

ART.1

THE 30th MARCIAGRANPARADISO WILL TAKE PLACE IN COGNE ON THE 7th OF FEBRUARY 2010. THE EVENT WILL TAKE PLACE ON A 45 KM TRACK AND WILL HAVE A LINE-UP START.

ART. 2

Only the classical technique will be allowed.

ART.3

Only persons that are over 18 can participate (they must be 18 years old on the 7th of February 2010).

ART.4

Each competitor takes cognizance that the MarciaGranParadiso requires a great physical and technical effort. With this inscription and under their own responsibility, the participants declare that they have the necessary physical and technical abilities.

ART.5

The registrations can be made:

1. *On line* on the web site www.marciagranparadiso.it paying by bank card or credit card.
2. *Off line*
 - a) filling in the form on the web site www.championchip.it and then sending it with the payment receipt and the self-certification of physical suitability for competitions through:
 - a. Fax 0165.749125 or 74050
 - b. mail : GRAND PARADIS INIZIATIVE Rue Bourgeois, 33 – 11012 COGNE (AO)
 - c. e-mail info@granparadiso.it
 - b) paying in cash at the following shops "Le Paradis des Sport" and "Ezio Sport" in Cogne bringing the same documentation as above.

ACCEPTED FORMS OF PAYMENTS:

- Bank transfer payment at Banca di Cred. Coop. Valdostana, agenzia di Cogne
IBAN : IT88 D085 8731 5500 0003 0150 358
- from abroad: international money order to Grand Paradis Iniziative – Rue Bourgeois, 33 - 11012 Cogne (Ao). On the back put you name, surname, sex, ski club affiliation (if you have one), date of birth, adress.

Registration fees:

- **(Euro 40,00)** until the 10th of January 2010
- **(Euro 45,00)** from the 17th of January 2010 until Saturday the 6th of February 2010
- **(Euro 50,00)** Sunday the 7th of February 2010 at the competition office in Cogne's town hall. The registration closes at 9 a.m. or when the number of 1000 participants is reached.

Special offers for the "30th SEASON"

- **(no registration fees)** if you bring two friends that participate at the race for the first time
- **(Euro 25,00)** if you bring a friend that participates at the competition for the first time
- **(Euro 30,00)** competition offer + Hotel (minimum for two nights) see www.cogne.org

The registration fee paid by participants that can not participate at the race for whatever reason will not be refunded. It is not possible to stand in for someone else.

For those who participate at the "Tour de Ski Valdotain" please link to www.tourdeskivda.it

ART.6

The registration allows participants at the race to use all the supplies and the ski wax services along the track and to award the medals and the drawing prizes. Every other cost is charged to the participants.

ART.7

The numbers will be distributed on the following days: the **5th of February** from 3 p.m. to 7 p.m.; the **6th of February** from 9 a.m. to 7p.m. and the **7th of February** from 7 a.m. to 9 a.m. at the competition office in Cogne's town hall. The receipt of the payment is required.

There are 4 groups:

Group "Elite" (numbers from n. 1 to n. 200) for the 10 women and the 100 competitors classified in the previous edition of the MarciaGranParadiso and some racers who might be chosen by the Committee for unchallengeable reasons.

Group 1 (numbers from n. 201 to n. 450) for those who have been classified in the previous edition of the MarciaGranParadiso from n. 101 to n. 350.

Group 2 (numbers from 451 to n. 600) for those who have been classified in the previous edition of the MarciaGranParadiso from n. 351 to n. 500.

Group 3 the remaining participants.

The numbers will be given, for each group, in increasing number based on the time they will be taken by the participants.

ART.8

The competitors must be at the entrance gates of the departure area, in the Cross Country Sports Ground, by 9,15 a.m. The departure is at 9,30 a.m. of the 7th of February 2010 and will be lined up for the "élite group". The remaining participants will start the race right after, in succession. The league will be based on the effective time of each athlete and will be noted electronically beginning from the starting point of the departure gates.

THE ATHLETES THAT DO NOT PASS THROUGH THOSE GATES AND THROUGH ALL THE IN-BETWEEN TIMING POINTS ALONG THE RACE TRACK WILL NOT BE CLASSIFIED.

ART. 9

Along the track there aren't any specific rules concerning the "free pist" for those who want to pass another competitor, anyway, for a better sporting event we suggest using commonsense and fair play. It is forbidden to replace a set of skis

during the race.

ART.10

At the entrance gates and at the two in-between points along the track there will be some electronic controls and also some other controls made by our judges. The participants that haven't passed through all the control points or that are caught using the skating technique will be disqualified. The competitors that do not pass the timing control at Sendey before 2 p.m. or those who do not arrive in Cogne's finishing line before 4,30 p.m. will be removed from the competition.

ART. 11

The prize giving ceremony will take place at around 2 p.m. in the refreshment area. After the ceremony some prizes will be drawn at random. A remembrance medal will be given to all the participants who will have finished the competition. A special prize will be given to all the athletes who will have completed the race for the fifteenth, twentieth and twentyfifth time.

ART. 12

If for any act of God the manifestation can't take place on the 7th of February, nor in any rescheduled dates, the committee will refund half of the amount of the inscription to those who will ask for it. The inscription will be considered valid for the following edition of the MarciaGranParadiso. It is up to the participants to get all information concerning the established dates of the competition.

ART.13

Any complaints must be issued with a 36 euro fee that will be refund if the complaint is considered valid and must be brought according to terms and conditions set by the federal technical laws.

ART.14

Even though there will be a rescue service along the track and on the finishing post with doctors and ambulances, the Committee disclaims all responsibility for any accidents occurred before, during and after the manifestation.

ART.15

A special prize will be given to the first "Cognein" (a person living in Cogne) athlete, male or female.

MiniMARCIAGRANPARADISO

Promotional non-competitive competition for children and teenagers up to the "Allievi" category (years 93- 94).

The competition will be on the afternoon of **Saturday the 6th of February 2010**, using the classical technique for a length of:

- Km 1 for the category Baby Sprint Male and Female (years 2002/2003 and following years)
- Km 1 for the category Baby Male and Female (years 2000/2001)
- Km 2 for the category Cuccioli Male and Female (years 1998/1999)
- Km 3 for the category Ragazzi Male and Female (years 1996/1997)
- Km 4 for the category Allievi Male and Female (years 1994/1995)

The departure line-up will be at 2 p.m. for the youngest. The other categories will follow.

The registration fees for the competition are € 8 for each athlete.

The registration must be made on **Saturday the 6th of February 2010 before 12 a.m.** at the competition office of the MarciaGranParadiso, in the town hall of Cogne.

Note:

For ski clubs and/or numerous groups registrations must be sent by fax (0165.749125 – 74050) before 6 p.m. on Friday the 5th of February 2010.

The prize giving ceremony will be at the "Maison de la Grivola" meeting center at 17,45 p.m. on Saturday the 6th of February 2010.

