

TRAIL RULES

— BACK TO THE TRAILS ORIGIN —
VOLVIC VOLCANIC EXPERIENCE



MAY 30/31 &
FIRST DAY: RUN !

JUNE 1ST 2019
SECOND DAY:
CONNECT WITH NATURE



110
KM_s

43
KM_s

25
KM_s

15
KM_s



UNESCO WORLD HERITAGE

— YOUR FAMILY ARE WELCOME — WWW.VOLVIC-VVX.COM —

GENERAL INFORMATION

The Volvic Volcanic Experience (V VX) event, planned for 30, 31 May and 1 June 2019, is organised by the Volvic Volcanic association, whose headquarters is located in France at 1 place de la Résistance, 63530 Volvic. The running portion of the event complies with the regulations for outdoor races.

LOCATION

The organisation (reception, start, finish, locker rooms, podium, entertainment village) will be set up at the Volvic spring (near the Volvic Information Area) located at rue des Sources 63530 Volvic. No parking will be available at the site. Spaces for vehicles will be available at the Champleboux sports complex at avenue de la Liberté, 63530 Volvic. Participants and visitors may access the organisation site either on foot or by taking one of the free shuttles.

REGISTRATION

Race participants are to register online only, through the official event website www.volvic-vvx.com thanks to a secure payment by bank card.

The online registration deadline is set for 25 May 2019. Beyond this date, only on-site registration will be possible, and this within the limit of the quotas still available.

To confirm their registration to one of the four event trails, runners must, in accordance with the current legislation, submit the following:

- a copy of their license (Athlé Compétition, Athlé Santé Loisir option Running or the Pass Running issued by the FFA) which must be valid on the date of the event;
- a copy of their license issued by the FFCO, la FFPM, UFOLEP or the FF Triathlon, which must be valid on the date of the event;
- a copy of their medical certificate allowing for the practice of competitive sports, dated less than one year (according to the sports code, the organiser cannot refuse it).

The copy of the licence or medical certificate must be delivered upon registration.

A registration confirmation e-mail is sent once the registration is validated by SPORTIPS.

Special case of foreign runners:

The requirement to provide a medical certificate allowing for the practice of competitive athletics or running applies to all foreign runners.

The physician issuing the medical certificate may be located on the national territory or internationally. It must be written in French, dated and signed and must allow for the authentication of the physician.

SAFETY AND INSTRUCTIONS TO FOLLOW

- All V VX running participants agree to complete the planned distance and itinerary with the utmost sportsmanship and are expected to strictly respect the traffic regulations when travelling road sections.

- Medical supervision is ensured by a physician and an association of first aid providers at first aid stations set up at strategic points specified in the course guidelines. Any runner seeking help from a physician or first aid provider, in doing so, submits to his or her authority and agrees to accept his or her decisions. Each participant is obliged to report any problems on the courses. Under no circumstances may the organisation be held responsible for any physical or psychological impairment.

- Participants agree to respect the organisers' decisions regarding any emergency situation or the terms and conditions related to the event organisation. In case of poor weather conditions (rain, fog, etc.), or for any other significant reason, the organisers reserve the right to change the circuits or cancel courses and hikes, even up to the last minute.

- It is strictly forbidden to litter waste (tubes containing gels, papers, organic waste, plastic packaging ...) on the course. Garbage cans are available at each supply point and must be used. The race officials carry out mobile controls on the courses.

- All participants must keep their waste and packaging until they can be thrown into the bins provided at the supply points. The organisation encourages runners to bring a waste bag to transport their waste until the next supply point. Plastic bags for soiled papers are handed out with the bib.

They should be used to collect soiled papers when urgently needed around the trails.

- It is imperative to follow the paths as they are marked, without crossing. Indeed, crossing a trail causes damaging erosion of the site.
- Some sections along the course outlined include private roads made accessible exclusively for the day of the hike. As a result, recording the course, by any means whatsoever, for purposes other than personal use, is prohibited. Consequently, the release of one's tracking data online or elsewhere is also prohibited.
- The organisation declines any responsibility to the loss, theft or damage of equipment.
- All runners must be properly equipped with the items detailed in the "Equipment" section.
- The organisation reserves the right to institute crossing times, to modify certain portions or all of the challenges in the event that weather conditions are such that the health and safety of participants would be at risk, and to stop, under medical advice, any runner presenting with signs of physical impairment.
- All participants declare on honour to not anticipate the start, to complete the full distance before crossing the finish line and to respect the race rules.

