

# Race Regulations E250



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In the following Race Regulations the masculine form is used to denote all Competitors.

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## 1. Event Organisation

The Eiger Ultra Trail event is carried out on behalf of Ironman Switzerland AG and organised by the Grindelwald Running Association. The Association has an Executive Committee which presides over Statutes, and holds an annual general meeting. We are a value-based organisation and organise and work according to the following principles: motivated - passionate - familiar, open - honest - respectful - trustworthy, high quality, sustainable and committed.

This document is a part of the contract between registered participants and the organiser. It can be supplemented or adapted at any time with further information or instructions (in particular also due to the ongoing Covid-19 pandemic). The Covid-19 protective measures that are current on the weekend of the event apply.

## 2. The Race

The Eiger Ultra Trail is an event with several race routes of varying distance. Each race route must be completed within designated time limit. **The Unesco Jungfrau-Aletsch Trail must be completed by teams of 2 or 3 people. All team members must complete the entire course together and must stay together at all times during the competition (max. 50 m distance between runners).**

The course is not marked. GPS data will be provided to the participants by the organizer. Participants are responsible for completing the course within the given time frame.

### 2.1 Race Routes

The route takes place around the Unesco World Heritage Jungfrau-Aletsch on public hiking trails.

	<i>E250</i>
<i>Length</i>	250 Km
<i>Height difference</i>	+18'000m/-18'000m
<i>Start</i>	Grindelwald
<i>Finish</i>	Grindelwald

The GPS data of the courses can be downloaded from Friday before the competition at the following link:  
[E250 - UNESCO Trail | Eiger Ultra Trail by UTMB](#)

In case of a course change, the download of the GPX data is possible at the start number distribution.

### 2.2 Race Start Times

The start will be on Wednesday, 17 July 2024 at 08:00 in Grindelwald.

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## 2.3 Entry Terms & Conditions

The following age regulations apply for participation in the UNESCO Jungfrau-Aletsch Trails 2024:  
From age group 2004 and older.

A very good physical condition and experience in trail running are essential for tackling all race routes.

Each runner must have experience in Ultra Trail competitions.

At the time of registration, each competitor must have a UTMB index entry in the 100K or 100M category or at least one 100K Ultra Trail completed since 1 January 2020 must be given as a reference. The organization reserves the right to check those references.

In addition, the competitor must be able to complete the trail according to the Partial Self Support Principle. The organizer reserves the right to exclude persons from participating in the race.

Each participant is proficient in GPS navigation and has experience in off-road orientation. The participants find their way in difficult weather conditions in the mountains.

The organizer reserves the right to exclude people from participation.

## 2.4 Start Place Availability

Maximum 150 individual participants, regardless of the number of teams of 2 or 3 or team relay.

## 3. Registration

Registration takes place online at [Registration \(utmb.world\)](https://www.utmb.world/registration). The registration and management of the participant data is done by Active Works. By registering for the Eiger Ultra Trail you accept the race regulations. The registration is final. We strongly recommend that you take out cancellation insurance.

Registration closes as soon as the maximum number of participants is reached.

### 3.1 Entry fee

The entry fee is CHF 425.00, from 1.1.2024 CHF 455.-, & 8% ACTIVE WORKS fee per person.

Payment can be made with most major creditcards. Included in the entry fee are all services outlined in the Race Regulations.

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## 3.2 Change of trail and transfer of start numbers

A change of route to another distance of the Eiger Ultra Trail is only possible in exceptional cases and on request.

It is possible to transfer a starting place to another person, provided this is done online on our website by **21 June 2024**. A transfer fee of CHF 30.00 will be charged.

Also the substitute runner must give at least one Ultra Trail (min. 100km) finished since 01.01.2020 as a reference or the runner must have a UTMB index of the category 100K or 100M. The organisation reserves the right to check references.

