

iTRA  INTERNATIONAL
TRAIL RUNNING
ASSOCIATION





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I. ITRA, an international association dedicated to the advancement of trail running!

1. The history of ITRA

Since its inception in July 2013, the aim of ITRA (International Trail Running Association) has been to give a voice to all those involved in trail running in order to promote the core values and the diversity of the sport, as well as the safety of races and the health of runners, to contribute to the development of trail running and enter into dialogue with national or international institutions interested in this sport.

First International Trail Running Conference in Courmayeur (Italy); 18 countries represented.

Growing awareness of the diversity of the sport and the need to organize trail running as a discipline in its own right, whilst acknowledging differences in approach in different regions of the world.



September 2012



October 2013



5 working groups set up:
50 volunteers representing
13 countries and
5 continents.

Creation of ITRA, trail runners from all over the world sharing the core values of the sport.



July 2013

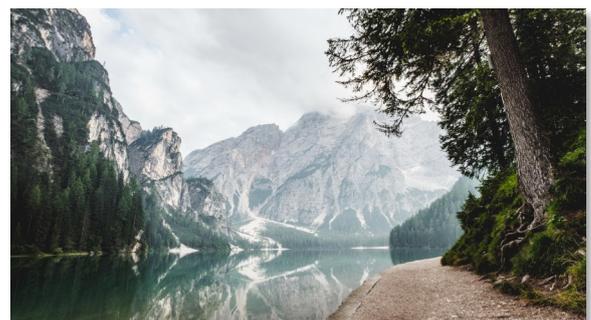


2. The values on which ITRA is founded

The **core values of trail running are at the heart of the discipline**, forming the basis on which ITRA was founded and guiding the development of the association. In view of the sport's rapid growth in popularity, it is important that all those involved share a strong set of common values.

Upholding and promoting these ideals and putting them into practice is a proof of commitment to a sport lived in the **spirit of self-development** and **sharing**, as a **human adventure**.

Such core values in no way signify uniformity or standardization. Nor do they restrict the freedom of every individual to express commitment to the spirit of trail running in the light of respective culture and sensibilities.





I. ITRA, an international association dedicated to the advancement of trail running!

Authenticity: the encounter of the runner with the natural environment is a source of inspiration, making demands on the body and mind of the runner, who seeks to surpass himself

Self-respect: eschewing the risk and dangers of doping or harmful self-medication...

Respect for others: respecting their customs, their culture, their rules.

Respect for the environment: minimizing the impact of trail running on the countryside



Humility: treating the natural environment with respect and care; and recognising one's own limits

Fair play: embodying the values of trail running and respecting race rules; avoiding all practices involving cheating or doping

Equity: ensuring a fair playing field for all athletes (the same conditions, the same rights, the same obligations...)

Solidarity: assisting those in difficulty.

3. The components of ITRA

1,600,000
registered
runners

1,351 race
organizer
members

9,978 runner
members

23,880 races listed on
the ITRA website,
including more than
5,503 in 2019



26 national
organizer
representatives

41
National
Representatives
of runners

14 founding
members

17 members of
the Steering
Committee

7 members of
the Executive
Board



II. The objectives of ITRA, in accordance with the core values of trail running

1. Définition du trail-running

Under the auspices of the IAAF, the disciplines of mountain running and trail running were united in drafting the definition of the discipline (Rule 251). Currently being validated by the IAAF, the rule is on the agenda for 4 December 2018 with a view to validation and implementation as of 1 January 2019. Excerpt from **Rule 251**: "mountain and trail racing".



(a) The discipline of Mountain and Trail Running takes place on various types of **natural terrain** (sand, dirt roads, forest paths, single track footpaths, snow trails etc), and in **various kinds of environment** (mountains, forests, plains, deserts etc). Races take place mostly on off-road surfaces, however sections of paved surfaces (e.g. asphalt, concrete, macadam etc.) are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used.

(...)

(c) The **course must be marked in** such a way that no navigation skills will be required from the athletes

(d) Trail **races have no limits to distance or altitude gain** or loss and the course must represent the logical discovery of a region.

Pursuant to Rule 251, the following **specific requirements should be respected** during official trail running events:

No more than 25% of the total course may be on paved roads. The races are classified in terms of "Km-effort".



The World Trail Championships shall include a **short course** (between 35 and 45 km with at least 1,500 m uphill) and a **long course** (75 and 85 km).

Runners must be **self-sufficient** - i.e. between aid stations - with regard to equipment, communications, food and drink.

A **survival blanket**, a **whistle** and a **mobile phone** constitute the essential mandatory equipment, to which other items may be added by the organizer.

