



HANDBOOK

*European Masters Off-Road Running Championships
XIV Edition
Rasnov Medieval Run*

RASNOV

10 - 13 September 2026

Rasnov - Transylvania, Romania

an event organised by
Run Transylvania

in partnership with
**European Masters Athletics
Romanian Athletics Federation**



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I. Welcome



Walentina Fedjuschina

EMA President

Welcome to the European Masters Off-Road Running Championships in Rasnov, set in the heart of Transylvania.

Surrounded by the Carpathian Mountains and historic landmarks such as the Rasnov Fortress, the region offers an unique blend of nature, history, and sporting spirit.

Romania's strong tradition in athletics and mountain sports reflects values of endurance, respect, and fair play.

We wish all the athletes great races, strong performances, and unforgettable memories on these beautiful trails.

Good luck, and enjoy every step.



Horia Motrescu

Mayor of Rasnov

Dear Athletes,

On behalf of the community of the Town of Râșnov, I have the distinct honor of welcoming you to Râșnov.

Hosting the European Masters Off-Road Championship represents a significant recognition of the fundamental values of sport: fair play, perseverance, and respect, while also offering a distinguished opportunity to experience the beauty and hospitality of our town.

I wish you success in the competition and a most pleasant and memorable experience in Râșnov.

Best regards, Horia Motrescu

Mayor of the Town of Râșnov



Iulia Dragutu

LOC President

As a former performance athlete, organizer of sports events and doctor of Sports Science, I understand the needs of athletes from the inside and always put them first.

Together with the entire team, we are pleased to invite you to Romania to the European Masters Off-Road Running Championships, a competition that combines sports performance with memorable experiences.

In Rasnov you will discover not only a top competition, but an authentic, vibrant atmosphere that will make you want to come back.

On the word of an athlete!



Gabriel Brănișteanu

FRA-CAM Vice-President

After the record participation and the successful WMA Marathon Championships in Bucharest two years ago, the community of Romanian masters lives the thrills of a new challenge on home ground: the EMA Off Road Running Championships in Râșnov.

Knowing the expertise of the Run Transylvania host in organizing mountain running competition, the natural beauty of the Carpathians and the particular history of the region, I can be but convinced the 2026 championships will make a fine reference for future editions.

Running with the bats? A nice story to take back home!



II. Meet our team!

EMA Council

Valentina Fedjuschina

President

Francesco De Feo

Executive Vice President

Ercan Ozkan

Vice President Finances

Giovanni Tracanelli

Vice President Competition, Technical Delegate

Clarisse Duarte

General Secretary

Helena Pires de Carvalho

EMATO

Clarisse Duarte

Safety Officer

Local Organising Committee

Iulia Dragutu

LOC President



- PhD in Sports Science
- Run Transylvania Co-Founder
- Professor at the Faculty of Physical Education and Mountain Sports, Transilvania University of Brasov
- Junior General Surgeon at Brasov Emergency Hospital
- Former elite athlete in the mountain running event with 2 bronze medals obtained at the World Long Distance Mountain Running Championships with the national team Italy 2017 & Poland 2018;
- Previous collaborations: European Athletics, Young Leaders Forum, European Business Running Conference, IAAF, Garmin, La Sportiva etc



Grigore Mocreac

Marketing & media specialist, Run Transylvania Co-founder, Route Director, Media Director

Catalin Luputan

Volunteers Management

Iulian Calara

Volunteers Management

Adina Luputan

Registration Management

Dan & Marinela Suhani

Award Ceremony Director

Lucian Cazacu

Technical Support, Kids Race Director

Kristo Istvan

Kineto Director

Romanian Athletics Federation delegates:

Valeriu Rosetnic

Liaison officer

Ionut Galiteanu

Coach

Gabriel Brănișteanu

Technical support



III. General information

Rasnov Medieval Run OPEN RACES

Râșnov Medieval Run is an unique two-day international mountain running event in the heart of Transylvania, where sport meets spectacle. More than just a race, Rasnov Medieval Run it's a full experience, combining challenging trails with unforgettable entertainment.

Alongside the main mountain races, the event proudly includes a race for athletes with disabilities, a fun dog race and kids' races for ages 1 to 15, making it a true celebration for the whole family.

With distances ranging from 5 km to 40 km, Râșnov Medieval Run welcomes everyone, from first-time runners to high performance athletes.

More informations and registrations can be found on the following link:

OPEN RACE INFORMATION & REGISTRATIONS

| RACES | FULL ENTERTAINMENT | SOCIAL MEDIA | MEDIA | SPORT EXPO |
|--------------|--------------------|--------------|---------------------------|---------------------|
| 8 Distances: | 3 Speakers: | Facebook | More that 20.000 pictures | Bring everything or |
| 5 km | Drums | Instagram | Individual video of | NOTHING |
| 12 km | Live transmission | Tik Tok | every athlete | Brands: |
| 25 km | 15 photographers | | Short move event | On Cloud |
| 40 km | Wine Degustation | | Full move event | Garmin |
| 3,5 km | VIP AREA | | | Gold Nutrition |
| Vertical | Kids activities: | | | Chimpanzee |
| Kids Race | Small Dino Park, | | | Local products |
| Dog Race | face painting, | | | etc. |
| Special Race | coloring, | | | |
| | sport activities | | | |







IV. EUROPEAN MASTERS OFF-ROAD RUNNING CHAMPIONSHIPS

The European Masters Off-Road Running Championships Rasnov 2026 will be organised between 10-13 September 2026, according to the following daily program:

| Day | Details |
|--------------------------|--|
| Thursday, 10th September | Opening Ceremony - 17:00 - Unirii Square Vertical Race Technical Meeting - 18:30 - Amza Pelea Movie Theater |
| Friday, 11th September | Vertical Race - 10:00 Men / 10:30 Women - Poiana Braşov Long Race Technical Meeting - 18:00 - Amza Pelea Movie Theater |
| Saturday, 12th September | Long Race - 8:30 - Unirii Square Classic Up&Down Race Technical Meeting - 17:00 - Amza Pelea Movie Theater |
| Sunday, 13th September | Classic Up&Down Race - 8:30 Men / 9:00 Women - Unirii Square Closing Ceremony - 15:00 - Unirii Square |

The final time table and the last updates will be published after the registration deadline.

