

Ultra Tour des 4 Massifs Edition 2017 RULES – Ut4M

**Ut4M160 Xtrem, Ut4M160 Challenge,
Ut4M100 Master, Ut4M40 Vercors, Ut4M40 Oisans,
Ut4M40 Belledonne, Ut4M40 Chartreuse, Ut4M160 Relays**
(These rules do not apply to the race Ut4M Graines de Trailers and Ut4M Vertical)

ORGANIZATION

The association **GRENOBLE OUTDOOR ADVENTURE**, hereafter referred to as **The Organizer**, is organizing the Ultra Tour 4 Massifs (UT4M) on August 16 to 20, 2017.

EVENTS

The Ultra Tour des 4 Massifs comes in 10 different races (including one for children). These rules apply to the following 8 versions:

- **Ut4M 160 Xtrem**, a mountain race following for a large part “Grande Randonnée” trails of the Alps and local trails traced by the SIPAVAG, but also more technical paths (rocky terrain), starts and finishes in Grenoble, with approximately **169 km** and a cumulated vertical gain of around **11,000 meters** (at altitudes between 200m and 2500m). It is a solo single-stage race with time limitation. The start time is set for August 17 at 6 pm (for information purposes only, may be subject to change).
- **Ut4M 160 Relays** follows the same route as **Ut4M 160 Xtrem**. 4 runners run approximately one fourth of the 169 km. The teammates must pass the baton at the following checkpoints: Vif, Livet & Gavet, Saint Nazaire les Eymes. The start time is also set for Aug. 17 at 6 pm (for information purposes only, may be subject to change).
- **Ut4M160 Challenge** takes the same route as the **Ut4M160 Xtrem**. The race is divided into four stages: one stage per day with 40 to 50km and a positive vertical ascent from +2500 to +3500m. The runners registered for this race are at the start of each of the four races (**Ut4M40 Vercors, Ut4M40 Oisans, Ut4M40 Belledonne** and **Ut4M40 Chartreuse**), as described below. At the end of the 4 races, a general classification is made, counting the race time accumulated on each Ut4M40 races.
- **Ut4M 100 Master**, a mountain race starting from Uriage, reaching Chamrousse and then following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Grenoble, with about 100 km and a cumulated ascent of around 5500 meters (at altitudes between 200m and 2500m). It is a solo single-stage race with time limitation. The start time is set for August 18 at 10 am (for information purposes only, may be subject to change).
- **Ut4M 40 Vercors**, a mountain race starting from Grenoble, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Vif, with about 40 km and a cumulated ascent of around 2500 meters (at altitudes between 200m and 2000m). It is a solo single-stage race with time limitation. The start time is set for August 16 at 8 am (for information purposes only, may be subject to change).

- **Ut4M 40 Oisans**, a mountain race starting from Vif, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Rioupéroux, with about 47 km and a cumulated ascent of around 3500 meters (at altitudes between 200m and 2500m). It is a solo single-stage race with time limitation. The start time is set for August 17 at 7 am (for information purposes only, may be subject to change).
- **Ut4M 40 Belledonne**, a mountain race starting from Rioupéroux, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Saint Nazaire les Eymes, with about 40 km and a cumulated ascent of around 2500 meters (at altitudes between 200m and 2500m). It is a solo single-stage race with time limitation. The start time is set for August 18 at 8 am (for information purposes only, may be subject to change).
- **Ut4M 40 Chartreuse**, a mountain race starting from Saint-Nazaire-les-Eymes, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Grenoble, with about 40 km and a cumulated ascent of around 2500 meters (at altitudes between 200m and 2000m). It is a solo single-stage race with time limitation. The start time is set for August 19 at 8 am (for information purposes only, may be subject to change).

Given the distances, these events take place during the day and the night.

Runners must respect the highway code when the path crosses or runs along roads.

The events are open to all nationalities. Runners do not need to be members of a running club, however the runner's age must fulfil FFA (Fédération Française d'Athlétisme) age/distance criteria. Therefore, only Master, Senior and Under 23 (born in 1997 or before) categories are invited to participate to the races for which these rules apply.

SUMMARY OF AGE CATEGORIES 2017

The change of age range occurs on November 1st of each year.

