

# The Great Volcanic Crossing Experience

## XGTV

### 220 km/8110 D+

### “Trail Adventure Race, Duo or Solo” from

### 20 to 22 May 2020



**VVX** **VOLVIC—  
VOLCANIC  
EXPERIENCE**

**MAY 2020 21, 22 & 23**

**FIRST DAY: RUN!** **SECOND DAY: CONNECT WITH NATURE**

**220 110 43 25 15**  
KMs KMs KMs KMs KMs 

CHAÎNE DES PUYs - LIMAGNE FAULT  
**UNESCO WORLD HERITAGE**

# Rules

**The Great Volcanic Crossing Experience® XGTV** is one of the events proposed as part of the VVX® Volvic Volcanic Experience.

It is managed by a Race Committee whose decisions are final.

## EVENT CHARACTERISTICS

1. The Great Volcanic Crossing Experience is a semi-autonomous sports challenge, which will take place from 20 to 22 May 2020.
2. This adventure is open **to solos and duos**, women, men and mixed teams.
3. This event will start on Wednesday, 20 May 2020 at 10:00 am and the closing time is 00:00 on Friday, 22 May 2020, i.e. a maximum of 62 hours to meet this challenge and reach the finishing line.
4. An official ranking will be established according to the order of arrival of duos and solos within this period of 62 hours.

Duos are strictly inseparable. If a runner forfeits the race, the 2<sup>nd</sup> runner can continue the adventure with the solo formula (the runner will be ranked after the last solo runner having left the starting line).

5. The route will bring competitors from the Lioran station in the Cantal region to the Volvic (63) springs via the Plomb du Cantal, the Puy Mary, the Cézallier mountain range, the Sancy mountain range and the Puys chain, i.e. approximately 220 km and 8110 D+ in the heart of the Auvergne Volcanoes Regional Natural Park.

No markings are in place. The event involves following an itinerary using a roadbook and GPS routes (provided by the organisation).

6. In order to preserve the quality of the event and ensure safety, the number of participants is capped at a total of 60 for all categories.
7. The organisation will put in place one medical/cold refreshment refuelling station and three aid stations:

- Km 30 at the Col de Serre (medical and cold refreshment refuelling station) - Cut-off time = Wednesday, 20 May 2020 at 7:00 pm
- Km 67 at Condat (aid station) - Cut-off time = Thursday, 21 May 2020 at 4:00 am
- Km 120 at Super-Besse (aid station) - Cut-off time = Thursday, 21 May 2020 at 7:00 pm
- Km 181 at the Maison du Parc in St Genès-Champanelle (aid station) - Cut-off time = Friday, 22 May 2020 at 2:00 pm

The teams manage refuelling and rest time as they wish on this basis.

At the medical/cold refreshment refuelling station (Col de Serre), competitors will find:

- Solid cold food
- Energy products...
- Cold and hot drinks
- Toilets
- Medical assistance (doctor)

At the three aid stations, competitors will find:

- A hot meal
- Auvergne's 5 AOP cheeses
- Energy products...
- Cold and hot drinks
- Toilets/showers
- Beds to relax
- Your relief bag with spare items and race provisions
- Medical assistance (physiotherapists, a doctor, etc.)

8. **Assistance** is only tolerated at the aid stations. It is strictly prohibited at any other point on the route, at the crossings of roads and villages, under penalty of immediate disqualification. However, participants may procure water or food when crossing villages if this action has not been intentionally organised.

9. **Participants may not be accompanied** along the route (except along the kilometre that precedes or follows the aid stations) under penalty of disqualification. Checks will be carried out along the route.

10. All participants must strictly comply with **the Highway Code** when crossing sections of roadways.

11. Most of the areas crossed by marked paths are private properties. Removing your waste, staying on the marked paths, not disturbing wildlife... are simple gestures to respect nature, inhabitants and other visitors.

12. The XGTV route is ITRA-certified and qualifies for 6 UTMB© points.

13. Two rankings will be established: a duo ranking and a solo ranking so that each finisher can recover their UTMB points.

