

RULES AND REGULATIONS FOR MAGS EXPERIENCE ABRUZZO TRAIL (28/12/2024)

Article 1 – Registration

All individuals aged 18 or older at the time of registration, regardless of nationality, are eligible to participate in the MAGS EXPERIENCE ABRUZZO TRAIL.

Each participant in the ABRUZZO TRAIL MAGS EXPERIENCE must be a member of MSP (Movimento Sportivo Popolare), a sports promotion organization recognized by CONI, which will provide the mandatory insurance policy on behalf and in the interest of the participant, as per DM 03/11/2010.

The cost of this insurance is included in the registration fee for the ABRUZZO TRAIL MAGS EXPERIENCE.

Participants must hold a certificate of fitness for cycling sports activities, as required by DM 24/04/2013.

Registrations can be managed via the portal and are accessible at the following link:

<https://abruzzotrail.it>.

Art. 2 – Start and Routes

START:

- **DATE:** Saturday, June 20, 2025
- **TIME:** Approximately 7:00 AM

ROUTES:

- **280 km, D+5300 – CLASSIC**
- **460 km, D+7500 – EXPLORER**

The routes include trails, gravel roads, bike paths, and paved roads.

Provisional tracks with missing data will be made available as soon as they are ready.

Approximately one week before the start, an email will be sent containing the final GPX track. The track may be subject to minor changes in distance and elevation compared to the previously announced provisional track.

Participants must upload the provided track to a GPS device and follow it from start to finish.

Participants are required to **download the WHIP LIVE app for free** at least **15 days before the start of the trail**. The app will be used to track and update their real-time position along the route.

Participants must demonstrate the registration and proper functioning of the app during the check-in on June 19 and at the start on June 20, 2025, as specified.

Please note that while the app must be correctly installed, participants are not required to use it to follow the track.

For more information: <https://www.whip.live/it/>.

Art. 3 – Event Characteristics and Warnings

The ABRUZZO TRAIL MAGS EXPERIENCE is an ADVENTURE and cannot, in any way, be considered a race.

It takes place on trails, gravel roads, bike paths, and paved roads. Therefore, participants are REQUIRED to comply with the updated Highway Code, as the route is open to regular vehicle traffic.

Participants acknowledge and declare they are aware that the route is not marked and accept the risks and dangers associated with the journey. This is considered a personal, self-guided excursion, which excludes any special protections or rights beyond those of other road users.

Participants are also aware that no medical, food, or mechanical assistance services will be provided along the route by the organizers, nor is there any recovery service for those who withdraw.

It is further clarified that organizers are under no obligation to search for participants along the route.

Participants must inform the organizers of their withdrawal by sending a message to the phone numbers listed in the Roadbook provided at the start.

It is emphasized that participation in the ABRUZZO TRAIL MAGS EXPERIENCE cycling excursion is always a voluntary choice, with recreational and non-commercial purposes.

As a result, the organizing body, ASD GRANSASSO TRAIL, is a private entity and is, in any case, exempt from any liability related to the ABRUZZO TRAIL MAGS EXPERIENCE cycling excursion.

The organization is also exempt from any responsibility for incidents affecting cyclists, including but not limited to: accidents, getting lost, physical issues, injuries, theft, etc.

The ABRUZZO TRAIL MAGS EXPERIENCE should, therefore, be understood as a gathering of cyclists and cycling enthusiasts participating spontaneously and independently in a personal, self-guided excursion.

Participants must commit to respecting and keeping clean the areas they pass through, including meadows, forests, trails, and agricultural properties, and must avoid littering. Waste must be disposed of in designated collection containers.

It is mandatory to carry a repair kit for mechanical issues and flat tires.

Participants are required to:

- Have good physical fitness,
- Endure prolonged efforts,
- Exhibit adaptability.

As the experience is designed as an adventure rather than a race, there is no time limit to earn the Finisher certificate.

External support is prohibited unless for safety reasons. The use of motorized vehicles and alterations to the route are also prohibited unless otherwise instructed.

Participants must have good GPS and navigation skills. The entire route must be followed within one's abilities and taking into account weather, road, and other conditions.

Any deviation from the route must be promptly communicated to the organizers.

Art. 4 – Medical Certificate

In accordance with DM 24/04/2013, each participant must possess one of the following valid certificates for cycling sports during the trail, issued by a sports medicine specialist:

- Certificate of fitness for competitive cycling sports.
- Certificate of fitness for high-cardiovascular-demand sports activities.

The certificate may be uploaded during the registration process for the MAGS EXPERIENCE ABRUZZO TRAIL.

Participants who are not residents of Italy must provide a certificate in the format of the "Health Certificate for cardiovascular intensive sport activity," which can be downloaded here.

Without submitting a valid Medical Certificate, the participant will not be admitted to the event under any circumstances.

