



REGULATION – DOLOMITES VAL GARDENA XTREME UP

In cooperation with the Saltos Mountain Xtreme association, the Tourist Office Selva organizes the „Dolomites Val Gardena - Xtreme Up“, a wintry uphill competition race which is accessible to everyone. Start is at the Frëina slope (1550m) in Selva and the finish is the 2250m high Ciampinoi summit with a total height difference of 720 m and a length of 2320m. The event will take place on **Saturday, 29.01.2022 from 6pm on at the Frëina slope in Selva Val Gardena**. Start of the race is at 6.30pm.

The maximum number of participants is limited to **200 athletes**.

The registration for the race can be made online on the event website www.xtreme-up.it from 10.10.2021 at 10.10 am on, until 28.01.2022 at 7pm, or until the maximum number of participants is reached.

The last possible registration (depending on availability) is on Saturday, 29.01.2022 from 8am until noon and from 2.30pm until 4pm in the Active & Events Office on the Nives square in Selva, at the price of 45€ (only cash payments will be accepted).

The registration includes: starter package, timekeeping, transport of the backpacks from the start area to the finish line, descent by gondola, refreshment along the route and participation in the pasta voucher. National and international athletes from the junior category (born 2003 and after) can participate in the competition.

They must be in possess of a valid medical certificate of sporting authority and a signed disclaimer declaration, which must be handed in in advance by e-mail or when picking up the starting number.

The event is open both for adult license athletes and recreational athletes, without any participate restrictions. The minor participants need a consent form to be signed by a parent/legal guardian. It is a race on time with end time measuring. The participants of the SPEED class will start before the BACKPACK class.

The SPEED class is the supreme discipline of this vertical - up race. Each athlete tackles the Ciampinoi No. 3 slope vertically as fast as possible after free choice of material. Everything is permitted, as long as everything happens by one's own effort.

In contrast, the backpack class is considered an absolute fun competition. Here, the Ciampinoi slope no. 3 needs to be mastered as well. The only condition: participants have to carry a backpack including stuffing to the finish. The backpack filling is the starter package.

Best Dresses Rating: also in this edition, the participant with the most original disguise will receive a prize.

- **Starting number assignment:** on Friday 28.01.2022, from 4pm to 6pm and on Saturday 29.01.2022, from 10am to 12am and from 2.30pm to 5pm in the Race Office „Active & Events „on the Nives square in Selva
- **Starter Package:** Will be handed out to each participant at the start number assignment
- **Compulsory equipment:** headlamp and helmet
- **Free Parking:** Isgla parking place (Selva Val Gardena) or paid parking in the area
- **Transportation of the backpacks:** Backpacks must be handed in at the start area Frëina slope within 6pm and



must be marked with the according start number

- **Race meeting:** 6:15pm start area Frëina slope, the presence is compulsory
- **Start:** Frëina slope at 6:30pm with cannon shot
- **Finish:** Ciampinoi mountain station at 2,250 m
- **Slope:** No. 3 Ciampinoi
- **Refreshment:** Saslonch hut and finish area on the Ciampinoi.
- **Interim:** Saslonch hut at 2,100 m and 1.79 km after takeoff.
- **Checkpoint:** Saslonch hut until 8:45pm. Participants who reach the checkpoint after 8:45pm are disqualified and will be stopped and taken up by a snowmobile to the Ciampinoi mountain station.
- **Return:** only with the Ciampinoi cable car (free for participants). Last descent at 9:00pm. The descent on the slopes is prohibited.
- **Prize distribution:** 9:15pm in the cultural center „Oswald von Wolkenstein“ (Pitla Sala). The food voucher (food + drink) is attached to the start number.
- **Ratings:** SPEED, BACKPACK and HANDICAP in the two categories Men and Women.
- **Race Director:** Luciano Montrucoli

IMPORTANT: In case the event must be canceled due to major force, bad weather or similar, the entry fee will not be refunded. We hope for your understanding! Participation in the race „Xtreme Up - Dolomites Val Gardena“ stipulates that all registered participants accept the sections of the regulation without reservation. By registering, each participant commits to comply with these rules and releases the organizers from any civil or criminal liability in the event of accidents, personal injury or property damage caused by them during the event. The race will be carried out in accordance with this regulation.

Changes, cautions or warnings will be posted on the website www.xtreme-up.it.

DECLARATION OF AUTHORITY: The voluntary registration and the associated participation at the race show the full approval of these regulations and all changes made. With the registration, the organizers are released from any civil and criminal liability for personal injury and/or property damage. The Organizing Committee reserves its right to change these regulations at any time for organizational reasons.

IMAGE RIGHTS: Each participant expressly waives his rights to pictures taken during the event. Furthermore, the participant waives any recourse to the organization and its official partners for the use of his image.

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