



TRAIL DES GETS
20 & 21 July 2025
Rules

ARTICLE 1: DEFINITION & ORGANISATION

The Trail des Gets is a non-stadium running event taking place in Les Gets on Saturday 19th and Sunday 20th July 2025 and comprising 8 events.

The Trail des Gets is organised jointly by **Les Gets Tourisme**; located 89 route du Front de Neige, 74260 Les Gets, registered under the N°Siret 77657871800012, represented by **Mr Michel Mugnier, as President**, and by **Mrs Nathalie Tellier, its Director**; and the **Faucigny Athletic Club**, with the support of the Mairie des Gets, the Technical Services of the commune of Les Gets and SOLEGETS (Société des Remontées Mécaniques des Gets).

The organisers reserve the right to modify these rules at any time, in order to comply with regulations and to ensure the interest and safety of participants.

ARTICLE 2: GENERAL RULES

Each participant acknowledges that he/she has read these rules, accepts all their clauses and undertakes to abide by them as soon as his/her registration has been validated. The organisers cannot be held responsible for any incident or accident that may occur as a result of non-compliance with the rules. They undertake on their honour not to anticipate the start and to cover the full distance before crossing the finish line.

All participants undertake to comply with the safety measures in place. Each participant undertakes to respect the following points, on pain of disqualification:

- Respect the environment (fauna and flora), the signposting and the volunteers,
- Use only the marked paths and do not throw anything on the paths,
- Do not take trail cuts,
- Provide assistance to any runner in difficulty,
- Follow the instructions of the organisers, marshals and volunteers,
- Keep your compulsory equipment with you throughout the course.

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

- Being followed at all times by a companion,
- Using personal assistance in the official feed zones,



- Being accompanied by pets throughout the course.

ARTICLE 3: PROGRAMME

Withdrawal of race numbers

Numbers can be collected at the Colombière hall (2813 Route des Grandes Alpes - 74260 Les Gets) from Saturday 19 July between 8am and 6pm and on Sunday 20 July from 6am to 9am, for all races.

Starting points of the races

Saturday 19 July

- 9am: Mont Chéry challenge
- From 4pm: children's races

Sunday 20 July

- 7.30am: red trail
- 9am: blue trail
- 9.30am: green trail

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

Results and prize-giving

The results will be published on the L-Chrono website and on the L-Chrono Facebook page at the end of the race, at 1.30pm for the Défi du Chéry, at 6.30pm for the children's races and at 1.30pm for all the courses on Sunday.

ARTICLE 4 : COURSE

Finish / Start

The start and finish of the races listed below will be located in Les Gets, between no. 51 and no. 81 rue du centre:

Races on Saturday 19/07 (children's races for juniors, chicks, benjamins/minimes and cadets)

The following races will start and finish at the same address:

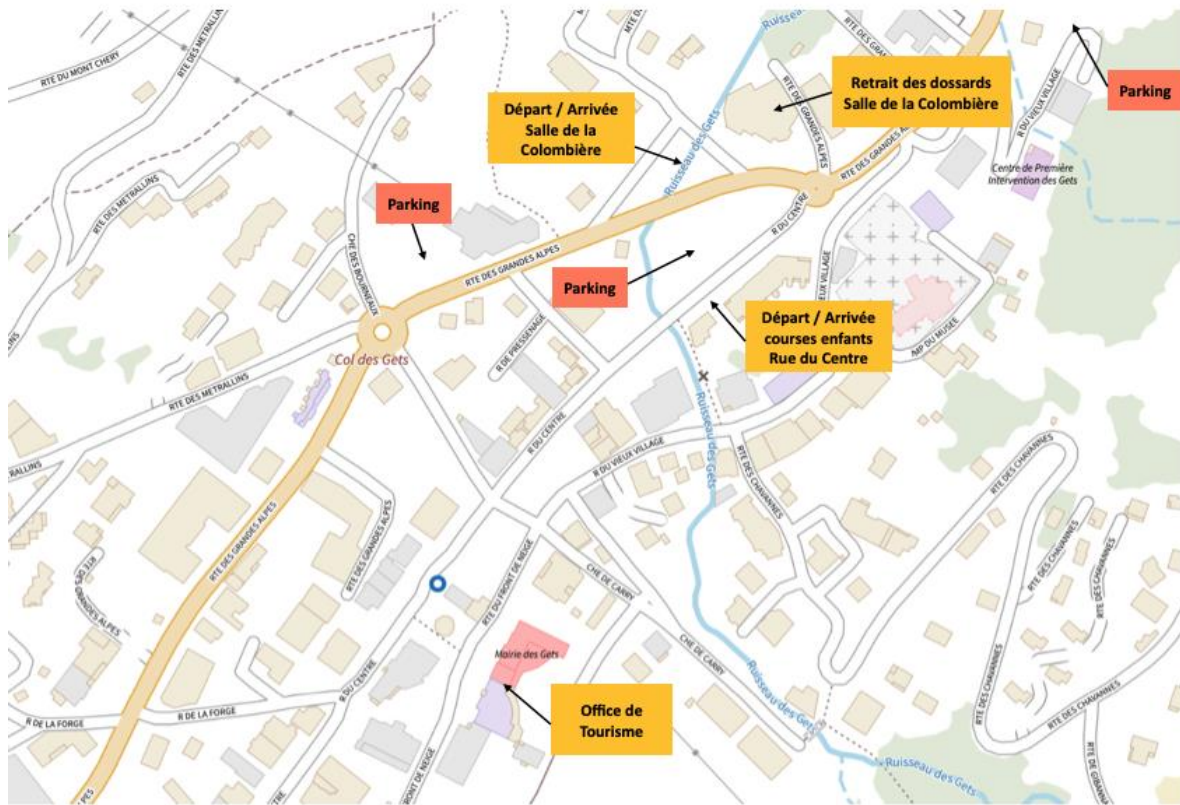
Parking de la Salle de la Colombière: 2813 Route des Grandes Alpes, 74260, Les Gets.

