

Regulations 2023

Ass. Ascona-Locarno Run
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1. Date and competitions:

Saturday, 14 October 2023

Scheduled competitions:

- "Kids Run" (parent-child race 300 m, 600 m, 1'200 m, 1'800 m): 15:45
- "5 km Sunset Run": 18:30

Sunday, 15 October 2023

Scheduled competitions:

- "21 km Half Marathon" (21.0975 km): 9:10 a.m.
- "10 km Walking & Nordic Walking": 9:45 a.m.
- "10 km Run": 11:45 a.m.

2. Entry fees

2.1 "Kids Run"

CHF 10.- online registration from 31 March 2023 until 13 October 2023 before 23:59 or directly in the race village on 14 October 2023 from 14:00 to 15:15.*

2.2 "5 km Sunset Run"

CHF 25.- online registration from 31 March 2023 to 30 June 2023 before 23:59

CHF 30.- online registration from 1 July 2023 to 31 August 2023 before 23:59

CHF 35.- online registration from 1 September 2023 to 13 October 2023 before 23:59

CHF 40.- registration in the race village on 14 October 2023 from 14:00 to 18:00.*

2.3 "21 km Half Marathon" (21.0975 km)

CHF 55.- online registration from 31 March 2023 to 31 May 2023 before 23:59

CHF 60.- online registration from 1 June 2023 to 31 July 2023 before 23:59

CHF 65.- online registration from 1 August 2023 to 31 August 2023 before 23:59

CHF 70.- online registration from 1 September 2023 to 13 October 2023 before 23:59

CHF 75.- registration in the race village on 14 October from 14:00 to 19:00 and on 15 October 2023 from 7:00 to 8:40.*

2.4 "10 km Walking & Nordic Walking"

CHF 7.- children from 0 to 6 years (born in 2017 and younger), Swiss Runners Ticket, bib number and pasta party included. Excluding race starter bag and T-shirt. Online registration from 31 March 2023 until 13 October 2023 at 23:59 or directly on site on 14 October from 14:00 to 19:00 and on 15 October 2023 from 7:00 to 9:15.*

CHF 15.- children from 7 to 13 years (born 2016 - 2010), Swiss Runners Ticket, bib number, pasta party and race starter bag included. Excluding T-shirt. Online registration from 31 March 2023 until 13 October 2023 at 23:59 or directly on site on 14 October from 14:00 to 19:00 and on 15 October 2023 from 7:00 to 9:15.*

CHF 35.- online registration from 31 March 2023 to 31 August 2023 before 23:59.

CHF 40.- online registration from 1 September 2023 to 30 September 2023 before 23:59.

CHF 45.- online registration from 1 October 2023 to 13 October 2023 before 23:59.

CHF 50.- registration in the race village on 14 October from 14:00 to 19:00 and on 15 October 2023 from 7:00 to 9:15.*

2.5 "10 km Run"

CHF 45.- online registration from 31 March 2023 to 30 June 2023 before 23:59

CHF 50.- online registration from 1 July 2023 to 31 August 2023 before 23:59

CHF 55.- online registration from 1 August 2023 to 30 September 2023 before 23:59

CHF 60.- online registration from 1 October 2023 to 13 October 2023 before 23:59

CHF 65.- registration in the race village on 14 October from 14:00 to 19:00 and on 15 October 2023 from 7:00 to 11:15.*

Material (race starter pack, t-shirt, etc.) not collected during the days of the event will not be sent to your home address.

* On-site registration while bibs last.

3. Entry deadline

For all competitions, **online registration** is open from 31 March 2023 and will close on the 13 October at 23:59.

Entries after 13 October 2023 (23:59) are subject to a surcharge of CHF 5.- (except entries for the "Kids Run" and born in 2010 and younger for the "10 km Walking & Nordic Walking").

Registrations after 8 October 2023 (23:59) do not entitle you to a personalised bib with your name.

On-site registration in the race village is possible on Saturday 14 October 2023 from 14:00 until 30 minutes before the competition for Saturday's races and until 19:00 for the following day's races. On Sunday 15 October 2023 registration is open from 7:00 until 30 minutes before the race. On-site registration while bibs last.