CATEGORY	CODE	YEAR OF BIRTH
Masters	MA	1977 and before
Seniors	SE	1978 to 1994
Espoirs	ES	1995 to 1997
Juniors	JU	1998 and 1999
Cadets	CA	2000 and 2001
Minimes	MI	2002 and 2003
Benjamins	BE	2004 and 2005
Poussins	PO	2006 and 2007
School of Athletics	EA	2008 to 2010

Master category details

CATEGORY	CODE	YEAR OF BIRTH
Masters	M1	1977 - 1968
	M2	1967 – 1958
	M3	1957 – 1948
	MH	1947 and before

SEMI SELF-SUFFICIENCY

These races take place on the principle of self-sufficiency and require from runners some autonomy. Semi self-sufficiency is defined as the capacity to be autonomous between two supply stations in terms of clothing, safety, food. The runner must have acquired, through previous experience, the autonomy necessary to adapt to problems potentially found in a mountain environment (weather, physical problems, injuries, terrain difficulties ...). Supply stations (drinks/and/or food) are however available along the routes and distances between them do not exceed 25km. These supply stations are marked on the road book provided by the organization on the website.

For the **Ut4M 160 Xtrem**, three base camps offer hot meals. They will take place around 40km, 80 km and 130 km on the route of **Ut4M 160 Xtrem**. These base camps also have rest areas for runners. Runners must have a visible number and pass through controls to have access to the food supplies stations. Two types of food supplies are available:

- Light food supplies: drinks, sweet and salty foods,
- Full food supplies: as above + hot dishes.

Recycle bins for waste are available in quantity at each food supply station and must be used for any waste disposal. Any runner seen throwing their trash on the paths tracks or roads will be disqualified. Each runner agrees to sign the race charter at registration (when picking up their number), that reminds them their obligation to keep their trash until they reach a bin.

Assistance outside of the food supplies station is prohibited, as well as being escorted during the race. Anyone without a number has no right to accompany a runner during the race. Assistance (except for medical or paramedical care) may be provided at the food supplies stations in the areas set out for this purpose.

Runners may take a shower in Vif, Rioupéroux (only a cold shower), Saint Nazaire les Eymes and at the end of the race in Grenoble.

Shoes must be removed before access to the showers.

SPECIFICITY OF THE TRAILS

WARNING: all routes of Ut4M are intended for experienced and knowledgeable runners. They take place in high altitude mountainous environments.

They include very difficult portions where protective measures and special warning signs will be implemented to remind runners of the specific nature of these portions and the need for prudence and caution.

For safety reasons, these portions should be taken at a walking pace, making use of the safety equipment when available (handrails etc...), one competitor at a time only. It is imperative to follow the guidance indicated by the security tape.

Runners will receive details of security arrangements by email and/or at the race briefing. It is imperative that all runners attend this briefing.

CONDITIONS OF PARTICIPATION

To participate, it is essential:

- To be fully aware of the length and specificity of the challenge and be fully trained for this
- To have acquired prior to the race, a real capacity of personal autonomy in mountainous terrains.

Previous participation in similar races to acquire this experience is highly recommended. The runner, by enrolling in one of the UT4M events, acknowledges being aware of the challenging nature of the event and the need to be able to handle the problems inherent to this type of event, including:

- **Knowing how to apply precaution in portions where a fall could be fatal**
- **Knowing how to survive severe climatic conditions rendered more difficult by altitude effects (wind, cold, fog, rain or snow, darkness)**
- **Ability to manage physical or mental problems caused by fatigue, digestive problems, muscle or joint pain, injuries ...**
- **Being fully aware that it is not in the role of the organization to help a runner to manage his/her problems and that for this kind of mountain activity, safety depends on the ability of each runner to adapt to problems whether predictable or not.**

Participation in any of the Ultra Tour des 4 Massifs events will be under the sole responsibility of the runners, with waiver of all claims against the organizer regardless of the damage suffered or caused. Competitors expressly waive any claims against the organizer.

Competitors agree to not pursue legal claims against the organizer for any incident arising from their participation in this event.

These races are open to anyone, male or female, born **before December 31, 1997** (categories from Under 23 to Master), licensed or not. Any competitor not complying with the minimum standards of cleanliness and respect for nature will be disqualified. Any commitment is firm and final, and implies full acceptance of the rules.

REGISTRATION (terms, fees and closure)

Entries are limited to:

- 700 runners for **Ut4M 160 Xtrem**
- 400 runners for **Ut4M 100 Master**,
- 400 runners for each of the following races: **Ut4M 40 Vercors**, **Ut4M40 Oisans**, **Ut4M40 Belledonne** and **Ut4M 40 Chartreuse**,
- 400 runners for **Ut4M 160 Challenge**,
- 75 teams for **Ut4M 160 Relays**.

The registration deadline is July 31, 2017.

The organizer reserves the right to change the number of race numbers available on each race, as well as the deadline for registration.

Inscriptions are made exclusively online through the website of the organization with secure payment by credit card and are validated upon the receipt of the payment of the participation fee via bank transfer.

