

SWISSPEAKS TRAIL REGULATIONS EDITION 2018

CONDITIONS OF PARTICIPATION

To participate, it is essential:

- To be totally aware of the length and the specificity of the event and to be perfectly prepared for it
- To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains (1) which permits the management of problems induced by this type of course, and notably:
 - To know how to face, without outside help, climatic conditions which can become very difficult due to the altitude (night, wind, cold, fog, rain or snow)
 - To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...

To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

The 360 is open to everyone, man or woman, at least 20 years of age

These races are open to everyone, man or woman, at least 18 years of age on the day of the race (except kids race and 12 KM, see below)

The children's trail is open from the age of 5 and 12km from the age of 16

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve

SELF AUTONOMY

The individual principle of racing in semi autonomy is the rule. Semi autonomy is defined as having the capacity to be autonomous between two refreshment posts, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...) This principle is implicated in the following rules:

- Each runner must have all his obligatory equipment with him at all times during the race (see paragraph EQUIPMENT). He carries this equipment in a pack tagged at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag, its weight and/or its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.
- Refreshment posts have been supplied with drinks and food to consume on the spot. Each runner must be sure to have, upon leaving each refreshment post, the quantity of water and food necessary for them to reach the next refreshment post.
- It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

CONDITIONS OF REGISTRATION

Participation in the SwissPeaks Trail assumes the acceptance of the present regulations

REGISTRATION

Registration will be open from 1 October 2017 for 360 and 1st November 2017 for all the other races on the website of the event www.swisspeaks.ch

Entry fees:

- 12 km: 35 CHF
- 30 km : 60 CHF
- 45 km : 80 CHF
- 80 Km : 130 CHF
- 170 Km : 200 CHF

- 360: 650 CHF

The registration fee includes (for 360, 170K and 80K) participation in the race, gift before the race, the fueling station, the meal on base of life, the follower bag, the meal on arrival and the finisher price.

The registration fee includes (for 45K, 30K and 12K) participation in the race, gift before the race, the fueling station, the meal on arrival.

CANCELLATION OF REGISTRATION

reimbursement of a percentage of the registration fee will be made in accordance to the following conditions:

- Before 31 December 2017: 60%
- From 1 January to 31 June 2018: 30%
- Beyond 1 July 2018: no reimbursement can be made.

No exchange of race number is possible.

EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However it is important to note **it is the minimum necessary and that each trail-runner must adapt it according to their needs**. It is important, in particular, **not to choose clothing that is the lightest possible weight in order to gain a few grams, but to choose items which will give real protection against the cold, windy or snowy mountain weather, therefore giving a good level of security and performance**. Compulsory equipment:

Stock of water, minimum 1 litre
Hooded jacket
2 torches (with replacement batteries)
Goblet
Survival blanket (2.20 x 1.40 m)
Whistle
Adhesive elastic band enable making a bandage or a strapping (mini 80cm x 3 cm)
Food reserve
Long running trousers or legging
Jacket to resist to bad weather or cold
Mobile phone
Long sleeved sweater to withstand the cold
Gloves
T-shirt
Cap or bandana
Solar cream

NUMBERS

Every bib is individually handed to each runner on production of:

- a photographic identity,
- your race pack and all you obligatory equipment

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified, nor hidden. □ The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags... Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

SAFETY AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the event. □ □ The rescue posts are aimed at bringing help to any person in danger with the means particular to the organisation or registered. □ □ If it appears that a runner is in difficulty or seriously injured to call for assistance :

- go in person to a first aid point
- telephone the course controller
- ask another runner to alert the first aiders

It is essential that each runner helps anybody in danger and alerts the first aid point.

Do not forgot, that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack. □ □ A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. From the moment where the health of a runner necessitates treatment via an intravenous drip, the runner will be, obligatorily, excluded from the race. □ The first-aiders and doctors have the right to :

- exclude from a race (by invalidating the race-bib) all competitors deemed unfit to continue the event.

- to evacuate by any means a runner judged to be in danger
- to hospitalise any runners whose state of health necessitates doing so

The choice of the means of evacuation and of hospital is the decision of the official first-aiders and doctors.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given. □ If for any reason it is impossible to make contact with the course controller, you can call the rescue services direct (especially if you find yourselves in a zone « urgences/sos only »)

• 144

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organisation.

POSITION CONTROL AND FUELING STATIONS

Each runner will be supplied with electronic chips fixed to their race-bibs. Runners who do not have their chips permanently with them will be penalised. □ □ A control is carried out on the arrival of any rescue or refreshment post. □ **Unexpected control posts are set up in places other than the rescue and refreshment posts.** Their position is not communicated by the organisation. □ □ **Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.** □

Every runner seen throwing down their litter along the route will be penalized. □ □ Trash cans are provided in large numbers at every refreshment post and must be used.

Complete fueling station are composed of : banana, orange, cheese, chocolate, sausage, salt biscuit, energetic barre (mulebar), water, energy drink (punch power), coca

Liquid fueling station are composed of water

Baselife are composed with the same as complete fueling station + warm meal (like pasta) and soup, tea.

MAXIMUM TIME ALLOWED AND TIME BARRIERS

The maximum time for the event, for the totality of the course, is fixed at:

360K: 160 hours

170Km : 53 hours

80km :22 hours

45Km : 14 hours

30km : 10 hours

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course guide. □ □ These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed, while making possible stops (rest, meal...) **To be authorised to continue the event, runners must set off again from the control post before the fixed time limit** (whatever their arrival hour at the control post). □ □ Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy. □ □ **In the case of poor meteorological conditions and/or for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.**

ARRIVAL

On arrival, you will receive your gift finisher (360, 170 and 80K).

You can take a hot shower, on arrival only (Bouveret).

Access to showers at the arrival is strictly limited to runners (a bag is given to you at the entrance for your shoes).

A meal is also offered to all participants on the site of arrival.

RANKINGS AND AWARDS

For each race, a general classification man and woman and a classification for each category man and woman are established:

The first 3 in each category receive a prize podium.

ABANDONMENT AND REPATRIATION

Except for injury, a runner must only abandon at a control post. **They must alert the head of post, who will invalidate their race-bib.** ☐The runner keeps his invalidated race bib because it is still his pass for shuttles, buses, meals, care rooms... ☐Repatriation will be decided on by the post leader, based on the following general rules :

- Runners who abandon at a refreshment post but whose state of health does not necessitate being evacuated must get back as quickly as possible and by their own means to the closest repatriation point.
- Concerning the refreshment or rescue posts accessible to cars or four-wheel drive
 - During the closure of the post, the organisation can, in the measure of means available, repatriate the runners having retired and still present at the post
 - In the case of unfavourable weather conditions justifying partial or total closure of the race, the organisation ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment. ☐If, during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organisation's control.

MODIFICATIONS TO THE COURSE OR TIME GATES; CANCELLATION OF THE RACE

The organisation reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning.☐In the case of unfavourable weather conditions (important quantities of rain or snow at altitude, strong risk of storms....) the start may only be postponed by a maximum several hours, after that time the race is cancelled.☐☐**In the case of poor meteorological conditions, and for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.**☐☐In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organisation to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made

INSURANCE

Civil responsibility: □The organiser has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident: □Each competitor must, obligatorily, have their own accident insurance which will cover any costs of search and rescue

RULES CHANGES

The organization reserves the right to modify these rules at any time and without notice.