



## CONSORZIO TURISTICO VALLE MAIRA

Sede Legale e Operativa: Piazza XX Settembre, 3  
12025 Dronero (CN) • +39 379 1789427 • +39 0171 917080  
consorzio@vallemaira.org • www.vallemaira.org  
Cod. Fiscale: 96089370041 • P.IVA: 03844070049

# MOT REGULATION 3X50K and 3x50K Relay

The MOT 3x50 – VALLE MAIRA OCCITANTRAIL is a trail running race that develops in 3 stages for a total of almost 150 km and including all the municipalities of the Valle Maira located in the province of Cuneo.

The race takes place in a mountain environment on single track or dirt roads. Although there are no challenging passages, these are nevertheless nature routes susceptible to all the climatic variations typical of the mountain environment of the Western Alps in the month of September.

Therefore, a suitable psycho-physical preparation is required to tackle this type of route, as well as the ability to move independently in a mountain environment.

## **THE ORGANIZATION**

The MAIRA OCCITAN TRAIL competitions are organized by the CONSORZIO TURISTICO VALLE MAIRA, supported by the technical partner A.S.D. IL PODIO SPORT ([www.vallemaira.org](http://www.vallemaira.org)).

## **ACCEPTANCE OF THE REGULATION**

The competitor undertakes to unquestionably accept this regulation in all its parts.

## **THE PATH**

The MOT 3x50 covers approximately some stretches of the well-known Occitan Routes track ([www.percorsioccitani.com](http://www.percorsioccitani.com)) and is divided as follows:

- ❖ 1st stage – Marmora, Palent, Celle Macra, Colle Margherita, S. Damiano Macra, Cartignano, Roccabruna, Dronero, Villar San Costanzo.
- ❖ 2nd stage – Macra, Camoglieres, Svolto, Elva, Colle Bicocca, Bonfante bivouac, Acceglio.
- ❖ 3rd stage – Chiappera, Ciarbonet hill, Gardetta hill, Preit hill, Mulo hill, Marmora.

It cannot be ruled out that due to force majeure the route may undergo changes even immediately before the race.

## **REFRESHMENTS AND TIMED GATES**





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STAGE	KM	REFRESHMENT	TIMED GATE	PENALTY
1	10	Palent		
1	18	Celle B.ta Chiesa		
1	30	Rifugio Partigiano	5h	2 min penalty for every minute of delay
1	40	Cartignano	Check-point	
1	48	Dronero		
1	55	Villar S.C.	10h	1 min penalty for every minute of delay
2	13	Stroppo Paschero	Check-point	
2	23	Elva	5h	2 min penalty for every minute of delay
2	29	Colle Bicocca		
	35	Bivacco Bonfante (No Refreshment)	Check-point	
2	41	Gr. Verzio Sup	Check-point	
2	50	Acceglio	10	1 min penalty for every minute of delay
3	10	Viviere	Check-point	
3	20	Colle del Preit	5h	2 min penalty for every minute of delay
3	30	Gias Valanghe		
3	38	Marmora	9h	1 min penalty for every minute of delay



Una gara  
dai tempi diversi  
20-22 settembre 2024



**ValleMaira**  
TERRE D'ALTE EMOZIONI



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Failure to respect the time gates will result in the impossibility of continuing the competition of the stage, but not the exclusion from the subsequent stages. That is, for example, anyone who does not return to a gate in stage 1 is accompanied by the race service to the arrival location, but will be able to regularly start in the subsequent stages with the addition of the penalty to the maximum stage time.

Those who do not return within the time gate, but still want to continue along the race route, can do so assuming all responsibility and will be released from the protection of the competition organizers.

### **CONDITIONS FOR REGISTRATION**

The registration deadline will be September 15th 2024 or when the 70 available places are exhausted. For registrations from September 10th onwards, a personalized bib will not be guaranteed.

To access the registrations you need:

- a) Be 18 years of age or older at the time of the race.
- b) Have a valid medical certificate for athletics, running and mountain running.
- c) Have a membership with a FIDAL / UISP sports club or other recognized clubs or have a RUNCARD.