FEES

- **Ut4M 160 Xtrem** : 170 euros per runner (increased by 20 euros after March 31, 2017 and by 40 euros after June 30, 2017)
- **Ut4M 160 Challenge** : (4 days, one mountain/day) 180 euros per runner (increased by 20 euros after March 31, 2017 and by 40 euros after June 30, 2017)
- **Ut4M 160 Relais**: 200 euros per team (4 runners). Participation in **Ut4M 160 Relais** imposes registration to the 4 relays, whether the team is composed of 2, 3 or 4 runners (increased by 20 euros after March 31, 2017 and by 40 euros after June 30, 2017).
- **Ut4M 100 Master** : 90 euros per runner (increased by 10 euros after March 31, 2017 and by 20 euros after June 30, 2017)
- **Ut4M 40** : 44 euros per runner (increased by 6 euros after March 31, 2017 and by 16 euros after June 30, 2017) (same price for **Ut4M 40 Vercors**, **Ut4M 40 Oisans**, **Ut4M 40 Belledonne** and **Ut4M Chartreuse**)

All registrations are final. Individuals enrolling in one of the races cannot change their registration to switch from one race to another.

Each registration is strictly personal. Registration transfer to another person is not allowed for any reason whatsoever. It is forbidden to transfer a number to another runner registered for another race of Ut4M or not registered at all. Anyone transferring his number to a third party will be held responsible in case of accident caused or suffered by the latter during the event. Anyone having obtained a number in breach of the rules will be disqualified. The number must be fully legible during the race. The organization accepts no liability in case of accident in these circumstances.

CONDITIONS OF REGISTRATION

To validate their registration, runners must submit before July 31, 2017 a medical certificate authorizing the practice of running in competition, legibly completed with the full name of the runner and the doctor's complete information (name, license number, complete address, signature), validated by the doctor within a year before the end of the race (August 20, 2017).

The organization of the Ut4M offers each runner a downloadable copy at the time of registration on the website which recalls all the necessary information for the certificate to comply with above regulations. For French runners, we recommend using the Ut4M medical certificate model that will ensure a rapid processing of registration. For foreign runners, the use of the certificate model provided by Ut4M is compulsory. The medical certificate shall be retained by the organizer for a period of 10 years.

For French runners, the “Athlé competition” licenses, “Athlé entreprise” licenses, the “Athlé Running” licenses or the “Pass'Running” issued by the FFA and valid on the date of the event are also accepted.

The competitor is asked to upload his medical certificate directly on our website. Once the medical certificate or license is uploaded, the organization checks its compliance and validates it. No acknowledgment and validation is addressed. We invite you to check the validation of your medical certificate directly on the site www.Ut4M.fr and contact the organizer at the following email address (inscriptions@Ut4M.fr) in case of any further queries.

Upon failure to provide the medical certificate or license on that date, the organization may decide to cancel the registration of the competitor without refund and no claim can be made by the competitor who will have failed to provide their certificate or license in time.

Furthermore, the organization reserves the right to accept the competitor's medical certificate when withdrawing the race numbers. In this case, a **surcharge of € 20** is required by the competitor to cover the costs generated by this specific procedure. This surcharge will be paid on location by check payable to Grenoble Outdoor Adventure or in cash, before the withdrawal of race numbers.

We inform runners that, over and above the legal obligation of the previous point, a full medical examination is advisable to verify for potential health problems incompatible with race competition, even if the runner feels in perfect condition. As such, an electrocardiogram under physical effort is strongly advised.

For the sake of simplicity in the management of the organization of the race, medical certificates sent by mail must be sent by ordinary mail. Certificates sent by registered mail with acknowledgment of receipt will not be accepted.

It is important that runners who register for one of the events of UT4M are aware of the difficulties of the course and the conditions they may find (distance, mountainous terrain, altitude, bad weather, darkness ...). This therefore requires from runners, a good physical preparation and a capacity for autonomy to be successful for this type of individual challenge.

Each runner agrees to accept all risks relating to difficulties met and have the appropriate experience and level of fitness for this challenge. Even with maximum security measures, it should be noted that the means of intervention may not be as fast in the more remote parts of the trails than, for example, in urban areas.

RACE NUMBERS

Participants to Ut4M160 Challenge will be given a pinnie as a race bib during the 4 days of the race. The pinnie will be marked with the race number and surname of participant (surname being mandatory when registering).

