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Every runner joining the competition must agree to this regulations:

Competitors must: be aware of what the risks in a mountain run can be; not suffer from vertigo and be very careful; bring appropriate clothes for temperatures which can be from - 5° C° to +30 C°; respect the environment; be sportsmanlike.

During the track there will be 3 restoration points with water and food and an emergency point but competitors must be independent.

In case of need the competitors must help each other.

Competitors must have with them ice crampons with at least 12 spikes, they will need them in the last kms of the track. It is possible to rent them for 5 €, to book them write an email to mia@marmolada.camp.

The point where it will be mandatory to wear the crampons will be signalized and will be under surveillance of the organizers.

We suggest you to bring the following equipment: waterproof jacket, telephone, whistle, thermal blanket, gloves, water, emergency kit, hat or bonnet and walking sticks (it is possible to rent them for 3 €, book them write to mia@marmolada.camp)

The organizers can check in every moment the equipment of competitors, who doesn't have the mandatory equipment will be disqualified.

In case of danger the track can be modified and the competition put on hold or cancelled.

The track will be marked with flags and signs, it is not allowed to run outside of the marked path. At 9.20, before the competition starts, there will be a briefing in which organizers will explain all the details.

Departure will be at 9.30 at Camping La Marmolada in Malga Ciapela (1450 mt). The arrival will be in Punta Rocca (3265 mt), on the Marmolada. The competitors will return to Malga Ciapela for free with the Marmolada cable car.

Racing bibs can be taken on the 28th of June from 8.30 am to 7 pm at Campsite La Marmolada Reception. Or on the 29th of June from 7.30 am to 9.15 am at the starting point at Camping La Marmolada.

Racing bibs must be worn during all the duration of the competition.



Runners can give a small backpack to organizers to bring it to Punta Rocca. Competitors must write their name on it. Organizers don't take any responsibility on the backpacks.

It is possible to retire to the competition calling the organizers or telling it to people at the restoration points. In case competitors don't communicate it they may be charged of the costs of rescue.

Only adults (more than 18 y.o.) can join the competition. Inscription will close Saturday 29th June, or on reaching the number of 300 competitors. Competitors must bring a medical certificate of well being and suitability of doing sports (without it, it won't be possible to participate).

Inscription fee includes: all the services described on this list, racing bib, race t-shirt, competitors package, transportation of backpack to Punta Rocca, insurance, lunch (barbecue, also for vegetarians) at campsite, cable car return ticket, car park at camping La Marmolada.

Competitors will be disqualified if they: use a means of transport, exchange the racing bib, do not have the mandatory equipment or refuse the checking of it by the organizers, use doping substances, act non-sportsmanlike, throw trashes or objects along the track.

Organizers subscribe a civil liability insurance, but joining the competition is under responsibility of each runner. Runners refuse to make any complaint after the end of the competition.

Photos taken during the competition can be used by organizers on the purpose of promoting the event, runners renounce to their image rights

It is forbidden to use drugs during the development of the competition, unless competitors need them for health reasons.

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