### **INDIVIDUAL RACE REGISTRATION FEES:**

- 160,00€ until June 30th, 2024
- 200,00€ from 1st July to 31st August 2024
- 240,00€ from 1st September to 15th September 2024

In the event of cancellation of registration by a competitor, no refund will be provided.

### **RELAY RACE**

The registration deadline will be September 15th 2024 or when the 30 places available for teams are exhausted. For registrations from September 10th onwards, a personalized bib will not be guaranteed.

The shuttle will be included, but only for the day of the race.

Competition registration fees per team:

- 180,00€ until June 30th 2024
- 240,00€ from 1st July to 31st August 2024
- 300,00€ from 1st September to 15th September 2024





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The teams may be made up of 2 or 3 athletes, who may only change from one day to the next and not during a single stage. Remember to register everyone with the same team name.

Excluding the information listed above, the relay follows the same rules as the single.

### **REGISTRATION FOR THE RACE INCLUDES**

Payment of the registration fee entitles you to:

1. Race pack
2. Personalized bib with microchip
3. Tracker for geolocation
4. Access to refreshments with local products from the Maira Valley
5. Shuttle from the arrival to the departure of each stage
6. Luggage transport from departure to arrival
7. Finisher Award
8. Closing party
9. Showers on arrival

### **CANCELLATION POLICY**

If the competitor is unable to participate due to injury or illness - upon presentation of a valid medical certificate - and wishes to participate in the next edition of MOT, a 50% discount on the price of the bib will be guaranteed. There will be no refund of the entire amount paid, except for cancellations attributable to the organization.

### **TOURIST PACKAGES**

In the month of April the **tourist packages** linked to the race will be activated which will include: **bib number**, 3-night stay in half board **accommodation** near the start/finish points (therefore the structure will be changed every day) and **shuttle transport** to and from the starting and arrival points of the individual stages of the trail. For those who purchase the package, **the price of the bib is 160 € for individuals / 200 € total for the team**, regardless of the date of registration.



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Upon request, the package can also be extended to Thursday night. It will be possible to purchase the packages until August 31st. For information and further information, send an email to: [consorzio@vallemaira.org](mailto:consorzio@vallemaira.org)

### **LOGISTICS**

The shuttle is included in the registration cost, for each athlete who runs the relay, the shuttle will only be included on the day of the race.

- **STAGE SHUTTLE**: from arrival return to departure.
- **FACILITY SHUTTLE**: (only for those who have purchased the tourist package) from the structure to departure and from arrival to the structure.

It will work like this:

**DAY 1:** *Departure Marmora* – the shuttle will pick up the athletes, who have also requested an overnight stay for Thursday night, at the assigned structure to take them to the start.

Those who have not requested an overnight stay for Thursday night will be able to leave their car at the start for the entire duration of the MOT.

*Arrival Roccabruna* - the shuttle will take the athletes to the designated accommodation facility.

**DAY 2:** *Departure Macra* - the shuttle will pick up the athletes at the various facilities to take them to the start.

*Arrival Acceglio* - the shuttle will take the athletes to the designated accommodation facility.

**DAY 3:** *Departure Chiappera* - the shuttle will pick up the athletes at the various facilities to take them to the start.

*Arrival Marmora* - the shuttle will take the athletes to the designated structure for the overnight stay in case they stop to sleep even on Sunday evening.

Times will be communicated later.

### **SAFETY AND ASSISTANCE**

Refreshments with solid and liquid foods are set up along the route. Furthermore, at strategic points of the route there are volunteers and/or staff dedicated to the safety of the participants.

Please remember that the competitor must be aware of competing in a mountain environment, of being used to independently managing moments of crisis resulting from possible adverse weather conditions, tiredness, small physical problems and the possibility of finding himself alone in some sections. of the route.





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Furthermore, remember that the route runs along mountain paths, dirt roads and only minimally short stretches of asphalt, therefore the competitor will find himself running on uneven terrain, with the possible presence of natural obstacles (holes, branches, emerging roots, stones, ...) or artificial (steps, drains, manholes, ...).