V. LOCATION

Unirii Square, Rasnov, Brasov County, TRANSYLVANIA - ROMANIA

The historical city of Rasnov, the town of roses, surrounded by mountains, with the Medieval Citadel on the top, it's an emblematic and truly beautiful place to spend free time, to relax and recharge your batteries. The positive and good energy of the romanian people will make you have a wonderful experience.





VI. HOW DO I GET THERE?

HOW TO ARRIVE IN THIS AMAZING PLACE?

International transportation

EASY to get here and plenty of options! You can arrive by car, plane, bus or train.

By plane - The main closed by airports are in the following table:

| Airport | Distance | Time |
|------------------|----------|------------|
| Brasov - Ghimbav | 20 km | 20' |
| Bucharest | 180 km | 2 h – 5 h* |
| Sibiu | 160 km | 2 h |
| Targu Mures | 180 km | 2,5 h |

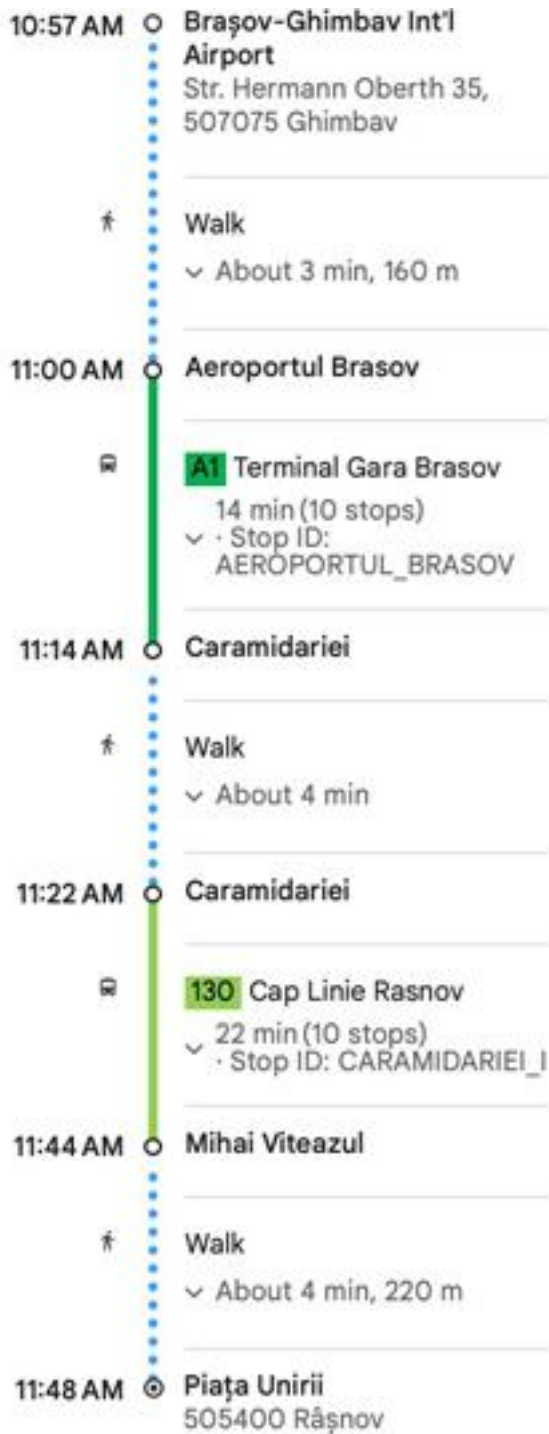
*The time from Bucharest to Brasov may vary a lot depending on the traffic

Brasov Airport main routes





Transfer from the Brasov airport to Rasnov.



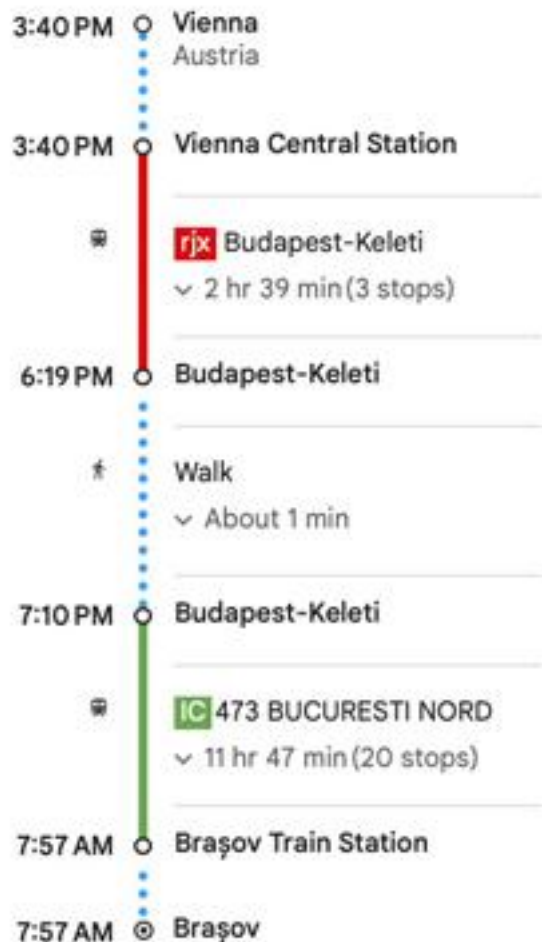
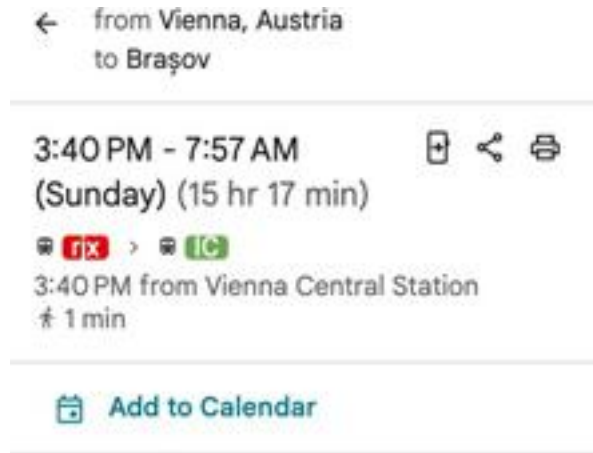
Many options are available: train, buses and private transfers. Depending on your option, you can choose from the followings:

For bus, around 50 minutes, please check on Google Maps, the routes are updated.

Example: Route Brasov - Unirii Square from Rasnov, by public bus.

