

Reglement Stoos-Trail

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1. Principle

The competition regulations address both male and female participants equally, although the masculine form is used.

The Stoos-Trail is a competition in alpine terrain. Temperature drops, snowfall, thunderstorms, etc. can occur quickly in the mountains. Participants must take these circumstances into account. Especially for the ST46, participants are expected and required to have experience in the mountains and functional equipment.

2. Services of the Organizer

The organizer of the Stoos-Trail provides the following services:

- **Marking of the trails ST10, ST24, ST46 and BÄRGLAUF:**

Where markings are lost due to external influences (especially weather, animals or people), participants are expected to be able to orient themselves independently in the terrain. For this purpose, the organizer publishes the course on the homepage and provides GPX data.

- **Safety and medical care:**

Medical helpers will be present at selected control posts

- **Refreshments:**

Refreshment stations will be set up at the start/finish area and along the trails. The range offered at the stations is listed separately in the refreshment plan and published on the homepage. Additional stations: may be added at any time.

- **Deposit of belongings at the start:** The organizer operates a baggage deposit in the start/finish area for participants' belongings. In addition, for participants of the ST46, baggage transport from Schlattli to the finish in Brunnen is provided, and for participants of the BÄRGLAUF, baggage transport from the start in Brunnen to the finish at Fronalpstock. The baggage deposit is not supervised. No liability is assumed for theft, etc. Valuables can be deposited at the bib number collection. Valuables will only be handed in and returned upon presentation of the bib number.

3. Timing

The official race timing is carried out by the organizer using the Race Result system. The timing chip is integrated in the bib number and must be worn correctly and visibly on the front of the body during the entire race.

- Participants are responsible for handling their bib number with care and ensuring that the chip is not damaged.
- The organizer accepts no liability for incorrect or missing times caused by improper use, loss, or damage to the bib number or chip.
- Only the times recorded by the Race Result system are valid for the rankings. Claims based on personal timing devices will not be accepted.

System Failure

Should the electronic timing system (Race Result) fail or not be available, the organizer reserves the right to establish the rankings based on manual timing (e.g. by control posts or finish judges) or at the discretion of the race management.

In such cases, the decisions of the race management are final and not subject to appeal.

4. Race

This is a competition without a license requirement.

The Stoos-Trail takes place on three different trails with varying profiles. The trails are designed to provide the best possible combination of experience and safety. The organizer reserves the right to make last-minute changes to the course.

4.1 Minimum Age

- **ST46** born 2008 or earlier (18 years and older)
- **ST24** born 2012 or earlier (14 years and older)
- **ST10** born 2012 or earlier (14 years and older)
- **BÄRGLAUF** born 2012 or earlier (14 years and older)

4.2 Time Limits

• BÄRGLAUF	Finish	12:00
• ST10	Finish	15:00
• ST24	VP-6 Fronalpstock	13:00
	Stoos	13:45
	Finish	15:00
• ST46	VP-3 Goldplangg	10:15
	VP-4 Chruteren	11:15
	VP-5 Klingenstock	12:00
	VP-6 Fronalpstock	13:00
	Stoos	13:45
	Finish	15:00

The times indicated are cut-off times. Runners arriving at the respective location after this time must take the cable car to the finish.

Runners arriving at intermediate checkpoints or at the finish after the specified times will not be ranked. Cut-off times may be shortened, for example due to deteriorating weather forecasts.

4.3 Withdrawal

Runners may only withdraw from the race at control posts. Exceptions are withdrawals due to exhaustion or injury. In any case, the instructions of course marshals must be followed and race management must be informed.

If the time limits at checkpoints are exceeded, the descent must be started immediately. Course marshals are authorized, on behalf of race management, to remove runners from the race.

4.4 Cattle Fences and Gates

Some course sections lead across alpine pastures. Participants are obliged to close barriers between pastures, such as cattle fences or gates, after opening them. A rule violation leads to disqualification.

5. Registration

Registration takes place online at www.stoostrail.ch. By registering, the participant automatically accepts the competition regulations.

5.1 Startgeld

	15.10. - 14.11.25	15.11.25 - 14.02.26	15.02. - 14.05.26	15.05. - 04.07.26	Nach- meldung
ST46	CHF 85.-	CHF 95.-	CHF 105.-	CHF 115.-	CHF 125.-
ST24	CHF 59.-	CHF 65.-	CHF 75.-	CHF 85.-	CHF 95.-
ST10	CHF 30.-	CHF 39.-	CHF 45.-	CHF 49.-	CHF 55.-
BÄRGLAUF	CHF 65.-	CHF 70.-	CHF 70.-	CHF 75.-	CHF 80.-
KIDS-RACE	Free, sponsored by Verein Schwyzer Wanderwege				

Late registrations are only possible on site.

