

INTERNATIONAL ROAD RACE OF 205,5 KM



Registration form

May 26th and 27th, 2017

www.ultrathletic-ardeche.fr



ULTRATHLÉTIC Ardèche
May 26th and 27th, 2017
Organization: Association "42,195 et Plus"

Registration form



Full registration form (*Registration form, medical certificate and proof of performance*)
must be sent **before 15th December 2016** to :

Gérard CAIN - 298, Chemin du Petit Four - Résidence La Claire Fontonne A2 - 06600 Antibes - France

RUNNER

WALKER

Family Name : First Name:

Address:

Postal code: City: Country:

Birthday : Nationality: Gender: Male Female

FFA Licence N°: (*attach a copy of the current license*) Club :

Phone: E-mail :

T-shirt size: S M L XL XXL

I wish that the Organization finds me, as possible, a guide in bike (*from the 60è km*) and I agree to pay him his fee for the provisioning (*from the 60è km*).

Registration fees:	160€
Failed provisioning guide bike (<i>from the 60è km</i>): 20 €	
Pasta party* (<i>Thursday, May 25th, 2017 in the evening</i>) - Guide: 15 € X person(s) :	
Closing meal* (<i>Saturday, May 27th, 2017 in the evening</i>) - Guide: 20 € X person(s) :	
Sum be paid before January 31st, 2017 TOTAL	

* Free for the committed athlete

I certify on the honor the accuracy of the information above and declare to have acquainted the regulation of the ULTRATHLÉTIC ARDÈCHE and accepts it in its entirety and without reserve.

I agree to pay all of the above entry fee at the latest 31st January 2017.

Made in: Date :

Signature :



ULTRATHLÉTIQUE Ardèche
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Medical certificat



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must be sent **before 15th December 2016** to :

Gérard CAIN - 298, Chemin du Petit Four - Résidence La Claire Fontonne A2 - 06600 Antibes - France

I undersigned, Doctor:

Certifies that Mr, Mrs, Miss :

Born: Present a normal clinical examination A weight of: kg

A blood pressure of: A heart rate of: per minute Blood group:

Possible allergy:

Present no medical contraindication to a competition of ultra marathon (*non-stop 205,5 km within 36h00*) and in the practice of the athletics in competition.

Made in: Date :

Signature and stamp of the Doctor:



ULTRAthlétic Ardèche May 26th and 27th, 2017

Organization: Association "42,195 et Plus"

Regulations



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Gérard CAIN - 298, Chemin du Petit Four - Résidence La Claire Fontonne A2 - 06600 Antibes - France

Regulations of ULTRAthlétic Ardèche 2017

Article 1 : THE EVENT

The association « 42,195 et Plus » is organizing the first edition of ULTRAthletic Ardeche which will take place 26th and 27th May 2017.

The ULTRAthletic Ardeche is an ultra marathon, covering a distance of 208 km, along the departmental roads of Ardeche, to complete in under 36 hours.

- The race is open to disciplines of running and race walking
- The race is strictly reserved for senior and veteran categories (*men and women*)
- Participants will be selected on the basis of their application, validated by the organizing committee (*see article 4*).
- **Number of race bibs available : 200**
- 20 eliminatory cut-off times
- 20 refreshment stations (*CP*) over the total course (*roughly every 10 km*).
- The uphill climb of the ULTRAthletic Ardeche is 3960 m.
- Pasta Party : Thursday 25th May 2017 from 19h to 20h in the hall « Espace Ouvèze » in Privas.
- Race briefing ; All competitors must attend the briefing which will take place Thursday 25th May 2017 at 19h at « Espace Ouvèze » in Privas during the Pasta Party. Attendance will be checked before the briefing session.
- Distribution of race bibs : in Privas at the event tent Thursday 25th May between 13h and 18h.
- Obligatory equipment check : Friday 26th May 2017 from 5h to 5h30 am
- Race start : Friday 26th May 2017 at 6am at Privas Town Hall square.
- Finish : Privas Town Hall square.
- Race closing : Saturday 27th May at 18h.
- Podium, prize-giving, and closing meal : Saturday 27th May at 19h30 in the hall « Espace Ouvèze » in Privas.