14. The GPX route provided ensures the itinerary is continuous. **However, the highlighted route in the Roadbook will be the route imposed.** Some crossings (e.g. crossings of villages) will not be highlighted, which will allow runners to take the itinerary of their choice. **The two media (GPX and Roadbook) are therefore complementary.**

## **PARTICIPATION AND REGISTRATION TERMS**

The Great Volcanic Crossing Experience is open to any person born in or before 2000 (*espoir* to master 11 categories), whether or not they have a licence.

To validate registration, each runner must complete and provide a registration form on **<http://sportips.fr/volvic-vvx/> and the certificate of acceptance of these rules with the handwritten words “lu et approuvé”, dated and signed (see Appendix 3).**

Each competitor must submit on this registration module before **20 April 2020**:

- a **specific XGTV** medical certificate dated less than one year before 20 May 2020 (see Appendix 1)
- proof (*email, diploma, copy of results via a race site*) that each competitor participated in and completed **one ultra-trail medium mountain or high-altitude race of a minimum of 24 hours and/or a raid of a minimum of 24 hours in 2018 and 2019**
- a medical information sheet that will only be accessible to doctors and the race director (see Appendix 2)

### **Services provided by the organisation**

- **Per runner**
  - 1 bib
  - 1 post-race hot meal and beverage in Volvic
  - 1 access ticket to the VVX closing ceremony on Saturday, 23 May 2020 in Volvic
  - 1 finisher T-shirt
  - 1 souvenir gift
  - 1 personal diploma for finishers
  - The ranking and validation of 6 points for the UTMB
  
- **Per team or in addition for the solo package**
  - 1 light stick to break.
  - 1 geolocation system with a GPS beacon and emergency call per team. This beacon will enable a live follow-up of the duo/solo. A deposit voucher will be requested from participants when the beacon is handed over at the time the bibs are collected.
  - 1 itinerary roadbook.
  - 1 GPX route with the route file and waypoints to download on the participant's personal GPS will be sent approximately 15 days before the event to all participants to avoid any possible changes to the route.
  - In the event of a setback, a Roadbook in paper format will be provided at the aid station.

- **4 stations** (3 aid stations + 1 medical/cold refreshment refuelling station) with liquid and solid refreshments, hot meals made with local products, beds, toilets, medical assistance, a physiotherapist, showers, etc.
- **The shuttle bus** to get to the starting line at Lioran station (15) - departure Wednesday, 20 May 2020 at 6:30 am
- **24-hour security** along the route provided by professionals
- **Shuttle service to repatriate** runners (if a participant forfeits the race, repatriation with the station managers after all competitors have passed through)
- **Electronic timekeeping**
- **A free application for Suivi Live**, live on Smartphones, and a screen on arrival

## **COMPLETION OF THE RACE**

The XGTV “Great Volcanic Crossing Experience” will leave from the Lioran station in the Cantal region on Wednesday, 20 May 2020 at 10:00 am. The Experience then becomes a medium-mountain circuit of about 220 kilometres and has about 8110 metres of ascending elevation.

Arrivals will be judged at the Parc de la Source in Volvic on Friday, 22 May 2020 at midnight, i.e. a maximum time allocated of 62 hours to complete the entire route.

Collection of bibs, checking of bags and race instructions: Tuesday, 19 May 2020 from 4:00 pm to 8:00 pm at the Parc de la Source in Volvic. Bags will be checked (mandatory equipment) at 4:30 pm, 6:30 pm or 8:00 pm.

Race briefing: Wednesday, 20 May 2020 during the bus transfer and 30 min (9:30 am) before the race starts.

Drop-off of relief bags: Tuesday, 19 May 2020 when the bibs are collected at the Parc de la Source in Volvic (former Goulet factory) from 4:00 pm to 8:00 pm or on Wednesday, 20 May 2020 from 5:30 am to 6:30 am at the Parc de la Source in Volvic.