4. Registration and method of payment

Online: via www.ascona-locarno-run.ch with link on Datasport and following the instructions given for online registration. Various payment methods are available: credit card, Postcard, bank transfer, PayPal, etc.

On site: registration in the race village by cash payment only.

The entry fee already paid will not be refunded under any circumstances.

The organiser is not liable for any false information or data. At its own discretion, the organiser may decide to exclude the participant from the event without refunding the amount (including if it is suspected that the participant will take unauthorised substances before departure).

5. Services included in the entry fee:

- **Free transport** by public transport from all over Switzerland to Locarno (**Swiss Runners Ticket**, conditions in paragraph 19)
- **Race Starter bag** (guaranteed for the first 2'300 registered participants)
- Participation diploma downloadable online from the Datasport website
- Changing rooms and showers (towel and shower equipment not provided) on Saturday and Sunday

- Cloakroom in Piazza Grande at a cost of CHF 2.- (the organiser declines all responsibility in the event of loss, theft or damage to items deposited in the cloakroom or left unattended elsewhere)
- Warm-up (in Piazza Grande), Sunday only
- Medical service with advanced first aid station at the finish line + paramedics on the route, equipped with defibrillators
- Datasport timekeeping service for all distances and at the passage for the 21 km Half Marathon
- Disposable microchip
- Personalised bib with your name (for those registered 'online' by 8 October 2023)
- Final refreshment at the finish line (refreshment points along the route for Sunday races)
- **Photographic service** Foto Garbani (photos are available free of charge after the event on www.fotogarbani.ch)
- **Pasta Party** by Gran Caffè Verbano for participants in: 21 km Half Marathon, 10 km Run and 10 km Walking & Nordic Walking
- **Migros MyRun Clip**: Personalised finish line film (free of charge) **

Material (race starter pack, t-shirt, etc.) not collected during the days of the event will not be sent to your home address.

* "10 Km Walking & Nordic Walking": for those born in 2017 and younger there is no race starter bag or t-shirt; for those born in 2010-2016 there is a race starter bag but no t-shirt.

**** Personal running videos – Migros MyRun Clips**

Migros is providing personal running videos known as MyRun clips for event participants. The running video is free of charge for participants and will be published on the website Migros iMpuls, www.migros-impuls.ch. Participants will receive an e-mail with a link to their running video after the event. For this purpose, the name, e-mail address, running data and video of the participants will be processed. The running video may contain advertising elements that may be selected on the basis of the data that was transmitted.

Participants may object to the processing of their data at any time if they are not interested in the free video. They may do so when they register. The Federation of Migros Cooperatives (FMC) is responsible for data processing. The processing is carried out in accordance with the FMC privacy policy, which can be accessed at www.migros.ch/de/datenschutz.html.

6. Minimum age

6.1 "Kids Run": 4 to 15 years old. Children aged 4 years and younger (2019-2020-2021) who are accompanied by an adult may participate in the parent-child race.

6.2 "5 km Sunset Run": 14 years old (born in 2009)

6.3 "21 km Half Marathon": 14 years, U16 (born in 2009, as per FTAL regulations)

6.4 "10 km Walking&Nordic Walking": free age (competition also open to families)

6.5 "10 km Run": 14 years, U16 (born in 2009).

7. Categories

7.1 Categories 21 km Half Marathon:

Female Categories:

WU16 + WU18 + WU20	2009 - 2004
W20 + W30	2003 - 1989
W35	1988 - 1984
W40	1983 - 1979
W45	1978 - 1974
W50	1973 - 1969
W55	1968 - 1964
W60	1963 - 1959
W65	1958 - 1954
W70	1953 - 1949
W75	1948 - 1904

Male Categories:

MU16 + MU18 + MU20	2009 - 2004
M20 + M30	2003 - 1989
M35	1988 - 1984
M40	1983 - 1979
M45	1978 - 1974
M50	1973 - 1969
M55	1968 - 1964
M60	1963 - 1959
M65	1958 - 1954
M70	1953 - 1949
M75	1948 - 1904

7.2 Categories 10 km Run:

Female Categories:

WU16+WU18 + WU20	2004 - 2009
W20	1994 - 2003
W30	1984 - 1993
W40	1974 - 1983
W50	1964 - 1973
W60	1954 - 1963
W70	1904 - 1953

Male Categories:

MU16+MU18 + MU20	2004 - 2009
M20	1994 - 2003
M30	1984 - 1993
M40	1974 - 1983
M50	1964 - 1973
M60	1954 - 1963
M70	1904 - 1953

7.3 "Kids Run" categories

Parent-child race:

Children born in the years 2019-2020-2021 may be accompanied by a parent.

