

REGULATIONS

Registration to the race implies the runner's full acceptance of and adherence to these Regulations without any reservations.

ACCEPTANCE

There are no intermediate assistance points on the race path and therefore the race is run by each runner autonomously, without any external help.

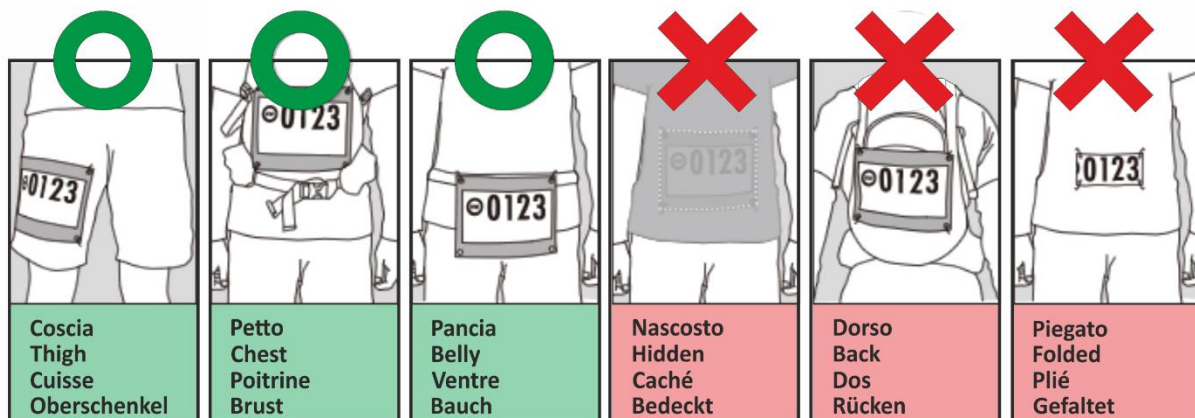
AID-STATIONS

Any appeals will be considered by the organizer following a payment of CHF 100.- non-refundable fee. Judgment of the organizer is final. The appeal time ends 30' after ranking publication.

APPEALS

The bib number provided must be worn in a visible manner. The organizer suggests fixing it on the front part of the right thigh, or alternatively the use of a bib carrying-belt is advised. Please refer to the figure below:

BIB NUMBER



The race will take place under any weather conditions and registration fee will not be refunded under any circumstances. In case of adverse weather (thunderstorms or snow), the organizer may delay or cancel the race. In any case the participation gift will regularly be distributed. If an athlete cannot participate, no refund will be provided. Change of name on the registration is possible only after a payment of CHF 20.- non-refundable fee.

CANCELLATION AND REGISTRATION CHANGE

The awarded categories are Men/Women under/over 45 years old
Awards for the first three of each category are at the discretion of the organizer.

CATEGORIES

To facilitate the runners, the departures will be spaced out by 30 seconds. The organizer reserves the right to change the spacing time. The fastest runners will start first, followed by the less fast participants. In any case a slower runner **MUST IMMEDIATELY**, when safe, give way to a faster runner coming from the back. A faster runner **MUST** make his intentions to pass clear by gently voicing them at due time. The slower runner moves to the right and gives way to the faster one. Deliberately obstructing other participants will result in immediate disqualification.

DEPARTURE AND OVERTAKING

The post-race descent will be accomplished by walking along a defined path down to the departure area (about 5 km). Alternatively, runners can wait and take advantage of a special cable car run offered by STH and Ritom SA, taking them back to the race village at the end of the race.

DESCENT

Anti-doping rules as per www.antidoping.ch apply.

DOPING

Safety ropes on both sides of the stairway are intended for emergency situations only! Anyone using them for other purposes will be immediately disqualified without appeal. There are 8 safe exits marked along the track available for runners. It is strictly forbidden to leave the race path outside of these dedicated exits, or to descend along the stairway.