The start and finish of the Défi du Mont Chéry (Saturday 19 July) will be located at the foot of the Mont Chéry cable car.



TRAIL DES GETS

Les Gets
Portes du Soleil



Course

The green trail and children's race courses take in the roads, streets, carriageways and footpaths of Les Gets. The blue course passes through the communes of Côte d'Arbroz and Les Gets. The red route passes through Morzine and Les Gets.

Race details on the website www.lesgets.com/traildesgets

Courses are subject to change up to the day of the race.

The Trail des Gets offers different courses listed below.

Race	Category	Distance	Elevation gain
Mont Chéry challenge	Espoir (2003-2005)	As many climbs as possible (for 4 hours)	380 climb
Red trail	Espoir (2003-2005)	42 km	2280 climb



Blue trail	Espoir (2003-2005)	20.5 km	1100 climb
Green trail	Junior (2006-2007)	11 km	550 climb
Under 16's race	2008-2009	6000 m	/
Under 14's race	2010-2013	3000 m	/
Under 11's race	2014-2015	1500 m	/
Children's race	2016-2018	800 m	/

It is up to each participant to adapt his or her effort and pace, taking into account his or her ability and mastery of the race and in particular the terrain and weather conditions (rain, snow, wind, etc.) on the day of the event.

Time Barrier

- DÉFI DU CHÉRY: +4h after the start, or 13h
- CHILDREN RACES: +30 minutes after each category
- YOUTH RACE: +30min after the start, or 6.30pm
- RED TRAIL :
 - Intermediate 1: Plateau de Joux Plane, 11km, +3h after the start, or 10 am
 - Intermediate 2: Plateau de Nyon, 14km, +3h30 after the start, or 10.30 am
 - Intermediate 3: Mont Caly 1, 26km: 6 hours after the start, or 1pm
 - Intermediate 4: Col de l'Encrenaz, 29km, +6h30 after the start, or 1.30 pm
 - Intermediate 5: Mont Caly 2, 38km: 8h30 after the start, or 3.30 pm
 - Intermediate 6: Finish 43km +9h after the start, or 4.30 pm
- BLEU TRAIL :
 - Intermediate 1: Mont Caly 1, 4km +1h30 after the start, or 9am
 - Intermediate 2: Col de l'Encrenaz, 7km, +2h after the start, or 10am
 - Intermediate 3: Mont Caly 2, 15km, +4 hours after the start, or 12
 - Intermediate 4: Finish 21km, +5h30 after the start, or 1.30pm
- GREEN TRAIL :
 - Intermediate 1: Mont Caly 1, 4km: +1h30 after the start, or 11am
 - Intermediate 2: Finish 11km: +3h30 after the start, or 12.30 pm

Distances and gradients



Distances and changes in altitude are given for information only.

Participants are likely to have slightly different distances and gradients on race day depending on the GPS watches used.

All the routes for the various races are available at www.lesgets.com/traildesgets, via the ©TraceDeTrail platform. The routes are subject to last-minute changes due to private property, mountain pastures and the day's weather conditions. This is why it is important to follow the markings on the ground and not to refer to the GPX track 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 2003 and before for the Mont Chéry challenge, the red trail, the blue trail and the green trail.
- Born between 2008 and 2009 for the Under 16's race,
- Born between 2010 and 2013 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.

To take part in one of the courses, you must be of the required age for the current year.