It is forbidden to pass on a starting place in a profitable way. Any profitable transfer (i.e. not exclusively covering the official starting fees) transfer (e.g. sale, auction, etc.) will be pursued by the organizer. The profitable transfer will result in the cancellation of the registration and both, the vendor and the buyer will be blocked for the registration at future events.

## 3.3 Race Categories

There are no age categories. Registration is possible as men/mixed and women teams.

Minimum age for the E250 - UNESCO Jungfrau-Aletsch Trail is 20 years.

## 3.4 Registration Cancellations

There is no facility for transferring a start place (incl. any travel restrictions) to the following year. A partial refund of the entry fee is available for the distances E250, E101 and E51 as follows:

Up to 4 months before the event: 60%

4 - 2 months before the event: 30%

The ACTIVE WORKS fee is non-refundable.

In the event of pregnancy, the worldwide regulations for Ironman events will be applied:

<https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRONMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>

We recommend that you take out cancellation insurance on a private basis.

If deregistering through Active works or your private insurance, please also send a copy/info to [eigerultratrail@service.byutmb.world](mailto:eigerultratrail@service.byutmb.world).

## 4. The Partial Self Support Principle

The Partial Self Support Principle states that Competitors carry with them a supply of food and drink, equipment and orienteering and safety supplies, to enable them to be self-sufficient between the Refreshment Zones and Check Points.

The following regulations apply:

- The Mandatory Equipment (see section 7.) must be worn and/or carried by the competitor throughout the entire race. Equipment must be carried in a backpack which has been checked by officials before the race start. The backpack may not be changed during the race. The competitor must start with, compete with and finish with the same approved equipment. The race organiser reserves the right to conduct a random on-site check of competitor's equipment!
- On leaving each Refreshment Zone, each competitor is responsible for carrying sufficient food and drink in his backpack until he reaches the next Refreshment Zone or Check Point.
- Assistance from Supporters (i.e. supplying food & drink to Competitors) is allowed in the designated Zones at the official Refreshment Zones (see Race Map). Advice issued by the Race staff at the Zones is to be strictly followed. Professional race assistance from a team, trainer, Doctor or other qualified medical person is not allowed.
- Each runner must have experience in orientation with GPS devices. The route will not be marked.
- Accompanying a Competitor for 'moral support' along the route is permitted for a short time (max 500m) but any physical assistance, such as assistance from trained runners or "pacemakers" is strictly prohibited.

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## 5. Refreshment Zones & Check-Points

### 5.1 Refreshment Zones

On the E250 UNESCO Jungfrau-Aletsch Trail there will be different types of aid stations:

**Life Base:** Offers the facility to sleep/rest, eat & drink. The length of stay is not limited, but the specified time limits must be observed. The following Life Bases are planned (information subject to change): Kandersteg, Jeizinen, Belalp, Bellwald, Münster, Grimselpass, Geissholz. The facilities at the Life Bases are included in the entry fee.

**Aid Station:** There are no places to sleep. Refreshment stations are planned at: Stechelberg and Finns.

**Water:** There are locations where water containers can be refilled.

**Hut/Restaurant:** Food and drink can be obtained at these locations at your own expense. Please note that these are not always open 24 hours a day

A precise list of all Refreshment Zones and life bases can be found on the Map.

At each of the stations there is a separate zone for the attendants, which is not signposted however.

There are no cups, cutlery and dishes available at the Life Base. Each runner must bring his personal tableware (see 7. Material).

Competitors are asked to respect nature and not to throw away any waste along the race routes.

**Littering outside of the Refreshment Zones will result in a time penalty.**

The organiser may at any time and without prior announcement add catering stands or refreshment stations, or change their location.

### 5.2 Check-Points

Check Points are marked on the Route Map. Competitors (whole team) must not leave the Check Point before the Check Point Official gives his consent. The Race Organiser may also conduct random checks outside these official points.

### 5.3 Intermediate Time Keeping

The runners are tracked by means of tracking.