Aid stations must be **sufficiently spaced for the "principle of self-sufficiency"** to be respected. The total number of aid stations - excluding the start, the finish and water stops - must not exceed the km-effort divided by 15 and rounded down. For example, in the case of a 58 km-effort race the appropriate calculation would be $58/15 = 3.86$ and the race would have to include no more than 3 aid stations, excluding the start and the finish





II. The objectives of ITRA, in accordance with the core values of trail running

2. The missions of ITRA

2.1 Health, a prime concern for ITRA

The "health policy" is a fundamental task for the association. The policy encompasses the measures implemented by ITRA to **protect athletes' health and to further a sport with no doping**.

The ITRA health policy is encompassed by the



association's general mission to develop and promote trail running. The aim of the policy is not only to enhance the **quality of organizations** and increase the **safety of participants** but also to **promote a respectful discipline of the spirit of sport and the values** set forth in the Ethics Charter of ITRA.

The ITRA health policy is based on the belief that the **health of the runners is the joint responsibility** of both the runners and their entourage, the race organizers and manufacturers.

The ITRA health policy is sub-divided into 4 strategic areas: education, safety, research and the QUARTZ programme.

2.2 Safety

For the organizers of events, ITRA has provided a **recommendations guide drafted by the ITRA Safety Commission**, which comprises doctors, rescue experts, professional relief organizations and race organizers.

The **organizer must make all necessary provision for safety and search and rescue**. To this end, the guide describes all the necessary measures for the prevention of accidents and the transmission of relevant information to all those concerned.

The **safety guide** is available on the ITRA website (in **Chinese, German, English, Spanish, French, Korean and Russian**).

With regard to search and **rescue**, the guide gives all the **human and material resources required for assisting runners in difficulty**.

2.3 Evaluation of trail courses

ITRA provides a service involving course **certification and an evaluation of the difficulty of individual trail races**. The object of the service is to certify the **distance**, the **elevation gain/loss** of each course and to assess the difficulty of the race on a scale of 1 to 6 ITRA points. **This certification has no connection with the quality of the organization and is based solely on data provided by the organizer.**





ing II. The objectives of ITRA, in accordance with the core values of trail running



A **certification number** is assigned to each organizer by ITRA, confirming that the respective course measurement is accurate and that the number of points allotted to the race is correct. Only **courses for races that conform with the definition of the discipline** can be certified and evaluated.

2.4 Ranking

Calculating the **Performance Index** is one of the main missions of ITRA.

The ITRA performance index is **provided as an estimate of running pace**, making it possible to compare the pace of individual international athletes who may have never taken part in the same trail race.

This index represents the potential pace of each runner on a **1000-point scale**.

A **rating** is calculated for each completed **race**. This rating is an "evaluation" of the runner's performance in the race in question. Thus, the highest possible value of the

performance index is 1000.

The general performance index is a **weighted mean** of the runner's **5 best ratings over the last 36 months**.



2.5 Athlètes de haut niveau

Within the **international Athletes' Commission**, ITRA brings together a group of **elite trail runners** to debate the future of trail running.

The challenge is to allow the discipline to develop whilst continuing to respect its core

values and giving **due consideration to the opinions and experience of all those involved in the sport**.





II. The objectives of ITRA, in accordance with the core values of trail running

3. The objectives of ITRA

The main objectives of ITRA are to:

- 🏔️ **Structure** discipline and share good practices
- 🏔️ Contribute to **improving the quality of the organization** of sporting events in order to promote a sport where the pleasure of running goes hand in hand with **health, safety and respect for the environment**
- 🏔️ Implement concrete actions to **protect the health** of athletes and **contribute to a doping-free sport**
- 🏔️ Entretenir des **relations constructives** avec les institutions, les fédérations d'athlétisme et les associations de trail, dans chaque pays et à l'international
- 🏔️ Participer au développement d'une **pratique durable**, respectueuse de l'environnement. Partager son **éthique sportive** avec tous les acteurs du trail et le grand public.



III. The services to trail running provided by ITRA

1. Services that have been developed for runners

1.1 Evaluating the performances of trail runners

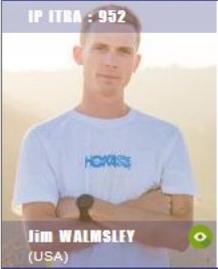
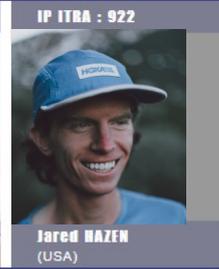
What is the ITRA performance index? => Cf II. 2.4 Ranking

Some performance indicators (world top 6)