Departure by shuttle: Wednesday, 20 May 2020 at 6:30 a.m. from the Parc de la Source in Volvic. Mandatory for participants **save for exceptional cases approved by the organisation.**

Arrival at Lioran on Wednesday, 20 May 2020 at 9:00 at the latest. Reception + animation + breakfast + briefing and photo of participants.

Official start of the race: Wednesday, 20 May 2020 at 10:00 a.m. at Lioran on Neige Front.

## **BIBS**

Each bib is handed over individually to each competitor upon presentation of an identity document with a photo and after signing **the certificate of acceptance of these rules with the handwritten words “lu et approuvé”, dated and signed. If this condition is not fulfilled, the organisation will not allow the participant to take part in the race.** The bib must be visible throughout the race and presented at the checkpoints along the route and at the stations.

In Volvic, the bib is the pass required to access the bus, treatment rooms, rest rooms, showers, bag drop-off or collection areas and, of course, the four stations.

## **LOCALISATION AND CHECKS**

A localisation application will be enabled and a GPS beacon will be provided to each duo team or solo participant. This beacon allows the organisation to monitor the progress of the team, its routing and thus ensure its safety on the route.

**A penalty will be assigned to each solo/duo if they are deemed to be off the route. The race director will have full discretion regarding this penalty after verification on arrival.**

**Any absence of mandatory equipment will result in a penalty of one hour per absence.**

It is therefore essential for each solo/duo to have at least one charged telephone for GPS tracking in the race bag throughout the event. Solos must also imperatively have a spare battery. Possibility of charging batteries at the stations.

Follow-up information will be available on the Internet.

## **CUT-OFF TIMES**

Cut-off times will be defined at the stations and/or any other location deemed useful by the organisation for security requirements. They are calculated to enable participants to reach the finishing line within the maximum time imposed of 62 hours.

	<b>Place</b>	<b>Date Cut-off time</b>	<b>Time allotted</b>	<b>Details</b>
<b>Station 1 Massif Cantalien</b>	Maison des Activités Pleine Nature du Col de Serre	Wednesday, 20 May 2020 at 7:00 pm	Running time = 9 hours  Avg 3.3 km/h	30 km  2215 D+/1650 D-
<b>Station Cézallier</b>	Condat	Thursday, 21 May 2020 at 4:00 am	Running time = 9 hours  Avg 4.1 km/h	37 km  650 D+/1445 D-  <i>67<sup>th</sup> km</i>
<b>Station 3 Sancy</b>	Super-Besse Tourism Centre	Thursday, 21 May 2020 at 7:00 pm	Running time = 15 hours  Avg 3.5 km/h	53 km  1675 D+/1305 D-  <i>120<sup>th</sup> km</i>
<b>Station 4 Chaîne des Puys</b>	Maison du Parc de Montlosier	Friday, 22 May 2020 at 2:00 pm	Running time = 19 hours  Avg 3.2 km/h	61 km  2270 D+/2700 D-  <i>181<sup>th</sup> km</i>
<b>Arrival at Parc de la Source in Volvic</b>	VVX arrival site	Friday, 22 May 2020 at 00:00	Running time = 10 hours  Avg 3.9 km/h	39 km  1300 D+ 1680 D-  <i>220<sup>th</sup> km</i>

In order to be allowed to continue the race, the teams and solos must leave the aid station before the specified time limit (cut-off time).

Any competitor pulled out of the race by the organisation who wants to continue the journey will do so under his/her full responsibility after returning his/her bib and GPS beacon.

### **FORFEITING AND REPATRIATION**

The organisation will ensure the repatriation of runners (who forfeit the race or are pulled out at a cut-off time) from the stations, without making a commitment as to the time of repatriation. If a participant forfeits the race at any other point on the route, runners must organise themselves and use their own means to reach the nearest aid station, save for some exceptions.

If a participant forfeits the race, the return of the relief bag to Volvic before the end of the event cannot be guaranteed.