By train

Example: routes from Vienna / Budapest to Brasov





By car

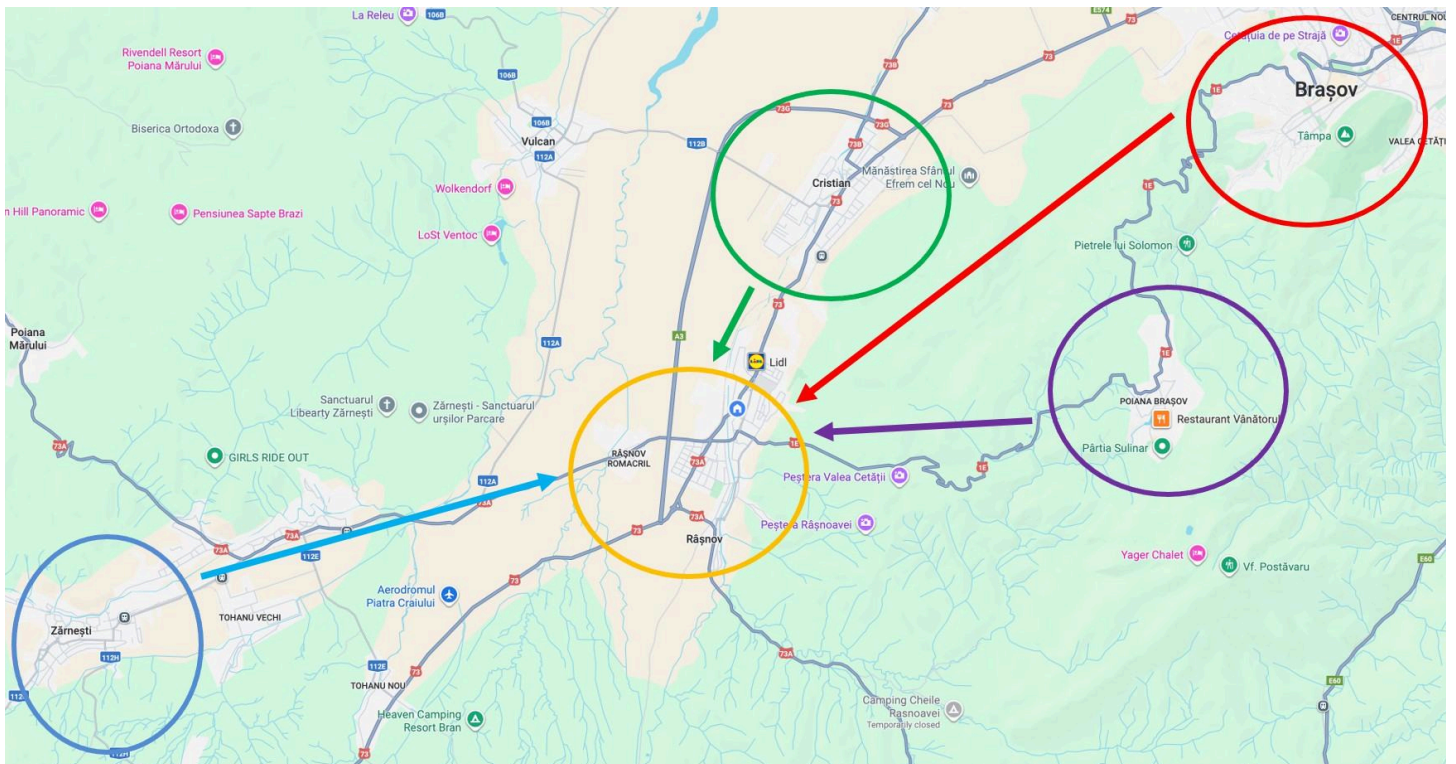
Example: Vienna - Brasov it's a 9 hours road, mainly on the highway.

Local Transportation

The following table contains the nearest cities and the travelling time expressed in minutes to Rasnov:

| Town | By car | By train | By bus |
|---------------|-----------|-----------|-----------|
| Cristian | 5' | 10' | 10' |
| Poiana Brasov | 10' | - | - |
| Brasov | 20' - 25' | 25' - 30' | 25' - 30' |
| Zarnesti | 15' | 15' | 15' |

The nearest cities to Rasnov



The bus schedule can be found here: [Route 130 Rasnov - Municipal Stadium](#)

The train schedule can be found here: [Zarnesti Station - Rasnov Station - Brasov Station](#)

The Bolt / Uber / Taxi can be used and a one way trip from Brasov - Rasnov and it's around 10-15 euro. Use your Bolt / Uber application.

Do you need help with your transfer?

If you want us to help you with your journey, please email us here: emorrc2026@runtransilvania.com



VII. ACCOMMODATION

Accommodation it's possible in Rasnov town or in the area surrounding. You can check on Booking, Airbnb or straight to the owners. You can choose between 5 stars hotels to basic ones, apartments, chalets etc.

Booking.com EUR Înregistrați-vă proprietatea Înregistrați-vă Autentificați-vă

Sejururi Zboruri Zbor + Hotel Închirieri auto Atracții TAXI Taxiuri aeroport

Râșnov × jo. 10 sept. — lu. 14 sept. 2 adulți · 0 copii · 1 cam ✓ **Căutare**

Pagina principală > România > Brașov > Râșnov > Rezultatele căutării

Râșnov: au fost găsite 78 proprietăți Listă Grilă

Sortați după: Favoritele noastre

Filtrare după:

Bugetul dumneavoastră (per noapte)

€ 30 - € 500+

Filtre populare

- Mic dejun inclus 4
- Anulare gratuită 63
- Piscină 4
- Foarte bine: 8+ Pe baza evaluărilor oaspeților 71
- Case de vacanță 13
- parcare 75
- Vile 7
- Baie privată 64

Filtre inteligente

Ce anume căutați?