Since this is an event in a natural environment, possible encounters with domestic or wild animals typical of mountain fauna, some of them potentially dangerous (insects and reptiles, ...), cannot be ruled out.

The travel of even short stretches of roads subject to the transit of vehicles or the crossing of the same are not subject to supervision, therefore each athlete is responsible for his own conduct.

For safety reasons, accompanying animals are not permitted. It is not permitted to be accompanied on the route by another person who is not regularly registered for the race, external assistance is permitted only in the refreshment areas.

### **TIMING, STARTING ORDER AND RANKINGS**

Timing is entrusted to certified timekeepers and tracking devices provided by the organizing partner ENDU.

The tracker, which will all turn on together at the start in Marmora, must not be turned off again until the end of the last stage in Dronero. Absolutely remember to charge it every evening.

In the case of the relay there will be one tracker per team which will have to be passed from one competitor to another.

For the singles there are two absolute rankings, male and female. While for the relay there is only one classification without distinction of gender.

### **RACE PACKAGE AND AWARDS**

A race pack consisting of technical material and local products is provided.

At the end of the race, a prize will be awarded to the 1st to 5th place overall for each of the two male and female categories. For the relay, the top 3 teams overall will be awarded.

### **EXCLUSION FROM THE RACE**

At the sole discretion of the race direction, the athlete will be definitively excluded from the competition and from the ranking in the event of:





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- a) Incorrect behavior towards other participants, staff, volunteers or other people along the route
- b) Intentional damage caused to people, animals or things
- c) Use of illicit substances
- d) Abandonment of waste or personal material
- e) Omission of aid
- f) Lack of mandatory material
- g) Bib exchange
- h) Alternative route to the official one
- i) Failure to pass the checkpoint

### **MANDATORY MATERIAL**

The mandatory material is the following:

1. A GPS system with the tracks of the 3 stages loaded (downloadable from the website [www.mairaoccitantrail.it](http://www.mairaoccitantrail.it)) which allows you to locate the route in case of absence of signs.
2. Personal glass (disposable glasses will not be available at the refreshment points).
3. Mobile phone.
4. Trail running shoes
5. Hat or headband
6. Windbreaker with hood
7. Thermal rescue blanket
8. Headlamp with spare batteries
9. Water bottle at least ½ litre
10. Whistle
11. Minimum food reserve
12. Gloves, thermal shirt and overtrousers in case of bad weather (in the pre-race briefing the organization will communicate the obligatory nature of these garments).

By registering, each runner undertakes to carry with him all the mandatory material listed above throughout the race, under penalty of disqualification.

The mountain environment can be subject to sudden changes in climatic conditions, so it is a good idea for each competitor to evaluate the inclusion of suitable clothing to deal with such unexpected events in their competition set.

### **BIBS**





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The bib is personal, nominative and non-transferable. An integral part of the bib is the chip necessary for chronometric measurements.

The bib must always be worn visibly during the race and will allow access to the athletes area at the refreshment points.

### **INSURANCE**

The organization signs a civil liability insurance policy which covers the starting paddock, the official race route and the arrival area.

Nonetheless, although the organization takes care of every detail of the event, it is implicit that, since it is a trail-running competition, each member must be responsible for their actions like any other person who goes to the mountains.

### **RESPECT FOR THE ENVIRONMENT**

The environment always deserves respect, especially the delicate one of the mountains. Furthermore, the Maira valley is increasingly intent on moving in the direction of sustainable environmental exploitation by promoting eco-friendly tourism. We invite all participants in the event to pay the utmost attention to respecting those rules that should be the basis of common civil life, such as not abandoning waste. We also remind you that the mountain is not only a leisure area for tourists, but is also an environment in which work activities are developed which contribute to the balance of the ecosystem, such as the breeding of livestock and bees, therefore we invite mountain goers not to disturb this type of activity.

In any case, an eco-broom service is provided which provides for the recovery of all leftovers and material that may be abandoned along the route.

### **IMAGE RIGHTS**

The official images of the event are the property of the organization, therefore each participant and/or member renounces the right to exercise the rights of such images; also renounces any appeal against the organization and official sponsors for the use of images.