Anyone over 18 years of age who wishes to take part in the Trail des Gets must present :

Either an FFA licence only (no other licence will be accepted), valid on the date of the event,

Or, for non-licensed runners, a Health Prevention Passport issued by the Fédération Française d'Athlétisme, valid on the day of the race, either 20 July 2025 for the Défi du Mont Chéry, or 21 July 2025 for the Trail Vert, Bleu et Rouge.

All minors wishing to take part in the Trail des Gets must present a parental authorisation form. A template is available on the trail website www.lesgets.com/traildesgets.

It is 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 do not need to provide details of your answers). This questionnaire is available directly on the registration website and also on the trail website 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://in.njuko.com/trail-des-gets-2025?currentPage=select-competition>

Registration opens on January 18 th 2024 at 12am.

Registration closes on Thursday 18 July 2025 at 11.59pm, subject to availability of places.

Race	Prices	Max. runners
Mont Chéry challenge	€30	100
Red trail	€50	450
Blue trail	€30	750
Green trail	€20	750
Under 16's 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 personal. No transfer of entry is permitted for any reason whatsoever. Any person transferring their number to a third party will be held responsible in the event of an accident occurring or caused by the third party during the event.

Incomplete registrations will not be taken into account.



BE CAREFUL to check that your application is complete before collecting your number. If it is not on the day of the race, you will not be able to collect your number and you will not be entitled to a refund of your registration fee.

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 0.5 litre water supply,
- Food supplies,
- Survival blanket,
- Whistle,
- Windproof jacket,
- Mobile phone with the number of the organisers and emergency services (these numbers will be given to participants when they collect their numbers). Participants must be contactable at all times (before, during and after the race),
- Bib visible on the chest.

Recommended equipment:

- Waterproof jacket, gloves 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: WITHDRAWAL OF RACE NUMBERS

Numbers will be collected from the Colombière hall (2813 Route des Grandes Alpes - 74260 Les Gets) on Saturday 18 July between 7.30 a.m. and 6 p.m. and on Sunday 20 July between 6 a.m. and 9 a.m. for all races.

No bibs will be issued without a valid health prevention passport or licence, and parental authorisation for minors.

A person may collect a participant's number on presentation of proof of identity.

Incomplete registrations will not be taken into account.

Be sure to check that your application is complete before collecting your number. If it is not on the day of the race, you will not be able to collect your number and you will not be entitled to a refund of your registration fee.

ARTICLE 9: SUPPLIES

Refreshments will be both liquid and solid. They will be available all along the route (you can find the location of the refreshment points on the maps of the Trace de Trail routes available: <https://tracedetrail.fr/fr/user/folders>)

Refreshments will also be available at the finish area.

Personal refreshments by an assistance team are not permitted in the official refreshment zones.

List of refreshment points :

Red Trail :

Col de Joux Plane

Col de l'Encrenaz

Mont Caly

Blue Trail :

Mont Caly

Col de l'Encrenaz

Mont Caly

Green Trail :

Mont Caly



ARTICLE 10: RESULTS & AWARDS

The results will be published immediately after the race by L-Chrono on their website and Facebook page.

They will also be available on www.lesgets.com/traildesgets.

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

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

The organisers will award prizes to the first 3 women and the first 3 men in the overall classification of each race and only to the first 3 women and the first 3 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

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 organisers

- In the event of unfavourable weather conditions, for safety reasons and/or in cases of force majeure, the organisers reserve the right to modify the course, 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 organisers, participants will be entitled to :
- Postponement of their registration for the Trail des Gets 2026,
- Or a refund of their entry fee for the Trail des Gets 2024. Only the registration fee will not be reimbursed (commission ranging from 0.75€ to 1.40€ on the registration fee for your race).



Cancellation by the participant

Any request for a refund of the registration fee must be accompanied by a medical certificate stating that the participant is unable to take part, or by any other authentic document (death in the family, accident, etc.) and must be sent no later than 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 his race number at the finish or inform the organisers. When you give up, please send an SMS to 07 66 33 50 30 with your race number so that your withdrawal can be counted.

If a competitor abandons the race without warning and the organiser carries out a search, legal action may be taken against the competitor for reimbursement of costs incurred.

If the weather conditions, the physical state or the bad behaviour of a competitor so require, the medical team and the organisation have full power to force the competitor to abandon the race.

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 being imposed on the participant, ranging from a time penalty to disqualification. The level of sanction is set by the organising committee, in proportion to the breach observed, as a last resort. If several breaches are found, the penalties are added together. The penalty is notified to the rider by the race management committee no later than 20 minutes after his 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: 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 16: 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 17: 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, 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 18: 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, 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 02/19/2025