

PARAGRAPH 1

RULES FOR THE TRAILS

GENERAL

The Volvic Volcanic Experience (VVX) event, which is to take place on 25th, 26th, 27th and 28th May 2022, is organised by Volvic Volcanic, an association whose registered office is located at 5 Rue des Sources - Le Goulet, 63530 Volvic. The foot race part of the event complies with the rules for outdoor races.

LOCATION

The event (reception, starting lines, finishing lines, changing rooms, podium, entertainment village) is based on the site of Volvic's spring (near the Volvic Information Centre) located at Rue des Sources – Le Goulet 63530 Volvic. However, there are no parking facilities in this area. Parking is available especially at the Champleboux sports complex located on avenue de la Liberté, 63530 Volvic, along with the other locations planned by Volvic city council (rue du Chancelas, Z.A. de Champloup). The event site can be accessed either on foot or via the free shuttle service.

REGISTRATION, DEADLINE AND DOCUMENTS TO BE PROVIDED

For all races, participants must register before 12th April 2022 by using the link on our website (<https://www.volvic-vvx.com/>) or www.sportips.fr and is subject to availability. No on-site registration except for the VVX Kids Trail and hiking, which are subject to availability.

- Registration must be paid by bank card only and before 12th April 2022. After this date, registration will be cancelled.

- The documents to be provided (licences or medical certificate) are to be downloaded onto your personal form before 12th April 2022. After this date, registration will be cancelled and is non-refundable. No payment will be accepted on site, nor will any document when the bibs are collected.

The registration file must be complete, paid for and documented no later than 12th April 2022. Otherwise, the registration will be cancelled and is non-refundable.

Supporting document: in accordance with Article II-A-4 of the rules on outdoor events and in reference to Article L231-2-1 of the French Sports Code, participation in our competition is subject to the presentation of:

- an Athlé Competition or Athlé Running licence or other Pass Running participation permit issued by the FFA, valid on the date of our event;

- or a sports licence, valid on the date of our event, issued by an approved federation only, on which must appear by any means a statement certifying that the holder may participate in competitive athletics, running or sports;
- or a medical certificate allowing the practice of sports in competition or athletics in competition or running in competition, dated less than one year (from the date of the event) or a copy thereof. Documents (medical certificate, licence, etc.) are to be sent in digital format to support@sportips.fr

SAFETY AND INSTRUCTIONS

All VVX participants undertake to run the distance and itinerary planned in the best sporting spirit. They undertake to comply with the French Highway Code. Volunteers will be positioned in places that present a danger and competitors will have to obey all their orders and instructions, particularly when crossing roads open to traffic. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.

Medical supervision is provided by a doctor and an association of first aid personnel at first aid stations at the strategic points specified on a display in the race's village. Runners who request assistance from a doctor or first aid provider agree to submit to their authority and accept their decisions. All participants are required to report any problems encountered along the route. Under no circumstances may the organisation be held responsible for physical or psychological health problems.

Participants agree to respect the organisers' decisions during an emergency situation or in relation to the event's organisational arrangements. Organisers also reserve the right to modify routes or cancel races or hikes in the event of poor weather conditions (e.g. rain, fog, etc.), war, epidemic or for any other significant reason, even at the last minute.

To protect the health of competitors, their entourage, volunteers and the public as best as possible, the organiser will scrupulously comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus. These measures are now specified in the "Guide of Health Recommendations for the organisation of races and the fight against the spread of the COVID-19 virus" issued by the French Athletics Federation on 21 July 2020. Reference should be made to this document. It is specified that the protection measures concerned may result in significant changes in the organisation of events, to the route and timetable of races and hikes, in the number of participants, the procedures to be followed and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.

It is strictly forbidden to litter (tubes containing gels, paper, organic waste, plastic packaging, etc.) on the route. Waste bins are available at each refreshment station and must be used. Race officials carry out random checks on the routes.

All participants must keep waste and packaging until they are able to dispose of them in the bins made available at the refreshment stations. The organisation encourages runners to use a waste pouch to transport their waste until the next refreshment station. They must be used to collect soiled paper in the event of an urgent need near the trails. It is essential to follow the paths as they are marked, without shortcutting. In fact, shortcutting leads to damaging erosion of the site.

Some sections of the proposed routes include private roads which are only accessible on the day of the event. Therefore, recording the routes taken for any purpose that is not strictly personal by any means is prohibited. Sharing these routes either on- or offline is also therefore forbidden.

The organisation may not be held responsible for any loss, theft or damage to equipment.

All runners must be equipped with the items described in the "Equipment" section.

The organisation reserves the right to introduce crossing times (cut-off times), to modify certain portions or all of the races if the weather conditions are likely to endanger the health or safety of the participants, and to stop, on medical advice, any runner presenting signs of physical impairment.

All runners formally declare they will not leave the starting line early, they will travel the full distance before crossing the finishing line and they will comply with the race rules.

BIBS

The bibs for the trails and hikes are collected at the **Le Goulet site in the former Volvic factory**. The bib collection days and times are as follows:

Thursday, 26th May 2021 from 11 am to 8 pm

Friday, 27th May 2021 from 2 am to 4:45 am and from 7am to 9:45 am

Bibs may be transferred for the 110 km DUO and TRIO upon presentation of a medical certificate proving a contraindication before 12th April 2022 in order to be able to keep the DUO or TRIO registrations.

