

Ultra Tour des 4 Massifs Edition 2017 RULES – Ut4M

Ut4M Vertical race

(These rules do not apply to the races Ut4M160Xtrem, Ut4M160 Challenge, Ut4M100 Master, Ut4M40 Vercors, Ut4M40 Chartreuse, Ut4M Ut4M40 Belledonne, Ut4M40 Oisans, Ut4M160 Relays, and Ut4M Graines de Trailers)

ORGANIZATION

The association **GRENOBLE OUTDOOR ADVENTURE**, hereafter referred to as **The Organizer**, is organizing the Ultra Tour 4 Massifs (UT4M) on June 9, 2017.

EVENTS

The Ultra Tour des 4 Massifs comes in ten versions (including a race for children). These rules apply to the following race:

- **Ut4M Vertical** is a vertical kilometer race type, 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), with a distance approaching 5 km for about 1000 meters of elevation gain. It starts from Rioupéroux and it is a solo single-stage race with time limitation. The start time is set for Friday the 9th of June at 10pm (for information purpose only, may be subject to change). Runners are timed twice: after 2.6 km so as to measure performance on the vertical kilometer ascent and when arriving at Arselle for the UT4M Vertical 5km race .

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 fulfill FFA (Fédération Française d’Athlétisme) age/distance criteria. Therefore, only Master, Senior, Under 23, and Junior (born in 1999 or before) categories are invited to participate to the races for which these rules apply.

SUMMARY OF AGE CATEGORIES 2017

Date of birth categories

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

CATEGORY	CODE	YEAR OF BIRTH
Master	MA	1977 and before
Seniors	SE	1978 to 1994
Under 23	ES	1995 to 1997
Junior	JU	1998 and 1999

Cadet	CA	2000 and 2001
Minime	MI	2002 and 2003
Benjamin	BE	2004 and 2005
Poussin	PO	2006 and 2007
School of athleticism	EA	2008 and 2010

Master category details

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

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 will be implemented to remind runners of the specific nature of these portions and the need for prudence and attention.

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. It is compulsory to follow the lanes formed by the post-signs.

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

It is important that runners who register in one of the Ut4M races are aware of the difficulties of the races and the conditions they can find (path length, high mountain route, altitude, bad weather, night...). This therefore requires from the runners, a good physical preparation and a capacity for autonomy to succeed in this type of individual adventure.

By registering, the runner agrees to accept all risks relating to difficulties and to have the experience and physical condition adapted to this challenge. Even if the organization takes the maximum security measures, the immediate environment of the races does not allow as prompt intervention as in urban areas.

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

Going back on foot to the race start following the race track is not allowed.

Shuttles buses are provided by the organizer to bring back runners to their car. Should a runner not use the shuttle after the end of the race he would do so on his own responsibility.

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

These races are open to anyone, male or female, born **before 31 December 1999** (categories from Junior to Master), licensed or not. Any competitor not complying with the minimum standards of cleanliness and respect for nature will be disqualified.

Runners who are not 18 on the date of the race, that is people born between August 18, 1999 and December 31, 1999 must provide a parental consent. A copy of the parental consent is available on the web page Registration of ut4m.fr.

CONDITIONS OF REGISTRATION

To validate their registration, a runner must submit 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 (2 June 2017).

The organization of the Ut4M offers the runner a downloadable copy at the time of registration on the website which reminds all the necessary information so the certificate complies with the 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 kept by the organizer for a period of 10 years.

For French runners, The "Athlé competition" licences, "Athlé entreprise" licences, the "Athlé Running" licences 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 question.

We inform runners that, over and above the legal obligation of the previous point, a full medical examination is advisable in order 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 medical certificates sent by mail, a copy signed by the runner will be sufficient. 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 and must be sent in advance so as not to be received after the due date. Certificates sent by registered mail with acknowledgment of receipt will not be accepted.

REGISTRATION (terms, fees and closure)

Entries are limited to 100 runners for **Ut4M Vertical** .

Registration will be possible at the beginning of the race, within the 100 runners limit.

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

Inscriptions are made 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.

Registration made on the date of the race can only be paid in cash or check.

The runner must also provide a specific medical certificate (see "Conditions of Entry" section above) before June 2, 2017. Medical certificate provided after June the 2nd will only be validated when retrieving the bib number for an additional cost of 5€.

No acknowledgment will be sent but you may check for registration confirmation at www.ut4m.fr. You may contact the organizer at the following email (inscriptions@ut4m.fr) with any questions.

Any registration is firm and final, it implies full acceptance of the rules.

FEES

- 20 euros per runner till June 2.
- 25 euros after June 2.

All registrations are final.

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 version or not registered at all. Anyone transferring his number to a third party will be held responsible in case of accident or caused or suffered by the latter during the event. Anyone having obtained a number in breach of the rules may be disqualified. The number must be fully legible during the race. The organization accepts no liability in case of accident in these circumstances.

