



REGULATION – EVENT INFO

ART 1. ORGANIZING COMMITTEE

Sport PRO-MOTION A.S.D. organize the 3rd HOKA ONE ONE Monterosa Est Himalayan Trail on Saturday 25th July 2020.

Organizing Committee (further OC):

Sport PRO-MOTION A.S.D.

Via Maurizio Muller, 37 - 28921 Verbania Intra (VB), Italy - Tel +39.0323.919.861

MEHT@pro-motion.it - www.MEHT.it

ART 2. REGISTRATION OFFICE

Registration managed by SDAM – Sport Data Management S.r.l.; enquires about registration:

E-mail: MEHT@sdam.it

Call Center: 895.6060.668

ART 3. ELIGIBILITY

Based on current Italian Law for participation at sport events (D.M. 18.02.1982 tab. B) all MEHT races are open to everyone 18 years old on 25th July 2020 holding an agonistic sport medical certificate.

Every participants must be:

- Well trained, holding strong self-autonomy in a mountain environment, able to eventually face weather conditions, which could become difficult. Alpine environment conditions can change fast and drastically and this is an aspect that can't be underestimated; therefore participants must be able to face extreme weather conditions as intense cold/hot, snow or rain, strong wind etc.
- Able to manage eventual physical/psychological problems connected to high level of tiredness, stomach problems, muscular/articular pain, small wounds, starvation/dehydration feeling etc.
- Conscious that the OC role is not helping or assisting participants during his race.

For participants at 60K and 38K race, we advise to have completed at least one TRAIL race of 40K with about 2500 meters of positive elevation gain.

ART 4. RESPONSIBILITY DECLARATION

MEHT is organized by Sport PRO-MOTION A.S.D. For insurance requirements every participant will be automatically affiliated to a promotional sport club for the race day (SAT July 25th 2020).

Every participants, by registering at races part of the 3rd Monterosa EST Himalayan Trail held on SAT 25th July 2020, conscious of penalties for false declaration (Italian law art. 26 l. 15/68 and art. 489 c.p. and art. 2 - law 04/01/1968 n° 15 as modified with art. 3 comma 10 - law 15/05/1997 n° 127), hereby declare:

“To accept and fully acknowledge regulation of the event, to be aware that participating at mountain sport races, especially mountain running (TRAIL), is a potential risk activity if not well trained and in good physical condition or if not well equipped for morphological and weather condition typical of alpine environment; to be conscious that all participants must be 18 years old on race day and hold a sport agonistic medical certificate valid on race date.

To enter the race consciously assuming full responsibility for all risks arising from participation as falls, contacts with vehicles, other participants, spectators, extreme weather conditions including extreme heat/cold, traffic and road/ mountain trails conditions and any type of risk known and evaluated by myself. Being conscious of the above declaration, considering the acceptance of my registration I, for myself and on behalf of anyone else, I fully arise the OC, Sport PRO-MOTION A.S.D., promoters, councils of Macugnaga, Ceppo Morelli, Vanzone and Saas Almagel, Province of Verbano Cusio Ossola, Piedmont Region, all Partners, their representatives, successors, officers, directors, members, agents and employees of entities mentioned above, from all present and future claims for liability of any kind, known or unknown, consequential to my participation at the event”.

ART 5. PRIVACY POLICY – IMAGE RIGHTS

Participation in the Event determines the processing of the participants' personal data for the purposes and modes described in the Privacy Policy. By registering for the Event, the participant confirms to have read the Organizer's Privacy Policy published on www.MEHT.it

ART 6. SEMI-AUTONOMY

During the race it is forbidden to be accompanied/assisted by a non-enrolled person. Assistance allowed ONLY nearby refreshments points (100 m before/after); penalty is an immediate disqualification.

Semi autonomy is intended as the capacity of self-autonomy between two refreshment points, not only regarding food/beverage but also about equipment and safety to be able to face problems like bad weather, physical problems, injuries, etc.

Participants have to ensure, when leaving each refreshment point, to carry a sufficient amount of water and food to reach next refreshment point.

ART 7. COURSE MODIFICATION - CANCELLATION

In case of bad weather the races' course may be modified; in base of safety conditions the OC will value the possibility to race on alternative course.

MEHT races are semi-autonomy events held in an alpine environment at the base of Monterosa East wall with segments in Switzerland. In order to guarantee safety for all participants, staff and public the OC has the right to modify the courses at any time, modify time limit gates or in extreme cases to cancel the event. Eventual modifications/cancellation can happen before the race start or during it; participants will be immediately informed about every modification by email, website or directly by the staff along the course.