EMERGENCY

The maximum number of participants is set at 300 runners. No exception will be made. No on-spot registrations will be granted. Bibs are sold on a first come, first served basis. No reservation or privilege will be applied. Enrolment is possible only online, using the registration link on www.stairways.ch

ENROLMENT

Each participant brings along equipment suitable for this type of race. The use of walking sticks is strictly **PROHIBITED**, shoes are mandatory, and the use of a helmet is advised.

EQUIPMENT

The enrolment fees increase in 3 steps based on volume of registrations:

From 1 to 100	CHF 35.- (5.- discount from the usual price)
From 101 to 200	CHF 40.- (usual price)
From 201 to 300	CHF 45.- (5.- supplement to the usual price).

ENROLMENT FEES

The race presents a very steep profile (up to 90% in some parts), providing a very aerial view of the valley below. The race requires a firm step and absence of fear of heights. The organizer recommends an inspection of the race path prior to the race to familiarize oneself with the steep surrounding landscape

FEAR OF HEIGHTS

All runners who cross the finish line in time will receive a participation prize.

FINISHER

The use of head-phones is strictly forbidden for safety reasons.

HEAD-PHONES

Photos and videos taken during the event will be made publicly available and with the registration every runner implicitly accept that the organizer will use these footages freely and without any restriction.

IMAGES

Each participant enrolls and participates at their own risk and peril; an accident insurance covering helicopter rescue operations and accidents is mandatory and is not provided by the organizer. The organizer assumes no responsibility nor liability in case of an accident. Each runner must manage their forces and take adequate decisions independently. It is mandatory to provide help to distressed or injured runners; failing to help leads to immediate disqualification.

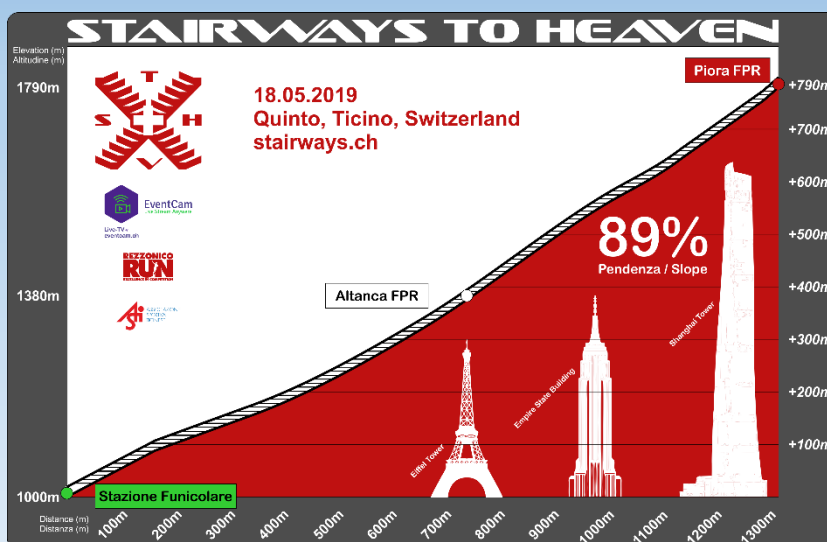
INSURANCE

Every participant will be automatically added at our newsletter in order to get the very latest pre- and post-race information. One can unsubscribe by clicking the relative link. Personal data are kept secret and only used by the timing company team in a reduced form (name, family name, year of birth, citizenship, gender) for the start list, rankings and SMS service.

PERSONAL DATA

The Italian language regulations have priority of application.

PRIORITY



PROFILE

Transportation of a small runner's backpack to the arrival area is provided by a special cable car run departing the start area at 9:00. Latecomers lose this service.

RUNNER'S BAG

Instructions and orders of staff members **MUST** be followed without any discussions; failing to comply leads to immediate disqualification.