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## 5.4 Safety & Medical Assistance

Medical Staff will be available at specific Check Points. Competitors who experience difficulty due to injury or health problems, should follow the advice below:

- Try to report to the next Check Point
- Ask other Competitors for assistance
- Call the Event Emergency Number (printed on the reverse of the start number)

1<sup>st</sup> priority: 0041 79 707 10 07

2<sup>nd</sup> priority: 0041 79 664 48 33

If a participant leaves the race without informing the organisation, the costs of any search operation shall be borne by the participant.

Competitors who for medical reasons need an IV Infusion, will be removed from the race.

At road crossings and railroad crossings the official traffic regulations apply. Each runner is responsible for himself, the organizer declines any liability.

## 5.5 Medical & Race Staff Authority, Evacuation

First Aid medical staff or members of the Alpine Rescue Services have the authority to remove from the race, either entirely or for a specified time only, any Competitor found to have insufficient Equipment; or who is at risk from injury to themselves or other competitors. The evacuations ordered terrestrially or with helicopters, as well as a search action by an organized rescue, the Competitor will be liable to pay the full cost. First Aid Posts are marked on the Route Map.

## 5.6 Insurance

Competitors are advised to obtain Insurance. Each competitor must be covered by accident insurance. This must cover potential costs for Rescue operations (particularly helicopter evacuation, search action by rescue) and treatment. Any damage claims from competitors against the Race Organiser, regardless of their legal reason, are void.

The Executive Committee have provided an insurance for the duration of the competition. This liability insurance covers the financial consequences of the event and the supporters.

## 5.7 Race Route Markings

It is prohibited to leave or shorten the given race route. Disrespecting the regulations can result in a penalty or disqualification. The race course is not marked. GPS devices will not be provided.

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## 6. Time Limits and Race Abandonment

### 6.1 Time Limits

**Maximum approved time for E250 Unesco Jungfrau-Aletsch Trail: 95 hours**

	Date, time	Running time
Start	17.07.2024, 08:00	00:00
Stechelberg	17.07.2024, 14:00	06:00
Kandersteg	18.07.2024, 05:00	21:00
Jeizinen	18.07.2024, 19:00	35:00
Finnen	19.07.2024, 05:00	45:00
Belalp	19.07.2024, 10:00	50:00
Bellwald	19.07.2024, 22:00	62:00
Münster	20.07.2024, 05:00	69:00
Grimselfpass	20.07.2024, 12:00	76:00
Geissholz	20.07.2024, 22:00	86:00
Zielschluss	21.07.2024, 07:00	95:00

The organiser reserves the right to modify the time limits during the event due to external influences (e.g. weather events).

Time limits for each section are indicated on the Route Map. Competitors must leave each Check Point before the time limit, regardless of their arrival time. Competitors who fail to adhere to the time limits will be removed from the race

### 6.2 Race Abandonments

Competitors who decide of their own volition to abandon the race, may only do so at a life base or refreshment point. He must report to the race official in charge and await further instructions. The return journey to Grindelwald must be organized and paid by yourself.

If a runner in a team of 2 gives up, both participants must give up the competition or the remaining runner may join another team and continue the competition. The team change is only possible 1 time.

In teams of 3, 1 runner may give up. The 2 other team members may continue the competition after the post leader has agreed.

Runners who give up must hand in the GPS tracker at their final checkpoint. It will be entered on a list and matched against their personal start number. If runners who give up do not hand in their GPS tracker at a checkpoint, they must return it to the finishing point no later than 12:00 on Sunday 16 July 2023. Runners will be charged CHF 90.00 if they do not return their GPS tracker.