Race numbers will be available in the race village in Grenoble for all race events, per the following schedule:

- For **Ut4M40 Vercors** and **Ut4M160 Challenge**, Tuesday, August 15, 2017 from 4pm to 8pm,
- For **Ut4M40 Oisans**, Wednesday August 16, 2017 from 4pm to 8pm,
- For **Ut4M 160 Xtrem** and **Ut4M 160 Relays**, Wednesday August 16, 2017 from 4pm to 8pm and Thursday, August 17, 2017 from 8am to 1pm
- For **Ut4M 100 Master** and **Ut4M Belledonne**, Thursday, August 17, 2017 from 2pm to 8pm
- For **Ut4M 40 Chartreuse**, Friday, August 18, 2017, from 12am to 2pm and 5pm to 8pm.

Participants to other Ut4M races will have a paper bib. We draw your attention on the fact that the safety pins will not be provided by the organization to tight the bib on your clothes.

If a runner participates in several Ut4M races or Ut4M160 Challenge, all the race numbers will be given when removing the first one.

The bib can be collected upon presentation of a photographic document. No bib can be collected without this document. Race number is individual (no bib can be collected for a whole group, including to the relay race; all members of the team must collect their bibs).

Part of the compulsory gear will be checked when collecting the bib, in the start area and during the race. The organization will forbid any runner to start the race or stop the runner if not presenting the compulsory gear, with no reimbursement of registration fees. All runners must sign a charter for conservation respect for the environment and a solemn pledge to keep the mandatory equipment at all time during the race.

The number is to be positioned on the chest or abdomen in order to be visible at all times throughout the entire race. Positioning the number on the backpack or leg is not allowed. Any runner not wearing the number as specified will be penalized.

It is the runner's responsibility to supply the safety pins required to attach the number.

The number acts as the pass required to access the shuttle bus, food supply stations, first-aid stations, restrooms, showers, and for the deposit and withdrawal of personal items bags.

Except in cases of refusal to comply with a decision taken by a race official the race number is never removed, but will be disabled if the runner decides to withdraw from the race.

A welcome gift is given to each runner on picking up their number before the race.

CANCELLATION OF REGISTRATION

Cancellation of enrolment should be made by registered mail using the following address:

*Association GRENOBLE OUTDOOR AVENTURE
Ut4M
63 rue Bellecombe
69006 LYON - FRANCE*

Cancellation requests will be considered only in the following circumstances:

- Accident, serious illness or death of the runner
- A serious illness requiring hospitalization or death of a spouse or legally recognized partner, ascendants or descendants in the first degree.

No other reason shall be considered and no additional cancellation fee insurance is given by the organization or any other insurance company.

In case of accident or serious illness of any runner, a medical certificate attesting to the contraindication of participating in the race must be provided. Any other cause of cancellation must be proved by a certificate issued by the competent authority.

The organization reserves the right to modify exceptionally the criteria for acceptance of a request for cancellation to include other cases, depending on the circumstances.

Reimbursement terms: All refund requests must be received, along with the original copy of the medical certificate, postmarked no later than July 15, 2017. Applications are processed within two months following the event.

In case of a request for cancellation, refunds of fees paid at registration will be based on the following conditions:

Date of sending of request	Percentage of registration fee reimbursed*
Before May 31	80 %
From 1 June to 15 July	50 %

*Rounded up to the nearest euro

After July 15, no refund will be made.

EQUIPMENT

These events take place on mountain routes and weather conditions can change very quickly, it is for this reason that it is mandatory to bring the equipment listed below to protect yourself against adverse weather conditions. The required equipment follows administrative rules and techniques specific to trails published by the FFA.

Each runner registered on one these races must carry throughout the whole race all the mandatory equipment.

Mandatory equipment

- Personal drinking cup to use at food supply stations (water, sodas, soup)
- Minimum 1.5 litres of water (depending on weather conditions, the organization may have to change this and impose a minimum supply of 2 litres, given the expected running time between 2 food supply stations. The information will be communicated during the race briefing).
- Food
- One main lamp in good working condition with spare batteries
- One secondary lamp in good working condition (to see and to be seen in case the main lamp gives up)
- Blanket (1,40 m x 2m minimum)
- Whistle
- Mobile phone (enter the organization's security number in the directory, keep phone on always, do not mask your number and do not forget to fully charge the phone before the race begins)
- Self-adhesive bandage in case a bandage or strapping is needed (minimum 100cm x 6cm)

- Waterproof and breathable jacket with hood, (recommended 10,000 Schmerber minimum. K-way type jackets or poncho not accepted)
- Trousers or running tights. If ¾ length, socks must be worn so that legs are fully covered.
- Cap or equivalent
- Buff
- A document specifying any ongoing medical treatment and contraindications
- Warm long-sleeved clothing worn as a second layer between the T-shirt and the waterproof, breathable jacket (for example fleece jacket or other warm technical clothing weighing at least 180g)

OR a combination of warm long-sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110g and a windbreaker (in addition to the mandatory jacket with hood) with a durable water repellent protection (DWR protection).

