



## **TRAIL DES GETS 18 January 2025 Rules**

### **ARTICLE 1: DEFINITION & ORGANISATION**

Trail des Gets is a non-stadium running event which will take place in Les Gets on Saturday 18 January 2025 and includes 5 events.

Trail des Gets is jointly organised by Les Gets Tourisme; located at 89 route du front de neige, 74 260 Les Gets, registered under Siret No 77657871800012, represented by Mr Michel Mugnier, as President, and Mrs Nathalie Tellier, its directric; and the Faucigny Athletic Club, with the support of the Les Gets town hall, of the Technical Services of the municipality of Les Gets and SOLEGETS (Les Gets ski lift company).

The organisation reserves the right to modify these rules at any time, in order to respect the rules and to ensure the interest and safety of the participants.

### **ARTICLE 2: GENERAL RULES**

All participants acknowledge that have read these rules, accept all their clauses, and undertake to abide by them as soon as their registration is confirmed. The organisers are not responsible for any incident or accident that may occur due to non-compliance with the rules. They pledge not to anticipate the start and to cover the whole distance before crossing the finish line.

Each participant undertakes to comply with the safety measures in place.

Each participant undertakes to respect the following points, or be subject to disqualification:

- Respect the environment (fauna and flora), signs and volunteers,
- Only use signed trails and don't throw anything on the paths,
- Don't take trail shortcuts,
- Assist any runner in difficulty,
- Follow instructions from the organisation, signallers and volunteers,
- Keep hold of the compulsory equipment for the duration of the route.

The organisation would like to inform the participants of the following prohibitions:

- Being followed by a companion at all times,
- Having personal assistance in official refreshment zones,

- Being accompanied by pets on the whole course.

### **ARTICLE 3: PROGRAMME**

#### **Collecting race numbers**

At the Colombière hall (2813 Route des Grandes Alpes – 74260 Les Gets), Friday 17 January.

#### **Starting points of the races**

Saturday 18 January

- 4pm: children's races
- 5:30pm: young race
- 6:30pm: adults' race

A runner's briefing will take place 5 minutes before the start of each race in the start area.

#### **Results and presentation of prizes**

Results will be published on the L-Chrono website, as well as the L-Chrono Facebook page, at the end of the race.

### **ARTICLE 4: ROUTES**

#### **Start/Finish**

The start and finish of the races listed below will be located in Les Gets, at n°125 Route du Front de Neige

- Children's races
- Young race
- Adults' race

#### **Routes**

The routes follow the roads, streets, lanes, ski slopes and paths of the municipality of Les Gets. Details of the races can be found on the website [www.lesgets.com/traildesgets](http://www.lesgets.com/traildesgets)

Routes are subject to change.

Trail des Gets has different routes which are listed below.

<b>Race</b>	<b>Category</b>	<b>Distance</b>	<b>Elevation gain</b>
Blue trail	Espoir (2003-2005)	20 km	715m climb
Green trail	Junior (2003-2005)	10 km	394m climb
Young race	2008-2009	6000 m	174m
Under 14's race	2010-2013	3000 m	108m
Under 11's race	2014-2015	1500 m	64m
Children's race	2016-2018	800 m	19m

It's up to each participant to adapt their effort and pace, according to their fitness and proficiency of the race and in particular depending on the terrain following the weather conditions (rain, snow, wind) on the day of the event.

### **Distances and elevation gains**

Distances and elevation gains are given as an indication.

Participants are likely to have slightly different distances and elevation gains on race day, depending on the GPS watch used.

On [www.lesgets.com/traildesgets](http://www.lesgets.com/traildesgets), all the routes of the various races are available via the ©TraceDeTrail platform. The routes are subject to change at the last minute due to private property, mountain pastures and the weather conditions on the day. This is why it is important to follow the markings on the ground and not to refer to the GPX route downloaded before the race.

### **ARTICLE 5: PARTICIPATION CONDITIONS**

In accordance with current FFA regulations, the races are open to all, men or women, members of a sports association or not, in the categories below:

- Born in 2005 and before for the the adults' trail,
- Born between 2008 and 2009 for the Young Race,
- Born between 2010 and 2011 for the Under 14's race,
- Born between 2014 and 2015 for the Under 11's race,
- Born between 2016 and 2018 for the Children's race.

In order to take part in one of the routes, you must be the required age on the current year.

