

The rules

Ultra-Trail® du Haut-Giffre

RESPECT OF THE ENVIRONMENT

In signing up for an Ultra-Trail® du Haut-Giffre race, participants commit to respecting **the environment and the natural spaces passed through.**

- It is strictly forbidden **to leave any rubbish** (gel tubes, wrappers, left over vegetable or fruit peels or cores, plastic containers, broken kit etc) on the course. Bins are provided at each food station and it's essential that these are used.
- All participants must keep their rubbish and packaging and wait until they can throw them away in the bins provided at the food stations.
- It's compulsory to strictly **follow the marked trails without taking shortcuts.** Cutting across paths actually encourages a damaging erosion of the area, potentially causing wear on the foliage and possibly even disturbing the wildlife.

In order to limit the consumption of single-use containers, **no cups are provided at the food stations. Each racer must bring their own cup** (see below: Equipment/ mandatory kit).

The mountains are your playground and our everyday surroundings. The preservation of these areas is at the heart of our sport, and that's even more true of the Ultra-Trail® du Haut-Giffre. Let's respect it!

Association Samoëns Trail Evénements

Ultra-Trail® du Haut-Giffre

947 route des Esserts – Le Châtelard - Le Hameau des Neiges, Appt.2504 - 74440 MORILLON

www.uthg-trail.com

ORGANISATION

The Ultra-Trail® du Haut-Giffre races are organised by the Samoëns Trail Events (Association Law 1901).

ACCEPTANCE OF THE RACE RULES

Participation in the Ultra-Trail® du Haut-Giffre signifies acceptance of the rules below.

ITRA POINTS

Certain Ultra-Trail® du Haut-Giffre races award you with ITRA points :

- **UTLAC** - 6 ITRA points
- **UTHG** - 5 ITRA points
- **TDF** - 3 ITRA points
- **TDG** - 2 ITRA points
- **MDG** - 1 ITRA point
- **VDL** - 1 ITRA point

EQUIPMENT

By accepting these rules, participants recognise that they have been fully informed by the organisers of the obligation to have available, throughout the whole race, **equipment adapted to the specific, mountainous conditions**. Participants are required to have kit to cope with the following:

- The full range of **weather conditions** which can be found in the mountains (cold, heat, rain, wind and potentially extreme conditions). Whatever the weather conditions at the start of the race, the weather can change dramatically throughout the course of the race, particularly during the night.
- A long period of being immobile (weather conditions and the nature of accidents in this type of terrain can hugely delay rescue operations).

Participants therefore acknowledge that in the event of a health problem of any nature (especially injuries and hypothermia) originating directly or being aggravated by not being in possession of the appropriate kit, they cannot hold the organisers responsible for this situation.

For safety reasons and for the smooth running of each of the races, each participant must therefore have as a minimum the full list of **mandatory kit** as detailed below at his/her disposition. This list is **not exhaustive** and should be supplemented by any equipment required to manage the situations stated above. Please consider carefully your own personal ability to cope with cold, heat, dehydration, high blood sugar levels and sun burn etc). The organisers may add to this list if the forecast predicts extreme weather conditions.

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In addition, we would like to highlight to participants that some paths may need to be slid down on snow. On such paths, the areas of skin in contact with the snow can quickly get friction burns (especially if participants are wearing 'skorts' or shorts with splits up the sides). It's therefore essential to cover the body areas in contact with the snow whatever the weather conditions are at that time.

Each participant must show his mandatory kit to a member of the organisation on demand. These checks may be carried out at any time (at the start, the finish or during the race) and the participant must ensure that he/she has the mandatory kit with them throughout the duration of the event.