🌟 Indice de Performance ITRA Top 6 Hommes

International

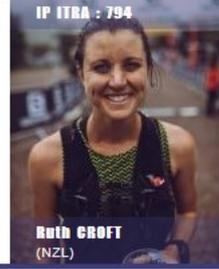
GENERAL

 Jim WALMSLEY (USA)	 Kilian JORNET (ESP)	 Petro MAMU (ERI)	 Sliane Angermund-Vit (NOR)	 Davide MAGNINI (ITA)	 Jared HAZEN (USA)
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🌟 Indice de Performance ITRA Top 6 Femmes

International

GENERAL

 Courtney DAUWALTER (USA)	 Maud MATHYS (SUI)	 Miao YAO (CHN)	 Andrea MAYER (AUT)	 Ruth CROFT (NZL)	 Camille HERRON (USA)
---------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------

What is a "rating"?

A "rating" is calculated on the basis of each race result.

To calculate the rating of every runner in each race, ITRA uses the distance and elevation calculated from the GPS trace of the course. When a race has already been evaluated by ITRA, data obtained after evaluation is used to calculate the rating; otherwise, data supplied by the organizer is used.

It is then necessary to "transform the elevation gain/loss" into a "flat" distance by means of an empirical formula:

$$\text{Distance (km)} + \frac{\text{Elevation gain/loss (metres)}}{100}$$

Using this "flattened" distance, each result (time) is then compared with a **theoretical best possible performance**, which is determined from a list of world records and equals a maximum of 1000 points.

The coefficient of adjustment

In a first calculation step, the "raw" rating is a certain number of points corresponding to the ratio of time taken to theoretical maximum performance.



III. The services to trail running provided by ITRA

Nevertheless, it is impossible to objectively define the technicality of a route and an indirect method is therefore used. This method is based on a **statistical analysis of the largest possible sample of runners who have completed the same race** and for whom ratings for similar races are recorded in the ITRA database and the statistical analysis is then used to determine a **coefficient of adjustment**, which is applied to correct the "raw" rating.

Thus, in order to take into account the specific nature of each trail in the context of the course and the race conditions, a **coefficient of adjustment is applied** in a second step. This is calculated in such

a way that the mean ITRA rating of all of the runners at the finish multiplied by the coefficient is equal to the mean ITRA rating of all of the runners at the start.

This method has two major advantages: allowance can be made for any factor affecting the race time (in particular, the degree of technicality and the weather conditions) and the quality of the database can be continually improved.



Useful to understand!

In terms of equal performance, a runner's rating will be the same on a very technical race or in the event of very bad weather (slower race times) or over a very rolling course.

The distance and the elevation gain may be the same for two races yet, in reality, the races may be very different (conditions, technical nature of the course, distribution of the elevation gain (4 x 1000 m or 8 x 500 m) etc.). The **coefficient of correction** reflects these less evident differences and explains the fact that two runners may have two different ratings for similar times over two courses with the same characteristics (in terms of distance and elevation gain/loss);

-> **The ranking is disregarded in calculating ratings.**

1.2 ITRA calendar, more than 8,000 courses listed

ITRA offers race organizers an **international calendar of trail races world-wide**. To feature in the calendar, organizations have to create a free account on the ITRA website and save the required information necessary. The organizers can then access additional services by becoming a member of ITRA (annual fee).

To date, more than 24,287 different events have been entered in the ITRA calendar (a total of more than **28,818 races**, all years conflated).

The races shown on the calendar can be seen by up to circa **105,550 different users** who visit the site each month, spending an average of **4 minutes per visit**.



III. The services to trail running provided by ITRA

1.3 Rating the quality of races

After considerable deliberation, and following the presentation given to given at the General Assembly of 2018, the ITRA Steering Committee voted for the implementation of a **Runners' Quality Index** based on a questionnaire that allows participants to evaluate the overall organization of a trail race with respect to 15 specific points.

Following a race and receipt and approval of the results by ITRA, each runner taking part (including non-finishers) can now **evaluate the quality of the race in which he has participated**. The runner has 60 days to access the questionnaire.



The 15 questions addressed to participants relate to the following topics:

- => the **level of information** provided before the race (course, rules, map...)
- => the conditions of **registration** and **payment** (cost, ease of registration...)
- => race **bib** collection (access, opening times, waiting time...)
- => arrangements at the **start** (transport, runners' bags and instructions, storage, changing facilities)
- => general **atmosphere** and organisation (exhibitors, music, presenter...)
- => **course-marking** (visibility, signalling of specific points...)
- => the **course** (quality, conformity with the course advertised...)
- => food and drink at **aid stations** (variety, quantity...)
- => search and **rescue** and **medical services**
- => the **atmosphere** around the course (special events, spectators...)
- => services for **accompanying** persons (information, following the runners, transport...)
- => **finish** (atmosphere, finisher's gift...)
- => **arrangements** at the finish (transport, showers, repatriation in case of abandon...)
- => respect for the core **values of trail running** (including respect for the environment)
- => **results** (details, waiting time...)