COLLECTING RACE NUMBERS

Bibs for the trails can be collected from the **Goulet site**, in the **former Volvic factory** on:

Thursday 30 May from 2.00 pm to 8.00 pm

Friday 31 May from 3.00 am to 3.45 am and 7.30 am to 9.45 am

EQUIPMENT

Mandatory trail equipment according to the FFA outdoor regulations:

- A headlamp with spare battery only for runners of the Ultra Trail *Expérience Chaîne des Puys-Faille de Limagne*, solo or duo/trio (for the first torch-bearers)
- A liquid or solid energy product (energy gel or bar)
- A whistle
- The bib number issued to each individual player worn in a visible manner and in its entirety
- The information chip provided with each bib number and thus to each runner
- The safety sheet including the emergency telephone number and the safety rules to be followed
- A water supply of at least 0.5 litres
- A survival blanket to protect oneself or another competitor in case of injury
- A mandatory mobile phone in charge (at least for the 110km)
- Eco-cup mandatory on supply points, no cups will be supplied.

ADDITIONAL MANDATORY EQUIPMENT MAY BE REQUESTED at any moment, depending on the weather bulletins obtained from Météo France, or the course director, for any other external factor, may demand that mandatory equipment be worn. This will include:

- **a rain jacket, waterproof windbreaker with long sleeves**
- **long tights or knee-length tights + long socks**
- **a hat or cap or buff to cover the head**

In order to be authorised to start, each competitor must be in possession of and carrying this mandatory safety equipment, all of which is to be presented when collecting the bib number.

Controls will be completed at the start line and along the course.

Tips:

- Check the weather in the days leading up to the race and adapt your equipment according the forecasts
- Torch-bearers: bring warm clothing to wear while waiting
- Always follow the advice provided by the organisation
- The crossing of each checkpoint is mandatory

ACCOMPANYING PERSONS

Any assistance from accompanying persons or spectators wanting to run or pedal alongside the competitors is considered as cheating and will result in the participant being disqualified.

Spectators are permitted along the entire course.

Dogs must be kept on a leash for the safety of participants.

TIMEKEEPING OF THE TRAILS, CONTROL POINTS AND CUT-OFF TIMES

Timekeeping of the trails will be completed by SPORTIPS using an electronic device.

Each competitor must secure their bib number and electronic chip provided by the organisation as indicated and without any modification.

Electronic control points will be set up along the course. Any competitor not recorded at these control points will be disqualified automatically.

Cut-off times are calculated in order to enable participants to reach the finish-line within the maximum time allowed, while also making potential stops (supply points, etc.). These cut-off times are as follows:

Ultra Trail Expérience Chaîne des Puys-Faille de Limagne (110 km):

- ▶ **Cut-off times are calculated in order to enable participants to reach the finish-line within the maximum time allowed, while also making potential stops (supply points, etc.)**
- ▶ **- 1st: 8:45 AM at the summit of *Puy de Dôme* (start of the 2nd torch-bearer for trio relays) to 29 km.**
- ▶ **- 2nd: 2:00 PM at the former *Puy de Dôme* toll station, (start of the 3rd torch-bearer for trio relays) to 60 km.**
- ▶ **- 3rd: A shortened course is planned at the *Carrière Espinasse* supply point (87.5 km) with a cut-off time of 7:30 PM. Through this shorter and easier route, runners will ultimately rejoin the 10 km finish through the city of Volvic. These participants will nonetheless be ranked by order of arrival behind those who will have completed the entire course. They will complete 100 km of the total 110 km so that everyone is happy and given the chance to gain 4 UTMB points.**

Volvic Catchment Area Experience (43 km):

- ▶ **On the Impluvium Trail, the cut-off time is set for 2:45 PM at the Facemenier Village supply point at the 30 km mark.**

To receive authorisation to continue the course, runners must leave from the control point prior to the set time limit. The organisation reserves the right to withdraw from the race any competitor who obviously appears to be unable to finish the challenge. Withdrawn participants will be accompanied by volunteer teams back to the event village.

Any runner withdrawn from the race and wanting to continue will be able to do so only after having handed in his or her bib number, under his or her own responsibility and in complete autonomy with the understanding that the race sweepers (*serre-files*) invalidate the bib number.

Runners must communicate any decision to forfeit the race to the organisation, which (except for apparent medical reasons) is possible at control points only.

