIME BARRIERS - CANCELLATION OF THE RACE

- The organisation reserves the right to change the route, the location of rescue points and refreshment points and the time barriers, at any time and without notice.
- In the event of unfavourable weather conditions (severe low pressure with heavy rain and snowfall at high altitude, severe risk of storm, etc.) the start of the race may be postponed. In the event of extreme, prohibitive conditions endangering the safety of runners, volunteers and staff along the route, the race will be cancelled.
- Where necessary, the organisation reserves the right to change or remove sections of the route.
- **If the race is disrupted, all runners who reach the finish line in compliance with the time barriers will be considered 'finishers'. The organisation reserves the right to establish intermediate finish lines and the related time barriers at its own discretion. Note that the rankings in this case may not be internationally recognised.**

26. ROUTE AND GPS TRACKING

The runner is required to correctly follow the entire marked course, without cutting or deviating from it, and must pay particular attention at intersections where different race routes meet. It is also recommended to download and study the GPX track in advance in order to familiarise yourself with the route and avoid navigation errors.

The GPX files of the course can be downloaded from the website torxtrail.com. Any substantial changes to the course and/or logistics will be communicated in due time by the Organisation to all registered runners.

27. DISQUALIFICATION

- Race marshals will be stationed along the route to check that runners are in compliance with the regulations.
- The marshals are authorised to carry out checks of any kind and may stop a runner from competing after reporting an irregularity or infringement of the regulations to the race organisers.
- If an irregularity is confirmed, the runner will be disqualified by the race organisers.
- **The following infringements are punishable by disqualification::**
 - Refusal to submit to checks
 - Litter left behind by the runner or assistant
 - Failure to provide assistance to another runner in difficulty
 - Refusal to comply with an order from the race organisers, a race marshal, a doctor or a rescuer
 - Leaving a checkpoint after the time limit has expired
 - Drugs use or refusal to submit to a drugs test
 - Failure to pass through a checkpoint
 - Using any means of transport
 - **Stopping or spending the night in unauthorized structures, shelters or vehicles.**
 - **Abusive language or threats from the runner or his/her assistant to a member of the organisation or a volunteer**
 - Sharing and/or exchanging race numbers
 - Failure of a runner's coach or assistant to comply with the road transit restrictions
 - Coaching
 - Assistance given outside the authorised points
 - Any infringement of the race ethics detected
- Disqualification is immediate and the runner must withdraw from the race immediately.

28. COMPLAINTS

Complaints will only be accepted if they are submitted non-anonymously before the closing ceremony, together with a €150 deposit.

29. JURY

- The jury comprises:

- the race organiser
- the health & safety director
- any other person deemed appropriate by the race organiser
- The jury will reach a decision within the time it takes for discussion and carrying out of required checks
- **The jury's decision is final.**

30. RANKINGS AND PRIZES

- The awards ceremony is an integral part of the sporting event. All runners are required to attend the ceremony.
- Awards will only be distributed to runners at the awards ceremony. Awards cannot be forwarded at a later or earlier date.
- The runner who arrives at the finish line in Courmayeur in the shortest time wins the race. Only runners who finish the race within the set time will have a qualifying time for inclusion in the final ranking.
- No cash prizes will be awarded. Every runner who finishes the race will be awarded the title 'finisher'.
- An overall ranking of all male and female runners will be drawn up, as well as separate rankings for men and women. Prizes will be awarded to the top five male and female runners in the overall ranking, and to the winner in each category. Prizes for individual categories will not be given to any runner who has already been awarded another prize.

○ CATEGORIES

Runners' ages are taken into consideration at the start of the race.

- V4 70 and over
- V3 - 60 to 69
- V2 - 50 to 59
- V1- 40 to 49
- SEN - 20 to 39
- JUN - 18 to 19

31. IMAGE RIGHTS

All runners expressly waive the right to images taken of them during the event, and grant the organisation and its partners free, unlimited use of any photographs and videos in which they appear.

Any dissemination for commercial purposes of photographic or video images captured during the event, via any means (internet, social networks, TV, press, magazines, etc.), without written authorisation from the organisation is expressly prohibited.

TORX®, TOR®, Tor des Géants®, Tor des Glaciers™, Passage au Malatrà™, Tot Dret™, TOR450™, TOR330™, TOR130™, TOR100™ and TOR30™ are trademarks owned or used exclusively by VDA Trailers. Any communication of the event or use of images of it must be done in observance of the name of the event and registered trademarks, subject to agreement by the organisation.

32. PRIVACY

- By registering, runners declare that they accept all the clauses in these regulations and the Privacy Policy, which is available to view here.

33. ACCEPTANCE OF REGULATIONS AND RACE ETHICS

- Participation in a TORX race assumes unreserved acceptance of these race regulations and the race ethics, which are published and available to view at www.torxtrail.com
- By registering, runners declare that they have read, accepted, and are aware of the following articles in particular:
 - **Article 1** Foreword
 - **Article 6** Registration fees
 - **Article 7** Charity bibs / Eco race bibs
 - **Article 8** How to register
 - **Article 10** Refund of registration fees (Ordinary refund, Refund Protect program by the Protect Group, Non-cumulative refunds)
 - **Article 13** Semi-self-sufficiency
 - **Article 14** Equipment
 - **Article 15** Safety and medical assistance
 - **Article 25** Changes to the route and time barriers - cancellation of the race
 - **Article 31** Image rights
 - **Article 32** **Privacy**

IMPORTANT: The original version of this document is written in Italian. In the event of any inconsistencies or discrepancies with versions in other languages, the Italian version will prevail.