Tiny tot's category:

Children born in the year 2018.

Female Categories:

U8	2016 - 2017
U10	2014 - 2015
U12	2012 - 2013
U14	2010 - 2011
U16	2008 - 2009

Male Categories:

U8	2016 - 2017
U10	2014 - 2015
U12	2012 - 2013
U14	2010 - 2011
U16	2008 - 2009

U14 and U16 will run together.

8. Bib collection

On the Piazza Grande in Locarno: Saturday 14 October 2023 from 14:00 to 19:00 and Sunday 15 October 2023 from 7:00 until 15 minutes before the competition.

9. Doping Controls

Doping controls may be carried out at any time. The current Swiss Olympic doping regulations apply to these competitions. By taking part, the runners submit to Swiss Olympic's anti-doping regulations and acknowledge the exclusive jurisdiction of Swiss Olympic's Disciplinary Committee for Doping Cases and the Court of Arbitration for Sport (TAS) in Lausanne, to the exclusion of the ordinary courts (see www.antidoping.ch).

10. Starting times

10.1 "Kids Run": start at 15:45 on Saturday 14 October 2023

- Parent-child race: 15:45
- Tiny tot's category: 16:00
- Category U8: 16:15
- Category U10: 16:30
- Category U12: 16:45
- Category U14 and U16: 17:00

10.2 "5 km Sunset Run": start at 18:30 on Saturday 14 October 2023

10.3 "21 km Half Marathon": start at 9:10 a.m. on Sunday, 15 October 2023

10.4 "10 km Walking & Nordic Walking": start at 9:45 a.m. on Sunday, October 15, 2023

10.5 "10 km Run": start at 11:45 a.m. on Sunday, 15 October 2023.

Participants are requested to arrive at the start **at least 10 minutes** before the start of their race.

11. Time limits

The event will take place according to the regulations of the Swiss Athletics Association. The organiser reserves the right to make exceptions.

Time limit for the "21 km Half Marathon": 2h : 30'

12. Supplies

12.1 "Kids Run": at the finish line

12.2 "5 km Sunset Run": at the finish line

12.3 "21 km Half Marathon": (interspersed) every 5 km approx. and at the finish line

12.4 "10 km Walking & Nordic Walking": approx. every 5 km and at the finish line

12.5 "10 km Run": at km 5 approx. and at the finish.

13. Timekeeping

Timing service with disposable microchip from Datasport, integrated in the bib. The start number must be open, clearly visible at the front and worn on the chest. Passage times will be recorded and reported in the classifications.

14. Classifications

The rankings will be continually updated during the event; they can be consulted online on our website www.ascona-locarno-run.ch.

15. Prizes and award ceremonies

15.1 "Kids Run": Prizes will be awarded to all participants. Prizes not collected will remain the property of the organiser.

Prize-giving ceremony on 14 October 2023 at 17:45.

15.2 "5 km Sunset Run": Prizes will be awarded to the first three overall male and female participants. Prizes not collected will remain the property of the organiser.

Prize-giving ceremony on 14 October 2023 at 19:30.

15.3 "21 km Half Marathon": Prizes will be awarded to the first three of each category according to the categories indicated in point 7 of these regulations. Prizes will also be awarded to the first three overall male and female finishers of the "21 km Half Marathon". Prizes not collected will remain the property of the organiser.

Prize-giving ceremony on 15 October 2023 at 13:30.

15.4 "10 km Run": Prizes will be awarded to the first three of each category according to the categories indicated in point 7 of these regulations. Prizes will also be awarded to the first three overall male and female finishers. Prizes not collected will remain the property of the organiser.

Prize-giving ceremony on 15 October 2023 at 13:30.