Mandatory kit

Ultra Tour des Lacs aux Cimes / Ultra-Trail® du Haut-Giffre / Trail de Frahans

- A bag designed for carrying all of the mandatory kit during the race
- A mobile phone: the runner must be contactable at all times before, during and after the race
- A personal drinking cup (minimum size of 15cl)
- Water (minimum 1 litre)
- 2 headtorches* in good working order with spare batteries or a battery charger for each headtorch (*1 headtorch is required for the Trail des Frahans)
- Survival blanket (minimum 1.4m x 2m)
- Whistle
- An adhesive elastic bandage (minimum 100cm x 6 cm)
- Ample food supply to sustain the participant between food stations
- Jacket with a hood and a breathable waterproof membrane which can withstand bad weather conditions in the mountains (10K/10K waterproof and breathability recommended)
- Full length trousers or tights or a combination of tights with long socks that cover the whole leg
- Baseball cap or bandana
- An additional warm layer with long sleeves*
- Warm hat
- (*not required for the Trail des Frahans)
- **10 Euros**

Mandatory kit

Tour of the Giffre / Flight of the fireflies / Gers climb / Banks of the Giffre

- A bag designed for carrying all of the mandatory kit during the race
- A mobile phone: the runner must be contactable at all times before, during and after the race
- A personal drinking cup (minimum size of 15cl)
- Water (minimum 1 litre)
- *1 headtorch in good working order with spare batteries or a battery charger for the headtorch (*VDL race only)
- Survival blanket (minimum 1.4m x 2m)
- Whistle
- An adhesive elastic bandage (minimum 100cm x 6 cm)
- Ample food supply to sustain the participant between food stations
- Windbreaker with a hood
- Baseball cap or bandana

PARTICIPATION

The races are open to everyone (licensed or unlicensed), of all nationalities with the age categories corresponding to those provided by the FFA.

To confirm your registration, each runner must provide:

- An Athlé Compétition, Athlé Entreprise or Athlé Running licence provided by the FFA or a Pass' j'aime Courir provided by the FFA and authorised by a doctor and in date of the event. (Please note that the other licences provided by the FFA (Santé, Découverte and Encadrement are not accepted).

Or

- A medical certificate (original or copy), written in French which confirms that there is no reason why the participant shouldn't compete in either competitive sports, competitive athletics or a running race. It must be dated within one year of the event.

No other document can be accepted as proof of a medical certificate.

The medical certificate needs to be provided as part of the registration before the 31st of May. No bib will be assigned without a medical certificate.

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ENTRY FEES

Registration for the event can only be completed online via secure payment with a bank card.

- UTLAC : **€130**
- UTHG : **€85**
- TDF : **€50**
- TDG : **€35**
- VDL : **€25**
- MDG : **€20**
- FDG : **€20**

This fee includes a meal after the race.

INSURANCE

In accordance with the law, the organisers have taken out public liability insurance for the duration of the event. The organisation refuses all liability in the case of an accident or incidents resulting in a poor state of health.

Personal insurance: licenced participants benefit from the guarantees provided by the insurance cover of their sports licence. Each competitor must be in possession of a personal accident policy which covers any necessary search and rescue charges in France.

The competitors acknowledge that they have been duly informed by the organisation that in the case of a helicopter evacuation, it is the competitor who is responsible for the charges incurred and that the choice of method of evacuation is made exclusively by the organisation. It's for this reason that the organisers invite each participant to either check if they have insurance which covers this type of operation or to sign up to the insurance suggested by the organisers at the time of registration.

BIBS

You can find out the times and places for picking up your race bibs on the event website.

Each individual bib is given out to the corresponding runner on presentation of:

- A valid photo ID
- A race bag containing all of the mandatory kit

The bib must be worn on either the chest or stomach and must always be completely visible throughout the whole race. It therefore needs to be positioned on the outside of any clothing.

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DROP BAGS (UTLAC et UTHG)

Ultra Tour des Lacs aux Cimes : Each competitor will receive two 30l bags with their bib. The competitors can drop these off, before the race start, in the gymnasium at the sports hall at the Bois aux Dames once they have been filled and closed. These bags will be transported by the organisation to each aid station (le Crêt and Sixt-Fer-à-Cheval). Each bag will be taken back to the Bois aux Dames after use.