Bibs are issued to named individuals for solo races. They cannot be exchanged or transferred, regardless of the reason given. Runners who do transfer their bibs are liable in the event their replacement suffers or causes an accident.

Each bib is handed over individually to each runner upon presentation of:

- an identity document with a photo,
- your race bag and all the mandatory equipment.

The bib must be placed on the chest or stomach and must be permanently and fully visible throughout the race. It must therefore always be placed on top of any clothing and cannot under any circumstances be attached to the bag or a leg.

REFRESHMENTS

The organisation provides solid and liquid refreshments along the entire route. The refreshment stations are stocked with drinks and food to be consumed on site. The organisation provides flat water or an energy drink to fill water bags and mandatory individual cups. The runner must ensure that he/she has, when leaving each refreshment station, the amount of drink and food necessary to reach the following refreshment point.

EQUIPMENT

Mandatory trail equipment according to FFA outdoor regulations:

- A headlamp with a spare battery for the runners of the Chaîne des Puys-Limagne Fault Trail Experience (110 km) and the Terra Volcana Trail Experience (80 km), solo and duo/trio (for the first relay runners).
- A solid or liquid energy product (energy bar or gel)
- A whistle
- The bib issued to each individual player worn in a visible manner and in its entirety
- The computer chip specific to each bib and runner
- The safety sheet containing the emergency telephone number and the safety rules to be followed
- A water supply of at least 0.5 litre
- A survival blanket to protect oneself or another competitor in the event of injury
- A charged mobile phone the for 80 km and 110 km trails.
- An eco-cup for refreshments, no cup will be provided.

Additional mandatory equipment may be required by the race director based on weather reports obtained from Météo France or for any other external factors.

This will include:

- a rain jacket, long-sleeve waterproof windbreaker
- long or knee-length leggings + long socks
- a cap or beanie or buff to cover your head

The list of mandatory additional equipment will be specified on the evening before the race starts in the reception area and on the dedicated social media pages.

To be allowed to start the race, each competitor undertakes to be in possession of and carry this mandatory safety equipment and to present it in its entirety when the bib is collected. Checks will be carried out at the starting line, along the route and randomly at the finishing line.

Tips:

- Check the weather on the days leading up to the race and adapt your equipment to suit the forecasts
- Relay runners: pack warm clothes to wear while waiting - always comply with the event instructions
- Each checkpoint must be passed through.

ACCOMPANYING PERSONS

Any assistance from accompanying persons or spectators is prohibited and will lead to the disqualification of the participant.

Spectators are permitted along all routes.

Dogs must be kept on leash for the safety of participants and are prohibited in refreshment areas.

TIMEKEEPING OF TRAILS, CHECKPOINTS AND CUT-OFF TIMES

Timekeeping of the trails will be provided by an electronic device supplied by SPORTIPS.

Each competitor must put on their bib and electronic chip provided by the organisers as indicated in the “bibs” section and without making any modifications to this equipment.

Electronic checkpoints will be set up along the route. Competitors who are not recorded at these checkpoints will be automatically disqualified.

Cut-off times are calculated to allow participants to reach the finishing line within the maximum time permitted whilst also accommodating any possible stops along the way (to refuel, etc.). These cut-off times are as follows:

Chaîne des Puys-Limagne Fault Trail Experience (110 km) and Terra Volcana Trail Experience (80 km):

- ▶ - 1st: 9:30 am at the top of the Puy de Dôme (departure of the 2nd runner for the trio relays) at km 29 for the 110 km trail and at 11:30 am for 80 km trail.
- ▶ 2nd: 2:30 pm at the refreshment station on the access road to the Puy de Dôme, at the automatic barrier (departure of the 3rd runner for trio relays), km 60, access on foot from the car park of the Panoramic view of the Dômes in the direction of the Puy de Dôme.
- ▶ - 3rd: 7 pm at the refreshment stations at the Espinasse quarry at km 88 for the 110 km trail and 6 pm at km 58.5 for the 80 km trail.
- ▶ - 4th: 9 pm at the Facemenier village refreshment station at km 99 for the 110 km trail and 8 pm at km 70 for 80 km trail.

In order to be allowed to continue the race, runners must leave the checkpoint before the cut-off time. The organisation reserves the right to remove from the race any competitor who is clearly not able to complete the race. The individuals taken out of the race will be repatriated by the volunteer teams to the event's village.

Any runner who is taken out of the race and who wants to continue on his/her route will only be able to do so after returning his/her bib, under his/her own responsibility and completely autonomously, 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 checkpoints only.

For the Ultra Trail Chaîne des Puys-Limagne Fault Experience relay races, all relay runners must have left by the cut-off time. However, if the expected relay runner has not yet arrived, he/she may finish his/her relay. The team will then be automatically ranked after the teams having complied with all cut-off times.

Relay Trail Details (subject to change):

Relay runners must travel to the relay areas by their own means. No transportation services will be put in place by the organisation to drive relay runners to the relay areas.