## **MANDATORY EQUIPMENT**

For obvious safety reasons, participants undertake to keep with them all the mandatory equipment listed below.

Systematic checks will be carried out at the starting line and aid stations, and randomly along the route.

### **Mandatory personal equipment**

- Minimum water supply of 1.5 litres at the starting line and when leaving each aid station
- Micropure or water filtration system
- Spare energy food supply, at least 1,000 kcal
- 1 headlamp in good working condition with batteries or a spare battery
- 1 survival blanket (minimum 140x210 cm)
- 1 whistle
- 1 warm long-sleeve undershirt in breathable fabric in the runner's size (T-shirt + pair of arm sleeves allowed)
- A 2<sup>nd</sup> long-sleeve layer (fleece type) in the runner's size
- A 3<sup>rd</sup> long-sleeve layer with a hood (Gore-Tex or equivalent type) in the runner's size
- 1 Gore-Tex or equivalent type of trousers in the runner's size
- 1 long sports trousers or leggings in the runner's size (3/4 + pair of sleeves allowed)
- 1 pair of gloves
- 1 beanie or ruff
- 1 manual compass
- 1 multi-use cup or eco-cup
- 1 bowl or mess tin + lid for hot meals at the aid station (possibility of either putting it in a relief bag at the aid station or in a backpack): nothing will be provided by the organisation, eco-responsibility principle
- 1 mandatory duvet in the race bag (at least 200 g)
- 3 relief bags per runner with capacity of approximately 20 L. Each bag will be identified and transported to each of the three aid stations

### **Mandatory equipment per team or for the solo runner**

- 1 knife
- 1 lighter
- 1 deck of waterproof cards (card holder or waterproof paper)
- 1 mobile phone (with organisation numbers entered), charged and in a watertight pouch
- 1 charger (solar, portable, rechargeable, etc.); possibility of charging at the stations



- 1 light stick to be broken
- 1 GPS or watch on which the routes provided by the organisation will be downloaded
- The Roadbook and the route maps
- 1 emergency headlamp with batteries or a spare battery
- 1 first aid kit to treat minor injuries and ailments: 1 complete Velpeau bandage tape (not open), small format (5 cm), 1 packet of sterile compresses, 1 adhesive strip (bandaid, etc.), 1 physiological salt solution prefilled dropper, 1 pair of tweezers, 4 PARACETAMOL or equivalent tablets (Level 1 painkiller) -> No ANTI-INFLAMMATORIES, 2 anti-blister bandages of any brand

N.B.: Any absence of mandatory equipment will result in a penalty of one hour.

#### **Other equipment highly recommended for your safety (non-exhaustive list)**

- At least €20 in cash
- Watertight bag
- Emergency poncho
- Tea-light candle
- Sticks
- Other spare clothing
- 1 pair of sunglasses
- String, sunscreen, vaseline or anti-chafing cream, etc.

### **SAFETY AND CONDUCT TO ADOPT IN THE EVENT OF AN ACCIDENT**

The Race PC will be installed in Volvic and monitors will be present throughout the whole route and at the aid stations. These people will be the only contacts for the runners who will have to speak to them in the event of a problem.

If necessary, they will be responsible for alerting and coordinating public emergency services.

#### **In the event of an accident**

Runners must use their first aid kit for initial first aid treatment.

In the event of an emergency or inability to move, they must alert the **Race Doctor or the Race Director and the Deputy Race Director**.

In the event of bad weather conditions, and for safety reasons, the Race Director reserves the right to change the route, modify the cut-off times or, if necessary, stop the race or impose a stop-and-go at the aid stations. His/her decisions are final.

In the event of a change of route, new maps (paper roadbook) will be provided at an aid station with an alternate, less exposed route.

## **INSURANCE**

### **Individual accident**

Each competitor must be in possession of personal accident insurance covering search and rescue costs in France in the Medium Mountain sector. Such insurance may be taken out with any organisation at the discretion of the competitor, in particular with the French Athletics Federation via the subscription of a licence or the French Climbing and Mountaineering Federation, etc.