De exemplu: Vreau

Arată pe hartă

Radsor Hotel ★★★★★

9.5 **Exceptional** · 1.512 evaluări

Locație 9,6

[Râșnov](#) · [Arată pe hartă](#) la 100 m de centru

Cameră dublă sau twin standard

Paturi: 1 dublu sau 2 de o persoană

Anulare gratuită

Doar 2 camere rămase la acest preț pe website-ul nostru

4 noți, 2 adulți
€ 322

Include taxe și costuri

Pensiunea Folea Rasnov

Proprietate administrată de o gazdă particulară

3.4 **Foarte bine** · 69 evaluări

[Râșnov](#) · [Arată pe hartă](#) la 450 m de centru

Cameră dublă cu baie privată externă

1 pat dublu mare

Anulare gratuită

Doar 5 camere rămase la acest preț pe website-ul nostru

4 noți, 2 adulți
€ 157

Include taxe și costuri

Deea H24 □□□□

Proprietate administrată de o gazdă particulară

9.9 **Exceptional** · 147 evaluări

Locație 9,8

[Râșnov](#) · [Arată pe hartă](#) la 1,4 km de centru

Apartment cu 1 dormitor

Apartment întreg · 1 dormitor · 1 baie · 1 bucătărie · 35 m²

2 paturi (1 dublu, 1 canapea extensibilă)

Anulare gratuită

4 noți, 2 adulți
€ 220

Include taxe și costuri

Do you need help with your accommodation?

Contact us and we will find you the best option for you and your team: emorrc2026@runtransilvania.com

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VIII. REGISTRATION

Registrations will be made by the EMA through the Open Track platform. Registrations are valid after payment of the registration fee and receipt of the confirmation email.

Registration opens on March 1st – h.09.00 BST. The registration deadline is **August, 10 – h.23:59 BST**. **No later registrations will be accepted.**

For registration, please read the information provided by the OpenTrack website and follow the steps exposed there:

1. Access the platform through the link: [Registrations](#)
2. Create an OpenTrack account
3. Complete the online registration form (OpenTrack) before the registration deadline
4. Make the payment by credit card (Visa or Mastercard) at the end of the registration process
5. Receive your email confirmation of the registration
6. Your Country Delegate will then validate your registration.

Registrations fees:

- First Event: 60 euro from March 1st – April 1st
- First Event: 70 euro from April 2nd – August 10th
- Subsequent events: 30 euro from March 1st – April 1st – 35 euro from April 2nd – August 10th
- The administrative cost of 5 euro is included.
- All photos FREE to download after the event

Cancellation option: if you want to register but you are still not sure to participate, you can buy for € 10 the cancellation option. If you decide, for any reason, to withdraw, you will receive the refund of your entry fee (except the 10€ for administrative costs). **Remember that you can claim for the refund only before the registration deadline. After this date no refunds will be possible.**

For registration issues, to register the Team Managers, Media, Physios, please contact us at: emorrc2026@runtransilvania.com.

Or contact the email address you will find on OpenTrack platform: rasnov26@fatemientrare.it

Non European athletes

The Non European athletes are allowed to participate to EMORRC 2026 but not to compete for the European title and podium. In case they arrive in the first three positions they can receive a diploma.

If a visa invitation letter is required, the athlete must first complete his/her registration and pay the entry fee.

The athlete then submits a request for a visa invitation letter through his/her National Federation to the Organizers. The request must contain the following data:

- Full name (first and last name as it appears in passport),
- Date of birth,
- Passport number and expiry date.

If the National Federation does not validate the request, or if the Embassy refuses the appointment or the visa, EMA and the Organizers reserve the right to refund the entry fee (less any bank transfer fees). Proof required.



IX. ACCREDITATION

Cards and bibs will be prepared in advance based on the details provided during registrations. No changes will be accepted after the final registration deadline.

The participating kit, the bib number, official T-shirt and accreditation will be delivered in Unirii Square, Rasnov according to the following program:

Thursday 10 September 10:00-20:00

Friday 11 September 7:30 - 19:30

Saturday 12 September 7:00-9:00 / 15:00-19:30

The final opening time of the Accreditation will be posted after the registration deadline. Every runner will receive a participating kit that includes:

- bib numbers - one with chip and one (for the back) without
- official T-shirt
- products from partners

Team leaders and athletes are invited to report at the accreditation center as soon as they arrive to Rasnov in order to carry out the administrative procedures. No bibs numbers will be distributed on Sunday before Classic Up&Down Race.

X. RACE TECHNICAL INFORMATION

Technical Meetings

There will be dedicated Technical Meetings organized ahead of each race in order for the Team Leaders to receive updates and information which is not already mentioned in this handbook and will include:

- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Timetable amendments (if any)
- Starts procedures and race conduct (e.g. WA TR 6.3. -Pacing not allowed; earphones/music forbidden)
- Presentation of the competition and warm-up venues
- Information about the members of Jury of Appeal
- Information briefing by the Doping Control Delegate and Medical Delegate
- Answers to written questions

Location: We have location and provisional time for technical meeting- check the final schedule.

Each Member may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all Teams are represented at the Technical Meetings. The Technical Meeting will be held in English.

Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Meeting. The forms on which the questions must be written shall be returned to the TIC, latest by 12:00 on the day of the respective Technical Meeting.



Inspection and visits at the competition venues

The marked courses will be open for training the day before each race for inspections and visits. There will be no transportation available for these inspections.

The event contains 3 races in the following order:

- Vertical race 3,7 km +800m
- Long race 40 km +2000m
- Classic Up&Down race 12 km +400m

Vertical race technical information

| | |
|-----------------------|--|
| Distance | 3,7km |
| Elevation | +800m |
| Recommended equipment | wind jacket, sunscreen, poles |
| Mandatory equipment | mountain running shoes |
| Not allowed | Earphones (penalty: disqualification) |
| Drop bag | available at the start, line bags will be moved to finish line |
| Time limit | 2 hours |
| Technical meeting | Thursday 18:30, Amza Pelea Cinema Theater |

