

TIGNES TRAIL 2019 – RULES

ORGANISATION & DESCRIPTION

Tignes Developpement organises "Tignes Trail" in partnership with the association l'AS Croiss.

« Tignes Trail » is an event composed of several outdoor races which take place on different trails of Tignes. 2019 edition will take place 17th and 18th of August.

Each race is organised in one stage. You can perform it at your own speed; however you have to respect time limits.

- "La Tignes Hard": A race on 600 positive vertical meters. The idea is simple: reach the top of the mountain as many times as you can in a limited time. You will use the gondola to go down the slope. Departure on Saturday 17th of August, alone or in pair (relay race). The limited time is 3 hours.
- "La Tignes Trail Enfants": 3km* (Lac – Lavachet – Savouna – Lac). Departure on Saturday 17th of August, for children only.
- "Le Tignes Trail":
 - for the race of 12km* long (650 positive vertical meters), the time limit is 4 hours. Departure on Sunday 18th of August.
 - for the race of 26km* long (1,300 positive vertical meters), the time limit is 6 hours. Departure on Sunday 18th of August.

*3km = 1.9mi

*12km = 7.5mi

*26km = 12.5mi

EQUIPMENT

Mandatory:

- La Tignes Hard & Tignes Trail 12kms: a water supply (0,5l minimum), snacks, backpack or bottle holder.
- Tignes Trail 26kms: a water supply (at least 0.5L), snacks, 1 windcheater, 1 whistle, backpack, mobile phone (charged, switched on, working with a French network, with the emergency number registered in), survival blanket.
- Tignes Trail for children: no equipment required

Each participant will need to keep in his backpack all the mandatory equipment requested by the organisation. The equipment will be checked before the start of the race for every runner. Some checks will also randomly take place on the finishing line and/or at any time of race. These checks can be realised if the race directors have any doubt on one of the runners.

Any missing equipment will be sanctioned by the race directors (time penalty or disqualification).

Advised: sunscreen and sunglasses

Not allowed: for security reasons, poles are not allowed during the races (except for "La Tignes Hard").

RACE BRIEFING

The children trail is opened to children from 7 to 15 years old, girl or boy, member of a sport federation or not.

The Tignes trail 12/26kms is opened to everyone older than 16 years old, women or men, member of a sport federation or not. For minor people (from 16 to 18 years old), a parental permission is mandatory.

The Tignes Hard is opened to everyone older than 18 years old, women or men, member of a sport federation or not.

All participants (children and adults) **must** present at their registration a medical certificate attesting their physical capacity for running in competition.

CATEGORIES

Master 4: 1949 and born before

Master 3: 1950 to 1959

Master 2: 1960 to 1969

Master 1: 1970 to 1979

Senior: 1980 to 1996

Espoir: 1997 to 1999

Junior: 2000 to 2001

Cadet : 2002 to 2003

GET YOUR BIB

For the races, you will be able to get your bib at the departure tent on the main place in Tignes le Lac the D-day or the day before the race. The hours to get your bib will be given few days before the event.

Your bib has to be visible at any time of the race. You can hang it either on your chest or your thigh.

Each bib will be given individually to each participant, you will need to present your **ID card** and sign in exchange. By signing, you will confirm your participation to the race and accept

the whole regulation of this event. If you finally decide not to perform the race, please let the organisation know about it and bring back your bib as soon as possible to a member of the organisation.

(Take some safety pin to hang your bib).

MEDICAL ASSISTANCE, SAFETY, GIVING UP

The safety and the success of the event will be ensured by people along the trails, first-aid workers and medical staff. An advanced medical post and a race HQ will be set up. People along the trails and first-aid workers will be liaised with the race HQ will through mobile phone or radio.

A medical team will be present in the arrival area in Tignes. Even if the best means concerning the security are taken, given the location of the event, taking action is more difficult and can take longer than in an urban area. Your safety will depend on the quality of your equipment.

Fees linked to the use of specific assistance means will be at the expense of the rescued person.

Emergency services are planned to help any person in danger, either by the own means of the organisation or by means authorized by the Social Security.

Except if the health of the runner is seriously in danger and requires an emergency evacuation, the runner is not allowed to give up the race at another location than a check point (offering a repatriation possibility).

Runners with difficulties to perform the race or with bad injuries have to call emergency services:

- By calling the race HQ
- By asking to another runner to warn emergency services
- By calling 112

Every runner has to help any other runner in danger and warn medical assistance. In case of lack of help from one of the participant toward a runner in danger, the runner who did not gave help to the person in danger will be disqualified from the race!

First-aid workers and the official doctor are especially able to disqualify (by invalidating the bib) any participant not anymore able to run the race and evacuate any runner they will consider in danger and this by any means. If you give up the race, it is necessary and mandatory to warn the closer checkpoint and bring back your bib. If you give up before a checkpoint, you have to come back to the previous checkpoint and warn someone. While coming back on your track, if you meet people who are closing the race, they will be the ones to invalidate your bib. From this time, the runner is not anymore under the responsibility of the organisation.

Any runner wanted to continue the race after being disqualified will be able to finish the race only after having returned his bib. The runner will pursue the race by his own responsibility and in complete self-reliance.

The organisation is not responsible of accident or successive dizziness due to bad health conditions.

REFRESHMENT STATIONS AND CHECKPOINTS

The races are regarded as individual semi self-sufficient races. Self-sufficiency is defined as the ability to be self-reliant between 2 checkpoints in terms of feeding. The runner will have acquired this self-reliance through his previous experiences.

