



6. MATTMARK Memorial 1965

SATURDAY, 14. SEPTEMBER 2024

## REGLEMENT - REGULATION



### Presenting Partner



### Sport Nutrition Partner



### Transport Partner



### Official Partner



### Product & Service Partner





## SUMMARY

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## Regulation + Information

By registering for the Mattmark Memorial 1965 (transfer of the entry fee) you automatically agree to our competition regulations.

### 1. COMPETITION

- The event will be held in accordance with the regulations of the Swiss Athletics Association Swiss Athletics and in accordance with the categories listed in the announcement. Anyone who has reached the age specified in the announcement is eligible to take part.
- The start number is personal and must be worn unfolded and clearly visible from the front. Changes to the start number lead to disqualification.
- The time is measured using a chip. The chip is attached directly to the start number.
- The instructions of the route service must subsequently be carried out. Private escorts of running vehicles of any kind, especially bicycles, are not permitted. Abbreviations are prohibited.
- The technical management of the organizing committee makes the final decision on disqualifications.

### 2. MINIMUM AGE

- K30 and K50: Born 2006 or earlier (18 years old)
- K21 Half Marathon: Born 2011 or earlier (13 years old)
- K8 Lake-circuit: Born 2017 or earlier (7 years old)

### 3. CATEGORIES BY AGE

#### 8K Lake-circuit RUN

U15 (year 2010-17), U25, 25+, 40+, 50+, 60+

#### 21K RUN

U25, 25+, 40+, 50+, 60+

#### 30K/50K

U30, 30+, 40+, 50+, 60+

#### 21K FUN / 8K FUN

alphabetical listing

### 4. ELITE-RUNNERS

Elite runners can gain free entry to the MATTMARK-MEMORIAL races.

#### 30K & 50K

Our 30K and 50K both belong to the same UTMB Index category. To uphold fairness for elite athletes access for elite runners is determined by their UTMB Index.

**50K M** Index Women = 600 Index Men = 700

#### 21K & 8K

- half-marathon (800 meters in altitude): estimated time under 1:40h (MEN) / 2:00h (WOMEN)
- lake-circuit: estimated time under 30min (MEN) / 34min (WOMEN)
- references for trail-running, 10K, 21.1K or 42.2K

mail to: [info@mattmark-memorial.ch](mailto:info@mattmark-memorial.ch)



## 5. EQUIPMENT

### 8K / 21K

- Running equipment appropriate to the weather. The finish is at 2200 m above sea level.
- **No poles allowed for 8K and 21K (except FUN category).**

### 30K / 50K

Safety first! TRAIL RUNNING races are subject to uncertain weather conditions typical of the alpine environment, a key factor that cannot be underestimated. For this reason, the OC will conduct equipment checks at start and during the race; anyone missing items from compulsory equipment list, or denying the control, will be immediately disqualified. In case of good weather conditions, compulsory equipment can be modified; eventual changes will be communicated via social media and during the Technical Briefing.

#### Compulsory

- ID card / ID passport
- Running-Backpack for whole mandatory equipment
- GPS watch/device with GPX trace (free download on [www.mattmark-memorial.ch](http://www.mattmark-memorial.ch))
- Mobile phone: save emergency numbers and be sure to have network in Switzerland. Phone always on with no hidden number and 100% charged battery
- TRAIL RUNNING shoes suitable for alpine terrain (gravel, stones, plates)
- Water bottles or hydration pack with min 1 lt capacity (no plastic cups at provided)
- Headlamp + extra battery pack, alternatively two headlamps
- Survival blanket (min size 2.0m X 1.40m)
- Whistle
- Elastic band for banding or strapping (min size 100cm X 6cm)
- Food reserve (for example: 2 gels + 2 energy bars)
- Waterproof/windproof jacket (GORETEX Type) with hood, suitable for bad weather condition (cold, wind, rain, snow)
- Long pants or  $\frac{3}{4}$  pants + long socks to cover entire leg - Long sleeve shirt
- Hat, cap or bandana to cover the entire head
- Sunglasses and sun cream for high altitude

Kit for cold temperatures:

- Extra warm cloths
- Warm gloves
- Waterproof pants cover
- Extra warm microfiber long sleeve jersey

#### Recommended

- Plastic glass or container with wide cap suitable for drink/food consumption (at refreshment points will not be provided any type of containers)
- **Poles: If you choose to take poles, it's for the whole race.** It's forbidden to start without poles and take some along the way, or vice versa.
- Pocket money: 20 CHF
- Basic First Aid KIT (self-medication of small grazes, blisters, etc.)