Ultra-Trail® du Haut-Giffre : Each competitor will receive one 30l bag with their bib. The competitors can drop this off, before the race start, in the gymnasium at the sports hall at the Bois aux Dames once it has been filled and closed. The bag will be transported by the organisation to the Crêt aid station. The bag will be taken back to the Bois aux Dames after use.

Note: There are no drop bags for the other races

Bag pick up at the finish line: bags can be picked up either by the runner or by a friend/family member only on presentation of the runner's bib.

The organisation will bring back the bags of any runners who have retired to the Bois aux Dames. The time taken to bring back these bags is dependent on logistical constraints and the organisation cannot guarantee that all of the bags will be brought back before the finish of the race.

Only the bags provided by the organisation will be transported. Running poles are not allowed in the bags. The contents of the bags will not be checked and no discussion about the contents or their condition will be accepted. We recommend that you don't place valuable or fragile objects in the bags.

Course Marking

The routes will be marked with a system of reflective strips of tape for the night time sections and red and white tape for the rest. There will also be orange marks on the ground.

Shuttles (MDG and FDG)

Place of departure for the shuttles: « Base de loisirs » – Samoëns (Samoens Lake)

Time of departure for the shuttles: You will be informed of the times just before the event. **The cost of the shuttle isn't included in your race entry fee and will require a separate payment.**

A shuttle ticket will be given to when you collect your race bib.

FOOD STATIONS

The organisation will ensure that there are food and drink supplies throughout the length of the races. The food stations are stocked with drinks and snacks to eat at the station. The organisation provides still water in order to fill up your water supplies and your mandatory cups. The runner must ensure that he/she has available when leaving each food station, all of the food and drink required to support him/her to the next food station.

Only the runners wearing a visible bib (which will be checked) will have access to the food stations.

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Personal Assistance

Personal assistance is only permitted at certain food stations (**see the race description for details**). You cannot assist a runner outside of these zones. The race organisers will give you a time penalty if you do not respect this rule.

MAXIMUM TIME ALLOWANCES AND CUT OFF TIMES

The maximum time allowed for the whole of the race is set at:

Ultra Tour des Lacs aux Cimes: **38 hours**

Ultra-Trail® du Haut-Giffre: **28 hours**

Frahans Trail: **14 hours**

The various cut off times for each race will be confirmed and communicated through the website. They can be modified at any time by the organisation, notably to ensure the safety of participants in the event of an announcement of exceptional weather. No partial refund of the event will be granted.

The cut off times are calculated to allow for the participants to make it to the finish line within the maximum time allowed and allows for pbreaks for food and/or rest. In order to be allowed to continue the race, the competitors must leave the check points before the deadline (regardless of the arrival time at the check points).

All competitors running outside of these deadlines who wish to continue the race, can only do so once they have given back their bib. The organisation will then no longer have any responsibility over the participant who has made this choice.

RESCUE SERVICE AND MEDICAL ASSISTANCE

Safety stations in radio contact with the Race HQ will be situated in several sites throughout the course. A medical team will be present through the whole event. They will be able to access the course by any appropriate means including helicopter if necessary and if the conditions allow. The organiser and the medical team can take the decision to prevent a runner continuing on medical advice.

SHOWERS

It is only possible to have a hot shower at the race finish. Access to the showers at the race finish is strictly for the runners.

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RANKINGS AND PRIZES

No cash prizes will be given out. The first 3 men and the first 3 women (overall) and the first man and the first woman in each age category in every race will receive a prize.

SWITCHING RACES

Switching races will be possible up until **one** month before the event. After this date, no modifications will be possible.

Switching between races is only possible if there still places available for the race in question.

If the new race has a lower entry fee than that of the race initially chosen, the fee for the initial race remains applicable. If it's the other way around, the participant will have to pay the difference in price between the two races.

WITHDRAWAL AND REPATRIATION

In the case of withdrawal, the competitor must confirm his or her withdrawal to either the closest volunteer or directly to the Race HQ. The competitor must (if their condition allows) go to the closest food station by his/her own means strictly following the course path. Alternatively, competitors can wait for the race to close and join one of the access points in the company of the security or volunteer teams.