Anyone over the age of 18, taking part in Trail des Gets is subject to the compulsory presentation of either:

- a FFA permit only (any other permit is not accepted), valid on the date of the event,
- or, for those without a permit, a medical certificate stating they are medically fit to participate in competitive running, athletics or sport dated less than one year before the date of the event.

All minors, taking part in Trail des Gets is subject to the compulsory presentation of parental authorization. A template is available on the trail website [www.lesgets.com/traildesgets](http://www.lesgets.com/traildesgets).

It's no longer compulsory to provide a medical certificate or licence, following decree no. 2021 - 564 of 7 May 2021. However, you will still need to complete a health questionnaire (you don't need to give details of your answers). This questionnaire is available directly on the registration website and also on the trail website [www.lesgets.com/traildesgets](http://www.lesgets.com/traildesgets).

By registering, each participant personally undertakes the following:

- Declares that they are in possession of personal accident insurance covering rescue, search and evacuation costs in France,
- Declares they have found out about any medical contraindications that may concern them and, consequently, exempts the organisation from any medical issue that may arise during the event as a result of negligence on their part,
- Declares that they have satisfied the obligation of prior medical consultation by providing a medical certificate stating that they are medically fit for competitive running, and that they have found out about any medical contraindications that may concern them, and consequently exempts the organisation from any medical issues that may arise during the race.

### **ARTICLE 6: REGISTRATION AND FEES**

Registration can only be done online via the L-Chrono registration platform, with secure payment by bank card on the following link: <https://inscriptions-l-chrono.com/traildesgets2023>

Registration opens on February, 2<sup>nd</sup> 2024 at 12am.

Registration closes on Thursday 19 July 2024 at 11.59pm, subject to availability of places.

Race	Prices	Max. runners
Adults trail	€35	500
Young Race	€5	50
Under 14's race	€5	50
Under 11's race	€5	50
Children's race	€5	50

The registration fee for the races includes:

- Race number
- Time
- Refreshments on the route
- The participant gift
- Safety and rescue

All entries are individual. No transfer of registration is permitted for any reason whatsoever. Any person transferring their number to a third party will be held responsible in case of an accident occurring or caused by the latter during the event.

Incomplete registrations will not be taken into account.

#### **ARTICLE 7: COMPULSORY EQUIPMENT**

Each participant undertakes to have the required equipment and to present it at the request of the organiser during the entire event (start, finish, on the route).

The participant acknowledges that in the event of a health problem of any kind (in particular injury, hypothermia, hyperthermia etc.), originating directly or indirectly from a lack of suitable equipment, they cannot hold the organiser responsible for this situation.

This is not an exhaustive list and must be supplemented by any suitable equipment that meets the objectives set out in the paragraph above (particularly in the case of particular personal sensitivity to cold, heat, dehydration, hypoglycaemia, skin overheating). It may also be supplemented by the organiser in the event of forecasted extreme weather conditions.

Spot checks will be conducted on the route, and any runner who doesn't have the compulsory equipment will be penalised.

Runners' bags will be checked at the start of each race when they enter the starting area.

Compulsory equipment for the red trail, blue trail and the green trail:

- Minimum of 0.5l water supply,
- Food supplies,
- Survival blanket,
- Whistle,
- Windproof mountain jacket, headband, gloves
- Mobile phone with the number of the organisation and the emergency services (these numbers will be given to you when you collect your race number). The participant must be contactable at all times (before, during and after the race),
- Number visible on the chest

- Headlamp (excluding phone)

Recommended equipment:

- Waterproof jacket, gloves, Yack Tracks (snow chains) and hat in case of cold weather.

Poles are allowed on the entire route. If the runner chooses to start with poles, they must keep them throughout the race. They can't start without them and then collect them during the race, or they will face a penalty.

The race number must be visible throughout the race, attached to the front of the t-shirt on the chest, or face disqualification.

### **ARTICLE 8: COLLECTING RACE NUMBERS**

Race numbers can be collected at the Colombière hall, Friday 17 January for all races, at 8am.

No number will be given without a medical certificate or an up-to-date permit, and parental permission for minors.

A person can collect a participant's race number on presentation of official ID.

### **ARTICLE 9: REFRESHMENTS**

There will be liquid refreshments and food. They will be available throughout the route (you can find the location of refreshments on the Trail Route maps available at: <https://www.lesgets.com/traildesgets/les-courses/>)

Refreshments will also be available at the finish area.