Article 2 : PARTICIPATION CONDITIONS AND RESPONSIBILITY

Before committing himself/herself, each participant must ensure his/her good health and be aware of the difficulty of the ULTRAthletic Ardeche. Participants, on registering for the ULTRAthletic Ardeche, declare to be fully aware of the risks that this type of race can incur.

Participants declare to assume total responsibility for any and all accidents or health problems as a result of the race, either directly or indirectly and waive all claims against the association « 42,195 et Plus »

and any party acting on its behalf.

No claims may be made against the organizers, their representatives and the beneficiaries in the event of an accident due to poor health or careless personal conduct during the race and the organization does not replace the individual responsibility of the participants.

Article 3 : INSURANCE

The civil liability of the organizers is covered by an insurance policy in conformity with the charter for events outside stadiums. License-holders FFA (Fédération Française d'Athlétisme) benefit from the individual accident insurance provided by their licence. It is the responsibility of all other participants to take out the necessary insurance.

The organization declines all responsibility in the event of accident or other shortcomings as a result of poor health.

The organization declines responsibility in the event of theft; theft of clothes or other personal property.

Article 4 : ENTRY CONDITIONS

Any candidate wishing to apply for a race bib for the ULTRAthletic Ardeche, must send the complete application file (*to be downloaded*), and satisfy certain conditions concerning his capacity to complete the race.

- He must be able to prove he was a finisher in other similar races : 24h00, 48h00, non-stop long distance races on or off the road, Spartathlon, Sakura, Michi, Ultr'ardèche, Ultraballaton, l'Olympienne, Badwater, Grand Raid Reunion, Trans 333, Trans 555, ...

- For those candidates who have NOT competed in a similar race, they must be able to prove they did at least 100km in under 10h30 in 2015 or 2016.

The deadline for receiving completed registration forms is 15th December 2016.

After examining all registration forms, the organization committee will validate or not the applications. Priority will be given to candidates satisfying all requirements.

The organization committee reserves the right to refuse any incomplete or incorrect registration form or any application where the athlete doesn't meet the necessary minimum physical requirements. Any decision to refuse an application is irrevocable.

Number of participants : 200.

The list of successful candidates will be announced officially 31st



December 2016 and all successful candidates will be notified by email.

A waiting list will be drawn up if the number of registration applications exceed the number of places

available.

The registration application includes :

- Official registration form
- Medical certificate which must be completed by a doctor within 5 months of the start of the race. For licence holders FFA, you must include a copy of the valid licence. No other licence, French or foreign, will be accepted.
- A record of the candidate's results (*provide documentary evidence of official rankings of the races entered*).

The completed application form must be sent before 15th December 2016 to :

Gérard CAIN
298, Chemin du Petit Four
Résidence La Claire Fontonne A2
06600 ANTIBES - FRANCE

Article 5 : REGISTRATION FEES

The registration fee is 160€. **Successful candidates (applications confirmed by the Organization Committee) must settle this amount in full by 31st January 2017 at the latest.**

The registration fee may be paid by :

- Cheque payable to « 42,195 ET PLUS » and sent to : **Gérard CAIN 298, Chemin du Petit Four - Résidence La Claire Fontonne A2 06600 ANTIBES - FRANCE**

- Bank transfer :

Bank details : CAISSE D'ÉPARGNE CÔTE D'AZUR
ASS 42,195 ET PLUS
IBAN : FR76 1831 5100 0008 0018 5898 823
BIC : CEPFRPP831

Any payment not received by 31st January 2017 will lead to the candidate's exclusion from the race and his place will be given to a candidate on the waiting list.