Swiss Athletics awards ceremony on 15 October from 1.30 p.m.

Special prize-giving ceremony on 15 October from 14.15 onwards.

FTAL prize-giving on 15 October starting at 14:30.

16. Insurance

To be borne by the participants. The organisation declines all responsibility in case of injury, accident, damage or theft.

17. Changing rooms / showers / locker

Changing rooms and showers are located near the Palazzetto FEVI in Locarno (women at the SPAI gymnasium) and are duly indicated.

Toilets are available in the start area and on the course.

A locker is available in the start area where you can leave your belongings for CHF 2.-. The organisers cannot be held responsible for the loss, theft or damage of items deposited in the cloakroom or left unattended elsewhere.

18. Validity

The event "Ascona-Locarno Run 2023" is organised according to the guidelines of the Swiss Athletics Federation, www.swiss-athletics.ch.

No medical certificate or membership of the federation is required to take part in the "Ascona-Locarno Run 2023"; however, by registering, each participant confirms "that they are in good physical health, that they are fit to take part in the race and that they have medical confirmation of this". The responsibility of the organisers of the "Ascona-Locarno Run" is in any case excluded.

The "21 km Half Marathon" is valid for the **Swiss Half Marathon Championships 2023**.

The "21 km Half Marathon" is valid for the **Ticino Road Championship**.

The "10 km Run" is valid for the **Ticino Road Championship**.

The course of the "21 km Half Marathon" is **approved** by Swiss Athletics. The route has international homologation.

The course of the "10 km Run" is **approved** by Swiss Athletics.

19. Swiss Runners Ticket

The free Swiss Runners Ticket for participants registered for competitions.

All participants benefit from a free journey with public transport in 2nd class, within Switzerland, from their place of residence/departure to the venue and back (on the usual routes in GA zones). After registering, runners will receive a document via e-mail or post with two personal promotional codes. Use these promotional codes to print a free 2nd-class public transport ticket for your outward journey and one for your return trip at www.sbb.ch/en/swissrunners (tickets each valid for 1 calendar day).

The outward journey can take place between 6 and 15 October 2023 and the return journey between 14 and 23 October 2023.

Important: The Swiss Runners Ticket is person-specific and only valid on the return journey together with the start number (bib number). Both must be shown together during ticket inspection.

Please note that you must show your ticket and bib number if you are checked on the means of transport. Further information can be found at www.sbb.ch/en/ascona-locarno-run (available from August).

Public transport throughout Switzerland is only guaranteed under the conditions listed above. The organisation excludes all liability, for example in case the participant does not respect the above-mentioned conditions (e.g. if the participant omits to print out the ticket, travels wrongly in 1st class, travels outside the days listed above) or other rules (e.g. no smoking, etc.), or for damage to property or persons during travel.

20. Animals

Animals are not admitted to the competitions of the Ascona-Locarno Run.

21. Data protection

With the following directives, each participant:

- authorises the organisers of the "Ascona-Locarno Run" to use and/or publish and/or print all their photos and/or images directly related to the event;
- authorises the event organisers to pass on their personal details to the official photographer of the event. Each competitor may expressly refuse this data transmission by sending a request (registered letter) to the organisers;
- also authorises the publication by the organisers and/or their partners of the official results in printed or digital form.

In detail

21.1 Data protection declaration

The following provisions apply in the field of the use of your personal data during the "Ascona-Locarno Run".

21.2 What data do we process?

In order for your event registration to be valid, you must fill in each field of the form marked with an * correctly. In addition to yourself, you can also register other people. In this case we consider that you are authorised to register these third parties. If underage runners are registered by third parties, the organiser assumes that the consent of the legal representatives has been obtained. In the case of online registration, your e-mail address is obligatory for the confirmation of your registration and for any additional questions we may have. Furthermore, providing your mobile phone number and e-mail address will enable you to receive information about the event as soon as possible.

The use of personal data is governed by the data protection declaration (www.ascona-locarno-run.ch/data-protection). The runner undertakes to make the personal data of third parties available to the organiser only if they or their legal representatives are familiar with the applicable data protection declaration and are authorised to do so in accordance with the applicable data protection law. The organiser may at any time require the participant to prove the existence of these conditions - in particular the consent of third parties - within a specified period and may otherwise withdraw from all contracts without further ado.