For runners who are members of the ITRA (International Trail Running Association), it is possible to take out an Assistance-Repatriation insurance that covers search and rescue costs worldwide. For more information, visit [www.itra.run](http://www.itra.run).

### **Civil liability**

The organiser will take out liability insurance for the duration of the race. This liability insurance guarantees the monetary consequences of its liability, and that of its employees and participants.

## **IMAGE RIGHTS**

All participants in the event expressly waive both their image rights during the event and all claims against the organiser and its official partners that may arise from the use of their image. Only the organisation may pass this image right on to any media, via an accreditation or an appropriate licence. Any communication about the event or use of images of the event must respect the name of the event and the registered trademarks, and have the official agreement of the organisation.

## **TEAM CHANGE AND CANCELLATION**

The initial composition of the teams may be modified before April 20, 2020. It will be evaluated by the Race Committee, which will decide whether or not to accept its registration, and its decision is final.

Any cancellation of the registration of a whole team or solo participant must be submitted by e-mail or registered mail. No cancellation is allowed by telephone.

Registration refunds are only possible under the following conditions:

<b>Date of dispatch</b>	<b>Amount refunded, as a % of the amount of registration (excluding additional costs)</b>
From 1 January to 15 February 2020	60%
From 15 February to 20 April 2020	40%
After April 20, 2020	No refund.

If one of the teammates withdraws, it will not be possible to recover part of the amount of the registration.

Registration is in the name of the participant. A registration may not be transferred to another race or to another person for any reason whatsoever.

In the event that a runner has an accident or develops a serious illness, a doctor's certificate, signed and stamped by the doctor, stating the reason that they cannot take part in the race, will be required. Any other reason for cancellation must be supported by a signed and stamped certificate issued by the relevant authority.

## **DATA PROTECTION**

The event reserves the right to share the list of participants and their contact information with its partners.

In accordance with the French Data Protection Act of 06/01/1978, participants have the right to access, rectify and erase their personal information from this list by making a request in writing to the organisation and indicating their full name and bib number.

## **QUARTZ EVENT PROGRAMME**

The Volvic Volcanic Experience Organisation has decided to implement the QUARTZ Event programme to protect your health and contribute to a drug-free sport. The QUARTZ Event programme is for all participants. It is not intended to nor is qualified to replace national and international anti-doping rules but is intended to strengthen medical surveillance before, during and after the competition. The QUARTZ Event programme is conducted in collaboration with the ITRA (International Trail Running Association), the Athletes For Transparency (AFT) association and the Ultra-Sports Science Foundation (USS). It is managed by a Medical Committee consisting only of doctors. This Medical Committee may seek advice from experts of its choice and is in particular responsible for giving an opinion to race management on the medical status of the participants. This Medical Committee may even recommend management remove a participant from the race for health reasons.

Each participant therefore undertakes to:

1. Report the following medical information to the Medical Committee:
  - Any history of medical issues and/or pathology, in particular those that may increase risks during a sport activity
  - Use of regular treatments or medicines or food supplements at least 30 days before the start of the competition
  - Any request for or use of a substance or method subject to a Therapeutic Usage Exemption (TUE)
2. Accept all urinary and/or blood and/or hair and/or saliva tests and related analyses within 30 days of the start of the competition and up to 15 days after the competition, it being understood that the costs incurred in taking these samples and the related analyses shall be borne directly by the Organisation.
3. Agree not to participate in the competition in the event of glucocorticoid usage, regardless of the mode of administration and therefore whether or not a TUE exists, within seven days of the start of the competition. The use of glucocorticoids may in particular be identified in the analyses carried out either from a direct dosage or in the case of an abnormally low cortisol level.
4. Agree to respond to any invitation from the Medical Committee on site or remotely (telephone or videoconferencing) so as to discuss the participant's aptitude for participation in the competition.
5. Send any form regarding any anti-doping test performed within 30 days of the start of the competition and up to 15 days after the competition. Each form must be legible.
6. Accept the use, for research purposes only and strictly anonymously, of the participant's personal data. Each participant has the right to access, correct and object concerning their data. The Medical Committee is the body the participant can turn to exercise this right.