## 6. RUNNER'S COMMITMENT

For 30K and 50K the OC recommend having completed at least one TRAIL RUNNING race on alpine environment of about 20K and 2.500m D+. Every participant must be aware of chosen race length and specific terrain where the race takes place, be well trained and have acquired before the race, a full capacity of self-autonomy in an alpine mountain environment, in particular:

- Be able to face weather conditions that could become difficult as are connected to an alpine environment that can change fast and drastically, so this is an aspect that cannot be underestimated; therefore, able to face extreme weather conditions such as intense cold/hot, snow or rain, strong wind etc.
- Be able to manage physical/psychological problems connected to high level of tiredness, gastrointestinal problems, muscular/articular pain, small wounds, hunger/thirst feelings etc.
- Be conscious that the OC role is not helping the participant to face his race.

## 7. SEMI-AUTONOMY

Along any part of the course is forbidden to be accompanied/assisted by a non-enrolled person, the penalty is an immediate disqualification; assistance allowed only nearby refreshments points (100 m before/after). Semi-autonomy is intended as the capacity of self-autonomy between refreshment points for food/beverage, equipment and safety to be able to face problems like bad weather, physical problems, injuries, etc.

## 8. ROUTE CHANGES / CANCELLATION

In case of bad weather, races courses may be modified; based on safety conditions, the OC will give possibility to race on alternative courses. The OC has the right to modify time limit gates at any time without notice, or in extreme cases to cancel the event. Eventual modifications/cancellation can happen before the start or during the race; participants will be immediately informed by email, website or directly by the staff along the course.

## 9. REFRESHMENT STATIONS

|                 | m    | ü    | M    | 50K | 30K | Wasser | Isostar | Cola | Tee | Bouillon | Riegel | Orangen | Bananen | Schokolade | Brot | Nüsse | Cake | Sanität |          |
|-----------------|------|------|------|-----|-----|--------|---------|------|-----|----------|--------|---------|---------|------------|------|-------|------|---------|----------|
| Start           | 1480 | 0    | 0    |     |     | ✓      |         |      |     |          |        |         |         |            |      |       |      |         |          |
| Weissmieshütte  | 2754 | 11.6 | 11.6 |     |     | ✓      | ✓       | ✓    |     |          |        | ✓       | ✓       |            | ✓    |       |      | +       |          |
| Saas-Almagell   | 1672 | 23.2 | 23.2 |     |     | ✓      | ✓       | ✓    |     |          | ✓      | ✓       | ✓       | ✓          |      |       |      | +       | Betreuer |
| Wolfsgrube      | 1850 | 36.2 |      |     |     | ✓      | ✓       | ✓    |     |          | ✓      | ✓       | ✓       |            |      |       |      | +       |          |
| Zermeiggern     | 1732 | 44.1 |      |     |     | ✓      | ✓       | ✓    |     |          |        |         |         |            |      |       |      | +       |          |
| Mattmark / Ziel | 2206 | 50.6 | 34.2 |     |     | ✓      | ✓       | ✓    | ✓   | ✓        |        | ✓       | ✓       | ✓          |      | ✓     |      | +       |          |

|                   | m    | ü    | M   | 21K | 8K | Wasser | Isostar | Cola | Tee | Bananen | Fruit Boost | Riegel | Sanität |
|-------------------|------|------|-----|-----|----|--------|---------|------|-----|---------|-------------|--------|---------|
| Start             | 1480 | 0    | 0   |     |    | ✓      |         |      |     |         |             |        |         |
| Unter den Bodmen  | 1560 | 5.9  |     |     |    | ✓      | ✓       |      |     |         |             |        |         |
| Zermeiggern       | 1700 | 9.1  |     |     |    | ✓      | ✓       |      |     | ✓       | ✓           | ✓      | +       |
| Strassenquerung 1 | 1950 | 12.7 |     |     |    | ✓      | ✓       | ✓    |     | ✓       | ✓           | ✓      |         |
| Staudamm          | 2190 | 13.8 | 0.8 |     |    | ✓      | ✓       | ✓    |     | ✓       | ✓           | ✓      |         |
| Distel            | 2230 | 17.3 | 4.3 |     |    | ✓      | ✓       | ✓    |     | ✓       | ✓           | ✓      |         |
| Mattmark / Ziel   | 2206 | 21.1 | 8   |     |    | ✓      | ✓       | ✓    | ✓   | ✓       |             | ✓      | +       |



## 10. PROGRAMME: TECHNICAL BRIEFING & STARTS

Time modification can be possible due to organizational needs.