A runner may award up to 5 stars:

- ★ = poor quality
- ★★ = average quality
- ★★★ = good quality
- ★★★★ = very good quality
- ★★★★★ = excellent quality

He can also choose to check a box "not relevant" if he has no experience relevant to one the 15 points listed in the questionnaire.



III. The services to trail running provided by ITRA



In order to make the questionnaire as fair as possible and so that it reflects the **overall quality** of organization whilst giving greater importance to issues relating to the safety of the runners, **each question is weighted by a coefficient.**

A final **Quality Index** is calculated once the runners' responses have been recorded. This is published on the ITRA website in the race results of the international calendar (rating for the year N-1) and on the runner's file for those who have an account ITRA.



The **Runners' Quality Index** can be used to raise awareness of a race that is less well known but where the quality of organization is just as good or even better than in the case of the more famous races. It also provides ITRA organizer members with a module specifically designed for identifying areas for improvement in future years.



Each organizer member can add up to 5 questions (in the form of text or a note) to the questionnaire. This must be done before the results are filed online because once it is incorporated into the ITRA website, the questionnaire is directly available to participants. These 5 additional questions are disregarded in the final rating of the runners' quality index.

1.4 International insurance policy for runners

In partnership with **ASSURINCO** and **MUTUAIDE ASSISTANCE**, ITRA has developed a **runners' insurance** policy tailored to meet the requirements of trail runners.



This insurance is valid **anywhere in the world** for **all ITRA members** with an up-to-date annual subscription and covers the following sports: race walking, trail running, hiking, trekking, cycling, mountain biking, cross-country skiing and snowshoeing.



Whether **walking, training** or **competitions**, the insurer **supports search** and **rescue costs** (search and evacuation helicopter, ambulance, other costs of delivery to the hospital, medical...) and organizes medical **repatriation** home.

The **annual cost of insurance is € 49** (+ € 8 for non-ITRA members). It is also possible to purchase insurance cover for one event only; the cost per race is € 39. Insurance cover can be purchased via the runner's ITRA account (click on "My space" then go to "My account").



More than 2000 runners from all over the world have already purchased the ITRA runners' insurance!



III. The services to trail running provided by ITRA

1.5 Provision of a private and confidential health space

The health space is a private online platform that can be accessed from the runner's ITRA account, where **individual runners can find all their health information** (allergies, blood type, ongoing treatment, medications, test results, nutritional supplements, illnesses...) and file their medical certificates. The platform is called SHOL (Sport and Health On Line).



Developed and implemented by the association **Athletes For Transparency**, with which ITRA has collaborated for several years, this unique and innovative platform is designed not only for trail runners but for **all athletes the world over**.



Athletes For Transparency

All the information is confidential but can be shared with medical teams and race doctors if a trail running event is part of the QUARTZ program programme and is seeking to improve its management of runners. For race organizers who implement the **QUARTZ program** at their events, this platform allows easy access to participants' medical certificates.

What is the purpose of the health space?

To allow all trail runners worldwide to take responsibility for their **health** and to commit to **transparency**, as well as to facilitate the

provision of **medical care** and assistance at competitions.

The health area is accessible from a free account; it is not necessary to be a member of ITRA to gain access. The more information entered in the areas of health, the better the medical director of an event can prepare the medical teams for health problems that may occur during the competition.

In addition, an elite athlete can download documentation relating to post-race doping tests to his health space and make his profile public - as Kilian Jornet does, for example. The health space can be found here:

https://www.shol-health.com/SHOL_PUBLIC/Public/Select_UsersPublic.aspx

To date, more than 75,000 athletes use the health space!





III. The services to trail running provided by ITRA

2. Services developed for race organizers

2.1 The ITRA points system and the classification of trail races

In **assessing trail races**, ITRA awards points for the level of difficulty, ranging from 0 to 6. The points correspond to the level of difficulty of the race with respect to the distance and the elevation gain/loss.

The different trail races are classified on the basis of **km-effort**. A km-effort is calculated by adding the distance (km) to the elevation gain / 100 (metres). For example, the number of effort points for a 65 km race with an elevation gain of 3500 metres is: $65 + (3500/100) = 100$.

