

Ultra Tour des 4 Massifs Edition 2018 RULES – Ut4M

Ut4M160 Xtrem, Ut4M160 Challenge, Ut4M100 Master, Ut4M40 Vercors, Ut4M40 Oisans, Ut4M40 Belledonne, Ut4M40 Chartreuse, Ut4M20 Vercors, Ut4M20 Chartreuse

(These rules do not apply to the race Ut4M Graines de Trailers, Ut4M10 Trail du cœur and Ut4M Vertical)

1. ORGANISATION

The association **GRENOBLE OUTDOOR ADVENTURE**, hereafter referred to as **The Organiser**, is organising the Ultra Tour 4 Massifs (Ut4M) on August 22 to 26, 2018.

2. EVENTS

The Ultra Tour des 4 Massifs comes in 12 different races (including one for children). These rules apply to the following 9 versions:

- **Ut4M160 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 24 at 4 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.
- **Ut4M100 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 25 at 6 am (for information purposes only, may be subject to change).
- **Ut4M40 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 23 at 8 am (for information purposes only, may be subject to change).
- **Ut4M40 Oisans**, a mountain race starting from Vif, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Rioupérourx, 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 24 at 7 am (for information purposes only, may be subject to change).
- **Ut4M40 Belledonne**, a mountain race starting from Rioupérourx, 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 25 at 8 am (for information purposes only, may be subject to change).

- **Ut4M40 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 26 at 7 am (for information purposes only, may be subject to change).
- **Ut4M20 Vercors**, a mountain race starting from Grenoble, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Lans en Vercors, with about 21 km and a cumulated ascent of around 1700 meters (at altitudes between 200m and 2000m). It is a solo single-stage race with time limitation. The start time is set for August 23 at 8 am (for information purposes only, may be subject to change).
- **Ut4M20 Chartreuse**, a mountain race starting from Le Sappey en Chartreuse, following thereafter the same route as the **Ut4M160 Xtrem** towards the arrival line in Grenoble, with about 20 km and a cumulated ascent of around 500 meters (at altitudes between 200m and 1400m). It is a solo single-stage race with time limitation. The start time is set for August 25 at 10 pm (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 1998 or before) categories are invited to participate to the races for which these rules apply.

3. SUMMARY OF AGE CATEGORIES 2018

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

CATEGORY	CODE	YEAR OF BIRTH
Masters	MA	1978 and before
Seniors	SE	1979 to 1995
Espoirs	ES	1996 to 1998
Juniors	JU	1999 and 2000
Cadets	CA	2001 and 2002
Minimes	MI	2003 and 2004
Benjamins	BE	2005 and 2006
Poussins	PO	2007 and 2008

School of Athletics	EA	2009 to 2011
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Master category details

CATEGORY	CODE	YEAR OF BIRTH
Masters	M1	1978 – 1969
	M2	1968 – 1959
	M3	1958 – 1949
	MH	1948 and before

4. CONTENT VALIDITY

In case of difference between the different documents provided by the organiser on all these media, the information that is authentic is the briefing note distributed at the withdrawal of bibs.

5. 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.

6. 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 may 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.

7. 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, 1998** (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.

8. REGISTRATION (terms, fees and closure)

The registration deadline is July 31, 2018 for every Ut4M races concerned by these regulations apart Ut4M20 Vercors for which the registration is open till August 21, 2018 and Ut4M Chartreuse for which the registration is open till August 24, 2018.

The organiser reserves the right to limit whenever he wants 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.

9. FEES

- **Ut4M160 Xtrem** : 170 € per runner (increased by 20 € after March 31, 2018 and by 40 € after June 30, 2018)
- **Ut4M160 Challenge** : (4 days, one mountain/day) 180 € per runner (increased by 20 € after March 31, 2018 and by 40 € after June 30, 2018)
- **Ut4M100 Master** : 100 € per runner (increased by 10 € after March 31, 2018 and by 20 € after June 30, 2018)
- **Ut4M40** : 44 € per runner (increased by 6 € after March 31, 2018 and by 16 € after June 30, 2018) (same price for **Ut4M 40 Vercors**, **Ut4M 40 Oisans**, **Ut4M 40 Belledonne** and **Ut4M Chartreuse**)
- **Ut4M20** : 20 € per runner (increased by 5€ after March 31, 2018 and by 10€ after June 30, 2018) (same price for **Ut4M20 Vercors** and **Ut4M20 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.