5.2 Cancellation of Registration

In the event of cancellation or non-participation, Stoos-Trail will not refund any money. Stoos-Trail recommends taking out cancellation insurance at the time of registration (5.5% of the entry fee). This is the responsibility of the participants.

Money will only be refunded if, in addition to cancellation insurance, a medical certificate is also provided. Changes within categories are possible on site, but no money will be refunded and any difference must be paid. Transfers to the following year are only possible with cancellation insurance and a medical certificate.

5.3 Kategorien

ST10 / ST24 / BÄRGLAUF:	Men/Women U16 (age 14–15)
ST10 / ST24 / BÄRGLAUF:	Men/Women U18 (age 16–17)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women U20 (age 18–19)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women M/W20 (age 20-29)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women M/W30 (age 30-39)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women M/W40 (age 40-49)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women M/W50 (age 50-59)
ST10 / ST24 / ST46 / BÄRGLAUF:	Men/Women M/W60+ (age 60-99)
KIDS-RACE:	U6 / U8 / U10 / U12 / U14

There will be no award ceremonies in the individual categories. Only an overall ranking will be recognized.

5.4 Bib Number Collection and Late Registration

Friday, 03.07.2026

ALL RACES 18:00 – 20:30, Turnhalle Brunnen

Saturday, 04.07.2026

ST10 06:30 – 09:45, Turnhalle Brunnen

ST24 / BÄRGLAUF* 06:30 – 07:45, Turnhalle Brunnen

KIDS-RACE 10:00 – 12:35, Turnhalle Brunnen

ST46 05:00 – 05:45, Schlattli Schwyz

***BÄRGLAUF bag drop** 06:30 – 07:45, Turnhalle Brunnen, *beschriftet mit Nummer (no liability for clothing transport).*

Bib numbers must be collected personally by participants. Participants must present an ID card, passport, or driving license. With the bib number, the timing chip will also be handed out.

Bib numbers must be worn visibly above the clothing. With the bib number, participants have access to all relevant zones and can also retrieve their valuables.

Participants under 16 years of age **in ST10, ST24** and **BÄRGLAUF** may only collect their bib number when accompanied by a legal guardian. Without accompaniment, the bib number will not be issued.

Mountain Prize Fronalpstock

There will be a mountain prize for **ST46** and **ST24** (best female and best male individual).

6. Safety

The Stoos-Trail ST46 places high demands on its participants. In particular, due to the average altitude of over 1,900 meters above sea level, participants are physically as well as mentally challenged. Objective dangers such as weather phenomena (sun, cold, wet conditions, thunderstorms, fog, and storms) increase the risk further and cannot be influenced by the organizer. Good preparation and equipment are expected and required of the participants.

Every participant who gets into difficulties must either report to the next control post, ask another runner for help, or call the emergency number (noted on the bib number). Every participant is obliged to assist another participant in distress. The race management, course marshals, and medical service have the right to remove participants from the race at their own discretion. This does not create any further obligations for the organizer.

6.1 Medical and Control Posts

All control posts must be passed. Participants who shortcut the course and/or fail to reach control posts will be disqualified.

The medical service and the heads of control posts may temporarily or permanently remove participants from the race who are inadequately equipped and/or at risk of harming their health.

Evacuations and rescue operations ordered by Stoos-Trail must be complied with. The costs of any rescue operations are the responsibility of the participants.

6.2 Preparation

Participants take part in the Stoos-Trail at their own responsibility and risk. The organizer assumes no responsibility in the event of accidents and/or illnesses. Stoos-Trail recommends that each participant prepare thoroughly for the race and undergo a sports medical examination.

6.3 Course Marking

All trails will be clearly marked by the organizer.

6.4 Insurance

Insurance is the responsibility of the participants. Each participant must have valid accident insurance that also covers rescues, recoveries (in particular by helicopter), and medical treatment. Participants take part at their own risk, and claims for damages against the organizer are excluded.

For the duration of the competition, Stoos-Trail takes out liability insurance.

7. Refreshments

Every participant must be able to provide for themselves between the refreshment stations. Additional stations may be added without prior notice. All participants must carry their own drinking cup.