21.3 Handling of your personal data

We use the services of an external specialist company to ensure the success of the event and to store and manage your data digitally. This company processes your personal data on our behalf and in confidence.

The companies that work for us for the organisation and execution of events, the processing of registrations (online, offline), the management of participant data, the recording of times, the compilation of results, the processing of starting numbers, the recruitment of participants and the processing of information and data, work on our behalf and solely for our purposes. In accordance with the law, we are obliged to monitor the data processing by these companies and to oblige them not to process the data for their own purposes or to pass it on to third parties.

Depending on the timing company, all runners must open an account with this company. The data protection declarations and general terms and conditions of the respective company (Datasport AG <https://www.datasport.com>) shall apply to the processing of accounting data.

21.4 Authorisation to process data

With your registration, you authorise the organisers to publish your first name, surname, date of birth, place of residence, bib number, race time and race rank. This authorisation is valid for publication on the internet as well as in the various media (newspapers, television, teletext and announcements made by the race announcer).

Films and photos taken during the event may be used on television, on the internet, in our advertising channels, in magazines and books without any right of compensation on the part of the individual competitor.

22. Photographs

By registering, the participant (and, if he is a minor, his legal representative) expressly authorises the organisation to take, or have taken by third parties on his behalf, and publish photographs and videos showing him (including close-ups). In particular, the publication and reproduction by the organisation and its partners and sponsors on any medium (internet, social media, media, newspaper, television, magazines, books, billboards, flyers, etc.) for informative, documentary, promotional and/or advertising purposes is authorised. The participant understands and accepts that photographs and videos depicting him/her may be disseminated worldwide.

The participant is not entitled to any compensation or remuneration for the photographs or videos of him/her.

In the event that a participant withdraws consent, he or she shall be obliged to compensate for any damage resulting from such withdrawal (e.g. costs of already printed advertising material, costs of removal and replacement of images, ...). The participant shall, however, be aware that images that have already been published in print media may no longer be retrieved and that images published on the Internet are quickly copied, shared and saved on multiple media, where they may no longer be deleted.

23. Cancellation of the event

31.03.2023

In the case that the organisation has to cancel the event:

- due to force majeure (e.g. natural disasters, including flooding);
 - due to unrest, war events, terrorist attacks, or
 - if an authority (municipal, cantonal or federal) prohibits the event (for reasons of public order and/or health), or
 - for other serious reasons (including the reasons listed above, should the organisers decide, contrary to the authorities, to cancel the event);
- registration fees will not be refunded or recognised the following year. Any reimbursement of other expenses incurred in connection with the competition (e.g., accommodation, travel, absence from work) is also excluded. The organisation's insurer will not reimburse any amount to participants.

Participants are free to take out insurance cover.

24. Exemption from liability

The participant, by registering and consequently accepting these regulations, declares that he/she assumes all risks and damages resulting from participation in the races (e.g. health, injuries, falls, contacts/collisions with vehicles, with other participants, volunteers, spectators and others, phenomena related to weather conditions, road surface, etc.). He therefore expressly exempts the organiser and the individuals and partners involved in organising the sporting event from any liability for any damage arising from participation in the events.

The organiser declines all liability towards spectators and third parties.

25. Changes to the regulations

The organisers reserve the right to modify these regulations at any time for reasons they deem appropriate for the better organisation of the race. Any changes will be communicated to the participants or published on the website www.ascona-locarno-run.ch.

26. Validity of the regulations

In the event that one or more clauses of these regulations are invalid, ineffective or contrary to the law, the validity, legality and effectiveness of the remaining clauses will not be affected or compromised in any way, provided that the remaining clauses do not substantially alter the relationship between the parties.

27. Law and jurisdiction

These regulations and the contract between the parties shall be governed by Swiss law, and any dispute arising between the parties in relation to them shall be subject to the jurisdiction of the Locarno-Campagna court.

For the purposes of dispute resolution or in the event of problems of interpretation or differences between language versions, the Italian version shall prevail.

The organiser of the event is the Ascona-Locarno Run Association.