This **new classification**, implemented in March 2018, includes **7 different categories** (from **XXS** to **XXL**) of trail race, expressed in the new ITRA points system as per the following table:

category	ITRA Points	Km-effort New limits	Winner Approximate Time (*)
XXS	0	0-24	1h
XS	1	25-44	1h30 - 2h30
S	2	45-74	2h30 - 5h
M	3	75-114	5h - 8h
L	4	115-154	8h - 12h
XL	5	155-209	12h - 17h
XXL	6	>=210	> 17h

(*) when the winner has an international level (ITRA score of at least 830)

2.2 The promotion of races via the calendar, media...

An ITRA **calendar of trail races** is available to all. Each race organizer can enter his race into the calendar ITRA at no cost. Organizers use the calendar to promote events whilst runners use it to search for their next challenge.



III. The services to trail running provided by ITRA

2.3 Evaluation of the competitive level of a race

The **ITRA Performance Index** is used in particular used to estimate the average pace of each runner, and in particular of the elite runners. Thus, the organizers of the different races can establish and select the number of places to be reserved for elite runners ("elite" denotes a performance index of greater than 800 for men and a performance index of greater than 700 for women).

2.4 The ITRA safety recommendations



Safety is a central issue, which no race organizer can afford to ignore. ITRA provides a guide for organizers so that they can ensure the highest possible **level of safety**.

The essential points in ensuring the **safety of the athletes** are as follows:

 A **good organization** with clearly defined areas of responsibility and good knowledge of the site and the route to be run...

 **Essential measures** to be taken on the day of the race include assessment of the weather and the provisions to be taken in the event of bad weather (snow, thunderstorms, heat...) as well as ensuring that the communication systems and transmission of information function flawlessly throughout the race...

 **Preventive safety measures** in the form of mandatory equipment to be carried by the runners, of clear course markings to prevent runners from straying from the course and indications of any potential dangers; ensuring that aid stations receive adequate supplies (ensure hygiene standards in relation to foodstuffs) and respecting environmental constraints.

Organisation and coordination of medical and rescue teams and their members (medical director,  emergency doctors, nurses, paramedics, physiotherapists, chiropodists...); setting up search and rescue units (first aid posts...).





III. The services to trail running provided by ITRA

2.6. A Trace de Trail premium account

A paid-up organizer membership of ITRA includes access to a premium Trace de Trail account. Organizers benefit from advanced features. For example, recording GPX traces and uploading them to Trace de Trail accounts is facilitated.



International maps are available: OpenStreetMap / OpenTopoMap / OpenCycleMap / MapBox / ESRI. Many further options are also available:

<https://tracedetail.fr>

The screenshot displays the Trace de Trail website interface. At the top, there's a navigation bar with 'MENU', 'TRACE DE trail', and various utility icons. The main content area features a trail profile for 'MARATHON DU MONT-BLANC 2018 - 80 KM DU MONT-BLANC'. Key details include:

- Distance: 91 km
- Ascent: 6220 m
- Descent: 6220 m
- ITRA Rating: 5 (with sub-ratings 9 and 410)
- Location: Chamonix-Mont-Blanc (74)
- Competition date: 29/06/2018
- Trace ID: n°44313
- Seuil de dénivelé: 10 m
- Seuil de distance: 0 m
- Lissage: Non
- Origine des altitudes: GPS
- Points: 7511 pts - 1pt/12m
- Altitude range: 1038 m to 2485 m
- Longue montée: 1390 m
- Longue descente: 1420 m

 The interface also includes a 'Plus d'outils' (More tools) section with options like 'Sauver le style de ma trace', 'Sauver les traces ajoutées', 'Créer une page de roadbook', 'Créer une variante', 'Carte à la Carte IGN', 'Télécharger les PI (gpx)', and 'Carte et profil sur votre site web'. On the right, there are options for 'Cartes IGN' and 'Scan express' services. The background shows a topographic map of the Chamonix-Mont-Blanc area with a red trail route and a pink elevation profile at the bottom.



IV. A health policy that is unique in the world of sport.

1. Definition of the ITRA health policy

The term "health policy" denotes all actions undertaken by ITRA to protect the health of the athletes and to contribute to a sport without doping.

The health policy is one of the fundamental missions of ITRA and has continued to evolve ever since it was first set up. The aim of the policy is to promote a healthy discipline, respectful of the spirit of sport and the core values set forth in the Ethics Charter of ITRA.



The ITRA health policy is founded on a single conviction: the health of runners is the business of everyone – of the runners and of their entourage, the organizers of races, the institutions and the manufacturers of sports equipment. The ITRA health policy has four pillars:

- ▲ **medical research** in ultra-endurance sports
- ▲ the **education** of runners and their entourage
- ▲ detailed recommendations for **safety** and search and **rescue**
- ▲ a **unique and innovative** health management programme: the QUARTZ programme

ITRA is the initiator and coordinator of the health policy run by two further non-profit organizations:

- ▲ the association **Athletes For Transparency (AFT)**, which provides technical expertise and implements the QUARTZ programme: collaboration with laboratories, use of the health space, medical follow-up after testing;



- ▲ the **Ultra Sports Science (USS)** endowment fund which finances the programme from donations, initiates medical research projects and disseminates scientific knowledge.