CHAINE DES PUYS-LIMAGNE FAULT EXPERIENCE DUO VERSION

- **1st Relay: from the starting line to the Ancien Péage du Puy de Dôme refreshment station 60 km/2200 climb**
- **2nd Relay: from the Ancien Péage du Puy de Dôme refreshment station to the finishing line 50 km/1300 climb, access by foot from the car park of the panoramic view of the Dômes in the direction of the Puy de Dôme**
GPS point: Lat.° Lon.° 45.77003N 2.97991 E

CHAINE DES PUYS-LIMAGNE FAULT EXPERIENCE TRIO VERSION

- **1st Relay: from the starting line to the top of the Puy de Dôme 28 km/1470 climb**
- **2nd Relay: from the top of the Puy de Dôme to the Ancien Péage du Puy de Dôme refreshment station 32 km/730 climb**

- **3rd Relay: from the Ancien Péage du Puy de Dôme refreshment station to the finishing line 50 km/1300 D+**
GPS point: Lat.° Lon.° 45.77003N 2.97991 E

Parking for vehicles is available at the car park of the Puy de Dôme train station (La Font de l'Arbre, 63870 Orcines).

A special train will be chartered to bring the relay runners to the top of the Puy de Dôme. Its departure time is 5:45 am. To use this means of transportation, the relay runners must present themselves on site at 5:20 am and can park their vehicle in the station car park.

Runners for the first leg of the relay will then be able to travel back down to the station by train throughout the day. If he/she wishes, the third relay runner can also accompany his/her teammates to the top of Puy de Dôme by train and return with the first relay runner. He/she must indicate so when the bibs are collected.

To facilitate the organisation of the runners, the start of the third relay is planned at the Puy de Dôme train station car park.

FORFEITING

If a runner wishes to forfeit during the race, he/she must inform the manager of the nearest checkpoint and turn in his/her bib. The checkpoint manager permanently invalidates the runner's bib by retrieving it. Shuttles positioned at the checkpoints will be available to pick up the 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 consider it necessary.

AGE CATEGORIES

The accessible age categories for each route are as follows:

- Lava Stone Trail Experience (15 km): Runners born before 2004 included (junior category)
- Volcanic Trail Experience (25 km): Runners born before 2002 included (*espoir* category)
- Volvic Impluvium Trail Experience (43 km): Runners born before 2002 included (*espoir* category)
- Terra Volcana Trail Experience (80 km): Runners born before 2002 included (*espoir* category)
- Chaîne des Puys-Limagne Fault Trail Experience (110 km): Runners born before 2002 included (*espoir* category)

RACE PENALTIES – DISQUALIFICATION

By registering for one of the 6 trail races, the runners undertake:

- not to use a means of transportation
- to attend all checkpoints
- to wear the bib so that it is visible throughout the entire race
- to submit to an anti-doping test
- to assist all participants in difficulty
- to allow a doctor to examine him or her and to respect the doctor's decision
- to comply with these rules in their entirety

A runner's failure to comply with one of these rules leads to immediate disqualification without any possibility of appealing this penalty.

JUDGING PANEL

It is composed of the organisation committee, the medical team for the race and the race director.

RANKINGS AND AWARDS

With the primary objective of the event being to raise awareness of the treasures and 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 limit and being at one with nature.

Therefore only the following people will be receive an award:

The Volcanic Rock Trail Experience: Awards for the first three Men and Women in the overall ranking and prizes for each 1st in the Men and Women categories for 1st junior, 1st *espoir*, 1st senior, 1st M0 (35-39 years old), 1st M1 (40-44 years old), 1st M2 (45-49 years old), 1st M3 (50-54 years old), 1st M4 (55-59 years old), 1st M5 (60-64 years old), 1st M6 (65-69 years old), etc., up to M10 (85-89 years old).

The Volcanic Trail Experience: Awards for the first three Men and Women in the overall ranking and prizes

for each 1st in the Men and Women categories for 1st junior, 1st *espoir*, 1st senior, 1st M0 (35-39 years old), 1st M1 (40-44 years old), 1st M2 (45-49 years old), 1st M3 (50-54 years old), 1st M4 (55-59 years old), 1st M5 (60-64 years old), 1st M6 (65-69 years old), etc., up to M10 (85-89 years old).

The Volvic Impluvium Trail Experience: Awards for the first three Men and Women in the overall ranking and prizes for each 1st in the Men and Women categories for 1st junior, 1st *espoir*, 1st senior, 1st M0 (35-39 years old), 1st M1 (40-44 years old), 1st M2 (45-49 years old), 1st M3 (50-54 years old), 1st M4 (55-59 years old), 1st M5 (60-64 years old), 1st M6 (65-69 years old), etc., up to M10 (85-89 years old).

Terra Volcana Trail Experience: Awards for the first three Men and Women in the overall ranking and prizes for each 1st in the Men and Women categories for 1st junior, 1st *espoir*, 1st senior, 1st M0 (35-39 years old), 1st M1 (40-44 years old), 1st M2 (45-49 years old), 1st M3 (50-54 years old), 1st M4 (55-59 years old), 1st M5 (60-64 years old), 1st M6 (65-69 years old), etc., up to M10 (85-89 years old).