Included in the registration fee :

- A race bib for the participant and the person accompanying him on bike and/or car
- An electronic timing chip
- A road book
- Refreshment throughout the race
- Entry to the Pasta Party on Thursday 25th May 2017 in the evening
- Official ULTRATHLÉTIC Ardeche T-shirt
- Windbreaker (or fluorescent training bib) of ULTRATHLÉTIC Ardèche
- Official Finishers T-shirt for those who finish under 36 hours.
- A souvenir given during the prize ceremony.
- The closing meal during the prize ceremony.

Article 6 : THE RACE

The ULTRATHLÉTIC Ardeche is made up of 2 different loops to be followed one after the other, the first loop finishing in front of the Town Hall of Privas at the 59th km.

The loops are made up as follows :

- The first loop : 59,3 km long with an uphill climb of 1099m
- The second loop : 148,7 km long with an uphill climb of 2861 m.

Marking :

All markings will be made with arrows painted on the ground (*biode-*

gradable paint). Where road marking is difficult, black arrows on a yellow fluorescent background (*format A5*) will be posted on road signs, trees etc. to be clearly visible at a distance.

A road book detailing the route will be handed out when you pick up your race bib. It will also be available for downloading at the beginning of 2017.

Timing cut-offs :

Eliminatory timing cut-offs are fixed in every CP. These timing cut-offs are calculated on the basis of the profile and the uphill climb of the route.

Spent the deadline of 36h00 am, the competitor goes out of the context of the race and he will not be taken care by the organization and has to return to the finish by on his own means.

Dropping out and disqualification :

In the case of dropping out or being disqualified (*because of failing to reach a cut-off point in time*) the participant should wait at the nearest CP where an official race vehicle will pick him up and take him back to Privas.

Should a participant drop out, the organisation will NOT be liable for the repatriation of the bike of the person accompanying the athlete.

The participant must reach the eliminatory points before they close. If this is not the case then the participant will be disqualified. This decision is final and irrefutable. He must hand in his bib to the marshal at the refreshment station (*CP*).

The organizers cannot be held responsible if the participant continues despite being disqualified or not satisfying the qualifying times.

The participant will continue at his own risk and under his own responsibility.

The organization reserves the right to stop an athlete participating because of poor health and to exclude any participant and/or the person accompanying the athlete for uncivilised behaviour towards a volunteer or other members of the race staff. Bad behaviour during the race may sanctioned by a penalty or immediate disqualification.

Refreshment stations (CP) :

There are 20 refreshment stations (*CP*) along the route (*one about every 10 km*). 16 are simple refreshment stations and 4 which offer solids (*60th, 100th, 140th and the finish*).

- **Simple Refreshment stations** : water (*still and sparkling*), hot water, coke, ice tea, gingerbread, sponge cake, chocolate, crisps, dry sausage, bread, Gruyère cheese, sugar, coffee, tea, oranges, bananas.

- **Solid Refreshment** : water (still sparkling), hot water, coke, ice tea, gingerbread, sponge cake, chocolate, crisps, dry sausage, bread, Gruyère cheese, sugar, coffee, tea, oranges, bananas, apples, paté, ham, honey, soup, pasta, potatoes and rice .

- It is forbidden to throw bottles, papers, empty gel tubes and other rubbish along the route.

Bin bags are available for your use at every CP.

- It is imperative that each participant checks in with the marshal on duty on arrival at each CP so that his time can be recorded.

Drop Bags :

It is possible to have your drop bag with your belongings transported to certain CPs by the organizers at the 60th, 100th, 140th km and at the finish. The organizers will ensure the transportation of drop bags left in their charge to the aforementioned CPs. Any personal belongings left at other CPs will not be looked after by the organizers. You can hand in your drop bag between 17h and 19h on Thursday 25th May 2017 in

the hall Ouvèze at Privas.

Personal Assistance :

Personal assistance (*car or bike*) will not be authorised during the first 60 km (*first loop*) except for the pas-

sage in front of Privas Town Hall at 60th km when personal assistance will be possible.