- Waterproof over-trousers
- Winter hat
- Warm, waterproof gloves covering full hands (mittens accepted)

Recommended equipment and / or advised (non-exhaustive list)

- Compass, route map, road book
- trekking poles,
- Spare clothes,
- Sunscreen, Vaseline or anti-heating cream.
- First emergency medical kit: 1 analgesic, 1 anti-spasmodic and a blisters kit
- A minimum sum of 20 € (for the unexpected)

List of mandatory equipment per race:

equipment	Ut4M160 Xtrem	Ut4M160 Relays (2)	Ut4M100 Master	Ut4M40 Vercors	Ut4M40 Oisans	Ut4M40 Belledonne	Ut4M40 Chartreuse	Ut4M160 Challenge (by stages)
Personal cup	X	X	X	X	X	X	X	X
Water supply	X	X	X	X	X	X	X	X
Food Supply	X	X	X	X	X	X	X	X
Blanket	X	X	X	X	X	X	X	X
whistle	X	X	X	X	X	X	X	X
Mobile phone	X	X	X	X	X	X	X	X
Self-adhesive bandage	X	X	X	X	X	X	X	X
Waterproof and breathable jacket with hood	X	X	X	X	X	X	X	X
Buff or Cap	X	X	X	X	X	X	X	X
document for ongoing medical	X	X	X	X	X	X	X	X

treatment								
Main lamp with spare batteries	X	X	X	x	x	x	X	X
Secondary lamp	X	X	X					
Trousers or running tights	X	X	X	X	X	X	X	X
Warm long-sleeved clothing (second layer)	X	X(1)	X	X (1)	X (1)	X (1)	X (1)	X (1)
Waterproof over trousers	X (1)	X (1)	X (1)					
Winter Hat	X (1)	X (1)	X (1)					
Warm and impermeable gloves	X (1)	X (1)	X (1)					

Competitors must carry all the above equipment and present it at the withdrawal of numbers and be prepared to show it at the withdrawal of the bib number.

All clothing must be the size of the competitor without modification after leaving the factory.

(1): The organization may decide before the start of the race to make the equipment recommended and not mandatory. (Based on weather forecasts). The announcement will be made at the race briefing.

(2) For **Ut4M 160 Relays**, the organization agrees that the team shares 2 sets of mandatory equipment with the clothes at the size each runner in the race.

At any time, required equipment checks may be made, including on the course for safety reasons, as determined by the organization. Any runner called for a control is bound to comply. In case of refusal, the runner will be disqualified.

Some runners may, per the decision of the organization, be equipped with a GPS tracking tag. (Weight: about 200g) The runner must keep the tag on him until his arrival and then return it to the organization. In case of withdrawal, the runner will return it to the controller on the control station, or will bring it back to the race HQ. Any refusal to carry the tag in his bag will be an immediate disqualification.

RUNNERS CONFORT BAGS

Ut4M160 Xtrem

On the 3 base camps (Vif, Rioupérourx & Saint Nazaire), it is proposed to transport from Grenoble a bag with your spare personal belongings.

3 bags of 30 litres will be handed to all runners when picking up their bib. Each bib will be marked with the race number and name of the destination base camp. Once your package is ready, the runner must drop off the bag before 3pm on Thursday in the welcome area in Grenoble. Poles cannot be placed inside the bags.

When a runner gets to the base camp, he must pick up his own bag and then drop it when leaving at the place indicated by the organization. When closing the base camps, the bags will be returned to Grenoble.

The bags can be collected upon presentation of your bib at the finish line of the race once they were returned from the base camp and until Sunday 12am.

All unclaimed drop bags will be returned by the organization to Grenoble. They will be at your disposal with the other bags and can be collected upon presentation of an ID.

Ut4M100 Master

On Saint-Nazaire-les-Eymes base camp, it is proposed to transport from Grenoble a bag with your spare personal belongings.

One bag of 30 litres will be handed to all runners when picking up their bib. Each bib will be marked with the race number. Once your package is ready, the runner must drop off the bag between 2pm and 8pm on Thursday in the welcome area in Grenoble. Poles cannot be placed inside the bags.

When a runner gets to the base camp, he must pick up his own bag and then drop it when leaving at the place indicated by the organization. When closing the base camp, the bag will be returned to Grenoble.

The bag can be collected upon presentation of your bib at the finish line of the race once they were returned from the base camp and until Sunday 12am.

All unclaimed drop bags will be returned by the organization to Grenoble. They will be at your disposal with the other bags and can be collected upon presentation of an ID.