ART 8. ENVIRONMENT RESPECT

Is strictly forbidden to throw waste along the course; penalty is an immediate disqualification in addition to fines applied by local laws.

Every participant must respect the magnificent and uncontaminated environment surrounding all MEHT races. It will be possible to throw waste ONLY near refreshments points where litter holder will be available.

ART 9. EVENT PROGRAMME

Time modification can be possible due to organizational reasons.

All Races	FRI 24.07	05:00 pm	Technical Briefing (Kongresshaus – Fraz. Staffa)
60K/38K/Relay	SAT 25.07	06:00 am	Start (Macugnaga Fraz. Pecetto – Sport Centre)
23K/15K	SAT 25.07	09:00 am	Start (Macugnaga Fraz. Pecetto – Sport Centre)

ART 10. ITRA/UTMB POINTS

Following ITRA/UTMB qualifying points are assigned as indicated below:

60K	3 Points (to be approved)
38K	2 Points (to be approved)
23K	1 Points (to be approved)
15K	-
38K+22K	3 Points (2 Points 38K LEG / 1 point 22K LEG. <u>The point will be assigned only if both finish their own section</u>)

ART 11. EQUIPMENT

Safety first! TRAIL races are subject to uncertain weather conditions, a key factor that cannot be underestimated. For this reason, the OC will perform equipment checkpoints before/during the race; anyone missing items inside compulsory equipment list, or denying the control, will be immediately disqualified.

In case of good weather conditions, compulsory equipment can be modified; eventual changes will be communicated during the technical briefing.

MEHT 60K – 38K

COMPULSORY

- ID card
- Backpack or backpack + pouch with enough space for whole mandatory equipment
- Cell phone: save the emergency numbers of the OC (indicated on BIB number), be sure to have network also in Switzerland. No hidden number and 100% charged battery
- TRAIL running shoes
- Portable plastic glass 15 Cl minimum capacity
- Water bottles or hydration pack (camelback style) with at least 1 Lt capacity
- Headlamp with extra battery pack
- Survival blanket
- Whistle
- Elastic strap for medical dressing or strapping (min 100cm X 6cm)
- Food reserve
- Long pants or ¾ pants + long socks to cover entire leg
- Waterproof/windproof jacket (GORETEX style) with hood. Jacket must be suitable for bad weather condition (cold, wind, rain, snow)
- Spare warm microfiber long sleeve jersey
- Hat or head/neck band (Buff style) to cover all head
- Gloves

RECCOMENDED

- Extra warm cloths
- Waterproof pants cover
- Poles
- Sunglasses and sun cream
- Pocket money
- Basic First AID KIT
- GPS watch with GPX tracks uploaded (free download on www.MEHT.it)
- Micro rampons

MEHT 23K

COMPULSORY

- Backpack or backpack + pouch with enough space for whole mandatory equipment
- Cell phone: save the emergency numbers of the OC (indicated on BIB number), be sure to have network also in Switzerland. No hidden number and 100% charged battery
- TRAIL running shoes
- Portable plastic glass 15 Cl minimum capacity
- Water bottles or hydration pack (camelback style) with at least 1 Lt capacity
- Survival blanket
- Whistle
- Elastic strap for medical dressing or strapping (minimum 100cm X 6cm)
- Food reserve
- Waterproof/windproof jacket (GORETEX style) with hood. The jacket must be suitable for bad weather condition (cold, wind, rain, snow)
- Hat or head/neck band (Buff style) to cover all head
- Gloves

RECCOMENDED

- Headlamp with extra battery pack
- Long pants or ¾ pants + long socks to cover entire leg
- Spare warm microfiber long sleeve jersey
- Extra warm cloths
- Waterproof pants cover
- Poles
- Sunglasses and sun cream
- Pocket money
- Basic First AID KIT
- GPS watch with GPX tracks uploaded (free download on www.MEHT.it)

MEHT 15K

COMPULSORY

- Pouch with enough space for whole mandatory equipment
- Cell phone: save the emergency numbers of the OC (indicated on BIB number), be sure to have network also in Switzerland. No hidden number and 100% charged battery
- RUNNING or TRAIL shoes
- Portable plastic glass 15 Cl minimum capacity
- Whistle
- Elastic strap for medical dressing or strapping (minimum 100cm X 6cm)
- Waterproof/windproof jacket or gilet + arm sleeves
- Hat or head/neck band (Buff style) to cover all head

RECCOMENDED

- Long pants or ¾ pants + long socks to cover entire leg
- Poles
- Sunglasses and sun cream
- Money reserve
- Basic First AID KIT
- GPS watch with GPX tracks uploaded (free download on www.MEHT.it)
- Survival blanket
- Gloves

MEHT RELAY 1st Leg 38K (0 Km → 38 Km)

COMPULSORY

Same as 60K

RECCOMENDED

Same as 60K

MEHT RELAY 3rd Leg 22K (38 Km → 60 Km)

COMPULSORY

Same as 23K plus:

- Headlamp with extra battery pack

RECCOMENDED

Same as 23K

ART 12. COURSE – CHECK POINTS

If you don't see a "MEHT" course sign for 300 meters, come back!