10. CONDITIONS OF REGISTRATION

To validate their registration, runners must submit before July 31, 2018 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 26, 2018).

The organisation 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.

11. 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 **Ut4M20 Vercors**, **Ut4M40 Vercors** and **Ut4M160 Challenge**, Wednesday, August 22, 2018 from 4pm to 8pm,
- For **Ut4M40 Oisans**, Thursday August 23, 2018 from 4pm to 8pm,
- For **Ut4M160 Xtrem**, Thursday August 23, 2018 from 4pm to 8pm and Friday, August 24, 2018 from 9am to 1pm
- For **Ut4M100 Master** and **Ut4M40 Belledonne**, Friday, August 24, 2018 from 2pm to 8pm
- For **Ut4M40 Chartreuse** and **Ut4M20 Chartreuse**, Saturday, August 25, 2018, from 2pm to 8pm.

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).

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.

12. 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, 2018. 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.

13. 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.

General description of the 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, compatible with the French network (enter the organisation'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)

List of mandatory equipment per race:

equipment	Ut4M160 Xtrem	Ut4M100 Master	Ut4M160 Challenge (by stages)	Ut4M40	Ut4M20
Personal cup	X	X	X	X	X
Water supply	X	X	X	X	X
Food Supply	X	X	X	X	X
Blanket	X	X	X	X	X
whistle	X	X	X	X	X
Mobile phone	X	X	X	X	X
Self-adhesive bandage	X	X	X	X	X
Waterproof and breathable jacket with hood	X	X	X	X	X
Buff or Cap	X	X	X	X	X
document for ongoing medical treatment	X	X	X	X	X
Main lamp with spare batteries	X	X	X	x	x
Secondary lamp	X	X			
Trousers or running tights	X	X	X	X	X

Warm long-sleeved clothing (second layer)	X	X	X (1)	X (1)	X (2)
Waterproof over trousers	X (1)	X (1)			
Winter Hat	X (1)	X (1)			
Warm and impermeable gloves	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 **Ut4M20 Chartreuse** only (race by night)

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

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.

14. 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 2pm on Friday 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 Monday 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 during the time set to withdraw the bib on Friday in Grenoble or 1h before departure time in Uriage. 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 Monday 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, Ut4M20 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 Sunday August 26.

OTHERS RACES

For other races (**Ut4M40 Chartreuse, Ut4M20 Chartreuse**), 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 (Monday August 21, 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.

15. 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.

16. 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.

17. CUT-OFF TIMES

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

- ***Ut4M160 Xtrem*** : 51 hours
- ***Ut4M100 Master***: 37 hours
- ***Ut4M40 Chartreuse***: 12 hours
- ***Ut4M40 Oisans***: 13 hours
- ***Ut4M40 Vercors***: 12 hours
- ***Ut4M40 Belledonne***: 12 hours
- ***Ut4M20 Vercors*** : 6 hours and 30 minutes
- ***Ut4M20 Chartreuse*** : 21 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.

18. 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.

19. 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 26, 2018 at 7 pm. 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 26, 2018 at 7 pm. No gift will be sent later.

20. 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.

21. TRANSPORTATION TO THE DEPARTURE

Valid for *Ut4M160 Challenge, Ut4M 100 Master, Ut4M40 Oisans, Ut4M40 Belledonne, Ut4M 40 Chartreuse and UT4M20 Chartreuse*

The organisation 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.

22. TRANSPORTATION BACK TO GRENOBLE

Valid for *Ut4M160 Challenge, Ut4M40 Oisans, Ut4M40 Belledonne, Ut4M40 Vercors and Ut4M20 Vercors*

The organisation supports the transport of runners registered on above-mentioned races 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.

23. 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

24. 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.

25. CHANGE OF CUT-OFF TIMES AND CANCELLATION OF THE RACE

For security reasons, especially if the weather is too unfavourable, the organiser reserves the right to postpone (delay or advance) 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.

26. 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, 2018.

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.

27. 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.

28. 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.

Scratch, Senior and Master1 podium rewards the top three in the category. Under 23, 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.

Moreover, every day at 7pm, at the end of each race, the challenge leader, the female challenge leader, best climber and best runner downhill will be rewarded in Grenoble.

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.

29. 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.

30. 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.

31. 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