- Friday, 13.09.24 TECHNICAL BRIEFING Gym Saas-Balen 06:00 pm  
Important announcements and changes (route, start times, equipment, weather) will also be published on the website under NEWS.
- Saturday, 14.09.24 STARTS
 

|  |               |          |         |
|--|---------------|----------|---------|
|  | Saas-Balen    | 06:00 am | 50K     |
|  |               | 08:00 am | 30K     |
|  |               | 09:30 am | 21K FUN |
|  |               | 10:30 am | 21K     |
|  | Mattmark-Lake | 10:00 am | 8K      |
|  |               | 10:15 am | 8K FUN  |

## 11. UTMB-INDEX & ITRA POINTS

You improve your UTMB index and get ITRA points.

|            |  |            |  |            |     |
|------------|--|------------|--|------------|-----|
| <b>50K</b> |  | <b>30K</b> |  | <b>21K</b> |     |
|            |  |            |  |            | --- |

## 12. FUN – KATEGORIE (8K & 21K)

- Jogging is also allowed in the FUN category.
- There is no ranking and no awards for the 3 fastest in the FUN category.

## 13. TIME BARRIERS / MAXIMUM TIME

Participants transiting timing barriers after maximum time limit will be officially out the race and not anymore under the OC responsibility. In case of bad weather or for security reasons the OC can modify time barriers also during the race. Timing barriers consider type of terrain and elevation to monitor participant's position due to safety reasons and are calculated considering necessary time to finish the race within maximum time allowed:

|                           | <b>8K / FUN</b> | <b>21K FUN</b> | <b>21K</b>    | <b>30K</b>  | <b>50K</b>  |
|---------------------------|-----------------|----------------|---------------|-------------|-------------|
| Start                     | 10:00 / 10:15   | 09:30          | 10:30         | 08:00       | 06:00       |
| Saas-Almagell, Spielplatz |                 |                |               |             | 16:00       |
| Kapelle Zermeiggern       |                 |                |               | 16:15       |             |
| Dammkrone Ost             | ---             | 14:00          | 14:00         |             |             |
| Finish, Mattmark          | 15:00 / 15:00   | 15:00          | 15:00         | 18:00       | 18:00       |
| <b>MAX TIME</b>           | ---             | <b>5.30 h</b>  | <b>4.30 h</b> | <b>10 h</b> | <b>12 h</b> |

## 14. REGISTRATION / REGISTRATION CLOSURE / PARTICIPATION LIMIT

- All participants register via Datasport.
- Registration opens on December 10, 2023.
- The number of participants is limited to 1000 runners.  
**K50: 200 / K30: 300 / K21: 400 / K8: open / FUN-Kategorie: open**
- Registration deadline: up to 30 minutes before the start or when the runner limit is reached.
- The organizer reserves the right to disqualify participants at any time and without refunding the entry fee if they have provided incorrect personal data when registering.



## 15. ENTRY FEES – CALENDAR

- 8K lake circuit  
from 10.12.23 - CHF 35.- / personalized bib  
from 01.04.24 - CHF 40.- / personalized bib  
from 08/31/24 - CHF 45.-  
U15: born 2010-17 CHF 20.-
- 21K half marathon (born 2011 or before)  
from 10.12.23 - CHF 50.- / personalized bib  
from 01.04.24 - CHF 60.- / personalized bib  
from 08/31/24 - CHF 70.-
- K30 (born 2006 or before)  
from 10.12.23 - CHF 70.- / personalized bib  
from 01.04.24 - CHF 80.- / personalized bib  
from 08/31/24 - CHF 90.-
- K50 (born 2006 or before )  
from 10.12.23 - CHF 80.- / bib  
from 01.04.24 - CHF 90.- / bib  
from 08/31/24 – CHF 100.-

## 16. ENVIRONMENT RESPECT

Is strictly forbidden to throw waste along the course; penalty is an immediate disqualification in addition to fines applied by local laws. Every participant must respect the magnificent and uncontaminated environment preserving the beautiful landscape.

## 17. BIB DISTRIBUTION

|                    |      |   |
|--------------------|------|---|
| Friday, 13.09.24   |      | 06:30 – 08:00 pm in Saas-Balen (alle races) |
| Saturday, 14.09.24 | from | 05:15 am in Saas-Balen (50K / 30K / 21K)    |
|                    | from | 09:00 am in Mattmark (See-Runde 8K)         |

## 18. LUGGAGE TRANSPORT AND VALUABLES

Luggage and valuables can be handed in at the gym in Saas-Balen (half marathon, 30K, 50K) and at the Mattmark dam (lake circuit). They will be transported to the finish area.