Ut4M160 Challenge, Ut4M40 Oisans, Ut4M40 Belledonne, Ut4M40 Vercors

We offer to transport a bag with your spare personal belongings to the finish line. A bag of 30 l will be handed to participants at the time of the delivery of numbers, and will be marked with the race number.

On the day of the event, the runners can leave their bags to volunteers from the organization in the start area during the time reserved to pick up the bibs. All bags will be transported from this start zone to the finish line. The bags shall be collected upon presentation of the bib at the finish line area, regardless of a drop down.

Warning: for runners of **Ut4M160 Challenge**, no bag will be distributed for Chartreuse stage occurring on Saturday 19th.

OTHERS RACES

For other races (**Ut4M160 Relais, Ut4M40 Chartreuse, Ut4M Vertical**), no bag will be distributed.

WARNING

Regardless of the race you run, the bags will not be checked before being transported. Consequently, it will not be possible to question the contents of the bag you have dropped off. The organiser of the race will not be liable for any lost, damaged or stolen item; it is recommended not to place any valuable item in our bag.

Unclaimed bags after closing of the race (Sunday August 20th, 12am) can only be shipped upon request within 1 week after, in exchange of a 50€ fee to be paid in advance by wire transfer or check to « Grenoble Outdoor Adventure ». After this delay, the bags cannot be claimed anymore.

CONTROL AND FOOD SUPPLY STATIONS

Control and food supply stations are distributed along the course. Only runners wearing a visible race number have access to food supply stations.

SAFETY AND MEDICAL ASSISTANCE

Emergency stations are intended to aid any person in danger with means specific to the organization. The official doctors are entitled to disqualify (by invalidating the number) any runner unable to continue the race. Rescuers are entitled to evacuate by any means the runners they'll consider in danger. They are also entitled to hospitalize the runners whose state of health requires it.

If necessary, for the best interest of the person rescued, the official mountain rescuers may be called, will take control of operations and will put into action any suitable means, including helicopter air-lift. Any runner who calls upon a doctor, a nurse or a rescuer shall be subject to his or her authority and agrees to respect his or her decisions.

Costs resulting from the use of emergency assistance or exceptional evacuation will be assumed by the rescued person who will also ensure its return from where he has been evacuated. It is the sole responsibility of the runner to build and present a case to his personal insurance within the time limit. If unable to contact the race HQ, you can call the relief agencies directly by dialling 112 from France.

CUT-OFF TIMES

The finish line cut-off time of the event for the entire course is:

- **Ut4M 160 Xtrem and Ut4M 160 Relays:** 51 hours
- **Ut4M 100 Master:** 35 hours
- **Ut4M 40 Chartreuse:** 13 hours
- **Ut4M 40 Oisans:** 13 hours
- **Ut4M 40 Vercors:** 12 hours
- **Ut4M40 Belledonne:** 12 hours

These cut-off times are given for information purpose only, and may be subject to change.

The intermediate cut-off times of the main control stations will be defined and communicated on the website.

These cut-off times are calculated to allow the runners to reach the finish line in the maximum time allowed while making eventual stops (rest, meals ...). To be allowed to continue the race, runners must leave the control station before the cut-off time (regardless of arrival time at the control station).

The bib chip of any disqualified runner will be deactivated and removed and the runner won't be allowed to continue the course. If despite everything, the person decides to continue to hike, he does so under his own responsibility. Anyone disrespecting the volunteers responsible for this function will be banned permanently from running on all present and future events of the Ut4M.

MARKING

For a better night vision, post-signs have an integrated reflective material which reflects the light of your headlamp.

CAUTION: If you don't see anymore, go back!

It is imperative to follow the paths as they are marked, without cutting. Indeed, cutting a path causes a damage of the site.

ARRIVAL

On arrival, a volunteer will recover your chips. You will then receive your finisher gift. You must retrieve it on site before the end of the event on Sunday, August 20, 2017 at 12am. No gift will be sent later.

Competitors who had to abandon will also receive a gift on their return to Grenoble, once their withdrawal has been registered. They will also retrieve it on site before the end of the event on Sunday, August 20, 2017 at 12am. No gift will be sent later.

ABANDONMENT AND REPATRIATION

Except in cases where the health of the rider requires an emergency evacuation, a rider must abandon at a control station with a solution of repatriation (marked with a symbol "shuttle" on route maps).

These shuttles are available regularly throughout the course, from the control station marked with the symbol "bus" on route maps. They are used to repatriate to Grenoble runners who abandoned. The race HQ in conjunction with the police chief, organizes the timing of transfers.

The runner must notify the chief of the control station of his/her decision to abandon so that the chief can permanently disable the bib, and recover the chip of the bib. Therefore, the runner is no longer the responsibility of the organization.

The runner keeps his/her bib disabled, it serves as proof to get the drop bags, access to the shuttles, meals, treatment rooms...

