

RACE RULES

TRAIL LJUBLJANA 2026



TRAIL LJUBLJANA AND ETHICS

Equality

Our goal is to ensure equality for all competitors and uphold the rights and responsibilities of everyone involved—including competitors, partners, media, volunteers, and the local community. The event is organized so that no competitor is either privileged or disadvantaged.

The event is open to everyone, including minors under 18, provided they are accompanied by a parent or guardian. Our rules apply equally to all, and all competitors have the same competition conditions, obligations, and rights.

It is our responsibility to ensure fairness, establish checkpoints, and provide optimal conditions to all participants. Course personnel are required to enforce rules throughout the race. The registration method is set up for accessibility to all interested participants. We will provide commemorative medals to everyone who finishes.

Self-Respect

Participating in long trail races carries inherent risks. The desire for better performance or enjoyment does not justify compromising your health. You are responsible for assessing your abilities and accepting these risks.

Each participant must:

- Be especially cautious with any self-medication to ensure it doesn't inadvertently amount to doping.
- Know their limits to avoid endangering their physical and mental health.

Solidarity

Nature teaches us the values of solidarity and mutual assistance. Therefore, regardless of circumstances, we expect every participant to prioritize helping those in danger or distress.

Respect for Others

TRAIL LJUBLJANA brings together diverse personalities and cultures. To respect others, one must accept their differences and acknowledge their methods without obstructing or disturbing them. We have designed the race schedule to prevent overcrowding on the trails, preserving the event's quality.

Environmental Respect

We aim to minimize our environmental footprint. While some impact is inevitable, we're committed to reducing it as much as possible and restoring the environment.

We encourage you to learn about our environment and ecosystems and understand your responsibility. Please help minimize your environmental impact by:

- Not littering during the race.
- Avoiding shortcuts (which pose safety risks and contribute to erosion).
- Respecting plant life and wildlife, and keeping noise to a minimum.
- Reducing greenhouse gas emissions—carpool or minimize vehicle use.

ORGANIZER

Športno društvo Slovinc and TPD ULTRA, in collaboration with T.E.M. marketing d.o.o., are organizing the unique, partly self-supported, trail running event: the 2nd TRAIL LJUBLJANA, taking place from 11th to 13th of September 2026.

COURSE DETAILS

Route	Distance	Elevation Gain	Start	Time Limit
Gold	165 km	+7.313 m	Fri, Sept 11, 16:00	46 hours
Black	95 km	+4,320 m	Fri, Sept 11, 00:00	18 hours
Red	54 km	+2,540 m	Sat, Sept 12, 08:00	10 hours
Green	35 km	+1,490 m	Sat, Sept 12, 08:00	8 hours
Orange	27 km	+1,170 m	Sat, Sept 12, 08:00	6 hours
Blue	17 km	+650 m	Sat, Sept 12, 10:00	4 hours
Yellow	11 km	+443 m	Sat, Sept 12, 10:00	3 hours
White	6 km	+254 m	Sat, Sept 12, 10:00	2 hours

Note: The schedule is preliminary and may change due to unforeseen circumstances.

PARTICIPATION CONDITIONS

- Every participant competes at their own risk.
- Must have prior trail running experience and be physically and mentally prepared.
- Open to adults and minors accompanied by parents or guardians.
- Must be capable of independently handling challenges during the race (weather, altitude, night, fog, wind, rain).
- Must manage fatigue, digestive discomfort, and physical and mental strain themselves.
- Participants must fully acknowledge that the organizer isn't responsible for managing these issues.
- Participants must confirm they are familiar with and accept all the race rules before starting.

PARTIAL SELF-SUFFICIENCY

Participation is based on partial self-sufficiency: competitors must be autonomous between aid stations—not just with food and drink but also clothing and safety equipment—to adapt to changing conditions or issues (e.g. bad weather or injuries).

Rules:

- Mandatory gear must be carried at all times.
- Gear must be in a backpack/bag checked by organizers at bib pickup and before the start. No swapping during the race.
- The organizer may inspect gear at any time; refusal results in immediate disqualification.
- Aid stations provide food and drinks to be consumed on-site. Water and isotonic drinks are available only for refilling containers.
- Each competitor must carry a cup of at least 150 ml—bottles are not accepted.
- Personal assistance is allowed only at dedicated aid stations with permission, and limited to one assistant with a single bag (max 30 L).
- Unregistered assistance or aid outside these stations is forbidden.

REGISTRATION

- Is opened and remains open until capacity is filled or even on the event day.
- Confirmed upon payment receipt.
- Registration status can be tracked on www.trail-ljubljana.eu.
- Registration is final only after payment; no guarantee of pre-registration benefits for on-site sign-ups.

ENTRY FEE INCLUDES

- Commemorative T-shirt
- Event backpack
- Sponsor gifts
- Meal wristband at the finish
- Race bib
- Timing
- Aid stations with snacks and drinks
- Hot meal at the finish
- Finisher medal
- A memorable experience

CANCELATION POLICY

- Cancellations must be emailed to info@trail-ljubljana.eu.
- Up to 21 days before the event: refund via credit note minus 10 EUR administrative fee.
- Between 21 and 7 days before: 50% refund via credit note.
- Less than 7 days before: no refund.