## 19. AWARDS / CEREMONY / PRICES

- Overall winners: prize worth CHF 600.
- Jackpot for new course record for half marathon and lake circuit.
- Mountain prize at the “Weissmieshütte” (50K / 30K).
- Finisher T-shirt, great prizes for the top three of each category and top 3 overall.
- Award ceremony in Saas-Almagell:

|          |           |
|----------|-----------|
| 02:45 pm | 8K / 21K  |
| 04:00 pm | 30K / 50K |

## 20. PARKING / ARRIVAL / SHUTTLE-SERVICE FOR RUNNERS

- Parking spaces are available in Saas-Balen and at the Mattmark dam.



- The best way to get there is by public transport, according to the Postbus timetable Visp - Saas-Balen - Mattmark.
- From the 1st night (SaastalCard) all PostAuto trips in the Saas Valley are included. You can also use the mountain railways (except Metro Alpin) free of charge. More information at [www.saas-fee.ch/de/saastalcard](http://www.saas-fee.ch/de/saastalcard).

## **21. WARDROBE / SHOWER / MASSAGE**

There are wardrobes in Saas-Balen and Saas-Almagell. Showers and massage facilities in Saas-Almagell at the sports field. The SHUTTLE or the bus will take you there in 5 minutes. Massages are offered in Saas-Almagell. Toilets are available in Saas-Balen, at the finish and in Saas-Almagell.

## **22. ENTRY FEE REFUND**

- Anyone who cannot start at the Mattmark Memorial 1965 is not entitled to a refund of the entry fee.
- If the race cannot be carried out or can only be carried out partially due to force majeure, there is no entitlement to a refund of the entry fee. No starting places will be carried over to the following year.
- Cancellation cost insurance can be taken out together with online registration via [www.datasport.com](http://www.datasport.com).

## **23. SELF RESPONSIBILITY / HEALTH**

- Participation in the Mattmark Memorial 1965 is at your own risk.
- In Switzerland it is not mandatory to present a medical certificate to take part in a competition. However, we strongly recommend that all participants have a stress test carried out regularly by their doctor for their own safety.
- Regular endurance training and good health are prerequisites for starting.
- It can be life-threatening to start with or immediately after infectious illnesses (e.g. flu). The same applies to taking painkillers and similar medications before starting.
- It is recommended to drink enough fluids during and after the run.
- In case of shortness of breath, severe pain, etc., the participant should stop or give up the run.

## **24. LIABILITY**

- The organizer and its partners assume no liability for risks of any kind to the participant, especially of a health nature. The participant is responsible for arriving at the start in a well-trained condition and physically healthy.
- Insurance for accidents, theft and liability towards third parties is the responsibility of the participant. Each participant must have individual insurance valid in Switzerland that covers possible costs for search and rescue services. Such insurance can be taken out with an organization of the participant's choice. The organization does not cover any costs arising from an evacuation. Emergency services in Switzerland are not free.
- The organizer declines any liability towards spectators and third parties.
- The organizer assumes no liability for items stored free of charge.
- The organizer assumes no liability or transport damage.





## **25. ACCIDENTS / SANITATION**

- In the event of incidents, participants becoming weak or accidents, the nearest marshal must be contacted immediately and help requested.
- The medical service is guaranteed by eventmed GmbH.
- Medical emergency number: 144

## **26. DOPING**

The current Swiss Olympic doping statute applies to this competition. Doping controls can be carried out.

## **27. PRIVACY**

- The participants agree to the use of photo material from the race to illustrate program brochures, ranking lists, websites, advertisements and for other PR purposes of the organizer and its partners.
- When you register, you will simultaneously become a running member of Swiss Athletics and Swiss Olympic. To do this, we will pass on your name and email address to Swiss Athletics. Your data will be used exclusively for registering as a member and will not be passed on to third parties. This membership is free for you and expires (after one year) at the end of the following calendar year. Further information at [www.swiss-running.ch/datenschutz](http://www.swiss-running.ch/datenschutz).
- You can revoke your consent to pass on your data to Swiss Athletics at any time in writing ([info@mattmark-memorial.ch](mailto:info@mattmark-memorial.ch)).
- By registering, participants accept the data protection declaration. You agree to the transfer of your personal data, such as last name and first name, private address (street, number, zip code, city), date of birth, telephone number and email address to partners (e.g. photo and video service), if you do so do not prohibit this by sending a message to the following email address: [info@mattmark-memorial.ch](mailto:info@mattmark-memorial.ch). The partners may use the data for their own services or advertising purposes and, in the case of sponsors, for targeted addresses and telephone campaigns agreed in advance with the organizer (in particular for the sponsor SWICA) in connection with the running event. You can revoke your consent to pass on your data to third parties at any time.
- Furthermore, the data protection regulations of our data processor Datasport apply.

## **28. ORGANIZER**

The organizer is: Mattmark-Memorial 1965 Association

*The organizer reserves the right to make changes to the competition regulations.*