Please note: "Anyone who alters the content of a medical certificate commits the crime of 'Material falsification committed by a private individual' - Article 482 of the Penal Code - and may face a sentence of up to two years in prison. Refer to the Supreme Court criminal judgment no. 55385 of October 22, 2018."

Art. 5 – Control

After completing the ABRUZZO TRAIL MAGS EXPERIENCE, each participant must send the GPS track of their completed route to info@abruzzotrail.it no later than **July 21, 2025**, to allow the organization to verify the track and include the participant on the Finisher list.

Art. 6 – Mandatory Equipment

For personal safety in case of emergency or loss of the route, each participant is required to carry the following minimum safety equipment throughout their adventure:

- Reflective vest for nighttime riding.
- Whistle and bell.
- Mobile phone.
- Power bank.
- Certified helmet (to be worn at all times).
- White front light and red rear light.
- Sufficient water and bottles for the duration.
- Sufficient food for the duration.
- Appropriate clothing for the season (rain jacket and all essentials for mountain passes).
- Emergency bivouac gear.

Art. 7 – Warnings

The ABRUZZO TRAIL MAGS EXPERIENCE 2025 will proceed regardless of weather conditions, EXCEPT in cases where weather alerts are issued by the Central Functional Center of Civil Protection for the areas involved in the MAGS EXPERIENCE ABRUZZO TRAIL.

No refunds will be issued for non-participation in the event.

Art. 8 – Personal Data Processing

Participation in the Event entails the processing of participants' personal data for the purposes and in the manner described in the Organizer's Privacy Policy.

The data controller is the Organizer, ASD GRAN SASSO TRAIL.

By registering for the Event, the participant confirms having read and understood the Organizer's Privacy Policy.

Art. 9 – Use of Participants' Images

The Event includes video-photographic recordings to document the event. Among the services connected to registration, the Organizer offers participants the opportunity to purchase photos and videos featuring their image.

The participant acknowledges and agrees that, due to the public nature of the Event and the services provided for dissemination and commercialization of video-photographic recordings, it is necessary to authorize the recording and use of their image in the manner and for the purposes described in this Regulation, as well as in the Release and Privacy Policy.

Art. 10 – Event Participation

By requesting to participate in the ABRUZZO TRAIL MAGS EXPERIENCE, each participant:

- Declares they have read, understood, and accepted this regulation in its entirety.
- Declares they are aware that the event is a non-competitive endurance test requiring significant physical, technical, and mental effort, with no rankings or podium.
- Declares they understand that, as much of the route is off-road, some sections may be challenging and require good bike-handling skills. Participants will navigate such sections at their discretion, dismounting and proceeding on foot when necessary, as indicated in the provided GPS track with additional waypoints labeled "critical points."
- Declares they have experience in GPS navigation for off-road or unmarked routes and trip planning.
- Declares they understand that the route is unmarked, unmonitored, and has no safety or rescue stations along the way.
- Declares they have experience and are aware of the possibility of adverse weather conditions and are capable of navigating and cycling in hilly and mountainous terrain under such conditions.
- Declares they are physically prepared to spend many hours cycling without breaks and in complete self-sufficiency.
- Declares they will not use doping, drugs, or substances that could enhance performance or pose risks to themselves or others.

- Declares they possess all the necessary equipment to participate in an adventure of this nature and complete the GPS track independently.
- Declares they are aware that unexpected events may occur along the route, such as landslides, sun, wind, rain, hail, lightning, cold, night, darkness, fog, snow, ice, landslips, encounters with unattended and/or wild animals, falls, accidental collisions with other participants or passersby, and/or vehicles on road sections, and declares they are adequately prepared to handle emergencies.
- Declares their equipment is in excellent condition and ready for use as required by the GPS track.
- Guarantees their own conduct during and after the event.
- Declares their medical certificate for cycling sports complies with DM 18/02/1982 and DM 26/04/2013 and is issued by a Sports Medical Center or doctor.
- Declares they are in good physical condition and have undergone a medical examination for "competitive cycling" and releases the organization from any liability for injuries or damages resulting from their participation in the event.
- Acknowledges that participation in the Event entails the processing of their personal data for the purposes and in the manner described in the Organizer's Privacy Policy. By registering, the participant confirms having read the Privacy Policy.
- Grants the organizers full consent to use their image in accordance with applicable laws, including video and photographic materials captured during the event, and authorizes their distribution to third parties.

The organization reserves the right to exclude participants who exhibit inappropriate behavior before, during, or after the event.

Note: A copy of the regulation and Privacy Policy will be signed by participants during check-in.

This document may be updated by the organizer as needed, including route modifications, additions, or changes. Participants will be notified of such updates via email and are advised to monitor their inbox (including spam) for event updates.

Location and Date: _____

Signature for Acknowledgment and Acceptance: _____