Chaîne des Puys-Limagne Fault Trail Experience Solo: Awards for the first three Men and Women in the overall ranking and prizes for each

1st in the Men and Women categories for 1st junior, 1st *espoir*, 1st senior, 1st M0 (35-39 years old), 1st M1 (40-44 years old), 1st M2 (45-49 years old), 1st M3 (50-54 years old), 1st M4 (55-59 years old), 1st M5 (60-64 years old), 1st M6 (65-69 years old), etc., up to M10 (85-89 years old).

Chaîne des Puys-Limagne Fault Trail Experience Duo: Awards for the first three teams in the overall ranking and prizes for the 1st 100% women's team and the 1st mixed team.

Chaîne des Puys-Limagne Fault Trail Experience Trio: Awards for the first three teams in the overall ranking and prizes for the 1st 100% women's team and the 1st mixed team.

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

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

There is no cash prize.

The results will be posted on the event's website.

CANCELLING REGISTRATION

INDIVIDUAL CANCELLATION GUARANTEE

At the time of your online registration on the Sportips.fr module, you can subscribe for an Individual Cancellation Guarantee, which will allow you to be reimbursed for the amount of

your registration (except meal options, shuttle, etc.) on simple request made before midnight on 23rd May 2022.

If you have not chosen this option, no refund will be made. As its name indicates, this guarantee is individual. In the event of a general cancellation or adjournment of the event, the rules of the event or the special conditions fixed by the organising team shall apply.

This individual cancellation guarantee is not transferable to the next edition.

CANCELLATION OF RACES OR HIKES

In the event of force majeure, bad weather, a natural disaster or any other circumstance that would compromise participants' safety, the organisers reserve the right to modify the route or cancel the event. Should the event be cancelled due to an epidemic, bad weather or a natural disaster, no refunds will be provided (part of the registration fees may potentially be carried over to the following year).

INSURANCE/LIABILITY

Liability insurance has been taken out by the organiser. Licensees benefit from the protections afforded by the insurance granted under their licence, and other runners and hikers 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.

The organisation may not be held liable should a participant forfeit the race or be disqualified (by the organisation or medical team). The participation of competitors in the event shall be subject to their liability alone and they must waive any recourse against the organisers in case of damages or consequences suffered during or after the event.

IMAGE RIGHTS

All participants in the VVX 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.

DATA PROTECTION

The organisation 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.

It is not intended to, nor is it 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 Commission may suggest to race management the dismissal of a participant for health reasons prior to the competition ("no start") or that the participant is disqualified after the competition for non-compliance with procedures.

The QUARTZ Event program is applicable to each participant, who therefore undertakes to:

1. Report the following medical information to the Medical Commission:
 - Any medical history and/or health condition, particularly those that may increase the risks during the competition.
 - 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).

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.

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. Not to participate in the competition in the event of the use of:

Within 60 days prior to the start of the competition and during the competition

- Infusion of iron by intravenous means

Within 7 days prior to the start of the competition and during the competition

- Intravenous Infusion

- Inhalation of a gas

- Substance subject to a Therapeutic Usage Exemption (TUE) in accordance with the list of prohibited substances published annually by the World Anti-Doping Agency (WADA)

- Glucocorticoids, regardless of the method of administration

- Synthetic thyroid hormones, except in the case of partial or total removal of thyroid or for hypothyroidism of medical origin.

Within 24 hours prior to the start of the competition and during the competition

- Beta-2 agonists, regardless of the method of administration

- Non-steroidal anti-inflammatory drugs (NSAID), regardless of the method of administration

The possible use of these different substances may be identified, notably, in the context of the tests carried out before and/or after the competition or any other means of investigation.

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 or his/her possible disqualification after the competition.
5. Send, in a legible format, 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.

6. Accept the use, for research purposes only and strictly anonymously, of the participant's personal data. Each participant has the right to access, rectify and object concerning their data. The Medical Committee is the body the participant can turn to exercise this right.

Any unreasonable breach, refusal or transmission of inaccurate information in connection with the QUARTZ Event programme may result in the participant being taken out of the competition, prior to the start, 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 for one of the event races or hikes 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.

PARAGRAPH 2

RULES FOR THE HIKES

GENERAL

The Volvic Volcanic Experience (VVX) event, which is to take place on 25th, 26th, 27th and 28th May 2022, is organised by Volvic Volcanic, an association whose registered office is located at 5 Rue des Sources - Le Goulet, 63530 Volvic. The hike section of the event meets French Hiking Federation regulations.

The hikes are also open to Nordic Walkers.

For this 6th edition, the Expérience Rando'Impluvium will follow the 15 km route of the Lava Stone Experience Trail. Following refreshments in the Paugnat quarry and the descent of the Puy de Paugnat, the most motivated walkers will be able to extend their walk with an additional 9 km route in the heart of the Volvic impluvium, leading to a second refreshment point.

PLEASE NOTE: before the refreshment point, walkers and runners going in opposite directions will use the same path for 1.5 km of the route.

- **1st route: 16 km – 450 m climb, of which 1 km in the city at the start. Open to those aged 8 years and over.**
- **2nd route: 9 km – 100 m climb. Open to those aged 16 years and over.**
- **For a total on the main course: 25 km - 550 m climb**

Fixed price: €15 for all and free for children aged 8 to 16 years old.

