

TRAIL DES ECRINS

18 June 2016

RULES FOR ALL ROUTES

La Trans'Ecrins, 57 Km, 3400m de D+

Le Trail des Ecrins 34 Km 2200m de D+

Le Trail du Fournel 23 Km 1200m de D+

La Vallouissette 14 Km 450m de D+

Art 1 : ORGANIZATION

Le Grand Trail des Ecrins will be held on June the 18th, 2016 in Vallouise. 4 different routes : la Trans'Ecrins, le Trail des Ecrins ,le Trail du Fournel et la Vallouissette. Distances open to everybody, Men and Women, with an ID runner card or not, aged under 20 for Trans'Ecrins and le trail des Ecrins, 18 for Trail du Fournel and 16 for Vallouissette.

Categories Trans'Ecrins

- Espoirs : 1994 / 1996
- Seniors : 1977 à 1993
- Masters : 1976 & before

Categories Le Trail du Fournel

- Espoirs : 1994 / 1996
- Seniors : 1977 à 1993
- Masters : 1976 & before

Categories Le Trail des Ecrins

- Espoirs : 1994 / 1996
- Seniors : 1977 à 1993
- Masters : 1976 & before

Categorie Vallouissette

- Cadets : 1999 / 2000
- Juniors : 1997 / 1998
- Espoirs : 1994 / 1996
- Seniors : 1977 à 1993
- Masters : 1976 & before

Categorie race for children

- Ecole d'athlétisme : 2007 and after, distance 1000 M maxi without listing
- Poussins : 2005 / 2006 distance 1500 M Max
- Benjamins : 2003 / 2004 distance 2000 M Max
- Minimes : 2001 / 2002 distance 2500 M Max

Art 2 : ADMISSION

Regarding 23 march 1999 french law, a compulsory medical certificate or an official and updated ID runner card (FFA, FFCO, FFPM, FFTri, FIDAL (Italian ID card), FSGT Athlé, FSCT Athlé, UFOLEP Athlé) must be provided with registration. The medical certificate, less than one year, must clearly indicate that the runner does not present contraindication to the practice of running even for shorter route and walkers.

A photocopy must be held by the organization during a year, in order to provide information in case of accident. No registration is possible without one of these documents

Art 3 : REGISTRATIONS

On line registration are available on official web site and GENIALP.COM. You can either download it on <http://www.grand-trail-des-ecrins.com> and return it to Muriel LESQUIR – Le Verger – Prelles – 05120 SAINT MARTIN DE QUEYRIERES

Email : inscriptionsgte@gmail.com

Registration fees :

1/ La Trans'Ecrins, 57 Km, 3400m D+ : 55 € (65 € after 05/01/2016). including participation, food and refreshment, shuttles to starting point, welcome pack, medical care, buffet on arrival, meal on Saturday evening, t-shirt for finisher.

2/ Le Trail des Ecrins 34 Km 2200mD+ 30€ (40€ after 05/01/2016). including participation, food and refreshment, welcome pack, medical care, buffet on arrival, t-shirt for finisher.

3/ Le Trail du Fournel 23 Km 1200mD+ 25€ (30€ after 05/01/2016). : including participation, food and refreshment, shuttles to starting point, welcome pack, medical care, buffet on arrival, t-shirt for finisher.

4/ La Vallouissette : 14 Km 450m+ 20 €. (25 € on site) including participation, food and refreshment, welcome pack, medical care, buffet on arrival, t-shirt for finisher

Art 4 : ROUTES

Trans'Ecrins 57 km 3400m+ :

High mountain trail route with several passes. Max altitude 2600m
Start Argentière la Bessée at 7am (shuttle)

Trail des Ecrins 34 km 2200m+ :

High mountain trail route – second part of the longest route
Start in Vallouise at 8am

Trail du Fournel 23 km 1200m+ :

Trail through Fournel high valley and summits. First section of the longest route.
Start Argentière la Bessée at 9am (shuttle)

La Vallouissette 14km et 450m+ de dénivelé

A loop around villages of Vallouise and Les Vigneaux. Also open to walkers.
Start in Vallouise at 3pm

Race for children : loops around the village from 5pm

Compulsory equipment for Trans'Ecrins and le Trail des Ecrins : water – carry at least 1 liter, Windbreaker/waterproof jacket with hat, space blanket, whistle and regarding weather conditions , beanie, gloves and tights could be compulsory.