For the Ultra Trail *Expérience Chaîne des Puys-Faille de Limagne* relay races, all runners must have left by the cut-off time. If, however, the expected torch-bearer has not yet arrived, he or she may finish the relay. The team will thus be ranked after those which have respected all of the cut-off times.

RELAY TRAIL DETAILS (subject to modifications)

Torch-bearers must travel to the relay areas by their own means. No transport service will be made available by the organisation to drive torch-bearers to the relay areas.

EXPERIENCE CHAINE DES PUYS-FAILLE DE LIMAGNE - DUO VERSION:

- 1st relay: From the Start to the supply point of the former Puy de Dôme toll station at 60 km / 2200D+
- 2nd relay: From the supply point of the former Puy de Dôme toll station to the Finish at 50 km / 1300D+

EXPERIENCE CHAINE DES PUYS-FAILLE DE LIMAGNE - TRIO VERSION:

- 1st relay: From the Start to the *Puy de Dôme* summit at 28 km / 1470D+
- 2nd relay: From *Puy de Dôme* summit to the supply point of the former Puy de Dôme toll station at 32 km / 730D+
- 3rd relay: From the supply point of the former *Puy de Dôme* toll station to the Finish at 50 km / 1300D+

Parking is available at the *Puy de Dôme* train station (La Font de l'Arbre, 63870 Orcines).

A special train will be chartered to bring the torch-bearers to the *Puy de Dôme* summit. Its scheduled departure is 5:45 AM. To benefit from this transportation, the torch-bearers must arrive by 5:20 AM; parking is available to them at the station. Runners for the first leg of the relay will then be able to travel back down to the station with the trains all throughout the day.

If he or she desires, the third torch-bearer may accompany his or her teammates to the summit of *Puy de Dôme* by train and return with the first torch-bearer. This, however, must be announced when picking up their bib numbers.

To help organise the runners, the start of the third relay is planned at the *Puy de Dôme* train station parking lot.

FORFEIT

If a runner wishes to forfeit during the race, he or she must communicate this to the manager of the nearest control point and turn in his or her bib number. The control point manager will permanently invalidate and recover the bib number. Shuttles will be made available at the control points to pick up runners who have forfeited the race.

If a runner or hiker is being treated by first aid service providers, either conventional or from the organisation, he or she is under their authority and must interrupt their race if they deem it necessary.

AGE CATEGORIES

The accessible age categories for each course are as follows:

- *Expérience Pierre de Lave*: Runners born prior to 2001 included (junior category)
- *Expérience Volcanique*: Runners born prior to 1999 included (espoirs category)
- *Expérience Impluvium Volvic*: Runners born prior to 1999 included (espoirs category)
- *Expérience Chaîne des Puys-Faille de Limagne*: Runners born prior to 1999 included (espoirs category)

PENALISATION – DISQUALIFICATION ON THE COURSE

By registering to one of the four trail courses, the runners agree to the following:

- not to use any means of transport
- to cross all control points
- to wear the bib number in a visible manner for the entire duration of the race
- to undergo an anti-doping test
- to provide assistance to any participant having trouble

- to allow a doctor to examine him or her and to respect the doctor's decision
- to comply with these regulations in full

Any breach of any of these rules on behalf of a runner could lead to his or her immediate disqualification without any opportunity for appeal.

JURY PANEL

The jury panel is comprised of the organisation committee, the medical team present on the course and the course director.

RANKING AND AWARDS

With the primary objective of the event being to raise awareness of the richness and the preservation of an exceptional natural environment, the timekeeping and athletic performance aspect has been purposely given a back seat in order to offer a personal experience that values fun, exceeding one's limits and being one with nature.

Therefore, in the spirit of the event, only the following people will receive an award:

Expérience Pierre de Lave: Awards for the first 3 overall Male and Female and prizes for every 1st categories Male and Female for 1st junior, 1st espoir, 1st senior, 1st M1, 1st M2, 1st M3, 1st M4 and 1st M5

Expérience Volcanique: Awards for the first 3 overall Male and Female and prizes for every 1st categories Male and Female for 1st espoir, 1st senior, 1st M1, 1st M2, 1st M3, 1st M4 and 1st M5 (men and women)

Expérience Impluvium Volvic: Awards for the first 3 overall Male and Female and prizes for every 1st categories Male and Female for 1st espoir, 1st senior, 1st M1, 1st M2, 1st M3, 1st M4 and 1st M5 (men and women)

Expérience Chaîne des Puys-Faille de Limagne solo: Awards for the first 3 overall Male and Female and prizes for every 1st categories Male and Female for 1st espoir, 1st senior, 1st M1, 1st M2, 1st M3, 1st M4 and 1st M5 (men and women)

Expérience Chaîne des Puys-Faille de Limagne duo: Awards for the first 3 teams overall and prizes for the 1st 100% women's team and the 1st mixed team.