The declaration of medical information to the Medical Committee is made through the ITRA health space to which each participant has access after creating a runner account free of charge on the ITRA website: <http://www.itra.run>. Declared medical information can only be accessed by the Medical Committee's doctors, designated experts and the medical team providing any treatment during the race.

Any unreasonable breach, refusal, or the transmission of inaccurate information in connection with the QUARTZ Event programme may result in the participant being taken out of the competition or disqualification after the competition.

## **ACCEPTANCE OF THE RULES AND EVENT ETHICS**

By registering, participants confirm that they are aware of these rules and agree to follow all provisions therein unreservedly. Registering implies full and complete acceptance (i.e. without reservation) by participants of these rules, the event ethics and any instructions provided by the organisation to the participants.

**THESE RULES ARE SUBJECT TO CHANGE UP TO 48 HOURS BEFORE THE RACE STARTS**

## **CONTACT INFORMATION**

Email: [grandetraverseevolcanic@gmail.com](mailto:grandetraverseevolcanic@gmail.com)

Damien POULET - Coordinator and Race Director for the Great Volcanic Crossing Experience - Email: [damienpoulet@gmail.com](mailto:damienpoulet@gmail.com)

Stéphane DUMORTIER - Deputy Race Director - Email: [steph.raidmr@gmail.com](mailto:steph.raidmr@gmail.com)

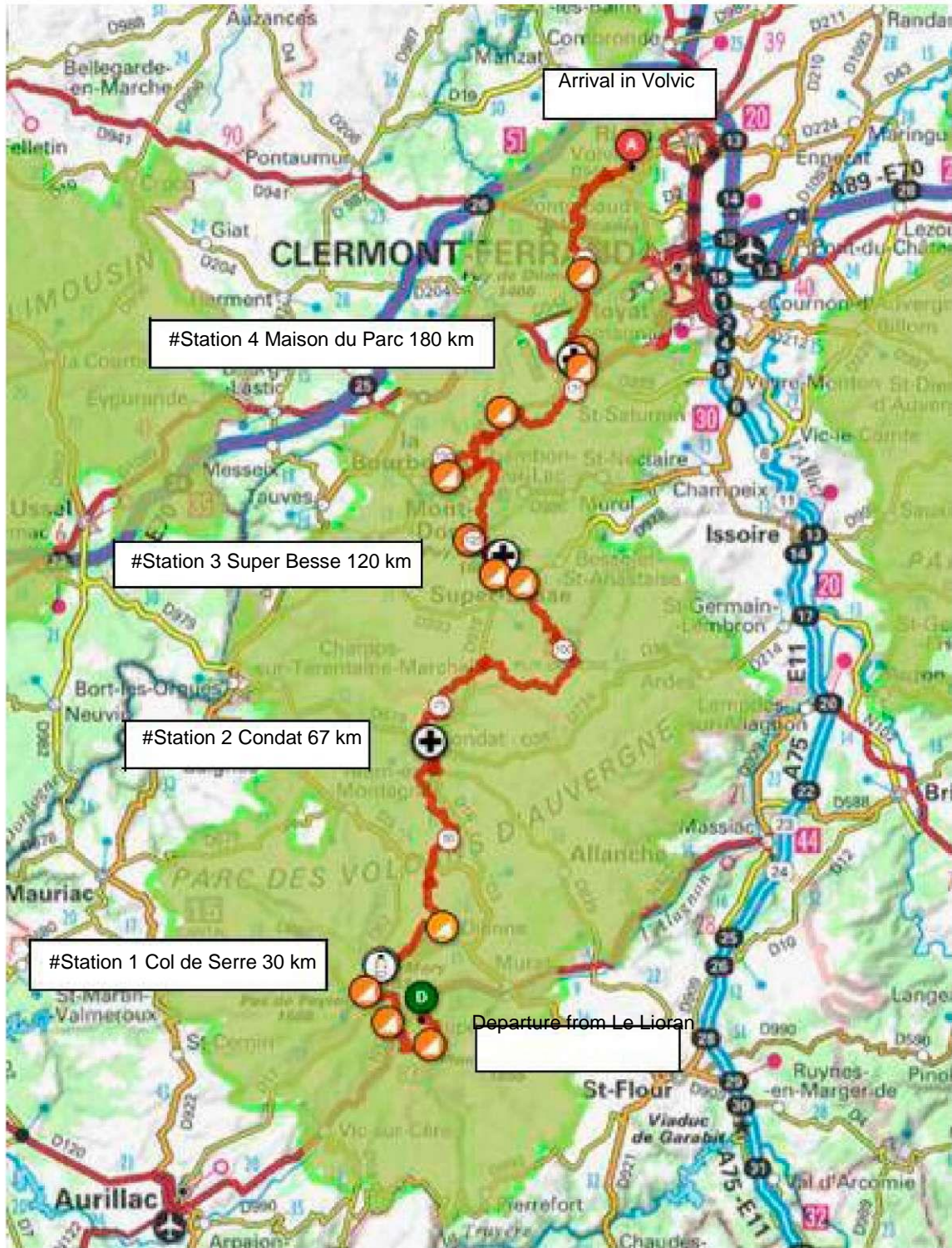
FB event page: <https://www.facebook.com/ExperienceGrandeTraverseeVolcanic/>

