

RULES AND REGULATIONS 2017

Article 1:

The “BÉLIER 2017” event organized by the Club des Sports de LA CLUSAZ from August 25 to 27, 2017 is composed of 6 “RUNNING” events (race with a ranking, as referred to in article 2), and 2 “HIKING” events (see article 3).

Article 2: THE RACES:

a) 7 km Trail:

- Distance: 7 km; Total elevation gain/loss: 180m
- 2 refreshment and food points along the course (la Chaumière and Finish).
- Start time: Friday, August 25 at 19:00, place de l’Église (Church square).
- Event open to any fit and well-trained runner born in 2000 or earlier.
- Age group categories for men’s and women’s events: Cadets (2000 to 2001), Juniors (1998 to 1999), Espoirs (1995 to 1997), Seniors (1978 to 1994), and Veterans (1977 and earlier).
- The course is 95% mountain trails between 1,050 and 1,150 m in altitude. Start and finish line at the place de l’Église in La Clusaz (Church square).
- Event limited to 300 participants.

b) 15 km “Agneau” Trail:

- Distance: 15 km; Total elevation gain/loss: 430 m
- 2 refreshment and food points along the course (les Mouilles and les Confins).
- Start time: Saturday, August 26 at 10:00, place de l’Église (Church square).
- Event open to any fit and well-trained runner born in 2001 or earlier.
- Age group categories for men’s and women’s events: Cadets (2000 to 2001), Juniors (1998 to 1999), Espoirs (1995 to 1997), Seniors (1978 to 1994), and Veterans (1977 and earlier).
- The course is 95% mountain trails between 1,050 and 1,400 m in altitude. Start and finish line at the place de l’Église in La Clusaz (Church square).
- This trail is taken into account for the “Rebloch’ vs Frometons” challenge.
- Hot meal at the finish.
- Event limited to 800 participants.

c) 27 km “Bélier” Trail:

- Distance: 27 km. Total elevation gain/loss: 1,000 m
- 5 refreshment and food points along the course (les Mouilles, les Confins, le Crêt du Merle, les Joux and Beauregard) and 1 water station (le Bre).
- Start time: Saturday, August 26 at 8:30, place de l’Église (Church square).
- Event open to any fit and well-trained runner born in 1997 and earlier.
- Age group categories for men’s and women’s events: Espoirs (1995 to 1997), Seniors (1978 to 1994) and Veterans (1977 and earlier).
- The course is 95% mountain trails between 1,050 and 1,625 m in altitude. Start and finish line at the Place de l’Église in La Clusaz (Church square).
- For safety reasons, cut-off times apply to the following checkpoints:
 - Crêt du Merle: **10:30**
 - Beauregard: **12:30**
 - Finish line in the village: **13:30**
- This race is part of the Challenge Running Conseil 2017 (mountain competitions tour for the Haute Savoie region).
- Hot meal at the finish.
- Event limited to 1,100 participants.

d) 42 km "Marathon du Bélier" Trail:

- Distance: 42 km. Elevation gain/loss: 1,980 m.
- Semi self-sufficient trail race with 5 refreshment and food points (les Mouilles, les Confins, le Crêt du Merle, les Joux and les Poutassets)
- Mandatory equipment for participants in the 42 km "Marathon du Bélier" Trail:
 - Food supplies (energy bars or gels)
 - At least 0.5 l of water or other energy drink in any format (bottle belt, hydration bladders, etc.)
 - An adult-size survival blanket
 - An adult-size windbreaker and/or waterproof jacket to withstand bad mountain weather conditions
 - A whistle
- => The participant undertakes to have the mandatory safety equipment and to be able to produce it upon request at any time during the event. **The event organizer advises participants to select equipment appropriate to the weather conditions.**
- Start time: Sunday, August 27 at **7:00**, place de l'Église (Church square).
- Event open to any fit and well-trained runner born in 1997 and earlier.
- Age group categories for men's and women's events: Espoirs (1995 to 1997), Seniors (1978 to 1994), and Veterans (1977 and earlier).
- Registration: individual entrants or teams of 2 runners to compete in a relay (section 1 : 21 km – elevation gain: 1,340 m – elevation loss: 880 m. Section 2 : 21 km – elevation gain: 640 m – elevation loss : 1,110 m)
- This course is 95% mountain trails between 1,050 and 1,950 m in altitude. Start and finish line at the place de l'Église in La Clusaz (Church square).
- For safety reasons, cut-off times apply to the following checkpoints:
 - Crêt du Merle: **11:15**
 - Col de la Croix Fry: **12:30**
 - Finish line in the village: **15:00**
- Hot meal at the finish.
- Event limited to 350 participants and 80 relay teams.

e) "Super Bélier":