LOCATION

The event (reception, starting lines, finishing lines, changing rooms, podium, entertainment village) is based on the site of Volvic's spring (near the Volvic Information Centre) located at Rue des Sources – Le Goulet 63530 Volvic. However, there are no parking facilities in this area. Parking is available especially at the Champleboux sports complex located on avenue de la Liberté, 63530 Volvic, along with the other locations planned by Volvic city council (rue du Chancelas, Z.A. de Champloup). The event site can be accessed either on foot or via the free shuttle service.

REGISTRATION

Registration for the hikes taking place as part of the event is online only, via the official event site www.volvic-vvx.com, where you will also find a secure card payment system.

For signing up and the collection of bibs, children aged 8 to 16 years old must be accompanied by a responsible adult who is also completing the walk.

The deadline for online registration is 12th April 2022. After this date, any remaining places will be available for on-site registration only.

A confirmation email will be sent once registration has been approved.

INSTRUCTIONS AND SAFETY ADVICE: IMPORTANT

All hikers must observe the scheduled hike departure time of 10:15 am for the Expérience Rando'Impluvium (with the choice at the 12 km point to walk either 16 km or 25 km). Failure to do so may result in hikers finding that course markers and refreshment stations have been removed from their route.

All VVX runners or hikers must observe the French Highway Code during road-based sections of the route. Volunteers will be positioned in places that present a danger and competitors will have to obey all their orders and instructions, particularly for crossing roads that are open to traffic. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.

Doctors and a first aid team will be on hand to provide medical assistance. Hikers that request assistance from a doctor or member of the rescue team agree to submit to their authority and accept their decisions. All participants are required to report any problems encountered along the route. Under no circumstances may the organisation be held responsible for physical or psychological health problems.

Participants agree to respect the organisers' decisions during an emergency situation or in relation to the event's organisational arrangements. Organisers also reserve the right to modify routes or cancel races or hikes in the event of poor weather conditions (e.g. rain, fog) or for any other significant reason, even at the last minute.

Participants agree to remain on marked routes, and to respect both the natural areas along those routes and the private property that has been opened to the public for the event. Similarly, participants are required to respect the environment and not drop litter such as packaging or plastic bottles.

Some sections of the proposed routes include private roads which are only accessible on the day of the event. Therefore, recording the routes taken for any purpose that is not strictly personal by any means is prohibited. Sharing these records either on- or offline is also therefore forbidden.

To protect the health of walkers, their entourage, volunteers and the public as best as possible, the organiser will scrupulously comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus. These measures are now specified in the "Guide of Health Recommendations for the organisation of races and the fight against the spread of the COVID-19 virus" issued by the French Athletics Federation on 21 July 2020. Reference should be made to this document. It is specified that the protection measures concerned may result in significant changes in the organisation of events, to the route and timetable of hikes, in the number of participants, the procedures to be followed and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.

The organisation may not be held responsible for any loss, theft or damage to equipment.

Although you are not required to provide a medical certificate to take part in the hikes, the organisers would like to remind you that hiking is a highly challenging physical activity. It is therefore highly recommended that anyone with heart or respiratory problems should seek medical advice before taking part in the event.

All participants must be equipped with appropriate hiking equipment. It is therefore strongly recommended that you ensure you have protection against the elements (e.g. sun, rain, cold, etc.).

The hikes on offer are not competitive and completion of the route will not be timed.

Participants aged 8 to 16 may only complete the 16 km route and must be accompanied by a parent or adult who will assume responsibility in the event of an accident or incident.

Under-16s may not take part in the 25 km hike under any circumstances.

CANCELLING REGISTRATION

You can take out cancellation insurance when you register online only on the module. In the event of illness or accident, registration will be refunded only if cancellation insurance is taken and upon request received before 23rd May 2022 at midnight. In the absence of cancellation insurance, no refund will be made.

HIKE CANCELLATION

In the event of force majeure, bad weather, natural disaster, a ruling from an administrative or legal authority, a ruling from an administrative or legal authority or any other circumstances which would compromise participants' safety, the organisers reserve the right to modify the route or cancel the hikes. Should the event be cancelled due to an epidemic, bad weather or a natural disaster, no refunds will be provided (part of the registration fees may potentially be carried over to the following year).

INSURANCE/LIABILITY

Liability insurance has been taken out by the organiser. Licensees benefit from the protections afforded by the insurance granted under their licence, and other runners and hikers 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. The organisation may not be held liable should a participant forfeit the race or be disqualified (by the organisation or medical team). The participation of competitors in the event shall be subject to their liability alone and they must waive any recourse against the organisers in case of damages or consequences suffered during or after the event.

IMAGE RIGHTS

All participants in the VVX 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.

DATA PROTECTION

The organisation 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 or remove their personal information from this list by making a request in writing.

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 for one of the event races or hikes 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.

PARAGRAPH 3

RULES FOR THE FOOD TOUR

GENERAL

The Volvic Volcanic Experience (VVX) event, which is to take place on 25th, 26th, 27th and 28th May 2022, is organised by Volvic Volcanic, an association whose registered office is located at 5 Rue des Sources - Le Goulet, 63530 Volvic.