XGTV Group Facebook:

[https://www.facebook.com/groups/366908153909318/Psource\\_id=283671439019324](https://www.facebook.com/groups/366908153909318/Psource_id=283671439019324)

Website: [www.volvic-vvx.com](http://www.volvic-vvx.com)

Registration module: <http://sportips.fr/presentation-course/xgtv-220km/>



## APPENDIX1

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### SPECIFIC XGTV 2020 MEDICAL CERTIFICATE

**This certificate of aptitude for participation in the XGTV sporting event (ultra-endurance race of 220 km - 8110 D+ - max. time 62 h) is to be filed in the registration module before 20 April 2020. If the medical certificate is not received by that date, registration will be cancelled and not refunded. All medical certificates must be provided in French.**

I, the undersigned,.....

a medical doctor, certify that I have examined, today,

Mr/Mrs .....

Born on ...../...../.....

and have not identified any reason to disallow competitive racing on foot, and in particular participation in an **ultra-endurance race of 220 km/8110 D+ with a maximum duration of 62 hours.**

On..... at.....

Handed over to the interested party for all intents and purposes.

Stamp and signature of the Doctor



## APPENDIX 2

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### Medical information sheet

**This sheet must be completed by the runner.**

*The information contained in this sheet allows for better care in the event of medical problems during the race. This medical information is strictly confidential and will only be accessed by the race director and doctor, and is subject to medical confidentiality.*

**Bib number (reserved for the organisation)**

.....  
.....

**First name and last name of the runner**

.....  
.....

**Date and place of birth of the runner**

.....  
.....

**Person to be notified in case of emergency (last name, first name, telephone number, relationship with the runner)**

.....  
.....

**Known medical history (cardiac, diabetes, etc.)**

.....  
.....

**Current medical treatments**

.....  
.....

**Known allergies to drugs (or no knowledge of any allergies)**

.....  
.....

**Additional information (if necessary)**

.....  
.....

**Date:** .....

**Signature of the runner:** .....



## **APPENDIX 3**

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### **CERTIFICATE OF ACCEPTANCE OF the 2020 Great Volcanic Crossing Experience Rules**

I, (first name and last name) .....  
declare that I received, read and accept the rules of the Great Volcanic Crossing Experience, which will  
take place on 20, 21 and 22 May 2020.

Read and approved (handwritten)

Date:.....

Signature:.....