If the runner wants to abandon in any other place of the route, it is imperative to return to the previous control station and report such abandonment to the chief of the control station.

Some control stations are not accessible by bus. The chief of the control station will indicate to the runners who wish to abandon on his post how to join the nearest control station where he can use transportation solutions implemented by the organization.

If, while going back, the runner meets the closers (last-paddlers), they will invalidate the bib and inform the race HQ. The runner is no longer the responsibility of the organization.

In case of adverse weather conditions justifying the partial or total stop of the race, the organization ensures the repatriation of the runners in the shortest possible time.

TRANSPORTATION TO THE DEPARTURE FOR *Ut4M160 Challenge, Ut4M 100 Master, Ut4M40 Oisans, Ut4M40 Belledonne AND Ut4M 40 Chartreuse*

The organization supports the transport of runners registered on the above-mentioned races and who have paid the transportation fee to the departure when they registered. The schedule of the shuttles will be provided on the website www.ut4m.fr and/or when picking up the bib. It is the responsibility of cases the runner to reach on time the departure place of the shuttles (it is advisable to arrive at least 15 minutes before departure time). In case of tardiness, the runner must reach on his own the starting point of the race. The runner won't be reimbursed in that case.

Warning: No transportation is provided by the organization for the relay runners. Each team is required to organize their transportation.

TRANSPORTATION TO GRENOBLE FOR *Ut4M160 Challenge, Ut4M40 Oisans, Ut4M40 Belledonne AND Ut4M40 Vercors*

The organization supports the transport of runners registered on *Ut4M40 Vercors, Ut4M Oisans* and *Ut4M40 Belledonne* to go back to Grenoble if they purchased this option during registration. Frequency and departure times of the shuttles will be provided on the website of Ut4M. Each runner must be on time at the departure place of the shuttles (it is advisable to arrive at least 15 minutes before departure time). No refund will be offered in case of delay of the runner for the last shuttle.

Warning: No transportation is provided by the organization for the relay runners. Each team is required to organize their transportation.

PENALTY - DISQUALIFICATION

By enrolling in one of the four races, the runners will:

- Respect the environment
- Follow the course without cutting paths
- Do not use any means of transportation
- Do not litter
- check at all the control stations, including at the entry at the starting line **(not checking at a control station can result in a penalty, even a disqualification)**
- Wear the pinnie provided (Ut4M160 Challenge only) or the number on the front and it must be visible during the entire event
- Carry the mandatory equipment throughout the race
- Submit to anti-doping control
- Assist any runner in difficulty and alert the closest emergency
- Let yourself examined by a doctor and respect his decision

- Be respectful to everyone present on the course
- Respect the highway code

The breach of any of these rules by a runner may result in immediate disqualification or penalty, following the decision of the jury of the event without any possibility of appeal against the sanction.

Race marshals present on the course and control and food supplies stations officials are empowered to enforce the regulations. They inform the race HQ immediately of a breach of rules for non-compliance with the following guidelines:

BREACH OF RULES	PENALTY - DISQUALIFICATION
No mandatory safety equipment	Immediate disqualification or 5h penalty if the equipment had been completed and presented to a race marshal
Non-compliance with traffic	Immediate disqualification
Refusal of control equipment required	Immediate disqualification
Refusal of checking at control station	Immediate disqualification
No tracking of (cutting path)	5h Penalty
Littering (voluntary act) by a competitor or a member of his entourage	Immediate disqualification
No respect for people (organization, volunteers or runners)	Disqualification for life
Non-assistance to a person in trouble	Disqualification for life
Assistance outside authorized areas	5h Penalty
Cheating (e.g. use of a means of transport, sharing number ...)	Immediate disqualification
Failure of a visible number	5h Penalty
Refusal of a doping control	Immediate disqualification
Refusal to comply with an order of the direction of the race, a race marshal, a leader of a control station, a doctor or a paramedic	Immediate disqualification

JURY OF THE RACE AND CLAIMS

The jury of the race is composed by:

- the organization committee,
- the medical team on the race,
- officials of the control station concerned

Claims are admissible in writing within 30 minutes after the posting of the provisory ranking.

Its power of decision is final.

CHANGE OF CUT-OFF TIMES AND CANCELLATION OF THE RACE

For security reasons, especially if the weather is too unfavourable, the organizer reserves the right to postpone the start of the races, to stop the races or change the cut-off times, or even cancel the races without notice, and no refund of the registration fee will be made.

CANCELLATION OF FORCE MAJEURE

- Before the start of the races

In case of "force majeure", weather conditions preventing the practice of running in competition (weather alert), natural disasters (earthquakes, storms) or major political events (revolution, war, terrorist attacks) obligating the organizers to cancel the event, only a portion of the registration fee will be refunded.