The Food Tour part of the event meets French Hiking Federation regulations.

LOCATION

The welcome point, as well as the beginning and end of the tour, is at Place de l'Église, 63530 Volvic. However, there are no parking facilities in this area. Parking is available especially at the Champleboux sports complex located on avenue de la Liberté, 63530 Volvic, along with the other locations planned by Volvic city council (rue du Chancelas, Z.A. de Champloup). The welcome point is only accessible on foot.

REGISTRATION

Registration for the Food Tour can only be made online, on the official event website **www.volvic-vvx.com**, using a secure card payment system. A confirmation email will be sent once registration has been approved.

INSTRUCTIONS AND SAFETY ADVICE: IMPORTANT

All hikers must be present at the planned start time, i.e. 10:30 am, or risk finding the route marker points removed and the eating points closed.

All VVX hikers must observe the Highway Code during road-based sections of the route. Volunteers will be positioned in places that present a danger and competitors will have to obey all their orders and instructions, particularly for crossing roads that are open to traffic. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.

Doctors and a first aid team will be on hand to provide medical assistance. Hikers that request assistance from a doctor or member of the rescue team agree to submit to their authority and accept their decisions. All participants are required to report any problems encountered along the route. Under no circumstances may the organisation be held responsible for physical or psychological health problems.

Participants agree to respect the organisers' decisions during an emergency situation or in relation to the event's organisational arrangements. Organisers also reserve the right to modify

routes or cancel the tour in the event of poor weather conditions (e.g. rain or fog) or for any other significant reason, even at the last minute.

To protect the health of walkers, their entourage, volunteers and the public as best as possible, the organiser will scrupulously comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus. These measures are now specified in the "Guide of Health Recommendations for the organisation of races and the fight against the spread of the COVID-19 virus" issued by the French Athletics Federation on 21th July 2020. Reference should be made to this document. It is specified that the protection measures concerned may result in significant changes in the organisation of events, to the route and timetable of hikes, in the number of participants, the procedures to be followed and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.

Participants agree to remain on marked routes, and to respect both the natural areas along those routes and the private property that has been opened to the public for the event. Similarly, participants are required to respect the environment and not drop litter such as packaging or plastic bottles.

Some sections of the proposed routes include private roads which are only accessible on the day of the event. Therefore, recording the routes taken, by any means, and for any purpose that is not strictly personal, is prohibited. As such, sharing these recordings on social networks, the internet or elsewhere is also forbidden.

The organisation may not be held responsible for any loss, theft or damage to equipment.

Although you are not required to provide a medical certificate to take part in the Food Tour, the organisers would like to remind you that hiking is a highly challenging physical activity. It is therefore highly recommended that anyone with heart or respiratory problems should seek medical advice before taking part in the event.

All participants must be equipped with appropriate hiking equipment. It is therefore strongly recommended that you ensure you have protection against the elements (e.g. sun, rain, cold, etc.).

The Food Tour is not a competition and the time taken to complete the hike will not be taken into consideration.

Participants aged under 16 must be accompanied by a parent or adult who will assume responsibility in the event of an accident or incident.

Dogs are welcome if they are kept on a lead.

CANCELLING REGISTRATION

Cancellation is only possible by registered letter.

Cancellation requests will only be considered in the following circumstances:

- the participant has an accident, develops a serious illness, or passes away
- the participant's partner, spouse or first-degree relative contracts a serious illness requiring hospitalisation or passes away before Friday, 23rd May 2022.

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

Terms and conditions for reimbursement: any refund requests must reach us by Friday 23rd May 2022 at the latest (date as per postmark) and must be accompanied by a doctor's certificate. Requests will be processed in the month following the event.

In the event of a cancellation request, entry fees will be refunded minus an administration fee of €5.

CANCELLATION OF THE FOOD TOUR

In the event of force majeure, bad weather, natural disaster, a ruling from an administrative or legal authority or any other circumstances which would compromise participants' safety, the organisers reserve the right to modify the route or cancel the hikes. In the case of cancellation due to epidemic, extreme weather or natural disaster, no refund will be made.

INSURANCE/LIABILITY

Liability insurance has been taken out by the organiser. Participants are responsible for taking out their own insurance. In addition, it is strongly recommended that hikers purchase individual accident insurance to cover their own personal risks. The organisation may not be held liable should a participant be told to discontinue the tour (by the organisation or medical team). Participation in the Food Tour is the entire responsibility of the participants and they must waive any recourse against the organisers in case of damages or consequences suffered during or after the event.

IMAGE RIGHTS

All participants in the VVX Food Tour 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.

DATA PROTECTION

The organisation 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 or remove their personal information from this list by making a request in writing.

ACCEPTANCE

By registering, participants confirm that they are aware of these rules and agree to follow all provisions therein unreservedly. Registering for the Food Tour 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.