From the 60th km (*start of second loop - Privas Town Hall*) personal assistance is authorised at CP at the 100th and 140th km. Outside of these 2 zones, encouragement is permitted but not assistance.

Following in a camping car is forbidden along the whole route. It is strictly forbidden to drive alongside the participants.

It is strongly recommended for people accompanying in cars to wait for their athlete at each CP for encouraging them.

It is strictly forbidden for participants to get into cars, on bikes or into any other vehicles whatever the reason, even at CP.

Person accompanying on bicycle :

From the 60th km (*start of the second loop - Privas Town Hall*), one and only one person accompanying the participant on a bicycle is authorised during the last 145 km.

If you are unaccompanied and wish to have a person to accompany you on a bicycle, send your request at the same time as registering, and the organizers will try to find one for you.

An additional charge of 20 euros will be required to give you access to the person accompanying you on bicycle at the different refreshment stations.

During the race the person on the bicycle must advance alongside the athlete he is accompanying, he should respect the highway code and should wear a fluorescent jacket and helmet at all times. The bicycle must be in good roadworthy condition, and especially have lights and brakes which are in good working order.

If the person accompanying the athlete should pull out of the race, for whatever reason, the organizers are under no legal obligation to repatriate him.

IMPORTANT CAMPER:

The follow-up by the road of the race with camper is strongly disadvised... to see forbidden... you will not pass everywhere and will remain blocked on the small roads. Thank you for your understanding.

Article 7 : OBLIGATORY EQUIPMENT

During the entire race, the participant must carry OBLIGATORY equipment (*see below*), which the organizers consider indispensable for taking part in the ULTRATHLÉTIQUE ARDECHE :

- A fluorescent armband to be worn on the arm throughout the race
- A windbreaker or a fluorescent jacket or the equivalent, to be worn at night, obligatorily from 20h to 6h in the morning
- Carry a reserve of 1 litre of liquid minimum (*hydration running belt and/or hand-held water bottle, water pouch...*)
- Head torch + a set of batteries
- A red lamp or a red reflector on your back (*to be fixed where you want - on the back of your head torch, on your jacket, etc...*)
- A hand-held torch + a set of batteries
- A food supply of at least 500 calories (*bars, gels, etc ...*)

For sports equity, every athlete must IMPERATIVELY carry all this equipment, even if he is accompanied.

The obligatory equipment check will take place on Friday 26th May from 5h to 5h30 before going to the correct start group.

Checks will be carried out on the obligatory equipment at different re-

freshment stations (CPs) by the volunteer marshals or during random checks along the route by the Director of the event and/or by the judges in the cars.

For your safety, highly visible clothes are strongly recommended.

- **Walking sticks are forbidden along the whole route.**

Article 8 : SAFETY

- The organizers will supervise the race with a car at the head and a car sweeper at the back. This latter car will take off all the markers (*arrows and other signs*).
- Several official race cars will criss-cross the route during the whole race to carry out checks and ensure the smooth running of the event.
- Each participant must wear a fluorescent arm band at all times and a fluorescent jacket at night (*from 20h to 6h in the morning*).
- The athletes must run or walk as much as possible on the left side of the road. They must use the pavements in the villages and hamlets.
- The people accompanying the athletes on bicycles (*from the 100th km*) must abide by the highway code and wear a fluorescent jacket and helmet night and day.

Article 9 : PENALTIES

One hour penalty for :

- Not wearing the fluorescent armband (*obligatory during the whole race*)
- Not wearing the fluorescent jacket at night (*obligatory from 20h to 6h in the morning*)
- Person accompanying the athlete - Not wearing the fluorescent jacket and helmet (*obligatory during the whole race*)
- Throwing rubbish on public roads (*athlete and/or person accompanying*)
- Not wearing race number or race number not visible
- Not carrying the obligatory equipment as stipulated.

If any of these offences are repeated, the athlete and/or person accompanying will be disqualified from the race at the second offence. This decision is final and irrefutable.