EQUIPMENT REQUIREMENTS

Equipment	165 km	95 km	54 km	35 km	27/17/11/6 km
Mobile phone	O	O	O	O	P
Cup (≥150 ml)	O	O	O	O	P
Water container (≥1 L)	O	O	O	O	O
Headlamp + spare batteries	O	O	P		
Emergency foil (140 × 200 cm)	O	O	O	P	
Whistle	O	O	O	O	
Elastic bandage (min 100 × 6 cm)	O	O	O	O	
Spare food	O	O	O	O	
Waterproof jacket + hood	O	P*	P*	P*	
Windbreaker	O	P	P	P	
Trail running shoes	O	O	O	O	O
Spare clothes	O	ZP	P	P	P
Trekking poles	O	P	P	P	P
Identification document	O	O	O	O	P

Legend:

- O = Mandatory
- P = Recommended
- ZP = Strongly Recommended
- P* = Mandatory after 20:30 or in case of rain/thunderstorm forecast for 95 km and 54 km courses

Organizers may impose additional mandatory equipment as late as two days before the event.

Strongly recommended extras include:

- Folding knife or scissors to cut bandages
- Extra warm clothing for bad weather
- Around 20 € for unexpected expenses
- Trekking poles if desired—but must be carried throughout the race; starting without them is forbidden

RACE BIB (START NUMBER)

Pick up with ID and gear check from Friday to Sunday at the main event area. The bib must be worn visibly on the front of the torso, not on the back or leg. It's required for accessing aid stations, medical assistance, and collecting your drop bag. It becomes invalid upon disqualification or if time cut-offs are missed.

RESCUE & MEDICAL ASSISTANCE

Medical support is available across the course and radio-connected. Expect possible delays in assistance due to terrain. Competitors must help each other and can notify organizers via the number on the bib or call 112 (especially in SOS-only areas).

Important:

- If you require IV treatment, you will be disqualified.
- Medical staff may disqualify, evacuate, or hospitalize runners as needed.
- Competitors pay for any rescue or return transport costs.
- If contact with organizers fails, dialing 112 is allowed, especially in emergency zones.
- Only stay on marked paths—leaving them means you're outside organizer responsibility.

CHECKPOINTS & AID STATIONS

You'll be checked at arrival to each aid station. Surprise checkpoints may appear off-route—locations undisclosed.

Only those with visible bibs gain access. Aid stations offer water, isotonic drinks (for refills only), fruit, snacks, and hot meals (soup, pancakes) at specified points or upon request near the finish.

Littering penalties:

- 1st offense: +30 min
- 2nd: +1 h
- 3rd: +3 h
- 4th: Disqualification

Bins are available at each station.

TIME LIMITS

Each course's time limits are detailed above. They are calculated to allow typical stops (rest, meals). Missing a cutoff means:

- Disqualification, unless your bib is officially revoked and you proceed fully on your own responsibility.
- Those who trail outside limits, become injured, or wish to withdraw will be taken to the finish area. Withdrawals await group transport. You must reach the nearest aid station or checkpoint for pick-up.

Organizers reserve the right to stop or alter the event due to bad weather or safety.

COURSE MARKINGS

Trails are marked with tape, flags, and signs. Volunteers guide runners at critical junctures. Reflective markers will improve visibility at night when using headlamps.

Caution: If you lose sight of trail markings, return to the last visible point before proceeding. Always follow marked routes—shortcuts are prohibited.

FINISH AREA

Upon finishing, every runner receives:

- A commemorative medal
- A diploma
- A hot meal

DISQUALIFICATIONS & PENALTIES

Officials and volunteers enforce the rules and may apply fines or disqualifications immediately, as follows:

Violation	Penalty
Using shortcuts, off-route, approaching checkpoints from the wrong direction	At least +1 hour per incident
Missing mandatory safety gear (e.g. <1 L water container, waterproof jacket with hood*, headlamp, emergency foil, phone)	+1 hour
Missing other mandatory gear	+30 min per item
Refusal to be gear-checked	Disqualification
Littering voluntarily on-course	+1 hour
Verbal abuse or threats toward organizers, volunteers, or medical staff	Disqualification
Failing to help fellow runners in distress	Disqualification
Accepting help outside permitted areas	+1 hour
Using transport during the race	Lifetime disqualification
Skipping a checkpoint	As decided by race director
Ignoring directions from officials	Disqualification
Continuing after time limit without official revocation of bib	Disqualification

*For the 95 km and 54 km courses, waterproof jacket with hood is mandatory in rainy or thunderstorm conditions. Repeat rule violations are adjudicated by the race committee.

PROTESTS

Protests must be submitted in writing within 15 minutes of finishing, accompanied by a €50 deposit. A race committee will decide promptly. The decision is final. Complaints must include evidence (photos or at least three witnesses).

RACE JURY

Comprised of:

- Event's organizing committee leader
- Technical (course) director
- Leader of the relevant aid station or checkpoint
- A person designated by the race director for disputes

This committee will address any issues occurring during the event.

CHANGES, CANCELLATIONS & MISCELLANEOUS

Organizers may alter the course, checkpoints, or aid station layout at any time, without notice.

In case of adverse weather (like heavy rain, snow, or storms), the start may be delayed slightly—or the race cancelled. If cancelled, partial refunds may be issued—enough to cover already incurred costs up to the cancellation. No refunds are possible within 25 days of the race or if the race is halted for any reason.

Organizers reserve the right to modify race rules without notifying participants.

INSURANCE & LIABILITY

Participants compete at their own risk. The organizer is not liable for injuries or equipment damage. By participating, competitors agree to all rules and consequences.

All participants must carry personal accident insurance to cover search, rescue, and medical costs.

**We wish you a successful race—and see you at the finish
line!**