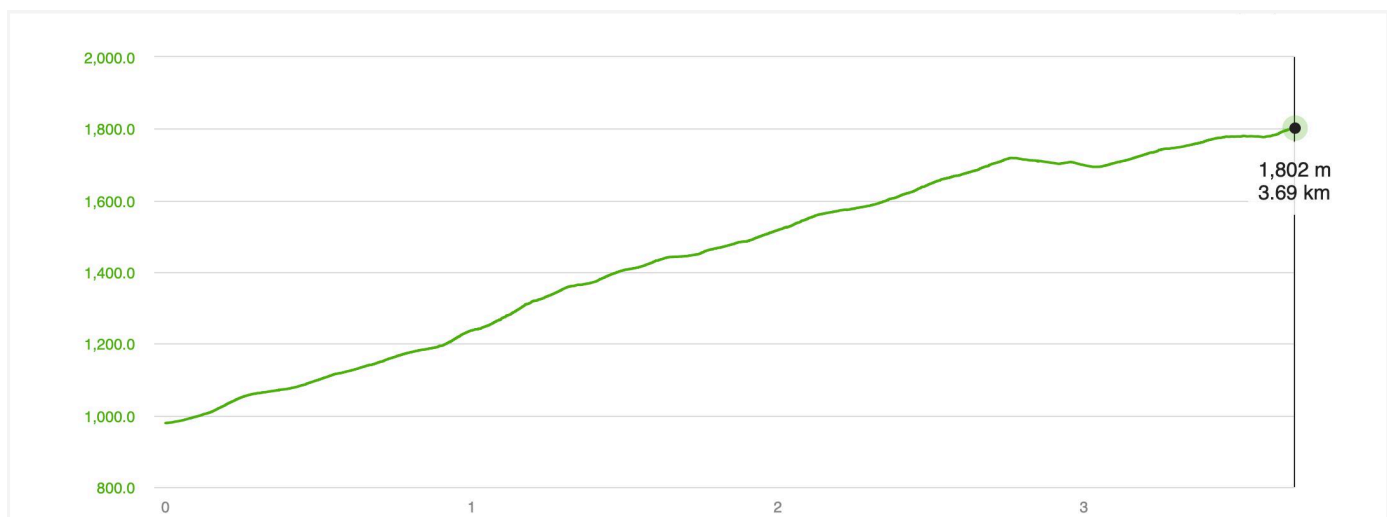
! Attention: Athletes who decide to bring snacks and bars with them must, under penalty of disqualification, write their bib number on the packaging

There will also be an equipment check at the end of the concerned races.

! Transfer will be available, for free, based on the bib number or accreditation. Check the schedule to see the departure - return time.

! The final schedule will be provided after the registration deadline.

Elevation profile:





Race map:



Vertical Race GPX



Long Race Technical Information

| | |
|-----------------------|--|
| Distance | 40km |
| Elevation | +2000m |
| Colour | yellow |
| Recommended equipment | sunscreen, poles, water, sports nutrition |
| Mandatory equipment | mountain running shoes, charged & functional phone, wind jacket |
| Not allowed | Earphones (penalty: disqualification) |
| Drop bag | available at the start & finish line |
| Time barrier | Wolf 's Slope (2 hours - km 9,5) Postavaru Peak - (3 hours and half - km 13,5) Secuilor Hut (6 hours - km 22,5) Cheișoara (7 hours - km 29) |
| Time limit | 9 hours |
| Technical meeting | Friday 18:00, Amza Pelea Cinema Theater |

! Attention: Athletes who decide to bring snacks and bars with them must, under penalty of disqualification, write their bib number on the packaging

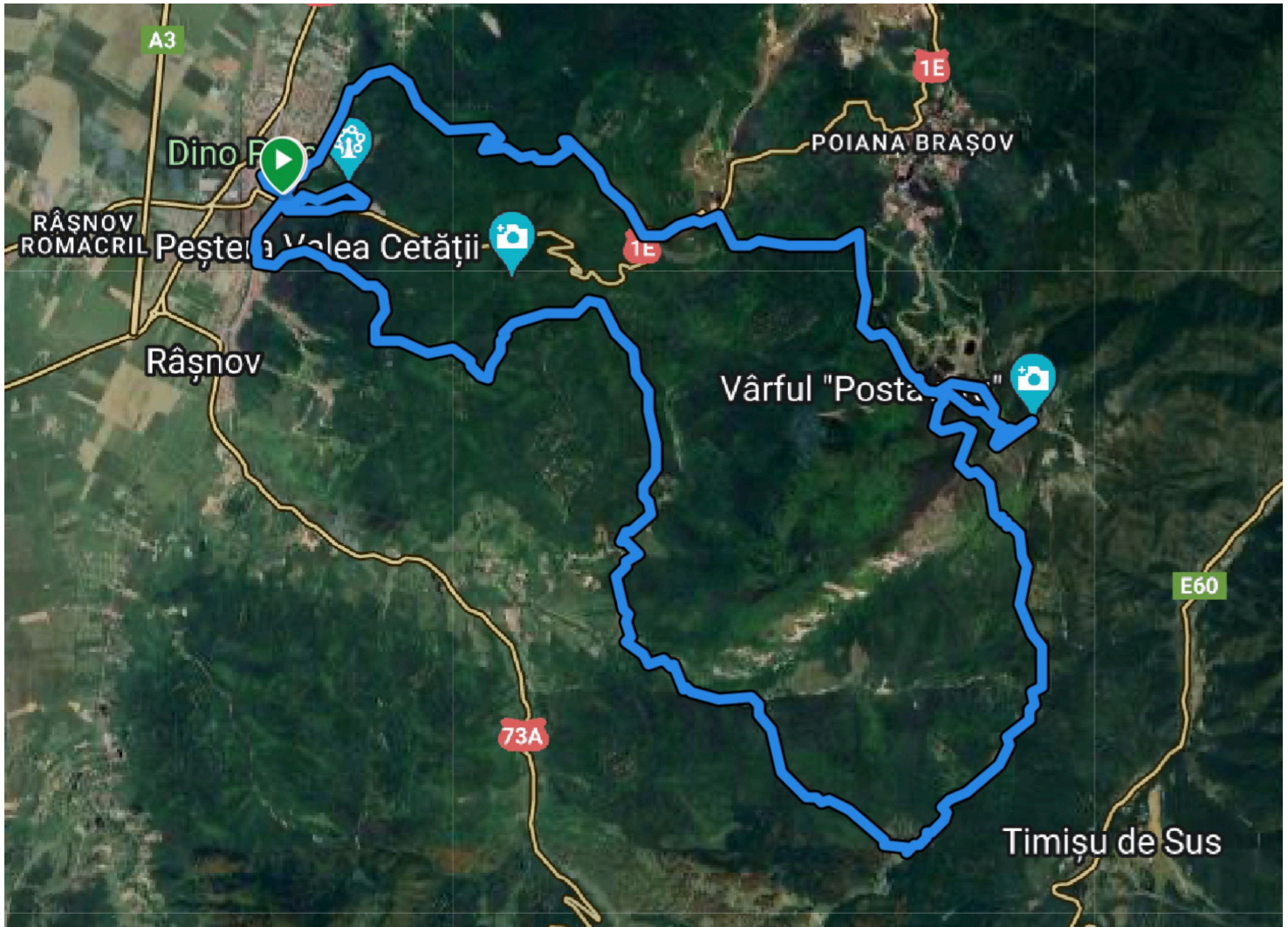
There will also be an equipment check at the end of the concerned races. Water & Food points: six plus the finish line, as in the following table

| Point | Location | Type | Distance (km) |
|-------|-------------------|--------------|---------------|
| P1 | Poiana Cristian | Water | 6,6 |
| P2 | Wolf's Slope | Water & Food | 10 |
| P3 | Postăvaru Chalet | Water | 12.5 |
| P4 | Poiana Secuilor | Water | 22 |
| P5 | Cheișoara | Water & Food | 29 |
| P6 | Poiana Sub Padina | Water & Food | 33 |
| P7 | Finish Line | Water & Food | 40 |