IV. A health policy that is unique in the world of sport.

1.1. Medical research in the field of ultra-endurance sport

As part of its health policy, ITRA encourages the communication of scientific and medical knowledge related to the practice of endurance sports and, in particular, trail running. In this context, ITRA collaborates with the **Ultra Sports Science** Foundation, whose mission is the advancement and communication of scientific and medical knowledge relating to ultra-endurance sports, with a view to improving the health and safety of athletes.

A number of elite athletes are ambassadors for the Ultra Sports Science Foundation (France and USA) – for example **Kilian Jornet**, **Francois d'Haene** and **Fernanda Maciel**.

The 3 founding members of USS are **Patrick Basset** (France; anaesthetist and mountain rescue doctor), **Marty Hoffman** (US; Professor of Physical medicine and rehabilitation and a former Director of research for the Western States Endurance Run) and **Volker Scheer** (Germany; Assistant Medical Director in the Department of Sports Medicine at the University of Paderborn).



1.2 Athlete education; preventing self-medication

Trail running is a sport with a high level of physical intensity; the races, which vary in length and in the degree of physical trauma experienced, often take place in areas that are remote and difficult of access.

For these reasons, ITRA **pioneers and coordinates preventative and awareness measures** in conjunction with the runners themselves and in partnership with race organizers.

The object of this work is to **enhance runners' knowledge of health-related concerns**, to prevent the injuries and pathologies that are inherent in the practice of trail running and to preclude the risks to health arising from self-medication or doping.

The work further includes the **communication of knowledge** acquired from applying medical research to the practice of trail running – for example:

- ♥ **musculoskeletal injuries** found in "ultra" long-distance sports
- ♥ the **prevention** and management of gastrointestinal symptoms in ultra-endurance sports
- ♥ specification of a basic **medical kit** for "ultra" runners.
- ♥ the principles of **sensible hydration**



IV. A health policy that is unique in the world of sport.

Education in the discipline also covers the **development of the Quartz program** and its implementation at trail running races around the world (see 1.4 below).

1.3 Search and rescue planning: a well-planned course = safety for runners

With a view to improving the quality of race organization and the safety of participants, ITRA **offers advice and support for race organizers**, who are then obliged to make provision for the safety of all concerned and to set up systems for search and rescue.



To this end, ITRA has drafted and formalized comprehensive guidelines covering accident prevention and the principles of organization (including transport and information systems) and, with regard to search and rescue, describing the human resources and equipment necessary for assisting runners in difficulty. [See the ITRA safety guide.](#)

1.4 QUARTZ Program

QUARTZ is a programme designed to protect the health of runners and to contribute to a sport without doping.

The program, which is unique in the field of monitoring the health of athletes, makes it possible to detect possible pathologies as well as profiles showing doping-related abnormalities.

It is possible to ensure that the runners are healthy before and/or after a sporting event, as well as throughout the year, thanks to the QUARTZ programme monitoring of elite runners.

The **QUARTZ program** conforms with the medical rules set out in the regulations of IAAF Competition Rules 2018-2019, namely:

Rule 52.1: « *Member shall use best efforts to ensure that all Athletes under their jurisdiction competing in International Competitions are in a state of physical health that is compatible with elite level competition in Athletics.* »

Rule 52.2: « *Every Member shall use best efforts to ensure that appropriate and continuous medical monitoring of its Athletes is undertaken either internally or through an approved external body.* »



A "**No Start Rule**" allows the exclusion from competition of an athlete considered to be at too great a medical risk prior to the start of the competition.

See the **IAAF Medical Guidelines**, January 2013:

Chapter 1, Article 6.4: « *When the health of athletes is at risk, health care providers should strongly discourage them from continuing training or competition and inform them of the risks.* »



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Chapter 2 - Part C – Article 5: « *In summary, the IAAF Medical & Anti-doping Commission feels that a preparticipation or periodic health evaluation could contribute to:*

- *Screening of athletic population and detection of asymptomatic silent diseases;*
- *Prevention of acute unexpected health problems or life-threatening events;*
- *Appropriate and precocious management of health conditions;*
- *Decision on the opportunity to participate in intensive sport activity;»*



Pursuant to the World Anti-Doping Code (2015, chapter 5.8): "Investigations and Intelligence Gathering", **under the QUARTZ program all results of analytic testing may be shared with the anti-doping bodies.** In this way, QUARTZ contributes to doping-free sport.