Personal refreshments by an assistance team are not allowed in the official refreshment areas.

### **ARTICLE 10: RESULTS & AWARDS**

The results will be published by L-Chrono on their website and Facebook page at the end of the race.

They will also be available at [www.lesgets.com/traildesgets](http://www.lesgets.com/traildesgets).

The prize-giving ceremony will be held near the finish area after the race.

A finisher's gift will be given to each participant when they cross the finish line.

The organisation will reward the first 3 women and the first 3 men in the scratch rankings of each race and only the first women and the first men in each category of each race. You must be present at the prize-giving ceremony.

Please note that Trail des Gets is a member of the ITRA programme and the UTMB index.

### **ARTICLE 11: INSURANCE/WARRANTY**

#### **Insurance**

Civil liability: the organisers are covered by an insurance policy, taken out with Générali, which guarantees the financial consequences of the liability of the organiser, employees, volunteers and all participants.

Individual insurance: runners who are not part of a sports association are advised to take out personal accident insurance covering any search and evacuation costs in France. Such insurance can be taken out with any organiser of the competitor's choice, and in particular with the French Athletics Federation. Permit holders are covered by their own permit.

### **Cancellation by the organisation**

In the event of unfavourable weather conditions, for safety reasons and/or in the event of force majeure, the organisation reserves the right to modify the route, the time limits or to stop the race in progress.

If the race is cancelled due to force majeure or for reasons beyond the control of the organisation, participants will be entitled to:

- Either the deferment of their registration for Trail des Gets 2025,
- Or a refund of their registration for Trail des Gets 2024. Only the registration fee will not be refunded (commission ranging from €0.75 to €1.40 on the registration fee of your race).

### **Cancellation by the participant**

All request for refunds of registration fees must be accompanied by a medical certificate justifying the inability to participate or any other prevailing document (death in the family, accident, etc.) and must be sent at the latest the day before the race. A deduction for administration costs will be applied.

## **ARTICLE 12: WITHDRAWAL**

In the event of withdrawal, the runner must hand in their number at the finish or inform the organisation. If a competitor abandons the race without warning and the organiser conducts a search, legal action may be taken against the competitor for reimbursement of the costs incurred. If the weather conditions, the physical condition or the bad behaviour of a runner require it, the medical team and the organisation have full power to force the competitor to abandon.

## **ARTICLE 13: PENALTIES AND DISQUALIFICATION**

Any breach of these rules (including those relating to respect for the environment and compulsory equipment) and sporting ethics may result in a penalty against the participant, ranging from a time penalty to expulsion. The Organising Committee shall determine the severity of the penalty, in proportion to the breach found, as a last resort, If several breaches are found, penalties shall be added together. The race management committee shall notify the runner of the penalty no later than 20 minutes after their arrival.

## **ARTICLE 14: SECURITY AND MEDICAL ASSISTANCE**

First aid posts, consisting of a doctor and first aiders, will be set up along the route and will be in radio contact with the race headquarters. Medical teams will be present throughout the races. The participant undertakes to accept the decisions taken by the race management or medical teams.

Participant first aid will be provided by Mountain Medic who may decide to suspend a competitor from the race for medical reasons.

It's the responsibility of each runner in trouble or seriously injured to call for help:

- By going to a first aid post,
- By calling the race headquarters (the telephone number will be given when collecting your race number),
- By asking another runner to call for help.

The riders must help each other out, with fair play and good humour: for example, the slower runners must let the faster ones overtake them (especially on shared routes); and the faster ones must avoid pushing the others to overtake them.

Time limits for each race will be defined and communicated on the trail website and at race number collection. They may be modified at any time by the organisation, in particular in order to guarantee the safety of participants in the event of an announced exceptional climatic event, without this giving the right to a refund, even partial, of the event.

These time limits are calculated to allow the participants to reach the finish within the maximum time limit, while making any stops (rest, meal). To be permitted to continue the event, competitors must leave the checkpoint before the set time limit (regardless of the time of arrival at the checkpoint).

Any competitor who is excluded from the race and who wishes to continue the route may only do so after having returned their number. The organisation will not be held responsible for the participant who makes such a choice.

