



Press release n°3
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The history of trail-running is en-route

Introduced a few months ago, the International Trail-Running Association (known as the ITRA), is answering the necessity to organise trail-running as a full discipline and was registered as an association last July. Today, the website is active, members have started joining and visitors are able to obtain information... The association's work doesn't cease to grow and evolve, the principal motivation being to promote and to develop Trail-Running at the world level by addressing all players in the field.

A meeting with Michel Poletti, president of the International Trail-Running Association:

The ITRA is, today a real player in a discipline in full evolution. After two years of reflection, meetings and exchanges can we now talk about the end of the first act?

If Act 1 corresponds to the end of the set-up, yes... the first principles and basic values are well and truly in place... Today the ITRA, due to the preliminary work carried out by 5 working groups, can work towards the development of trail-running as a full sport, respecting the diversity of the cultures and venues, around the same ethical vision of the discipline. Concretely different but important items such as the establishing of an ethical charter, an international definition of trail-running, a health policy, the management of high calibre athletes and an international ranking, have already been thought through at length and the conclusions are on-line on the [website](#).

Today, the ITRA collaborates with national trail-running associations, national and international federations, and gets involved as a real partner in the promotion of a sports ethic leaning on strong values (authenticity, humility, fair-play, equity, respect, solidarity) alongside not only all trail-running players, but also the general public: the improvement in the quality of organisations and participants safety; facilitating preventive actions concerning health matters and the anti-doping fight; the implementation of an environment-friendly practice and the promotion of sustainable development within trail-running are the priorities. Today the ITRA participates in the organisation of championships and continental or worldwide trail-running circuits which reinforce the visibility of international trail-running.

Who is the ITRA aimed at? And what does it offer them?

The ITRA is open to all players in the field of trail-running, runners whether elite or not, organisers, brands.... It wants to give ALL its members the best service by making available the means by which it can live up to expectations of all.

For all race organisers and associations it is the opportunity to join an association which has international representation, a guarantor for the seriousness and quality of the organisation. Help and advice, evaluation the quality of races and establishing a label of quality, health matters and fighting against doping, being put into contact with service providers, development of the member organisations and the optimization of communication, recommendations for security ... as well as other services will be put into action during 2014

in direct response to clearly expressed opinions.

For brands and equipment manufacturers: Always with the will to gather all the players in the world of Trail-running, the ITRA wishes to take into account their opinion within its various commissions. The performance index published on the ITRA's website will, from the beginning of 2014, help companies to promote their runners' results and prize lists and therefore benefit from more visibility.

For the runners, the international performance index established from the results of the previous 2 years, and the year in progress, allows them to see their level in relation to the best athletes in the world. The database already lists more than 320 000 runners from the results of 3 500 races.

The implication of the elite athletes via a commission dedicated to them will mean that events can be organised to suit their requirements.

The race Calendar will be available in 2014 and will be regularly updated to give a global vision and help runners to better manage their season.

Being a member of the ITRA opens the door to participation in the various debates and to very soon benefit from an individual page for personal information (photo, club membership, team...). Membership already gives access to better and more complete information upon consulting the performance index.

Annual membership costs 5€ for runners and followers, 150€ for associations and companies and for race organisers the cost is in relation to the size of their race starting from 30€.

What are the concrete actions today?

The ITRA is actually acting on several levels.

Security is the 6th sector of work taken on by the ITRA. Indeed, the level of safety during organised trail races world-wide is very varied between one country and another, one race and another. If certain countries like France have, at the initiative of organisers and due to the input of Fédération Française d'Athlétisme, special regulations adapted for trail-running, that is not the case in most other countries. The ITRA's security commission, created in October, is comprised of ITRA members or partners who have a lot of experience in the security sector. Its objective is to publish, in spring 2014, a text which will evoke recommendations and advice allowing all organisers, whatever their nationality, to take the necessary precautionary measures and to set up a well adapted security plan.

In matters concerning health, the association «Athletes For Transparency», an ITRA partner, is actually developing a unique Web service platform which will centralise all the runners' necessary medical and sporting information. This service will not only allow the runners to follow their medical reports to facilitate their relationships with organisations and to share their training with the community, but also so that organisers can access the necessary information for the implementation of a prevention initiative regarding health.

The ITRA participates in the **elaboration of trail-running circuits**. A partnership has been made with the Ultra-Trail® World Tour for the realisation of its ranking to be drawn from the performance index. Elsewhere the ITRA is also a partner of a new Spanish circuit, the Ultra-Trail® Spain Tour which has several races on offer of between 80 and 120km.

Finally in collaboration with the IAU (International Association of Ultra runners), the ITRA is working on France's candidature for the organisation of the 2015 Trail-running World Championships and is giving its support to the MaXi Race (86km, 5 600m ascent, around the Lac d'Annecy - 74). The application has been validated by the FFA (Fédération Française d'Athlétisme) and the IAU's decision is expected in the next few days.

The ITRA's objectives are ambitious and, with the vice-presidents Alessandra Nicoletti (ITA) and José Santos (POR), we are dedicated to the idea that the ITRA, a non-profit

organisation, becomes the reference for Trail-Running thought up by, and for, all the players in the field of the discipline.

To receive all the information and subscribe to the ITRA, rendezvous on the website:
<http://i-tra.org>

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