



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 42K REGULATION

The MOT 42K MEJA OCCITANTRAIL is a trail running race of approximately 42 km with almost 2650 meters of altitude difference and completes a circular route along the Unerzio and Marmora valleys in 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 OCCITANTRAIL competitions are organized and managed by ASD IL PODIO SPORT on behalf of the CONSORZIO TURISTICO VALLE MAIRA (www.vallemaira.org).

ACCEPTANCE OF THE REGULATION

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

THE PATH

The MOT 42K develops in a ring, initially touching the S. Giovanni di Canosio hill, then descending along the little-known path that leads to Maddalene di Prazzo, then Frere di Acceglio, Chialvetta, Viviere (where the route joins the third stage of the MOT 3x50), Gardetta pass, Preit pass, Margherina pass, Ancoccia pass, Mulo pass, Gias Valanghe, 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

STAGE	KM	REFRESHMENT	TIMED GATE
3	12	Viviere	Check-point



Una gara
dai tempi diversi
20-22 settembre 2024



ValleMaira
TERRE D'ALTE EMOZIONI



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3	20	Colle del Preit	6h
3	30	Gias Valanghe	8h
3	38	Marmora	10h

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 20, 2024 or when the 200 available places are exhausted.

To access the registrations you need:

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

INDIVIDUAL RACE REGISTRATION FEES:

- €30.00 until 30th June 2024
- €40.00 until 31st August 2024
- €45.00 as of September 20, 2024

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

REGISTRATION FOR THE RACE INCLUDES

Payment of the registration fee entitles you to:

1. Race pack
2. Personalized bib with microchip
3. Access to refreshments with local products from the Maira Valley
4. Finisher Award
5. Closing party
6. Showers on arrival

SAFETY AND ASSISTANCE





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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.

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 AND RANKINGS

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

RACE PACKAGE AND AWARDS

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

The 1st to 5th place overall for each of the two male and female categories 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:

- 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





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- 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. Personal glass (disposable glasses will not be available at the refreshment points).
2. Mobile phone.
3. Trail running shoes
4. Hat or headband
5. Windbreaker with hood
6. Thermal rescue blanket
7. Water bottle at least ½ litre
8. Whistle
9. Minimum food reserve
10. 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

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 at the refreshment points area.

INSURANCE

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





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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 ecofriendly 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.