! Attention: Athletes who decide to bring snacks and bars with them must, under penalty of disqualification, write their bib number on the packaging



Race map:



Elevation profile



Long Race GPX



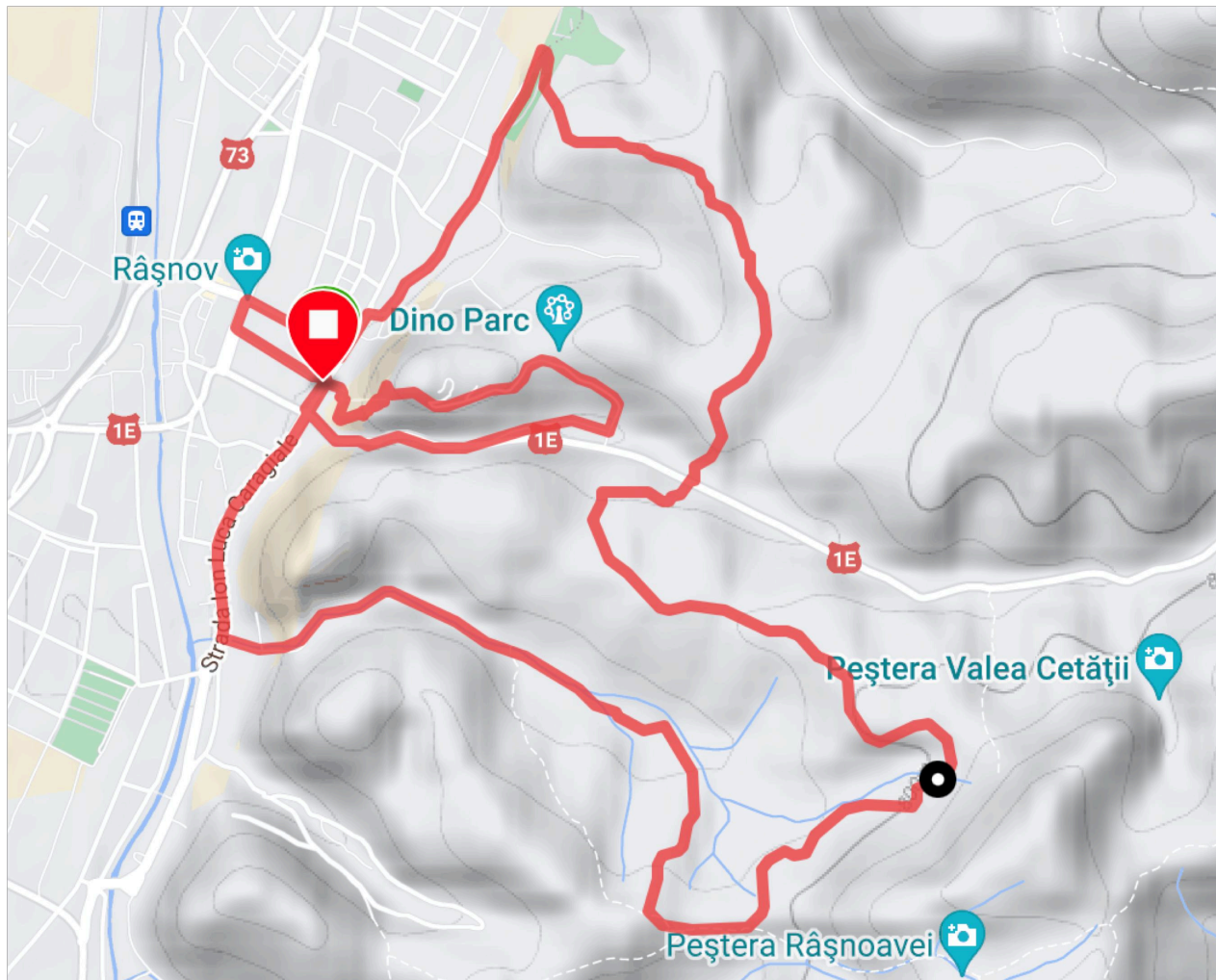
Classic Up & Down race technical informations

| | |
|-----------------------|--|
| Distance | 12km |
| Elevation | +400m |
| Colour | green |
| Reccomended equipment | wind jacket, sunscreen |
| Mandatory equipment | mountain running shoes |
| Not allowed | Earphones (penalty: disqualification), poles |
| Drop bag | available at the start & finish line |
| Time barrier | Finish line: 3 hours |
| Technical meeting | Saturday 17:30, Amza Pelea Cinema Theater |
| Refreshments | km 6 - Poiana Secuilor, km 12 - Finish line |

! Attention: Athletes who decide to bring snacks and bars with them must, under penalty of disqualification, write their bib number on the packaging

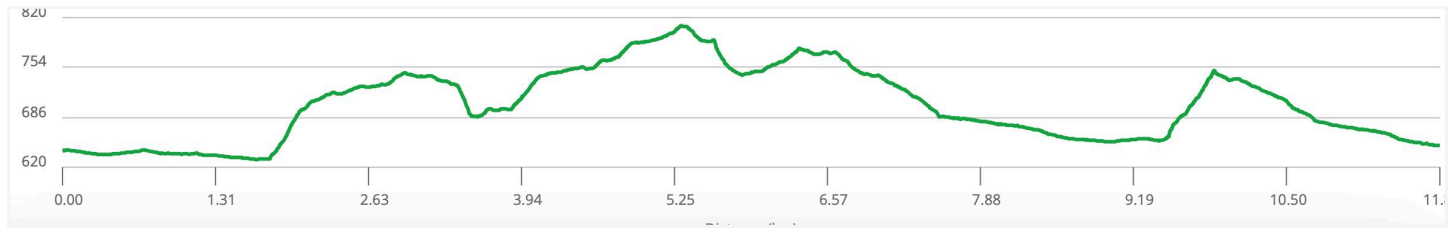
There will also be an equipment check at the end of the concerned races.

