WINTER WORLD MASTERS GAMES • FINLAND 2028

Winter Trail Run · Winter World Masters Games 2028

RULES AND RECOMMENDATIONS

Lahti, 15–16 January 2028 · October 2026

1. General Rules of Winter Trail Run

All participants must follow the instructions and rules established by the Winter World Masters Games organiser. These rules and instructions are based on trail running etiquette, with the following clarifications:

- A runner may be disqualified for deviating from or taking a shortcut off the marked course without returning to the point where they left the course. Participants must follow the route marked by the organizer.
- If you wish to overtake a runner ahead of you, communicate your intentions and ask for room to pass. If a faster runner approaches from behind, make room for them to overtake if they request it.
- Respect your fellow competitors.
- All litter must be disposed of in the rubbish bags provided at aid stations and water stations. Deliberate littering will result in automatic disqualification.
- Competitors may receive assistance from the event organizer or external support personnel only at official aid stations or in specifically designated support areas. No assistance may be provided to a competitor while they are running the course.
- The use of poles is prohibited.
- All participants are obliged to help fellow competitors in distress, provide first aid if necessary, and attempt to contact the event organizer. In life-threatening situations, call 112.
- If you withdraw from the race, you must do so at an aid station and inform the aid station staff or the race office. If you are able to do so safely, make your own way back to the event center.
- Fair play and clean sport rules apply throughout the competition.
- Violations of the rules may result in either a time penalty or disqualification from the race. The race jury will make the final decision.
    - Cut off times: If you don't reach the cut-off time, you won't get result
        - 5km/ no cut off time
        - 10km/ 2h 30min
        - 21km/ 5h (half way cut off 2h 15min)

2. Equipment

Mandatory equipment for all race distances:

- Emergency space blanket
- Race bib, clearly visible

Recommended equipment for all race distances:

- Mobile phone (fully charged)
- An extra jacket
- Trail running shoes or studded running shoes
- Additional energy supplies and fluids according to individual needs

NOTHING STOPS US.
WE ARE MASTERS.