PARAGRAPH 4

VOLVIC VOLCANIC EXPERIENCE

TICKET OFFICE GENERAL TERMS

AND CONDITIONS OF SALE

ARTICLE 1 – SUBJECT MATTER

Sportips is an online ticketing solution (hereinafter the “Ticket Office”) chosen by the Association Volvic Volcanic (hereinafter the “Organisers”) for events (hereinafter the “Events”) to place their tickets (hereinafter the “Tickets”) on sale on the www.sportips.fr website (hereinafter the “Website”). Those buying these Tickets are hereinafter referred to as the “Buyers”. The holders and users of Tickets are referred to as “Participants”. These General Terms and Conditions govern the sale of tickets completed through the intermediary of the Ticket Office. Sportips acts as an intermediary as regards marketing and sale, but it is never involved in the organisation of an event. The Organisers therefore bear full and sole responsibility for the running of events. These General Terms and Conditions concern only the sale of Tickets and do not concern the Event itself.

ARTICLE 2 – PRICING

Price are stated by the Ticket Office inclusive of all taxes. Organisers are entitled to change any price charged during the sales period. Billing, conducted by Volvic Volcanic, is on the basis of the prices in force at the time the order is placed by the Participant.

ARTICLE 3 – AVAILABILITY

The Ticket Office informs you of product availability in real time, at the moment your order is placed. If certain tickets cease to be available between the start and end of your ordering process, the system will inform you. You will be able to check the contents of your order before confirmation and payment.

ARTICLE 4 – ALLOCATED POSITION

Unless otherwise mentioned when ordering and on the Ticket, there is no allocated position for events.

ARTICLE 5 - PERSONAL DATA

In accordance with the provisions of the French law no. 78-17 of 6 January 1978 on computing, data storage and freedom of information, the processing of your personal data has been registered with the French Data Protection Registrar (Commission Nationale de l'Informatique et des Libertés - CNIL) under submission number 1759026. You have the permanent right to access and correct any data held about you, pursuant to EU legislation and current domestic legal provisions. You simply need to submit a request by electronic mail (support@sportips.fr). When placing your order, you are required to disclose personal information about your identity and the identity of Participants. The information needed to ensure an order is processed by the Ticket Office is the Buyer's surname, first name and email address. This information may also be used by Sportips to contact you in the event of a problem processing your order. Other data might be collected at the Organiser's request, including if an Event should come to be postponed or cancelled. The Ticket Office collects this data on behalf of the Organiser and supplies it to the Organiser. The Organiser is consequently responsible for ensuring any data it accesses is stored and used properly. Acceptance of these General Terms and Conditions of Sale is deemed permission to disclose your personal data to the Event Organiser. The Organiser bears sole responsibility for managing the content sent to Participants.

ARTICLE 6 – PAYMENT

Confirmation of the order imposes an obligation on you to pay the price stated. A single payment method is permitted per order.

Payments by bank card

You can pay for your order using a Carte Bleue, Visa, EuroCard or MasterCard. Said payment is processed by our banking partner. The banking partner's contact details are available on the Website's "legal notices" page. Card payments may make use of the 3D Secure system which aims to identify the card holder in order to curb fraud. Once the transaction is confirmed by the bank, the order amount will be debited from your bank account. An order confirmation will be emailed to you on completion of the transaction. If a payment is not fully cleared by the bank after your Ticket or order has been issued, it will be rendered invalid and you will not be permitted to enter the Event. Interchanges with the sportips.fr website are encrypted using SSL. The Buyer's bank details are not stored within our system. Online electronic payments are made on the Sportips website, made secure using appropriate encryption and authentication technologies.

ARTICLE 7 – ORDER CONFIRMATION

Once your order has been paid for, a confirmation message is displayed. An order confirmation email containing your Tickets is sent immediately. It is then your responsibility to check the Tickets are actually received. Please note some email providers might delay delivery of the Tickets. If they have not been received after a few hours, please contact the Organiser or Sportips customer services.

ARTICLE 8 – USE AND VALIDITY OF THE TICKET AND RACE NUMBER

Tickets cannot be exchanged or refunded.

The coded Ticket is valid only for the location, session, date and time stated on the Ticket.

You must retain the Ticket throughout the duration of the Event.

We do not accept any responsibility for unauthorised use of the Ticket if it is stolen or lost.

No refund will be given if the Event is cancelled, or any other decision taken beyond the organisation's control.

ARTICLE 9 – TICKET ISSUE AND CONDITIONS FOR USE

Delivery

Electronic Tickets, or a link from which they can be downloaded, are sent to the Buyer's electronic mail address after each order.

Characteristics

In accordance with the regulations, each Ticket includes the following wording, either in an obvious form or encoded:

- Organiser's identity;
- Event name;
- Name(s) of Activity(ies) chosen;
- Unique order identification number. The order identification number must be in an unaltered condition and legible. Damaged or illegible Tickets will be deemed invalid. Participants are responsible for ensuring they are in a position to present the Ticket in electronic format at the entrance to the Event. Sportips declines any liability for any error or fault that might occur during ordering, downloading or printing a Ticket. No duplicates will be issued after the initial Ticket.
- Number of Adult and Child bookings per activity.

Group orders

Tickets combining activities chosen when ordering must therefore be presented for each Participant when entering the Event. Tickets can therefore be duplicated and given to each member of a group for presentation at the entry to activities.