The QUARTZ programme is for **elite runners** as well as for the "regular" runners, for the **organizers** of events, and for **manufacturers** and the **sporting bodies.**

Technically, the programme is implemented by the **Athletes For Transparency (AFT)** association, recognized for its expertise in the **field of health** and **combating doping.** The AFT Association operates in an international setting in collaboration with all the anti-doping bodies.



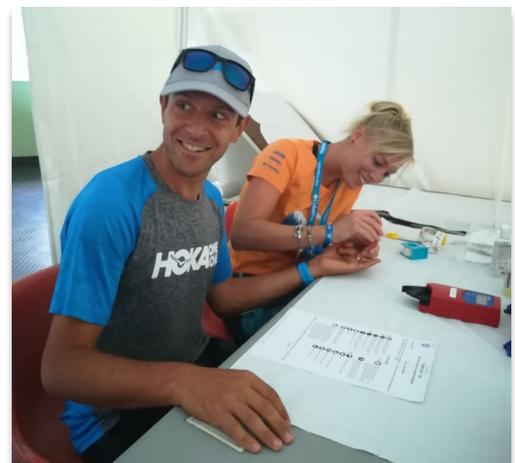
The QUARTZ program is funded by donations made to the Ultra Sports Science (USS) endowment fund. The donations are used in part for medical research. Each year, the foundation selects medical research projects it can fund by means of the donations.

The QUARTZ programme has been funded in this way.

1.4.1 Elite runners and manufacturers

Each year ITRA offers the **QUARTZ Elite program** to the **top 10 athletes in the men's and women's rankings, respectively, and to the top 3 in each trail category, as well as to athletes returning from a suspension after having tested positive at a trail running event – a total of 70 athletes in 2019.** If the athlete is ranked in more than one category, the selection will pass to the next athlete

In 2019 ITRA made the QUARTZ programme available to 70 athletes.





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One-year monitoring of elite runners under the QUARTZ programme

-  The runners must start by **creating a private and confidential health space** which can be accessed via the **SHOL** (Sports and Health On Line) platform; this is an essential requirement for monitoring health remotely. In this space, **athletes have to enter information** concerning nutritional supplements, medications, ongoing treatments, chronic illness, analytical testing, doping tests, TUE (therapeutic use exemption).
-  During the rest of the year, the ITRA Health Commission then requests the **monitored athletes to undergo analytic tests** at their **nearest laboratory**.
-  Once received, analytical results are transferred to the **health platform** and **analysed by two members of the ITRA Health Commission**, namely Dr. Patrick Basset and Pierre Sallet (sports physiologist), who provide diagnostic information, offer advice and information to the runners with respect to their state of health and any potential changes.

Other elite runners who are in neither the ITRA overall top 10 nor the top 3 in **each category** are **nevertheless able to enter the QUARTZ program by way of their sponsors**.

A number of athletes sponsored by **Hoka One One** or **Solomon** are able to take advantage of annual health monitoring thanks to funding from their sponsor. The system of funding is entirely independent and the involvement of several non-profit associations (ITRA, AFT, USS) guarantees the transparency and autonomy of the programme. This aspect of the programme is without precedent in high-level sport.



Other manufacturers, in particular **Columbia** and **The North Face**, have also chosen to support the programme in general but without funding the annual monitoring of athletes .

 In **2018, 48 elite runners** entered the Program QUARTZ.

 In **2019, 70 elite athletes** chose to follow the QUARTZ programme, half of them have made their health space public.





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Different types of profiles

Test results are categorised according to 4 different types of profile:



NORMAL

the test results are normal



WITH EVIDENCE OF A POTENTIAL MEDICAL CONDITION

a runner's test show a relatively benign condition that requires treatment



ATYPICAL

test results are outside the laboratory norms but do not necessarily mean that the individual has a health issue



ABNORMAL

the test results are inconclusive, potentially as the result of doping

The 'No Start Rule'



A profile with evidence of a **potential medical condition**, or **which is atypical** or **abnormal** may give rise to implementation of the "No Start Rule" on health grounds and, in the event of a runner's profile presenting any **risk any** before a competition, or at any time during the year, **the ITRA Medical Commission may ban him from taking part in a race.**

Analytic testing of elite runners in 2018 and 2019

In total, **604 tests** were carried out in **2018**;

♥ **550** results were found to be **normal**,

♥ **36** cases a **medical condition** was identified,

♥ **18** results showed **atypical** profiles and

♥ **0** cases, the **No Start Rule** ("in" and "out competition") was applied consequent upon serious medical risks being identified during testing.