In full respect of MEHT philosophy, to avoid erosion of the wonderful region hosting us, it is absolutely forbidden to exit the race trails.

MEHT races are inside an alpine environment at the base of Monterosa East wall with a section in Switzerland; the courses are entirely on mountain trails or gravel road with a minimum sections on tarmac. Along all MEHT courses there are not exposed alpine sections (fixed rope style).

Every participant must rigorously follow the course indicated by signs, tape and reflective bands where the use of headlamp is needed. It is strictly forbidden to follow different paths; the penalty is an immediate disqualification.

Random checkpoints will be along the course; staff members will check participants passage and conformity of their mandatory equipment; any athlete refusing the control will be immediately disqualified.

ART 13. REGISTRATION

Registration closes on 23rd July 2020 (on-line option only); after this date it will be possible to register only in person at the MEHT Village on 24th-25th July.

Registration may close any time by OC decision.

MAX N° Participants:	Distance	N° MAX
	60K	300
	38K	250
	23K	300
	15K	100
	Staffetta	50 Team

ENTRY FEES

RACE	01/09/19 – 28/02/20	01/03/20 - 31/05/20	01/06/20 - 23/07/20	MEHT VILLAGE 24-25/07/20
60K	60,00	65,00	70,00	80,00
38K	40,00	45,00	50,00	60,00
23K	25,00	30,00	35,00	45,00
15K	15,00	20,00	25,00	35,00
Relay 38K + 22K	70,00	80,00	90,00	110,00

SERVICES INCLUDED

Customized BIB	Chip Rental	Showers	Medical Assistance
Official Gadget MEHT	Medal	Changing Rooms	Finisher Certificate
Third Part Insurance	Guarded Bag Deposit	Technical Briefing	Lifts Free Ticket (FRI/SAT/SUN)
Refreshments Points	Chrono Timing	Finish Massage	WC
Cloths Deposit Bag	GPS Traces	Lifts Discounted Tickets (Companions)	

REGISTRATION OPTIONS

On bank transfer description, it is mandatory to specify name of the athlete/athletes and selected race (ex: Rick Dare / 60K).

We do not accept registrations with incomplete information, missing entry fee or required agonistic medical certificate.

ON-LINE

BY: 23rd July 2020 by 01.00pm

Directly on www.MEHT.it with easy, fast and secure system.

Registration and payment by credit card or PAYPAL (commission applied).

E-MAIL BY: 19th July 2020

Sending by e-mail to MEHT@sdam.it:

1. Registration Form fulfilled/undersigned
2. Agonistic Medical Certificate (download template on www.MEHT.it)
3. Payment Receipt: Bank Transfer to Sport PRO-MOTION A.S.D. - Banca Intesa Sanpaolo ag. Baveno (VB), Italy
IBAN: IT 65 U030 6945 1611 0000 0000 774 – SWIFT/BIC Code: BCITITMMXXX – (participants must cover commission fees).

MEHT VILLAGE 24th-25th July 2020 (only cash payments)

In person providing:

1. Registration Form fulfilled/undersigned
2. Agonistic Medical Certificate (download template on www.MEHT.it)

ART 14. BIB NUMBER

BIB Number will be delivered only to the registered athletes or Relay Team Captain by showing an ID card and the "CONFIRMATION LETTER"; no BIB replacement is available in case of loss.

BIB number are necessary to benefit services dedicated to participants, including eventual lifts transportation on race-day. Every participant must save the OC emergency number indicated on BIB front side; participants has to indicate, on BIB backside, a name and mobile number to contact in case of emergency.

BIB are strictly personal with no possibility to transfer it to a third person. It is responsibility of each participant to visibly endorse their BIB on frontal body part and it is forbidden to modify BIB numbers. Anyone running without or modified BIB number will be disqualified and persecuted by sport and law authorities.