Expérience Chaîne des Puys-Faille de Limagne trio: Awards for the first 3 teams overall and prizes for the 1st 100% women's team and the 1st mixed team.

Any competitor qualifying for 2 podium positions will receive only one award for the most prestigious of the titles.

Only those competitors present at the prize ceremony will be able to collect their awards.

There is no cash prize given.

The results will be posted on the event website.

REGISTRATION CANCELLATION

Any cancellation of registration for the races and hikes must be made exclusively by registered mail. The request for cancellation will be considered only for the reasons listed below:

- an accident, serious illness or the death of the actual runner/hiker.
- a serious illness requiring hospitalisation or the death of the participant's spouse or common-law partner, first-degree ascendants or descendants, and this prior to Friday 17 May 2019.

In the event of an accident or serious illness involving the runner, a medical certificate attesting to his or her inability to participate in the race or hike must be submitted. Any other cause for cancellation must be justified by a certificate issued by the competent authority.

Conditions for compensation: any request for a refund must be submitted, accompanied by a medical certificate, no later than Friday, 24 May 2019, as per the postmark date. Requests will be processed within the month after the event.

In the event of a cancellation request, the reimbursement of registration fees is made minus the €5 handling fee.

CANCELLATION OF RACES OR HIKES

In the event of a force majeure, weather event, natural disaster or any other circumstance that would compromise the safety of participants, the organisation reserves the right to modify the circuit or cancel the event. In case of cancellation due to an epidemic, weather event or natural disaster, no refunds will be provided (a portion of the registration fees may potentially be carried over to the following year).

INSURANCE/LIABILITY

The event is covered by liability insurance purchased by the organiser. Licensees benefit from the guarantees granted by the insurance linked to their license, and other runners must take out their own insurance. In addition, it is strongly recommended that runners and hikers purchase individual accident insurance to cover their own personal risks.

In case of forfeit, disqualification (by the organisation or the medical team), the organisation is relieved of any liability. The participation of competitors in the event shall be subject to their liability along with the denunciation of any recourse against the organisers in case of damages or consequences suffered during or after the event.

IMAGE RIGHTS

All participants expressly waive their right to their images taken during the event, as they renounce all recourse against the organiser and its official partners for the use of their image.

DATA PROTECTION AND FREEDOM OF INFORMATION

The organisation reserves the right to share the list of participants and their contact details to its partners.

As per the French Data Protection and Freedom of information Law of 06/01/1978, participants have the right to access, correct or delete personal nominative data by written request.

QUARTZ EVENT PROGRAM

The Organization of the **Volvic Volcanic Experience** has decided to set up the QUARTZ Event program to protect your health and contribute to doping-free sport. The QUARTZ Event program is open to all participants. It has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during and after the competition. The QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes For Transparency association (AFT) and Ultra Sports Science Foundation (USS). It is managed by a Medical commission solely composed of doctors. This Medical commission can take advice from experts of its choice and specifically give a consultative advice to the race direction on the medical condition of participants. This Medical commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons.

Each participant agrees to:

1. Declare to the Medical commission the following medical information:
 - Any medical history and/or pathology, in particular those which may increase risks during the practice of a sport

- The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition
 - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE)
2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organization.
 3. Accept not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.
 4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Medical commission may ask for in order to discuss their ability or not, to participate in the competition.
 5. Submit any doping control form completed within 30 days before the start of the competition and up to 15 days after the competition. Each form must be legible.
 6. Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification and opposition to data concerning him. The Medical commission is the authority with which the participant can exercise this right.

The declaration of medical information to the Medical commission is done through the ITRA health space for which each participant has access after having created a free runner account on the ITRA website: <http://www.itra.run>. The declared medical information is only accessible by the doctors of the Medical commission, the designated experts as well as to the medical team during an eventual care during the competition.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event program can result in the exclusion of the participant from the competition or being downgraded after the competition.

ACCEPTANCE

By registering to the event, the participant attests that he or she is aware of these regulations and that he or she agrees to comply fully with all of the provisions therein. Registration to one of the event races or hikes implies unreserved acceptance by the participants of these regulations in their entirety.