In 2019, The QUARTZ Program is:

	2019
QUARTZ Elite	70
QUARTZ Regular	107 517
QUARTZ Event	39





IV. A health policy that is unique in the world of sport.

1.4.2 Race organizers

A number of organizations and private race circuits prioritise the **health of athletes** and have decided to **implement the QUARTZ program at their events**.

- 🏃 In 2018, **35 events** implemented the programme QUARTZ at their race.
- 🏃 In 2019, the QUARTZ programme has been put into practice at **39 races** worldwide.

What to implement?

Depending on the desired level of commitment and the budget of the organizations, the following may be implemented by organisers in ascending order of complexity:

The original QUARTZ EVENT, the basis. : The aim is to guarantee and **improve the provision of medical care to all runners during a competition**. The medical team can access a participant's' health space - previously updated by the runner via an ITRA account - during the event in order to provide personalized care!

QUARTZ EVENT (level 1) : Level 1 allows you to access the services of the original QUARTZ Event program as well as **offering bioanalytical testing to selected best male and female athletes registered for your event**, during the 30 days immediately preceding the race.

QUARTZ EVENT (level 2) : Level 2 of the QUARTZ Event program additionally allows you to offer your elite athletes further bioanalytical testing on the day before the event!

A medical check can take many forms (testing blood, urine, hair, saliva...) and can be carried out:

- > between 30 and 4 days before the race
- > the day before the race
- > after the race
- > A population of "regular" athletes may also undergo testing.

One of the special features of the **QUARTZ program** is its flexibility. It can be adapted to suit the requirements and budget of any organization.

It may be possible to find **funding solutions** via the Ultra Sports Science Foundation, in particular thanks to the sale of **health race bibs**.





IV. A health policy that is unique in the world of sport.

2 Financing the health policy

2.1 Manufacturer partners of the programme

To date, 3 manufacturers are partners of the QUARTZ program for 2019: **Asics**, **Columbia**, and **The North Face**. The funds raised have allowed **ITRA to offer health monitoring in 2018 to 19 elite athletes who replied 'yes' to the offer of free entry into the QUARTZ programme for 1 year.**



ITRA continues to look for sponsors in order to allow further remote, targeted health monitoring of elite athletes worldwide for one year.

For the first time in the history of high-level sport, manufacturers, athletes, organizers, private circuits and scientific and sporting institutions and associations are mobilizing to facilitate the development of a large-scale unique, transparent and independent healthcare program.



2.2 The role of the Ultra Sports Science Foundation

The Ultra Sports Science Foundation **helps organizers fund the QUARTZ program** at their races. For example, a race that wants to set up a level 3 programme with analytic testing before and/or after race can, for example, **sell 'health' bibs in addition to its ordinary bibs and the money thus raised will fund a level 3 implementation of the QUARTZ program.**

This mode of operation is very effective in the case of races that are "sold out", where the bibs are few and sell at a higher price. For example, **15 "health" bibs have been sold for the UTMB 2018!** The funds raised will be used to pay for **medical checks** before and after the UTMB races and also for **training volunteers as well as for scientific research projects.**





V. International recognition for ITRA

1. The World Trail Championships

Since 2015, ITRA has co-hosted the World Trail Championships with IAU.

-  2015: MaxiRace, Annecy, France, 35 teams (263 runners)
-  2016: TransPeneda Geres, Portugal, 37 teams (256 runners)
-  2017: Trail Sacred Forest in Badia Prataglia, Italy, 37 teams (291 runners)
-  2018: Penyagolosa Trails, Castellón, Spain, 49 teams (351 runners)
-  2019: Trilhos dos Abrutes, Miranda Do Corvo, Portugal, 53 teams (419 runners)

ITRA will organize a joint mountain- and **trail running world championships**, in partnership with the **International Association of Athletics Federations (IAAF)** and the **World Mountain Running Association (WMRA)**, with events specific to each discipline in 2021



The aim is to propose to the national federations and the runners that a larger scale event be held every two years, where each athlete can compete in the race format of his preference. Discussions between ITRA, the IAAF and the WMRA are ongoing.

2. The growing influence of ITRA

ITRA is also present on **social networks** and in daily communication with the ever-growing ITRA community.



The **ITRA website** receives **over 1,100,000 page views per month** (an **707,000** unique page views). The three busiest pages are the **community** page, with more than 275,000 views per month; the **home page**, with more than 103,000 views per month; and the **calendar page**, viewed on average more than 25 000 times per month. The ITRA website registers more than **105 550 individual user hits every month**.



ITRA receives about 2,000 mails per month with an average response time of 15 hours.



33,100 fans
+185,000 impressions
Per month



7,100 followers
+70,000 impressions
per month.

+ 128,000 impressions per month

14,500 fans



08/21/2018





iTRA INTERNATIONAL **TRAIL RUNNING** ASSOCIATION

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