NUMBERS

The numbers will be available according to the following schedule:

Friday, June 2, 2017 from 7pm to 9pm on the departure place in Rioupéroux.

Proof of identity with photograph is required when picking up your number. Without this document, the number will not be delivered. The number is delivered on an **individual basis (delivery of all numbers on behalf of a team is not authorized)**.

The organization will carry out a verification of the mandatory material and will prohibit the participation of any runner not having the required equipment. No refund will be made. The charter of respect and protection of the environment where the race takes place and a commitment to carry the equipment during the entire race shall be signed by each runner.

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 (by reservation), food supplies stations.

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

CANCELLATION OF REGISTRATION

No refund will be made.

EQUIPMENT

The race happens during the night on a mountain track. Thus, it is compulsory to have the equipment as mentioned below.

Each runner of the UT4M Vertical must carry it with him at all time.

Mandatory equipment for this race:

- One main lamp in good working condition with spare batteries
- 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)

Recommended hardware and / or advised according to meteorological events (non exhaustive list)

- Sticks
- Personal drinking cup to use at food supplies stations (water, sodas, soup)
- Personal food
- Waterproof and breathable jacket with hood, (recommended 10,000 Schmerber minimum. K-way type jackets or poncho not accepted)
- Buff

FOOD SUPPLIES STATION

A supplies food station (drinks, sweet and salty foods) is set up on arrival at the "*plateau de l'Arselle*". Only runners carrying a visible bib have access to the supplies food station.

Sorting bins are arranged in large numbers on the supplies food station and must be used. Any runner seen littering on the route will be disqualified. Each runner agrees to sign the charter of the race at the withdrawal of the bibs, charter which reminds him/her of his/her duty to keep all its waste and throw it in a recycling bin.

Any individual assistance outside supplies food station is prohibited, as well as coaching during the race. Anyone without a race number is not allowed to accompany a runner during the race.

SAFETY AND MEDICAL ASSISTANCE

Emergency stations are intended to provide assistance to any person in danger with means specific to the organization.

The official doctors are entitled to disqualifies (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, and they 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 dialing 112 from France.

MAXIMUM TIME ALLOWED TIME AND CUT-OFF TIMES

The maximum time of the event for the entire course, is set to 2 hours.

This maximum time is given for information purpose only, and may be subject to change.

MARKING

Post-signs are set up on the course to guide unequivocally the runner.

CAUTION: If you do not see anymore, go back!

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

ARRIVAL

On arrival, a volunteer recover your chips.

ABANDONMENT AND REPATRIATION

Except in cases where the health of the runner requires an emergency evacuation, a runner must not abandon.

In case you decide to abandon, it is imperative to report it to the race HQ.

If the runner meets the closers (last-paddlers) and doesn't want to follow the race with them, the closers 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 POINT OF DEPARTURE FOR *Ut4M Vertical*

The organization supports, as an option for the runners who have paid the fee when they registered, the transportation by shuttle bus from the arrival point in l'Arselle to the starting point in Rioupéroux, where runners registered on *Ut4M Vertical* and have left their cars.

The schedule of the shuttles will be provided on the website www.ut4m.fr and/or when retrieving the bib. It is the responsibility of the runner to reach the departure place of the shuttles on time (it is advisable to arrive at least 15 minutes before departure time). If the runner is late and miss the shuttle bus, he will have to reach on his own the starting point of the race. The runner won't be reimbursed in that case. The runner won't be reimbursed in that case.

If you register on the day of the race, the organization cant' guarantee you a seat in the shuttle bus.

PENALTY - DISQUALIFICATION

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

- Respect the environment
- Follow the course without cutting paths
- Do not use any means of transportation
- Do not litter on the course
- 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 number on the front and it has to be visible during the entire race
- 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 route

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
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 unfavorable, the organizer reserves the right to postpone the start of the races, to stop the races or change the track and 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 supplies station must follow the instructions given by the 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 favor 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.

In the case of *Ut4M Vertical*, 2 classifications will be established : women scratch and men scratch.

No endowment money is given. Each podium is rewarded the top three in the category. All the gifts must be retrieved on site, during the awards ceremony. No gift will be sent later.

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 audiovisual, 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 be in accordance with the event name, trademark and with the formal agreement of the organization.

INDIVIDUAL SPONSORS

Sponsored runners may show the logos of their sponsors only on the clothing and equipment used during the race. Other advertising accessories (flag, banner ...) is prohibited anywhere on the course including the arrival or the runners will be penalized.

DATA PROTECTION AND FREEDOM

Under the Data Protection Act of 6 January 1978, each runner has a right to access and correct 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 that 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 to the following email address: cil@athle.fr