The costs already incurred and irrecoverable will be exonerated of the registration fee: such as bank processing costs, meals, shopping for food supplies, emergency services / security, meteorological services, logistics costs ...

This reimbursement will be made by bank transfer on December 1, 2017.

To qualify for this rebate, you must absolutely provide the organization with a bank account (RIB) within three months after the race.

- During the races

In case of force majeure during the course of events, especially if the weather conditions are causing risks to the runners or for other security reasons, the organizers can stop the run. In this case, the runner arriving at a control or food supply station must follow the instructions given by present volunteers and will be required to comply with them. No registration refunds will be made in this case.

INSURANCE / LIABILITY

Liability:

- The event is covered by a liability insurance taken out by the organizers. This liability insurance protects against the financial consequences to the organizers, the volunteers, the municipal police officers, the technical officers of municipalities, the partners ... and the runners.

Personal Accident:

- Licensees benefit from the guarantees granted by insurance linked to their license and other runners must take out their own insurance.
- In addition, it is strongly recommended that runners take out a personal accident insurance covering their own risks / costs of search and evacuation (with a guarantee of everyday accidents covering physical injury that their sport may expose them to). This type of insurance can be, for example, subscribed with the French Athletics Federation.

NB: the helicopter evacuations require payment, when performed by a private helicopter. The organization will decide of the choice of evacuation and will systematically favour the safety of runners.

The organization accepts no liability for any accident or failure due to bad health. In case of withdrawal, or disqualification (by the organization or the medical team), the liability of the organization is released.

RANKINGS AND AWARDS

For all races, only runners crossing the finish line in the allocated time will be classified.

For each solo race, a general classification and category classification (man and woman) are established. The age categories are: Under23, Senior, Master 1, Master 2 and Master 3.

For **Ut4M160 Challenge**, general ranking and ranking by category (man/woman) will be established after finishing the last race. Rankings are based on cumulative time of all 4 races.

In the case of the **Ut4M 160 Relays**, 2 classifications will be established: general relays classification and women's teams (comprising women only). Any mixed team will be integrated into the general classification. There will be no specific classification for mixed teams.

Scratch, Senior and Master1 podium rewards the top three in the category. Espoir, Master2 and Master3 podium rewards the first one in the category. All the gifts must be retrieved on site, during the awards ceremony. No gift will be sent at any later date.

A team of **Ut4M 160 Relays** with one of the members who could not (due to abandonment) give the baton at relay points provided for this purpose will be out ranking but will be allowed to continue.

Moreover, every day, at the end of each race, the challenge leader, the female challenge leader, best climber and best runner downhill will be rewarded.

The standings of the challenge leader, the female challenge leader, best climber and best runner downhill will be calculated every day, at the end of each race, and based on cumulative time of each race already ran.

The 4 different leaders will be given a pinnie showing the ranking. The leaders must wear during the next event this textile, or they will face disqualification.

At the end of the last stage, the challenge leader, the female challenge leader, best climber and best runner downhill will be rewarded.

IMAGE RIGHTS

The runner expressly waives the right to the image during the event, as well as he waives all claims against the organizer and his entitled persons such as his partners and certified media for the use made of his image, whether fixed or audio-visual, taken on the occasion of his participation in the Ultra Tour des 4 Massifs on all media including promotional materials and / or advertising in the world and for the longest duration required by law, regulations, treaties, including any extensions that could be made at this time.

Only the organization can transmit the image rights to any media, via an accreditation or an appropriate license.

Ultra tour des 4 Massifs® and Ut4M® are legally registered trademarks. Any communication about the event or use of images of the event will follow the event name, trademark and with the formal agreement of the organization.

INDIVIDUAL SPONSORS

Sponsored runners can only display logos of the sponsor on clothes and gear during the race. Any other accessory (flag, banner...) is forbidden in any part of the path and including at the finish line. Disrespect of this condition can lead to penalty upon jury's appreciation.

Leaders of the Ut4M Challenge (overall leader ranking, best Climber leader, best Downhill runner leader) will have the possibility to add logos of their sponsors on the pinnie handed over on the space allowed by the organisation.

DATA PROTECTION AND FREEDOM

Under the Data Protection Act of 6 January 1978, each runner has a right to access and correct his personal data.

In accordance with the law n° 78/17 of January 11, 1978 called « Informatique et libertés », each race Organizer promises to inform participants that their competition results will be published on the website of the race and of the French Athletics Federation. If participants refuse to have their results published, they must specifically inform the organizer before the race and possibly FFA at the following email address: cil@athle.fr