Repatriations will only take place at the food stations where personal assistance is authorised.

All unjustified costs incurred for the purpose of finding runners who have not adhered to the race rules **will be charged** to the runner.

PENALTIES AND DISQUALIFICATION

Any breaches of the rules (including those relating to respect for the environment and the mandatory kit) and of good sporting conduct may be subject to a penalty for a runner and can range from a time penalty to disqualification. The level of penalty will be agreed by the organising committee with respect to the nature of the breach and their decision is final. If several breaches have been recorded, the penalties will be accumulated. The penalty will be notified to the competitor by the race management committee no later than 20 minutes after they have crossed the finish line.

CHANGES TO THE COURSE / CANCELLATION

For safety reasons, the organisation reserves the right to change the course, the race start time, the time limits or to cancel a race in the event of bad weather conditions. In the event of a race cancellation, the organisation will reimburse the registration fee minus 10% which corresponds to the non-refundable charges incurred prior to the race start. In the event of a discontinuation of a race where the start and a substantial part of the race has been accomplished, no reimbursement will be paid.

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RACE CANCELLATION GUARANTEE

Ultra Tour des Lacs aux Cimes / Ultra-Trail® du Haut-Giffre / Trail des Frahans

All competitors, at the time of registration, can take out a race cancellation insurance for an additional fee of **€12** per person which will be added onto the registration fee.

Tour du Giffre / La Virée des Lucioles / La Montée de Gers / Au Fil du Giffre

All competitors, at the time of registration, can take out a race cancellation insurance for an additional fee of **€8** per person which will be added onto the registration fee.

The object of the insurance is to allow the full reimbursement of the committed registration fees in the event where the competitor (or his next of kin) has asked to cancel a registration because of one of the following reasons:

- An accident, a serious illness or the death of the runner themselves
- A serious illness that required the hospitalisation or the death of a spouse or common-law partner, parent or child within 30 days prior to the event.
- The pregnancy of a registered runner, or the birth of a child either two weeks before or after the race.

In the event of an accident or serious illness of a competitor, it will be necessary to provide a medical certificate signed and stamped by doctor confirming that the competitor is unable to compete. In all other situations, any cancellations must be justified by a certificate signed and stamped by an appropriate expert or authorised person.

Conditions of compensation: all requests for compensation need to be provided to us, accompanied by the medical certificate no later than the day before the event.

Only the cost of the registration fee will be reimbursed.

Donations to the association, the cancellation of insurance, potential insurance and bank charges will not be reimbursed.

PHOTOGRAPHY RIGHTS

All competitors expressly give up their rights to images taken of them taken during the event and they also give up the right to take action against the organisation and their sponsors for any use of their images. The organisation alone has the right to pass on the copyright to all media via an accreditation or an appropriate licence.

DATA PROTECTION

In accordance with the law of information and freedom from the 6th of August 1978 (French Law), and in compliance with the new General Rule of Data Protection 9RGPD UE 2017/679), all competitors have available the right to access and to modify data concerning themselves.

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Data is collected as part of the registration of one of the races of the Samoëns Trail Tour in order to help the organisation and particularly to identify each individual runner in order to be able to communicate all information associated with his/her participation before, during and after the event.

The data of the runner in its entirety, is kept for a period of 10 years, renewable at each registration. This 10 years corresponds to the legally permitted storage time of the medical certificate which does not advise against the practise of athletics, running competitions or a sports licence. Beyond these 10 years, unless explicitly authorised by the runner, all data is deleted except surname, first name, date of birth, gender and nationality in order to maintain the rankings.

All runners can have access to their personal data concerning themselves by simply making a request to the following email address : **contact@uthg-trail.com**

All requests for amendments to personal data can be made either:

1. By letter to the following address:
Samoëns Trail Evénements
947 route des Esserts
Le Hameau des neiges, appartement 2504
74440 Morillon
2. By email to the following address:
contact@uthg-trail.com

All requests for access to or modification of personal data will be treated as quickly as possible with a deadline of 1 month from the receipt of the request.

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