ART 15. CONFIRMATION LETTER

The confirmation letter will be available on www.MEHT.it from July 20th 2020 and is the only document necessary to collect BIB numbers.

Registrations can be verified on www.MEHT.it.

ART 16. BIB NUMBER COLLECTION - RACE KIT - DELEGATION

BIB number and race kit can be collected at:

MEHT Village - c/o Piazzale Centro Sportivo - Fraz. Pecetto di Macugnaga (VB) - Italy

FRI 24th July 2020 10:00am – 09:00pm

SAT 25th July 2020 04:30am - 09:00am

Only on July 24th it will be possible to delegate a third person to pick-up BIB numbers; the appointed person must provide:

- Confirmation Letter undersigned by delegating person + Delegation (attached to Confirmation Letter)
- ID copy (Passport or ID) of delegating person.

ART 17. ENTRY FEE REFUND - DISTANCE CHANGE

There will NOT be possibility to change selected distance.

Entry fees for the 3rd Monterosa EST Himalayan Trail are not refundable; including cancellation or postponement for major forces not directly referable to the O.C. including revocation of event authorization by local authorities.

In case of cancellation of the event there will be no refunds but the OC will evaluate the transfer of registration fees to next edition.

ART 18. TIMING - CHIP

CHIP are used to verify race time and for safety reason as it shows participants transition along the course. € 25,00 fee will be charged to participants not returning the CHIP at the Finish Area.

Race timing will be done using CHIP technology with race time and intermediate timing points. Participants not detected at timing points will be immediately disqualified; CHIP are strictly personal with no possibility to transfer it to a third person.

Anyone running without CHIP, or exchanged CHIP, will be disqualified and persecuted by sport and law authorities.

ART 19. TIMING BARRIERS – MAXIMUM TIME

Participants passing timing barriers after maximum time limit will be officially out the race and not anymore under the OC responsibility.

Timing barriers can be checked on "ROAD BOOK" available on www.MEHT.it; timing barriers are calculated to monitor participant's position due to safety reasons and are calculated considering necessary time to finish the race within maximum time allowed. In case of bad weather conditions, or to ensure participants safety, the OC has the right to modify the timing barriers.

60K MAX Time 17:00h

38K MAX Time 11:30h

23K MAX Time 08:00h

15K MAX Time 05:30h

Relay 38K+22K MAX Time 17:00h (1st + 2nd Leg)

ART 20. DISQUALIFICATION

Course marshals/officials will verify full respect of race regulations by all participants and in case of irregularity, they will disqualify the offender. Is also possible that the OC verifies irregularities after the race using images/video delivered to the OC.

The Race Director can order an immediate disqualification for following infractions:

Absence items part of the Mandatory Equipment
Check Point Control Refusal
Missing assistance/help to other participants
Non-respect of given instruction by Race Director, staff member, Race Doctor or rescuer
Waste abandoning by participants or their assistants
Time barrier reached out of MAX Time
No-show at check point along the course
Non-respectful behaviour to a member of the OC or other participants
Support along the race course by non-registered person
Use of lifts or any other transports during the race
Assistance received out of allowed range of 100 meters before/after refreshments points
BIB number/CHIP exchange

ART 21. CLAIMS

Only written claims will be considered; claims must be signed by participants and presented not later than 12:00am on SUN 26th July 2020 including a deposit of 100,00€ which won't be refund in case of claim refusal. The claims' jury in charge is composed by: Race director – Safety Manager – Course Marshalls.

The jury can deliberate, without right of appeal, after all verifications made after the event using static and/or moving footage.

ART 22. WITHDRAWAL

Participants pulling out from the race must keep their BIB number to access all race areas, including free transport by lifts.

In case of withdrawal, participants must reach the closest refreshment/checkpoint and communicate their decision to OC who will nullify the BIB number and give assistance by indicating the easiest way to reach Macugnaga.

Participants pulling out without notify immediately the OC, will be charged of potential expenses needed to activate the Alpine Rescue Service alerted in case of false alarm.

ART 23. SAFETY – MEDICAL ASSISTANCE

Rescue points will be set-up along the course with dedicated staff and vehicles connected to the OC. Physical and health conditions will be check and in case are not considered adequate there could be temporary or definitive stop without any right of appeal.

Medical staff along the course guarantee assistance only in case of serious problems; therefore, we advise every participant to carry a basic self-medications set for small bounds or blisters, which do not need medical assistance.

Injured athletes can alert the OC at check/refreshment points, by calling the numbers indicated on the BIB or by asking help to other participants. Every participant must provide assistance to others in difficulties; otherwise, the penalty will be a disqualification for rescue omission.