7.1 Refreshment Plan

Isotonic drinks, water, etc. will be available at the start/finish area in Schlattli Schwyz as well as in Brunnen. The detailed refreshment plan will be published in due time on the homepage.

7.2 Waste

All athletes are required to respect nature. The deliberate disposal of waste leads to immediate disqualification!

All waste in the start/finish area must be disposed of in waste containers. Refreshment waste along the course may only be discarded within the refreshment zone, which ends 50 meters after the refreshment station. Afterwards, waste must either be carried to the next refreshment zone or disposed of in waste containers.

8. Equipment

The following equipment items are recommended in addition to running clothing. Items marked with * are mandatory for the respective races and may be checked before the start.

Item	ST46	ST24	ST10	BÄRG-LAUF
Trail running shoes with tread sole	x*	x*	x*	x*
Mobile phone (always switched on, with emergency number saved; REGA app on mobile)	x*	x*	X	x
Rain jacket with hood	x*	x*	X	x
Emergency kit (elastic bandage, rescue blanket min. 140 cm x 200 cm, emergency whistle)	x*	x*	X	x
Course map	x	x	X	x
Drinking bottles/bladder, bidon / drinking cup (soft cup)	x*	x*	x*	x*
Bib number with chip	x*	x*	x*	x*
Food (min. 500 cl)	x	x	x	x

Additionally, carrying poles, sunglasses/sunscreen, and a head covering is recommended.

Poles are not permitted in the BÄRGLAUF!

9. Execution

Based on its own risk assessments, Stoos-Trail may:

- make course changes, or
- interrupt the race, or as a last resort, cancel it.

In principle, Stoos-Trail strives to ensure the highest possible level of certainty that the event will take place.

Decisions made by Stoos-Trail cannot be contested. In cases of force majeure (e.g. coronavirus pandemic) leading to the cancellation of the event, participants have no claims for fulfillment or compensation against the organizer.

10. Award Ceremony

The award ceremonies **for all races will take place in the finish area in Brunnen**. The exact times will be published on the homepage.

Awards will be given **to the overall male and female winners of the courses (ST46, ST24, ST10 and BÄRGLAUF)** as well as the respective additional podium finishers. There will be no category prizes.

Winners who are not present at the award ceremony will not receive any prizes. All participants will receive a finisher's gift upon successful completion of the race.

10.1 Prize Money

Prize money will be paid out for the top 3 **overall** women and men **ST46**:

Rang	CHF
1st place	200
2nd place	150
3rd place	100

Prize money will be paid out for the top 3 **overall** women and men **ST24**:

Rang	Betrag in CHF
1st place	150
2nd place	100
3rd place	80

Prize money will be paid out for the top 3 **overall** women and men **ST10**:

Rang	Betrag in CHF
1st place	100
2nd place	80
3rd place	60

Prize money will be paid out for the top 3 **overall** women and men **BÄRGLAUF**:

Rang	Betrag in CHF
1st place	100
2nd place	80
3	60

11. Doping

The anti-doping regulations of Swiss Olympic apply. Every participant may be subjected to doping control before, during, or after the competition.

12. Disqualification for Rule Violations

Disqualification will occur under the following circumstances:

- Deliberate disposal of waste (without warning)
- Failure to follow the marked competition course
- Leaving cattle fences, gates, or other barriers open
- Non-compliance with road traffic regulations
- Loss of bib number
- Violations of the anti-doping regulations

Disqualified athletes or those removed from the race are not entitled to a refund of the entry fee.

13. Penalties and Complaints

The jury, post chiefs, and race management may impose penalties. Time penalties and disqualifications may be applied.

Complaints will only be accepted in written form no later than two hours after the finish of the affected runner. A deposit of CHF 50 must be submitted to the race management with the complaint.

14. Data Protection

Participants agree that the organizer may process the personal data provided by them for marketing purposes and may pass it on to third parties. Third parties include partners and sponsors.

Images, video footage, and start and result lists recorded before, during, and after the Stoos-Trail may be published with the participant's name, year of birth, and place of residence, in particular on websites, flyers, etc.

The data will be processed in accordance with the applicable data protection regulations. Acceptance of these regulations constitutes consent to this.

Consent may be withdrawn at any time in writing via [stoostrail.ch](mailto:info@stoostrail.ch) (info@stoostrail.ch).

Brunnen, Spring 2025

Peter Gwerder

OK-Teilnehmer