STAFF

The starting grid will be communicated after registration closes. Latecomers to the start will lose their position but will be given the opportunity to depart as last. At the time of enrolment, it is mandatory to give an estimated race time based on individual performance; this will allow a realistic departure schedule (clearly wrong estimates will be adjusted at the organizer's discretion). Race record is 26 minutes 7 seconds.

STARTING GRID

Maximum race time is 2 hours exactly.

TIME GATE

The route is marked and shall be followed by runners in its entirety. It is forbidden to leave the path, except at the marked safety exits. Leaving the path elsewhere leads to immediate disqualification.

TRACK

ATTENTION: It is strictly forbidden to get on the race path except for race day. Failure to comply with this rule will lead to an immediate disqualification of the identified athletes and thus to the prohibition of starting the race; complaints will not be accepted. The owner and the managing company of the structures are declining any responsibility in case of accidents resulting from not respecting of this rule.

WARNING!

END

USEFUL INFORMATION

The race track follows the historical stairways of the Funicular Piotta-Ritom (www.ritom.ch).

ARRIVAL

To reach us

BY TRAIN

Piotta station, then approximately 1,5Km walking

BY CAR

Highway A2 (E35), coming from North, exit AIROLO (Nr 41), coming from South, exit QUINTO (Nr 42). Proceed to Piotta village and look out for signs indicating "Funicolare Piotta-Ritom" and visually find the track on the mountain.

BY PLANE

Closest airports are Zurich (ZRH), Switzerland or Milano Malpensa (MXP), Italy.

Find on our homepage www.stairways.ch some link to local hotels. They are usually quite cheap but booking must be done early enough.

HOTEL

07:00-09:00 Bib's distribution

09:00 Runner's back-pack transportation to the finish line area

10:00 First runner starts, followed after 30" by the next one

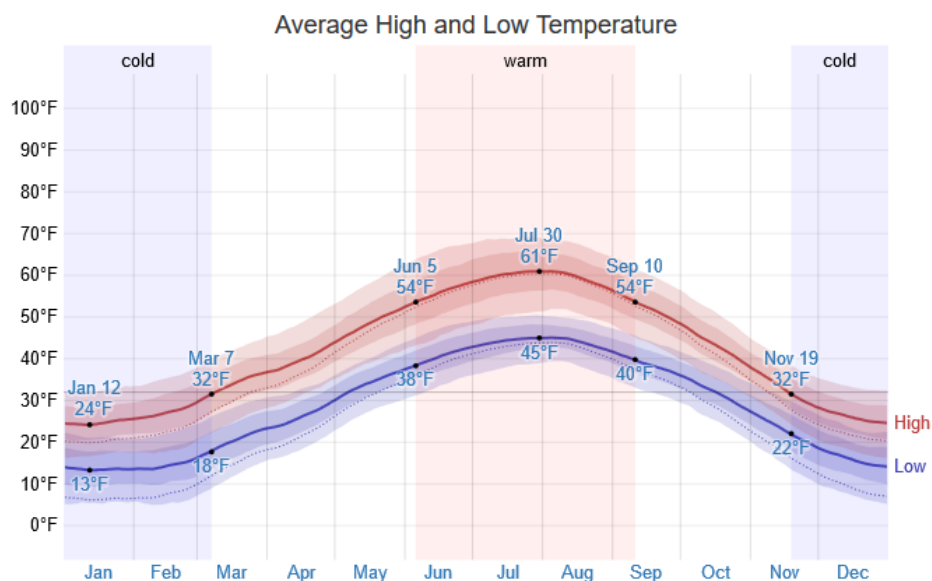
~14:00 Race ends

~15:00 Award Ceremony

SCHEDULE

During May the temperature in the area of the race can be very variable. Consider having with you both warm and light clothes to face different weather conditions, including rain or even snow.

WEATHER



The daily average high (red line) and low (blue line) temperature, with 25th to 75th and 10th to 90th percentile bands. The thin dotted lines are the corresponding average perceived temperatures.