- Challenge based on the points scored on 3 events on 3 different days: Trail 7 km (Friday, August 25) + Trail 27 km "le Bélier" (Saturday, August 26) + Trail 42km "le Marathon du Bélier" (Sunday, August 27)
- Distance: 76 km. Elevation gain/loss (total of the 3 races): 3160 m.
 - Event open to any fit people born in 1997 and earlier (civil year).
 - Age group categories for men's and women's events: Espoirs (1995 to 1997), Seniors (1978 to 1994), and Veterans (1977 and earlier).
 - The participant competes individually in the 3 events.
 - Races regulations: please see the regulations of each event.
 - The Trail 42 km "Marathon du Bélier" race refers to the individual event.
 - The ranking is established after combination of the points scored on each of the races, based on the following: 1st: 100 points / 2nd: 80 points / 3rd: 70 points / 4th: 60 points / 5th: 55 points / 6th: 50 points / 7th: 47 points / 8th: 44 points / 9th: 42 points / 10th: 40 points, then 1 point less for each following rank.
 - Event limited to 50 participants.

f) "Montée sèche" (short hill race):

- Distance: 3,800 m. Elevation gain: 610 m.
- Mass start: Saturday, August 26 at 17:30, place de l'Église (Church square).
- Event opened to any fit and well-trained runner born in 2001 and earlier.
- Event limited to 120 participants.

g) Kids Race:

- Race from 800 m to 3 km for kids of age group categories "Ecole d'Athlétisme" to "U16" (born between 2002 and 2009)
- Start time: Saturday, August 26 at 15:30, place de l'Église (Church square)
- Event limited to 200 participants.

Article 3: THE HIKES

a) 13 km "Agneau" Hike:

- Distance: 13 km. Total elevation gain/loss: 380 m.
- The "Agneau" Hike is open to any healthy person. Minimum age requirement: 8 years old (born in 2009 and earlier)
- Parents or legal guardians assume full responsibility for minor participants.
- There is no ranking for hiking events. Participants are free to hike at their own pace and are not timed. There are no prizes for this event and it will not be mentioned during the award ceremony.
- Mass start: Sunday, August 27 at 9:00. Start and finish line at the place de l'Église (Church square).
- 2 refreshment and food points (les Mouilles and les Confins).
- Hot meal at the finish.
- Event limited to 1,000 participants.

b) 24 km "Bélier" Hike:

- Distance: 24 km; Total elevation gain/loss: 680 m.
- The "Bélier" Hike is open to any healthy person. Minimum age requirement: 12 years old (born in 2005 and earlier)
- Parents or legal guardians assume full responsibility for minor participants.
- There is no ranking for hiking events. Participants are free to hike at their own pace and are not timed. There are no prizes for this event and it will not be mentioned during the award ceremony.
- Mass start: Sunday, August 27 at 8:00. Start and finish line at the place de l'Église (Church square).
- 4 refreshment and food points (les Mouilles, les Confins, le Crêt du Merle and les Joux).
- Hot meal at the finish.
- For safety reasons, cut-off times apply to the following checkpoints:
 - Crêt du Merle: 12:00
 - Finish line in the village: 14:30
- Event limited to 800 participants.

Article 4: REGISTRATION AND FEES:

13 km "Agneau" Hike: 15€

24 km "Bélier" Hike: 20€

7 km Trail: 12€

15 km "Agneau" Trail: 18€

27 km "Bélier" Trail: 26€

42 km "Marathon du Bélier" Trail – individual entrant: 37€

42 km "Marathon du Bélier" Trail – team of 2 people: 50€/team

"Super Bélier": 7 km Trail, 27 km Trail, 42 km Trail : 60€

"Montée sèche" (short hill race): 10€

Kids Race: 5€

Registration fees must be accompanied by the official entry form, which must be completed, signed and returned to the Club des Sports de LA CLUSAZ by Thursday, August 24, 2017 at 19:00 for the races and by Friday, August 25, 2017 at 19:00 for the hikes or before, should the maximum number of participants per event have been reached **(the maximum total capacity being 4,000 participants)**.

No registration will be accepted on the days of the events.

Mandatory conditions for participation in the Bélier races (timed events, including Kids Races):

Pursuant to article L.231-3 of the Code du sport (Sports Code) on the implementation of safety rules, the event organizer shall ensure that all participants:

- have either a Licence Athlé Compétition (athletics competition license), a Licence Athlé Entreprise (corporate athletics license), a Licence Athlé Running (Running license), or a Pass'Running (running license) awarded by the Fédération Française d'Athlétisme (French athletics federation);
- have a sports license as set forth in art. L.131-6 of the Code du sport (French Sports Code) awarded by a certified federation and which shall attest, by any means, that the competitor has no contraindication to participating in an athletics or in a running competition;

- have a license awarded by either the Fédération Française de Triathlon (French Triathlon Federation), the Fédération Française de Course d'Orientation (French Orienteering Federation), or the Fédération Française de Pentathlon Moderne (French Modern Pentathlon Federation); or, for any other participant,
- have a medical certificate less than one year old, or a copy of this document, attesting that there are no contraindications to participating in an athletics competition or to practicing sports in competition. The organizer shall keep the original document or the copy as proof in the event of an accident. No other document shall be accepted as evidence of the presentation of a medical certificate.

