



VVIC KIDS RACE

RULES



During the VVIC, the kids have their own trail to enjoy.

The race takes place on the Goulet site. It starts from the same place as the adult race: under the VVIC arch.

Waves of 20 children are sent off at a time: the next wave leaves as the last gets back to the starting line.

Each child is allowed to complete the course as many times as they want during their allocated 20 minutes.

Will they manage to run the distance of the adult trails: 25km? 43km? 80km? 110km? Or – even better! – 224km?

REGISTRATION:

There is a registration fee of €5, payable only via the Sportips website.

On the day of the race, children will need to have the attached parental consent form with them.

The number of runners will be limited to 250.

EQUIPMENT:

Activewear and shoes that are suitable for road running.

DESCRIPTION:

During this challenge, the children will need to run as far as they can in 30 minutes.

There will be three age-based categories:

Red circuit – 500m/10m elevation: Children born in 2015, 2014 and 2013

Blue circuit – 700m/15m elevation: Children born in 2012, 2011 and 2010

Yellow circuit – 1100m/20m elevation: Children born in 2009, 2008, 2007 and 2006

SAFETY:

Children will need to wear the bib provided by the organisers to make sure they are clearly identifiable.

Guardians may not run the course with their child.

Areas where adults can stand and watch the race will be indicated.

Only children who are accompanied by an adult will be allowed to take part in the race.

IMAGE RIGHTS:

Parents give the organisers their permission to post pictures taken of their children on the day of the race to their website.

PRIZES:

Each child will receive a gift when they enter the race.

A medal will be given out at the end of the challenge.

REFRESHMENTS:

Liquid and solid refreshments will be provided at the end of each lap and at the end of the challenge.

SCHEDULE:

- 08:00-10:00: Bibs collected and parental consent forms checked
- 10:10: Assembly in the clearing behind the starting arch. Challenge explained.
- 10:20: Warm up
- 10:30: Challenge begins
- 10:50: Challenge ends
- 11:00: Children collected by their parents or guardians / Winners announced

ROUTE:

