



Rules - Churfirsten Trail Run

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1. Principle

The rules address both male and female participants equally, although they are written in the masculine form. The Churfiristen Trail Run is a competition in alpine terrain. Temperature drops, snowfall, thunderstorms etc. can occur quickly in the mountains. Participants must take these circumstances into account. For the CT43 in particular, participants are expected to have experience in the mountains and functional equipment.

2. Eligibility to participate

Runners of all nationalities and ages may take part. Minors require a declaration of consent from their legal guardians.

All participants are expected to be in good physical condition.

3. Event date and location:

The Churfiristen Trail Run will take place from 29 to 31 August 2025 in Wildhaus, Toggenburg, with the start and finish area located in the Munzenriet parking lot.

4. Services of the organizer

The organizer of the Churfiristen Trail Run provides the following services:

- Marking of the CT14, CT25 and CT43 trails: Where markings are lost due to external influences (in particular weather, animals or people), participants are expected to be able to orient themselves independently in the terrain. For this purpose, the organizer publishes the route on the homepage and provides GPX data.
- Safety and medical care: Medical assistants will be on site at individual checkpoints.
- Operation of the website and the software for online registration and timekeeping.
- Runner management, race number printing and timekeeping.
- Attracting and maintaining sponsors to make the Churfiristen Trail Run possible.
- Organization of finisher prizes and special prizes.



- Photo service and provision of photos as souvenirs for the runners.
- Organization of the after-race party and catering for runners and guests.
- Race refreshments: Refreshments stations will be set up along the trails. The offer at the posts will be shown separately on the plan and published on the homepage. Additional stations can be added at any time.
- Storage for the participants' belongings at the start: The organizer maintains a storage for the participants' belongings in the start/finish area. The luggage storage is not supervised. No liability is accepted for theft etc. Valuables can be deposited at the start number distribution point. Valuables will only be handed in and returned on presentation of the race number.

5. Race

This is a competition without a license. The Churfürsten Trail Run is run over three different trails with different profiles. The trails are designed to offer the best possible combination of adventure and safety. The organizer reserves the right to change the route at short notice.

Minimum age

CT14 from 2011 (from the age of 14)

CT25 born in 2009 or later (from the age of 16)

CT43 from 2007 (from the age of 18)

Start times

Route	Start / Finish	Start time
CT14	Munzenriet, Wildhaus	Saturday, 10:00 am
CT25	Munzenriet, Wildhaus	Saturday, 09:00 a.m.
CT43	Munzenriet, Wildhaus	Saturday, 08:00 a.m.
Kids Run	Munzenriet, Wildhaus	Sunday, 11:00 a.m.

Please note that the stated start times are provisional and may change due to organizational necessities or unforeseen events. We reserve the right to adjust start times to ensure that the event runs smoothly. Participants will be informed as early as possible in the event of a

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change in start times. We recommend all participants to regularly check our website or our official communication channels for up-to-date information and possible changes in the schedule.

Time limits

Route	Location of the time limit	Cut-off time
CT14	Destination - Munzenriet	Saturday, 3:00 pm
CT25	Destination - Munzenriet	Saturday, 4:30 pm
CT43	Destination - Munzenriet	Saturday, 19:00

Runners who finish after the specified times will not be counted. Further cut-off times will be communicated at a later date.

6. Registration

Registration takes place online via the official website of the event or forwarding to a partner. After registration, the participation fees are due and the registration is personal and non-transferable. The starting prices are listed on the registration page. Late registrations on site are possible for a fee of CHF 5.

Cancellation of registration

No money will be refunded by the Churfirsten Trail Run in the event of cancellation or non-participation. It is recommended to take out cancellation insurance at the time of registration for 10% of the entry fee, but this is the responsibility of the participants. The money will only be refunded if a medical certificate can be presented in addition to the cancellation insurance. Re-registrations within the categories are possible on site, but no money will be refunded and the difference must be paid. Re-registrations for the following year are only possible with cancellation insurance and a medical certificate.

Routes and categories

There are different distances

- **Kids Run:** 400m - 1400m (depending on age category)
- **CT14** with 14.15 km and 617 vertical meters

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- **CT25** with 25 km and 1,234 vertical meters
- **CT43** with 43.36 km and 3,005 vertical meters

The exact routes will be published on the website.

Category boys	Vintages	Category Girls
Mini	Younger - 2021	Mini
Rookie 1	2019 - 2020	Rookie 1
Rookie 2	2017 - 2018	Rookie 2
Teen 1	2015 - 2016	Teen 1
Teen 2	2012 - 2014	Teen 2
Category Men	Vintages	Ladies category
Juniors	2006 - 2011	Juniors
Men M20	1996 - 2005	Ladies W20
Men M30	1986 - 1995	Ladies W30
Men M40	1976 - 1985	Ladies W40
Men M50	1966 - 1975	Ladies W50
Men M60+	1965 and older	Ladies W60+

The categories can still be adjusted slightly until the event in August 2025.

Start number distribution

Eissportzentrum Wildhaus:

CT14 / CT25 / CT43	Friday, August 29, 2025	3:00 pm - 7:00 pm
CT14 / CT25 / CT43	Saturday, August 30, 2025	06:00 am - 08:00 am
Kids Run	Sunday, August 31, 2025	09:00 am - 10:30 am

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The start numbers must be collected by the participants in person. Participants must identify themselves accordingly with their passport/ID or driver's license. The timing chip will also be handed over with the start number. The start numbers must be attached visibly above the clothing. The start number gives participants access to all relevant zones and, in particular, the return of their valuables. CT14 participants under the age of 16 may only collect their race number if accompanied by a parent or guardian. The number will not be handed out if unaccompanied.

Start numbers must be worn so that they are clearly visible. The start number will be invalidated when the race is abandoned.

7. Health and safety

The CT43 has high requirements for its participants. In particular, the ascent of the Churfirsten mountains places great physical and mental demands on the participants. Objective dangers such as weather conditions (sun, cold, wet, thunderstorms, fog and storms) further increase the risk and cannot be influenced by the organizer. Participants are expected to be well prepared and equipped. The organizer reserves the right to exclude persons from participation. Any participant in difficulty must either report to the nearest control post, ask another runner for help or call the emergency number (noted on the start number). Every participant is obliged to provide assistance to another participant in difficulty. Race organizers, marshals and medical services have the right to remove participants from the race at their own discretion. This does not result in any further obligations for the organizer.

Each participant must ensure their own medical fitness. The organizer accepts no liability for health problems. There are several first aid stations and rescue personnel along the route.

Medical services and race doctors have the right to withdraw participants who are in danger of damaging their health from the race for a certain period of time or permanently. In the event of emergencies or medically prescribed race exclusions, the costs of care and evacuation by the medical service or the civil rescue services shall be borne by the participant.

8. Equipment and catering

There are refreshment stations along the route that provide water and snacks. Runners must be able to feed themselves between the aid stations. The organizer has defined mandatory equipment for this, which also includes a minimum amount of food.

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The following items of equipment are compulsory in addition to running clothing.

Clothing	CT14	CT25	CT43
Trail shoes with tread	x	x	x
Running backpack		x	x
Headgear as sun protection	x	x	x
Wind and waterproof jacket with hood		x	x
Warm clothing (long sleeves or arm warmers and long trousers or leg warmers)		x	x
Change shirt		x	x
Gloves and cap/headband		x	x
Equipment	CT14	CT25	CT43
ID card	x	x	x
Cup/container min. 15cl for drinks on the route	x	x	x
Whistle		x	x
Cell phone charged + emergency number saved	x	x	x
Emergency equipment at least elastic bandage, rescue blanket		x	x
Route map (GPX track on the watch or printed map)		x	x
Water container with 0.75 liters of liquid		x	
Water container with 1 liter of liquid			x
Catering approx. 500 kcal emergency provisions		x	
Catering approx. 800 kcal emergency provisions			x

The exact race refreshment plan will be published on the homepage. The list of equipment is subject to change.

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9. Timekeeping and ranking list

All participants are entitled to accurate timekeeping. This is done with a disposable chip integrated into the start number, which does not have to be returned. Various cut-off times will be recorded electronically during the race. The exact locations of these cut-off times are shown on the respective course maps. The running time is measured from the moment the runner crosses the start measuring mat. No legal claims can be made against the organizer for incorrect or inaccurate timekeeping.

The results will be published on the event website after the race.

Prices and scoring

All participants will receive a finisher prize. The first three female runners and the first three male runners per course will receive a special prize, the category winners will not receive a prize. The first three boys and girls per category in the Kids Run receive a special prize:

10. Rules and fair play

Participants must follow the instructions of the organizers and volunteers.

Fair play is essential. Help among runners is encouraged, but cheating or unsportsmanlike behavior will result in disqualification.

11. Environmental protection

The Churfirsten Trail Run attaches great importance to the protection of nature. Garbage may only be disposed of at the refreshment stations or in the bins provided.

12. Disqualification and penalty

Breaches of the rules such as taking shortcuts or not following instructions can lead to disqualification.



Some sections of the route cross alpine pastures. Participants are obliged to close barriers between the pastures, such as cattle wires or cattle gates, after opening them. Breaking the rules will result in disqualification.

13. Disclaimer

Participation is at your own risk. The organizer is not liable for accidents, theft or other damage.

14. Changes and cancellation

In order to ensure the safety of all runners at all times, the organizer reserves the right to adjust the route of the Churfirsten Trail Run in the event of bad weather conditions. These adjustments may include shortening the course, changing the route or, in extreme cases, postponing or canceling the race. All decisions will be made in the best interests of the participants and in consideration of the current weather conditions. There will be no refund of the participation fee in the event of cancellation.

In cases of force majeure (e.g. corona pandemic), which lead to the cancellation of the event, the participants shall have no claims for performance or compensation against the organizer.

15. Insurance

Insurance is the responsibility of the participants. Each participant must have valid accident insurance that also covers rescue, recovery (especially helicopters) and healing. Participants take part at their own risk and claims for damages against the organizer are excluded.

16. Data protection

Participants agree that the organizer may process the personal data provided by them for marketing purposes and pass it on to third parties. Third parties refers to partners and sponsors. Pictures taken before, during and after the Churfirsten Trail Run, recorded film material and start and ranking lists may be published, stating name, year of birth and place of residence, in particular on websites, flyers etc. The data will be processed in accordance

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with the applicable data protection regulations. Consent to these regulations is deemed to be a declaration of consent for this.

Consent can be revoked at any time in writing (info@churfirstentrailrun.ch).

17. Final provisions

By registering, participants accept these regulations in full. Any ambiguities or disputes will be finally settled by the organizer.

These regulations are intended to ensure a safe, fair and environmentally friendly Churfirten Trail Run. We look forward to an unforgettable running event in the breathtaking Toggenburg landscape!

Winterthur, September 2024

Fabian Lehner

President