Race map:





Elevation profile



Classic Up & Down GPX

Additional technical details regarding the races

- The food and water stations contain water, isotonic, cola, fruits, vegetables, bread and Romanian products such as cheese and "slanina"
- The cups will be provided by the organisers (even the use of personal cup is strongly recommended for sustainability reasons)
- If the final time limit it's not made, the participant has the obligation to announce the officials or the organiser by calling them on the phone number provided on the bib number
- Any participant which doesn't wear the bib number on front with chip and the bib number on the back will be disqualified
- For the long distance the bib on the back can be put on the competition bag/jacket; bibs must not be cut, folded or covered in any way
- Not having the mandatory items with you may lead to your disqualification.
- The mandatory equipment may be changed in the weeks previous of the event or even at the technical meeting, in case of bad weather. Please be aware and constantly read the news & technical information posted on the website, EMA website, facebook & instagram and at the technical meetings before every event
- If an athlete starts with the poles, he must carry the poles till the finish (penalty disqualification)

Competition clothing

Competitors must wear the National uniform. The name of the Country must be clearly recognizable. World Athletics TR 5 will be applied. Please make sure to follow the World Athletics Marketing and Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Marketing and Advertising Regulations will be removed/taped at the Call Room. This applies to athletes' personal equipment as well (e.g. wind jackets, poles, camel bags, etc.). Additional mandatory and safety equipment (e.g. wind jackets, poles, camel bags, etc.) carried during the races are considered as athletes' personal equipment and do not necessarily have to be a team issue, however all items must follow the World Athletics Marketing and Advertising Regulations and will be inspected as athletes enter the call room. The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during the ceremonies, interviews at the Competition Venue and Medal Ceremonies.



Competition shoes

All the competition shoes must comply with World Athletics regulations. Regulation 5.2 does not apply to athletic shoes worn in mountain running races (in any case no limits of sole thickness foot mountain running shoes). It is the athletes' responsibility to make sure that the shoes to be used for competition are in full compliance with the applicable World Athletics rule. The shoes, as a clothing items, will be checked only in case of doubts or upon special requests/appeals.

Call Room

The Call Room for each race will be located near the respective starting area. The Call Room will open 40 minutes before the start and will close 10 minutes before the start. Athletes arriving late may be excluded from participation to the event. A warning signal will be given 5 minutes, 3 minutes and 1 minute before the start of the race

Personal drinks

Personal drinks are allowed at the official water and refreshment points only. A maximum of two Team Members or Team Officials per Country will be allowed to be present at any one of the personal refreshment stations. An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons or under the direction of race officials or takes the refreshment of another athlete or litters outside of the refreshment zone renders him/herself is liable to disqualification by the Referee.

For anything not covered in this manual, reference will be made to the WMRA rules.

XI. COMPLETE SCHEDULE

The event will take place between September 10-13, in the city of Rasnov, Romania. The final schedule will be published after the registration deadline. Preliminary program:

| Day | Event & Details | | | |
|-------------------------------|---------------------------------|-------------------|---------------------------|----------------------------|
| | Details | Time | Location | GPS Location |
| Thursday 10 September 2026 | Bib numbers pick up | 10:00-20:00 | Unirii Square | Google Map |
| | EMORRC Opening Ceremony | 17:00 | Unirii Square | Google Map |
| | Vertical Race Technical Meeting | 18:30 | Amza Pelea Cinema Theater | Google Map |
| | Concert | starting at 18:00 | Unirii Square | Google Map |



| | | | | |
|-------------------------------|--------------------------------------|--------------------------|--|----------------------------|
| Friday 11 September 2026 | Bib numbers pick up | 7:30-19:30 | Vertical Race Bib numbers pick up Transfer to Poiana Brasov Rasnov Long Race Technical Meeting | Google Map |
| | Bus Transfer: Poiana Brasov ↔ Rasnov | starting at 8:00 | Mihai Viteazu street - Bus station | Google Map |
| | Call Room | 9:20 Men 9:50 Women | Bottom of Lupului Slope | Google Map |
| | Vertical Race | 10:00 Men 10:30 Women | Bottom of Lupului Slope | Google Map |
| | Award Ceremony | 16:00 | Unirii Square | Google Map |
| | Long Race Technical Meeting | 18:00 | Amza Pelea Cinema Theater | Google Map |
| | Concert | starting at 18:00 | Unirii Square | Google Map |
| Saturday 12 September 2026 | Bib numbers pick up | 7:00-9:00 15:00-19:30 | Unirii Square | Google Map |
| | Call Room | 7:50 Men & Women | City Hall, Ion Creanga street (next to Unirii Square) | Google Map |
| | Long Race Start | 8:30 | City Hall, Ion Creanga street (next to Unirii Square) | Google Map |
| | Up&Down Technical Meeting | 17:00 | Amza Pelea Cinema Theater | Google Map |
| | Award Ceremony | 18:00 | Unirii Square | Google Map |
| | Concert | starting at 20:00 | Unirii Square | Google Map |
| Sunday 13 September 2026 | Call Room | 7:50 Men 8:20 Women | City Hall, Ion Creanga street (next to Unirii Square) | Google Map |
| | Up&Down Start | 8:30 Men 9:00 Women | City Hall, Ion Creanga street (next to Unirii Square) | Google Map |
| | Award Ceremony | 15:00 | Unirii Square | Google Map |
| | Closing ceremony | starting at 16:30 | Unirii Square | Google Map |



XII. CATERING

Pasta party will be provided for each athlete on Saturday lunch time based on their bib number. Every athlete can get one portion of pasta.

Coffee, juice, beer, ice cream and others will be available to buy in Unirii Square.

XIII. AWARDS CEREMONIES

Friday, 11 September 2026 - Vertical Race event

The awarding ceremony will be organised in Unirii Square - 16:00

Saturday, 12 September 2026 - Long Race event

The awarding ceremony will be organised in Unirii Square - 18:00

Sunday, 13 September 2026 – Classic Up&Down Race event

The awarding ceremony will be organised in Unirii Square - 15:00

Individual ranking

The classification will be done by age category. For each category will be rewarded the first three Women and the first three Men (Medal and Diploma).