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## 7. Mandatory Equipment

### 7.1 Mandatory Equipment E250 UNESCO Jungfrau-Aletsch Trail

The obligatory material per Person is:

- Backpack
- Mobile phone (switched on at all times) the participant is responsible for ensuring that the phone is always working and switched on
- Charger for cell phone
- 1 powerbank to charge the phone
- 2 headlamps and enough spare batteries or rechargeable batteries for the whole route
- Emergency Insulation blanket (min. 140cm x200cm)
- Whistle
- 1 replacement T-shirt
- 1 long-sleeved undershirt
- 1 all-weather jacket suitable for use in bad weather, made of Gore-Tex or similar material, waterproof (to min. 10,000mm) and breathable
- 1 pair of long pants for bad weather in the mountains. They must be made of Gore-Tex or similar material, waterproof (water column minimum 10'000 mm) and breathable
- A warm long sleeved layer such as Primaloft or down feather
- A pair of long running tights, trousers or leg warmers
- A headband or cap
- Sunglasses
- Gloves
- Food supply (e.g. dried fruit/nuts, gels, energy bars etc.)
- A water bottle or bag (min. 1.5 litre capacity)
- Crockery, cups and cutlery for catering at the base camps (is not on site)
- 1 silk sleeping bag or similar (obligatory for overnight stay in the Life bases)
- Reflector band must be worn and visible from 21:00

#### **Obligatory material per team:**

An additional phone or GPS device on which the route data given by the organizer has been downloaded.

Mobile phone is allowed. Note the roaming costs for the phone. A watch does not replace a GPS device or a phone. When using the phone as a GPS device, an additional power bank is recommended.

- Route map (will be provided by the organizer)
- 1 First aid kit, must include at least:
  - o Elasticated Emergency bandage min. 200cmx 4cm (no Tape!)
  - o 2 Sterile compresses 10cmx10cm
  - o 2 Vinyl gloves
  - o 5 alcohol wipes or disinfectant spray
  - o Wound plaster

1 glow stick (will be given by the organization)

- Cash Swiss Francs (not all huts accept credit cards)
- GPS tracker (will be given by the organizer with instructions at the start number distribution with the start number) The GPS tracker must be worn during the entire race according to the instructions.

The GPS tracker must be changed at the Life Base Belalp. Each team has to hand in the GPS tracker and gets a new one for the second part of the course.

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Mandatory equipment will be checked at the Start number distribution. Each competitor must carry his own equipment throughout the entire race. The mandatory equipment is in addition to the competitors running clothes worn on race day.

Additional recommended equipment:

- Walking poles
- Spare clothing in case of cold and wet weather
- Sun cream

In the event that bad weather conditions are forecast, and in the interest of competitor's safety, the Organising officials may require that additional spare clothing (as protection against cold and wet weather) be carried as mandatory equipment. The Organising officials reserve the right to carry out a random equipment check during the race and at the Finish.

Competitors opting to use walking poles at the start of the race must carry these throughout the entire race until the Finish. It is not permitted to take on or to get rid of poles during the race.

## 8. Start Number Distribution

Each competitor is responsible for collecting his own Start number. An ID with a photo, the personal starting card (will be sent in advance to each participant by e-mail) and the entire mandatory equipment must be presented for inspection at the Start number distribution. The mandatory equipment will be checked by a race official. There is the possibility to buy missing material, e.g. drink cup.

You can find the times of the race number distribution on our website at [Start Number Distribution \(utmb.world\)](https://utmb.world)

At the Start Number Distribution each competitor will receive:

Start Number	This should be worn on the chest, stomach or on the leg. It must be visible during the entire race. The Start Number allows entry to the Refreshment Zones, Life base Medical and Rest Zones, as well as to the clothing depot area and showers in Grindelwald. Your start number does not have to be handed in at the end.
GPS-Tracker	All runners are issued with a GPS tracker along with their bib number. The GPS tracker must be worn as instructed throughout the race. It is handed back at the end of the race. Runners will be charged CHF 90.00 if they do not return their GPS tracker!
7 Drop bags	Competitors may deposit their belongings at the designated Bag Drop in bags provided. Bags should be deposited at the Start area Bag drop on Tuesday till 18:00. The bags will then be transported by the Race Organiser to the life bases. The bags must be handed in <b>per lot</b> and will be transported by us to the Life Bases. There is no transport between the Life Bases. The first drop bags can be collected on Saturday from approx. 16.00 hrs in the effects depot in the curling hall in Grindelwald on presentation of the start number. Last possible time for collection: Sunday, 10.00 am. Drop bags not collected will be disposed of 2 weeks after the event.