Trail du Fournel : water – carry at least 75cl, Windbreaker/waterproof jacket with hat, and whistle

La Vallouissette : water – 50cl is recommended

Pay attention, on start sticks must be fixed on bag. It is strictly forbidden to start the race without sticks, to collect any during the race and to leave them before arrival.

Art 5 : RACE PACKS AND BIBS

Late registrations (if available) and bibs collection on June the 17th, 5pm to 8pm from Grand Trail des Ecrins information point in Vallouise. Saturday from 5.30am in Vallouise for Trans Ecrins, Trail des Ecrins Trail du Fournel routes .

Bibs collection and registrations for Vallouissette route on Saturday, June the 18th from 1pm to 2,30pm on site.

From 1st May 2016, early pricing is over. You will pay standard rates.

Registration maximum limit :

Trans'Ecrins: 150 participants

Trail des Ecrins : 200 participants

Trail du Fournel : 300 participants

Vallouissette: 150 participants

Art 6 : ASSISTANCE

The organizers shall establish points of control and supplies of water, fruit and energy bars for runners in the three distances, plus a final refreshment at finish. It is strictly forbidden to receive assistance or supplies during the race outside the points setup by the organizers.

Art 7 : CUT-OFF TIMES

The organizers will place controls throughout the race to ensure that runners complete the course. Runners outside the cut-off times are pulled out of the race.

KM 10 : Col de la Pusterle	11.30am	Trail du Fournel
KM 23 : Check point Vallouise	12pm	Trans Ecrins
KM 35 : Les Partias	3pm	Trans Ecrins
KM 47 : Check point Riou la Selle	6pm	Trans Ecrins
KM 07 : Camping Courumba	4.30pm	Vallouisette

Article 8 : SAFETY

It is prohibited to be accompanied by others who are not participants enrolled in the event. Routes are signed and marked on soil with a biodegradable marking paint, and tail end charlies on each routes will never leave someone behind.

Art 9 : WEATHER

In case of bad conditions, the organizers reserve the right to change the route, even during the race, if conditions pose an increased risk of injury to participants. Priority to safety. There will be no fee refund if the event is cancelled due to unforeseen circumstances or security and safety reasons.

Art 10 : MEDIAS

By registering for the race, I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. NO:

Art 11 : AWARDS

First of any categorie : cadet ,juniors, espoirs, séniors, V1, V2, V3, V4 men and women. (no classification for walkers), and 3 first men and women of each race.

Art 12 : DISQUALIFICATIONS

- Throwing waste on the course , and outside designated areas.
- Not passing through all the checkpoints or outside cutt-off times.
- Not making the entire journey on foot through the spots marked by the organizers.
- Not providing assistance to any participant who needs it .
- Not wearing a visible bid number on the front part of your chest.
- Receiving additional supplies outside the points established by the organizers

Any claim must be done to the next checking point or by writing on arrival to the race organizer.

Art 13 : GENERAL CONDITIONS

By registering for the Race, Participants are taken to have read and understood Rules and Regulations. I for myself and anyone entitled to act on my behalf, waive, release, discharge, covenant not to sue, indemnify and hold harmless the organizers against all actions, suits, liabilities, claims, demands, costs.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of weather (including wind, rain, and snow), traffic, and conditions of the road, in consideration of your accepting my entry.

Art 14 : INSURANCE

The event has a public liability insurance covering organizers and volunteers subscribed with the French Athletics federation

Any participant is supposed to have an individual insurance

Art 15 : CANCELLATION

No fee refund in case of cancellation but you could use your fee for the next edition in 2017 when you deliver a medical certificate not more than 3 days after the 2016 race.