For the purposes of individual classification, athletes shall be ranked according to age categories determined by their date of birth as of the first day of the Championship.

Team ranking

- Team medals will be given to the first three Teams in each event and each category
- There can be only one Team per Country
- In all categories Team ranking shall be decided by the aggregate of placing recorded by the first three athletes of the same category
- There is no requirement to declare Teams in advance
- In the event of a tie in the Team ranking, it shall be resolved in favour of the team whose last scoring runner finishes nearest to the first place.
- Following the regulatory amendment adopted in 2024, composed teams and team rankings based on aggregated times are no longer permitted.

Team rankings shall be conducted under the following conditions:

- Teams must be natural teams, meaning all athletes must belong to the same age category.
- Team classification shall be determined by the aggregate of individual finishing positions, not by cumulative time.
- A standard team consists of three athletes.
- If an insufficient number of three-athlete teams is available to complete the podium, teams consisting of two athletes shall be considered only after all eligible three-athlete teams have been ranked.



XIV. MEDICAL SERVICES

Medical assistance

Medical assistance will be available at the start & finish line of the races. Mountain rescue teams will be available on the routes.

For any medical issue during the race please contact immediately the indicated phone number from your bib number.

Rasnov benefits from a permanent medical center, and the nearest emergency medical units are located in Zarnesti, 10 minutes and Brasov 15 minutes by ambulance.

Physiotherapy services

At the end of the races on Saturday, a team of physiotherapists will be available at the finish line. The physiotherapy service will be available, for FREE, in Unirii Square. More information regarding the price & time of a session will be provided. If any athlete need a personal table for physiotherapy they have to contact the organisers no later than one month before the event at the email:

emorrc@runtransylvania.com

XV. DOPING CONTROL

Doping controls will be conducted in accordance with World Athletics Anti- Doping Rules (which are compliant with the WADA Code in force) and with EMA regulation (one test every 200 athletes). The controls will be done under the supervision of the EMA Doping Control Delegate.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice. A selected athlete should report immediately to the DCS unless there are valid reasons for delay.

All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusing or failing to comply with the anti-doping procedures may constitute an anti-doping rule violation and could render them liable to disqualification and may result in further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the national Therapeutic Use Exemption system prior to attending the Championships.

XVI. PROTESTS AND APPEALS

Protests and appeals are permitted and will be processed in accordance with World Athletics TR 8. In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (World Athletics TR 8.3). Such person or team may protest only if they are competing in the same race to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board or on timing company website).



If the final decision of Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8.7 and signed by a responsible official on behalf of the athlete and submitted to

TIC within 60 minutes after the official announcement of the decision made by the Referee. When submitting an appeal form, the athlete/team acknowledges that a fee of 100 EUR must be paid. This amount will be refunded in case the appeal is successful. The Jury's decision will be provided in writing.

Reasons for disqualification

Reasons for disqualification are:

- Non-respect for volunteers/organizers and other runners
- Not having the mandatory equipment
- Finishing the race without poles (in case the runner started the race with them)
- Not respecting the course
- Throwing garbage on the ground
- Not having the singlet of his country
- Assistance outside of authorized areas (refueling zone)

XVII. CULINARY ART & PALINCA

Romanian food it's well known as being delicious. In Rasnov you can find many restaurants with Romanian traditional food. You may try traditional restaurants such as: Sergiana, Promenada, The valley of the apples (Valea Merilor) located in Rasnov.

Poiana Brasov offers you Vlasin House, Sura Dacilor or Stana turistica by Sergiana.

Many options are also available in the cities nearby. Brasov it's well known to be one touristic destination in Romania with many outstanding restaurants.

What to try? The best local cooked products are "sarmale", "ciorba de burta", ciorba de perisoare", "mititei cu mustar", "slanina", "jumari with onion" .





Regarding sweets, you have to try papanasi, the apple & cheese pie and for nothing in the world don't miss the "salam de biscuiti" from Postavaru Chalet.

The local factory of Rasnov produce homemade palinca with many flavours: cherries, plums, peach etc. The products are available to taste & buy in different sizes.

XVIII. WHAT TO VISIT?

In Rasnov you have the chance to visit outstanding attractions like:

- Dino Park Race if you travel with children, the biggest dinosaurs park in eastern Europe



- Valea Cetății Cave with a special natural acoustics, a unique objective in Romania





- Dracula's Castle with it's fascinating history, spectacular architecture and legendary aura that make it one of the most famous symbols of Romania and in the world!



- Rasnov Citadel, unfortunately closed to the public for restoration works





- Postavaru Chalet is situated on Postavaru mountain, in the ski resort. It's well known for the tasty traditional food and cakes, but most for the famous "salam de biscuiti" with an unique recipe made by the owner "Mother Nelly".



- Bucegi Natural Park - only a few kilometers from Rasnov, offers incredible landscapes with mountain trails with different degrees of difficulty, from accessible to very difficult





- Piatra Craiului Natural Parc - situated in Zarnesti, it's the most beautiful and wildest mountain from Romania.





- Brasov old town - Brasov is a destination that perfectly blends history, nature and the vibrant atmosphere of a modern city. With its charming medieval center, cobblestone streets, and buildings steeped in history, the city invites you to take a trip back in time. Surrounded by spectacular mountains, Brasov offers quick access to hiking, winter sports and breathtaking landscapes. The local gastronomy, cultural events and the hospitality of the people complete the experience, turning each visit into an unforgettable memory. Brasov is not just a city to visit, but an experience to live.







XIX. IMAGE AND PRIVACY



By entering the EMORRC, each participant grants the organizers the right to record, use, reproduce, and distribute their name, likeness, voice, and sporting performance in connection with the event.

This authorization applies to all forms of media, whether existing now or developed in the future, worldwide, and for the full duration permitted by applicable laws and regulations, for any direct or indirect use related to the event.

By registering for and participating in the event, personal data may be collected. Such information will be processed in accordance with the applicable privacy policy.

XX. CONTACT

Local Organising Committee

Email: emorrc2026@runtransylvania.com

Webpage: www.runtransylvania.com

EMA

Email: ema.generalscretary@gmail.com

Email: giovanni.tracanelli@european-masters-athletics.org

Webpage: www.european-masters-athletics.org

Registrations:

Webpage: <https://data.opentrack.run/it/x/2026/ROU/emorrc/>

SEE YOU SOON!