All minors who register for a race (timed event) shall provide a parental permission (Kids Race, 7 km Trail, 15 km Agneau Trail and Montée sèche).

Registration includes:

- Participation in the chosen event
- Refreshments and food all along the course
- A meal in the finish line area on the day of the chosen event, in the center of the village (except Kids Race, Montée Sèche, and 7 km Trail events)
- Access to the shower block at the La Clusaz school (except Kids Race and Montée Sèche events)
- Free entry to the swimming pool (only after showering at the school) on the day of the chosen event (except Kids Race and Montée Sèche events)
- Miscellaneous items and services (bib, pins, result sheets, timing, rescue, etc.)

Bibs can be picked up from Monday, August 21 to Thursday, August 24 at the Club des Sports de la Clusaz front desk (9:00 – 12:30 and 14:00 – 19:00) and from Friday, August 25 at 14:00 to Sunday, August 27 under the “Bélier” event front desk tent, place de l’Église (Church Square).

Article 5: INSURANCE

The organizer has taken out an insurance policy with AXA Assurance (contract No. 1462723801) covering its public liability and that of the staff and participants.

PARTICIPANTS

Participants are encouraged to take out their own personal accident insurance.

Article 6: ETIQUETTE

- In the interest of safety and fair play, participants shall not leave the marked course set by the organizer. The course is indicated by markers such as orange paint on the roads, colored tape and banners.
- Participants must pin their bib to the front of their clothes so that it is visible at all refreshment points and on the finish line.
- Participants in the 42 km “Marathon du Bélier” Trail, 27 km “Bélier” Trail, 24 km “Bélier” Hike and 13 km “Agneau” Hike events may use poles.
- No dogs are allowed.
- As a participant, you hereby allow the organizer and its assignees such as sponsors and media to use and reproduce, in whole or in part, stills or videos that may be taken during your participation in the Bélier events and in which you may appear, in all media and formats, including marketing and/or advertising material, for a period of 10 years.

Article 7: DISQUALIFICATION

- Any participant caught getting rid of their trash on the course shall be immediately disqualified.
- Any participant caught cutting the marked course shall be immediately disqualified.

Article 8: EVENTS SCHEDULE

Friday, August 25, 2017

- 7 km Trail, start time: **19:00**, place de l'Église

Saturday, August 26, 2017

- 27 km "Bélier" Trail, start time: **8:30**, place de l'Église
- 15 km "Agneau" Trail, start time: **10:00**, place de l'Église
- Kids Race, start time: **15:30**, place de l'Église
- Montée sèche (short hill race), start time: **17:30**, place de l'Église

Sunday, August 27, 2017

- 42 km "Marathon du Bélier" Trail, start time: **7:00** at place de l'Église
- 24 km "Bélier" Hike, mass start: **8:00** at place de l'Église
- 13 km "Agneau" Hike, mass start: **9:00** at place de l'Église

Article 9: AWARD CEREMONIES

All competitors called to the podium must wear the event T-shirt "BÉLIER 17" when receiving their prize.

Friday, August 25:

- 20:30 place de l'Église : 7 km Trail

Saturday, August 26:

- 13:30 place de l'Église: 15 km "Agneau" Trail and 27 km "Bélier" Trail + Lucky draw for the races of the morning.
- 16:30 place de l'Église: Kids Race
- 18:30 place de l'Église: Montée Sèche (short hill race)

Sunday, August 27:

- 15:00 place de l'Église: 42 km "Marathon du Bélier" Trail + Lucky draw for for hiking and trail participants of the day.

Article 10: CANCELLATION AND REFUNDS

Registration fees shall only be refunded upon presentation within 10 days following the competition of a medical certificate attesting that the participant is unable to participate (death of a relative, accident, etc.). Cancellation charges shall be applied (3 euros for events costing 10 euros and less and 8 euros for events costing more than 10 euros).

Any registration switch to an event costing less shall be charged 3 euros.

Article 11: In the event of force majeure or for safety reasons, the organizer reserves the right to modify these rules and regulations and/or any event course.

Article 12: SAFETY

Medical and emergency assistance:

There are assistance/emergency stations at various points along the courses. These stations are in radio contact with the race assistance/emergency control station. There is a medical assistance team on standby during all the events at the control station in the La Clusaz village centre.

The purpose of the assistance/emergency stations is to help any person in danger using the resources of the organizer or other approved body.

A participant who is sick, injured or finds themselves in trouble can seek assistance by:

- Reporting to an assistance/emergency station
- Calling the race control station
- Asking another participant to notify an assistance/emergency station

It is the duty of all participants to help any person in danger and to call for assistance.

Please bear in mind that unforeseen hazards related to the environment, the race or the mountain setting may cause delays and assistance may take longer than expected. Consequently, for participants competing in the 42 km "Marathon du Bélier" Trail the quality of your outfit, in particular its appropriateness to the weather conditions on the day, and the provisions carried are essential to your safety.

Withdrawal:

In the event of dropping out, participants must advise the nearest control post of their decision to withdraw and, to avoid an unnecessary search, **MUST** bring their bib to the race control station in the finish line area.