The organization reserves the right to stop a participant and/or the person accompanying from competing in the race in the following situations :

- If the participant is found in or on a vehicle of any sort.
- If a person is found behaving badly towards a volunteer of the event (*participant and person accompanying*).
- If a person is found behaving badly along the route which could jeopardize the event and his own safety (*participant and person accompanying*).

Article 10 : TIMING/CLOCKING-IN

When you pick up your race bib, you will be given an electronic chip (*to attach onto your shoe or it will already be on the race bib*).

At the finish you must hand in your electronic chip to the timing marshal. Failing to do so, you will be charged **30 euros** and you will not be ranked.

Wearing your race bib is obligatory during the whole race. It must be visible and worn at the front (*chest level or on a race bib belt*)

The electronic timing will be done at 60th km (*Privas*) and 140th km. At 100th km there will be a manual clocking-in system for all the participants.

- It is essential that the participant makes himself known to the marshal

on arriving at EACH refreshment station (CP) so that his timing can be recorded AND for safety reasons. In the event of a problem between CP, the person in difficulty can be located more easily.

Article 11 : MEDICAL

A doctor will be present during race. He will be authorized to pull anyone out of the race he deems unfit to continue.

He is on hand to intervene in the case of an emergency along the entire route. There will be physiotherapists and chiropodists for your comfort at the finish

Foot care and other minor injuries during the race are the responsibility of the participant or his assistant.

Article 12 : RANKING

A scratch ranking (*M and F*) will be determined by the order of arrival (after taking into consideration any penalties).

A category « walking » ranking will be established up to 15 participants. If there are fewer than 15 participants, they will be included in the scratch ranking without mention of category.

There will be no ranking per category.

Article 13 : AWARDS

A cup or trophy for the 5 first finishers in each individual ranking (*M and F*), a souvenir for each participant and a T-Shirt « Finisher » for those who have a time of under 36 hours.

Article 14 : CANCELLATION

Any commitment is personal, firm and definitive and in order to avoid any contesting, requests for cancellation must be made before 1st April by recorded delivery.

- Any request for cancellation received before 1st April 2017 : 50% of the entry fee will be retained.
- IMPORTANT : after this deadline, NO other request for cancellation will be taken into account.

Reimbursements will be dealt with as quickly as possible, maximum within two months after the race. We advise you to take out cancellation insurance with an insurance company.

Article 15 : LITIGATION

In the case of litigation, only the race director will sort out any eventual problems and his decisions will be final and irrefutable.

Article 16 : CANCELLATION OF THE EVENT

If the race has to be cancelled due to events beyond the control of the organizers, extreme weather conditions, natural disasters or for any reason independent of the wishes of the organization, NO reimbursement can be made for the entry fees, travelling expenses (*train, plane, hotel, etc..*) and NO compensation will be granted.

Article 16 : USE OF IMAGE

When the participant registers for the race, he authorizes expressly the Association « 42,195 ET PLUS » (or its legal successors) to use, reproduce or to have used, or reproduced his name, image, voice and his sporting performance in the race context, with a view to using it directly or indirectly, on any support, around the whole world, by means known and unknown today and for the complete duration of the current pro-

tection granted to these operations either direct or indirect, by the legal or statutory measures, the court and/or arbitration orders of any country, as well as by the current or future international agreements, including also possible prolongations which could modify this period. CNIL (NATIONAL COMMISSION FOR INFORMATION TECHNOLOGY AND CIVIL LIBERTIES): according to the said Act on « Information Technology, Data Files and Civil Liberties » of 6th January 1978, you have the right to access and rectify your personal details.

From our partners and affiliates, you may receive communications from other companies or associations. If you do not wish to receive these communications then write to us giving your surname, first name and address.

Article 17 : ACCEPTANCE

Each participant registering and competing in the ULTRATHLÉTIC Ardèche, declares to have read the present regulations and accepts all the clauses without any reservation nor restriction.