#### **ARTICLE 15 : CUT-OFF TIMES**

In the event of weather conditions, and for safety reasons, the organisers reserve the right to modify the time limits. All decisions will be taken by the organisers.

The time limits are imperative and the application of the time limit is non-negotiable. The arrival of a rider after the application of a time barrier means that he/she is out of time and will be disqualified. The bottom right-hand corner of the bib will be cut off by a member of the organisation in charge of the time barrier. The runner will then have to leave the course and the ski area for safety reasons. The runner will no longer be under the responsibility of the organiser.

If you cross the finish line after the maximum race time, you will not be classified and you will not be considered as a finisher.

**10 km trail:** The maximum race time accepted for the 9.5 km crossing at Lac des Écoles is 01h30.

**20 km trail:** The maximum time allowed for the 18.1 km at the Lac des Écoles is 03h00.

**Children's and young people's races:** For the 800m and 1500m courses, the maximum time allowed is 25 minutes. For the 3km and 6km races, the maximum time allowed is 45 minutes.

#### **ARTICLE 16: COMPLIANCE WITH HEALTH REGULATIONS**

The participant undertakes unreservedly to comply with the health regulations that will be issued by the organisation and/or the health authorities, depending on the situation on the date of the event, and which cannot therefore be predetermined in advance but will be communicated in due course. Any violation of these rules will result in exclusion from the rankings.

There will be no cloakroom, shower or baggage locker during the event.

#### **ARTICLE 17: RESPECT FOR THE ENVIRONMENT**

By registering for a Trail des Gets race, participants undertake to respect the environment and the natural areas they cross.

- It is strictly forbidden to leave waste (gel tubes, organic waste, plastic packaging, broken equipment) on the route. Bins are available at each refreshment station and must be used.
- All participants must keep their waste and packaging until they can dispose of it in the bins provided at the refreshment stations.
- It is imperative to follow the paths as they are marked, without shortcuts. Cutting through a path causes harmful site erosion, can cause deterioration of the flora, or disturbance of the fauna.

The mountains are your playground and our living environment. Preserving this space is part of the spirit of our sport, and it is even more so the spirit of Trail des Gets. Please respect it! Any behaviour that does not respect nature will be grounds for disqualification as it will jeopardise the event's longevity.

### **ARTICLE 18: COPYRIGHT**

Each participant authorises the organiser as well as their beneficiaries such as partners and the media, to use the still or audio-visual images on which they may appear, taken during their participation in Trail des Gets, on all media including advertising and/or promotional media.

In accordance with the French Data Protection Act of 6 January 1978, amended in 2004, each competitor has the right to access and rectify personal data concerning them. Through the organisation, each participant may receive proposals from other companies or associations. In the event of refusal to receive such communications, the participant may exercise their right to access, rectify, update and delete information concerning them by contacting [lesgets@lesgets.com](mailto:lesgets@lesgets.com), or by post at Maison des Gets - 9 route du front de neige - 74 260 Les Gets (France), specifying in the subject line of the letter "Individual Rights" and enclosing a copy of their proof of identity.

By registering for the race, the participant agrees to receive information and offers relating to Trail des Gets, unless otherwise specified.

### **ARTICLE 19: PERSONAL DATA PROTECTION**

When registering, the organiser collects personal data for the purpose of managing registrations.

The data collected is as follows: surname, first name, nationality, date of birth, gender, telephone, email address, postal address, telephone number, plus the surname, first name and telephone number of the person to be contacted in case of emergency.

This data collection is justified by the need to identify each participant individually and to be able to contact them by any means in order to send them any information useful for them coming to the event and necessarily for their safety, as well as by the need to identify a person who can be contacted in case of problems.

Only authorised members have access to this data: these are the members of the Trail des Gets steering committee as well as any service provider who, by virtue of their competence and/or service, is necessary for organising the trail.

In accordance with the French Data Protection Act of 6 January 1978, amended in 2004, the participant has the right to access, rectify, update and delete information concerning them by



contacting [lesgets@lesgets.com](mailto:lesgets@lesgets.com), or by post at Maison des Gets - 9 route du front de neige - 74 260 Les Gets (France), specifying in the subject line of the letter "Individual Rights" and enclosing a copy of their proof of identity.

Each participant may receive proposals from other companies or associations that are partners of the event. If the participant does not wish to receive them, they just need to write to us stating their surname, first name and address.

*Updated on 08/01/2025*