- "Tignes Hard": 1 complete refreshment station (drinks, tea, cakes, chocolate, fruits, crackers...) at the top of Tovière, in the arrival of the gondola.
- Tignes Trail 12kms: 1 drinks' refreshment station at the top of Tovière.
- Tignes Trail 26kms: 1 drinks' refreshment station (water, sodas, fruits juices) at the top of Tovière + 1 complete refreshment station next to the arrival of the race of 12km + 1 drinks' refreshment station at the top of Palafour.
- Tignes Trail for children: no complete or drinks refreshment station

RUNNERS' ASSISTANCE

Runners' assistance is allowed on the race where there is the complete refreshment station. This assistance will have to be close to this refreshment station (maximum 20 meters before or after the point). People in charge of this assistance will have to be careful to not disturb the good execution of the race. Penalties will be given to the concerned runners in case of lack of respect for this rule!

CHANGING ROOMS / SHOWERS / DEPOT

Showers and changing rooms will be available for runners in Tignespace on presentation of their bib.

No depot en this event.

AWARDS CEREMONY/PRIZES

For each race, a general ranking men/women will be established.

"Tignes hard" awards ceremony will take place on Saturday 17th of August at 5pm.

"Tignes Trail Enfants" awards ceremony will take place on Saturday 17th of August at 5pm.

"Tignes Trail" awards ceremony will take place on Sunday 18th of August at 3pm.

For "Tignes hard" a prize will be given to the 3 first women, the 3 first men and the 3 first duo.

For "Tignes Trail" 12km and 26km a prize will be given to the first of each category.

ENVIRONMENT

Participants, accompanying person, or public, are in protected natural spaces where specific rules need to be respected. You will be able to get all the further information at "l'Office de Tourisme" in order to ensure the good execution of the event and the respect the following rules:

- It is prohibited to throw away rubbish anywhere. Waste sorting bins will be available, please use them.
- It is prohibited to use means or objects which by their noise, could disturb animals and the quietness of the place.
- It is prohibited to use means or objects which by their light, could disturb animals and the quietness of the place. Individual whistle and other sound device used to ensure good conditions are allowed in case of emergency.
- You must respect the prohibition of not taking shortcut through the existing trails/paths, to avoid erosion.

PENALTY – DISQUALIFICATION

Managers of each checkpoint and food supply points are entitled to ensure the respect of these rules. They are also entitled to immediately disqualify a runner in case of non-respect of the following ones:

- Refuse to not pass by the checkpoints
- Shortcut considered as considerable time saving
- Throw away rubbish (deliberate act) by a participant or a member of his relatives/relations
- Non-respect of people (organisers or runners)
- Neglect to assist someone in difficulty/danger
- Cheating (examples: use of transportation means, sharing of bib, etc.)
- Refuse to obey to the board of directors, checkpoints' managers, doctors or first-aid workers
- Leaving a checkpoint after the time limit
- Non-respect of specific rules of the event
- Mandatory equipment missing
- Any other failure to the whole regulation will be punished by the race's jury

INSURANCE

Liability (civil responsibility)

The organiser has subscribed liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident insurance:

Every participant has to possess a personal accident insurance covering potential research and evacuation fees in France. The participant is free to choose the insurance company in order to subscribe the adapted contract.

Helicoptered evacuations have to be paid by the participant. Evacuation choice depends only on the organisation that will always favour runners' safety.

REGISTRATION MODIFICATIONS AND CANCELLATION

Registration cancellation

Any registration cancellation has to be done either online on the registration website, or by e-mail or mail. No cancellation will be accepted by phone or fax. Cancellation fees of 5€ will be asked.

It is not possible, in any case, to exchange, give or resell your bib, neither before nor during the race. The participants register for the race are not allowed to be replaced or represented by someone else.

Registration cancellation in case of injury

If the participant get injured after her/his registration has been done, and if the injury cannot be healed before the day of the race (and only in this case) the organisation advises the runner not to put his health in danger, and cancel his race. The runner will then have the possibility to ask the organisation to reschedule his participation to the following year.

In order to reschedule his race, the runner will have to submit a request to the organisation's medical board. This request will need to be composed of a detailed medical report/file. If the medical board approves the request, the runner will get a booking priority for the following year (for the same race). The medical board is the only person able to accept or decline requests linked to reschedule and no negotiations are possible.

You have to send your request and the medical report to the following email address: evenements@tignes.net , at the latest 10 days after the race. Requests are examined within 2 months following the event.

Complaints

Any complaint has to be written only by the implicated runner. This runner has to give his complaint to the race HQ within 30 minutes after crossing the finish line. Complaints from accompanying person or spectators will not be accepted, in any case.

Race modifications/Cancellation

The organisation is allowed to modify, at any time, the departure hours and the time limits, the trail, the location of aid post and food supply points, without prior warning.

In case of bad weather conditions or for safety reasons, the organisation can be obliged to change the course for all the participants and perform the races on another route.

In case of extreme conditions, the organisation is allowed to stop a race in progress. It is also allowed to cancel all the races of the event. In this specific case, participants will be reimbursed of 50% of the price of their registration.

COPYRIGHT

Every participant gives up his copyright of all pictures taken of him during the event. The runner also gives up the right to take action against any use the organiser will make of these pictures.

Any communication about the event or the use of pictures of the event will need to be done respecting the event, trademarks and with the organisation's formal agreement.

Contact us: evenements@tignes.net