In case of emergency, by exclusive decision of the OC, the Alpine Rescue Service will be alerted and will manage operations by using anything necessary including eventual support from the helicopter. In case of helicopter assistance and if considered appropriate, some or all the expenses for this operation can be charged to the participant as indicated by the Region Piedmont (Italy) and Swiss laws.

ART 24. INSURANCE

Every participant must own a personal medical insurance valid in Italy and Switzerland; insurance must cover injuries and Alpine Rescue Operations including the eventual helicopter assistance.

The OC subscribe a third part responsibility insurance for the event. Taking part to the race is under total responsibility of participants who waive any complaint against the OC in case of any damage not directly referable to OC. When registering participants signs a liability waiver by the “Responsibility declaration” (Art 4).

The OC suggest a subscription of an insurance offered by ITRA (International Trail Running Association - <https://itra.run>) who offers a very convenient daily (race day only) or annual insurance.

ART 25. ROAD BOOK – COURSE MAP – GPS TRACKS

Road Book, course map, elevation and GPS traces are available and downloadable free on www.MEHT.it.

ART 26. REFRESHMENTS

To reduce environment impact there will not be plastic glasses at refreshments points, every participants must carry a portable glass or similar recipient; the OC provides only liquids to fill up glasses, water bottles or hydration packs.

There will be two kinds of products available:

Drinks: still water, hot tea, isotonic drinks, Coca Cola and hot soup.

Food: fresh fruit (watermelon, bananas, oranges, apples), dry fruits, biscuits, chocolate, salted snacks, cheese, salami and bread.

To see the exact position of refreshments points refer to “Road Book” on www.MEHT.it.

ART 27. POST-RACE MEAL

Every participant can benefit a free meal after the race by showing the voucher at MEHT Village Pasta Party. Accompanying person can buy meals at a promotional price.

ART 28. CHANGING ROOM - SHOWERS - WC

Changing rooms are not supervised; the OC denies any liability for lost, damaged or stolen items.

Changing rooms, showers and WC are available at MEHT Village (Fraz. Pecetto) only for participants even during the race (for example during 60K). WC are available at Start/Finish area (MEHT Village - Fraz. Pecetto) and in some refreshment points or in existing buildings (see details on “Road Book” www.MEHT.it).

ART 29. CLOTHS DEPOSIT BAG

Every participant will receive a deposit bag and a sticker to apply on it. There will be a bag deposit at the MEHT Village where participants can deliver, based on their BIB number, their bag which can be recollected after the race. **The 60K participants can use the deposit area even during the race to eventually change cloths before running the second part of the race.**

ART 30. RANKING - PRIZES

Ranking and certificates will be available on www.MEHT.it.

The Award Ceremony will take place at 05:00 pm on SAT 27.07.2019 at the Start/Finish Area (MEHT Village - Fraz. Pecetto).

Following athletes will be awarded with trophies or products:

60K – 38K	First 10 Men/Women	General Ranking
23K - 15K	First 5 Men/Women	General Ranking
38K+22K	First 3 Teams	General Ranking

ART 31. PARKING AREAS

SAT 25th July 2020 cars’ PAY parking will be free of charge for all participants by placing on car window the bottom part of the Confirmation Letter with the sign “P”.

ART 32. HOSPITALITY

On www.MEHT.it will be listed all accommodation option for the MEHT weekend.

Official Travel Agency:

Verbano BOOKING

Tel +39.0323.922.917 - Fax +39.0323.922.303

maratona@verbanoevents.com - www.verbanobooking.it

Other information about transport and hospitality available at Tourist Information Office:

IAT

Piazza Municipio, 6

TEL: +39.0324.65119

iat@comune.macugnaga.vb.it

ART 33. PHOTO AND VIDEO

All participant can see and download their pictures and video of the event on www.MEHT.it.

ART 34. HOW TO REACH US**PLANE:**

International Milan Malpensa Airport distant about 100 Km.

www.sea-aeroportimilano.it

BUS:

Shuttle BUS Airport Milan Malpensa – Domodossola (booking requested)

http://www.comazzibus.com/eng/prenotazione_alibus.php

BUS line Domodossola – Macugnaga

http://www.comazzibus.com/eng/linee_orari.php

CAR:

Highway A8 dei Laghi with link to A26/E62 direction “Sempione” exit:

PIEDIMULERA/MACUGNAGA

www.autostrade.it

TRAIN:

Direct connection from Milan, Turin, Geneva and Zurich. Train stop Domodossola.

www.fsitaliane.it