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## 9. Penalties and Disqualification

Race Organisers, Race Jury and Check Point officials are authorised to apply the following penalties with immediate effect during or after the race.

Offense	Penalty
Support or food given by a person not participating in the race (outside designated Supporter Zone)	5 minutes - Disqualification
Taking short cuts or leaving the given route completely	Time penalty until disqualification or decision of the jury
Refusing the Mandatory Equipment check (before, during or after the race)	Disqualification
Failure to produce Mandatory Equipment	Time penalty until disqualification or decision of the jury
Intentional littering by a Competitor or his companion.	1 hour
Refusal to help other persons in trouble (other competitors and non-participating persons)	1 hour
The use of walking poles not declared at the start	1 hour
Start number not visible	Jury's decision
Incorrectly worn or missing GPS tracker	Jury's decision
Disrespect towards other people (Race staff or Competitors)	Jury's decision
Cheating (i.e. using Public Transport, swapping Start numbers etc.)	Disqualification
Failure to pass through a Check Point	Jury's decision
Failure to follow instructions of Race staff, Race Organisers, or Medical staff	Disqualification
Leaving a Check Point after the time limit	Disqualification
Urination and defecation outdoors at refreshment zones (use of provided toilets mandatory)	Jury's decision
Being accompanied by a dog	Disqualification
Crossing a closed railway	Disqualification

Any other offense not listed in the Regulations will be judged by the Race Jury. The entry fee will not be refunded should a competitor be disqualified.

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## 10. Anti-Doping

The International Doping Regulations prevail. The International Doping Regulations prevail. As an entrant to the event, you are subject to both In and Out of Competition testing. Please refer to [UTMB Anti-Doping Resources](#)

## 11. Complaints

Complaints must be officially made by the Competitor to the Race Jury in writing and within 2hrs of finishing the race, with a CHF 50.00 deposit.

## 12. Race Jury

The Race Jury consists of the following Officials:

- President of the Race Organisation
- Technical Director
- Race Director of the route involved
- Member of the Race Organising Committee
- Member of the Safety Commission
- Route Section Manager (where necessary)
- Check Point Manager (where necessary)

The Race Jury is authorised to preside over any and all cases of wrong-doing or other such occurrences where necessary. No objections can be held against the Race Jury's decision.

## 13. Route Changes & Race Cancellation

If bad weather conditions prevail the Race Organisers and staff may be forced to change the Race route, Check Points or Refreshment Zones according to safety measures, at any time. In such circumstances time limits can be affected. In the case of necessary route changes, the time keeping will be adjusted accordingly, wherever possible.

In the event of a local postponement of the start due to weather issues, the costs of transport from Grindelwald to the new start location or from the new finish location to Grindelwald will be borne by the participants.

**The Race Organiser reserves the right to cancel the race for safety reasons.** In case of race cancellation, the costs of the return journey to Grindelwald will be borne by the participants.

Should the race be cancelled or changing/shorten the routes, the entry fee will not be refunded, nor full race points given for UTMB/ITRA and qualification for Western States Endurance Run 100.

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## 14. Prize Giving and Prizes

Finishers of the E250 will receive a finisher T-shirt and a medal after crossing the finish line.  
The first three women and men/mixed will receive a prize.

## 15. Data Protection Policy

For the applicable data protection provisions of our data processor Active Works, see  
<https://www.activenetwork.com/information/privacy-policy>

and the organizer Ironman Switzerland AG see  
<https://www.ironman.com/emea-event-privacy-policy>

## 16. Court of Jurisdiction

The court of jurisdiction is in Interlaken.  
The German version is authoritative.

**Changes to the race regulations are possible at any time**

Grindelwald, 8 September 2023  
Race Organising Committee

Marcel Marti	Ralph Näf
Technical Director	Chairman