Uniqueness

One Ticket may be used more than once for access to the Event. A holder of a Ticket that has already been used may not claim any refund. The Ticket is valid only for the location(s), date(s) and time(s) for which it is issued. Tickets must be kept until the end of the Event. The Ticket is unique, comprising firstly an identification number and secondly a QR Code. Reproducing and counterfeiting Tickets are not permitted. Organisers reserve the right to deny access to an Event site. No refund will be granted in such cases.

Ticket inspection

The Organiser is free to check Ticket validity at the entrance to the Event. The Organiser is under no obligation to check the Ticket holder's identity given that each Ticket has a unique and unpredictable identification number. The Participant must consequently ensure Tickets are kept confidential. Any Participant who presents a Ticket that has already been used may be refused entry to the Event.

Organisers are not obliged to check that Tickets are genuine.

Proof of identity

Organisers are also free to check Participants' identities. Organisers may request that other proof of identity is presented on entering the Event. The form of such proof of identity will be emailed to Participants with the order confirmation email and be indicated on the Ticket.

VVX KIDS RACE

RULES



During the VVX, 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 VVX 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 2016, 2015 and 2014

Blue circuit – 700m/15m elevation: Children born in 2013, 2012 and 2011

Yellow circuit – 1100m/20m elevation: Children born in 2010, 2009, 2008 and 2007

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.

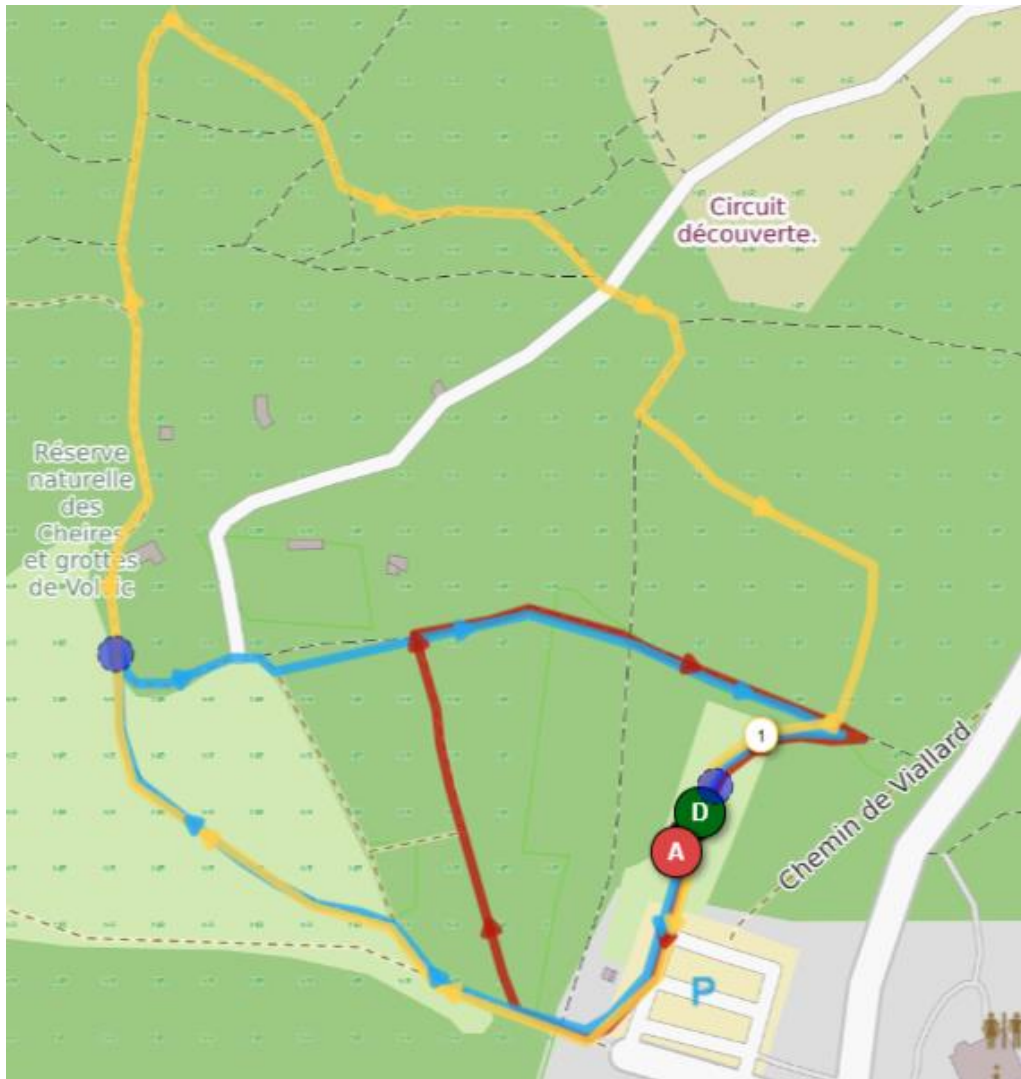
REFRESHMENTS:

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:



PARENTAL CONSENT FORM: PARTICIPATION IN THE VVX KIDS RACE

Only children born between 2007 and 2016 can take part in the “VVX KIDS” race.

I (first and last name):

.....

Address:

.....
.....

Post code: Town/city:

.....

Country:

Mobile number that can be used to reach you during the race:////

Email:

Acting in my capacity as mother father guardian

Certify that I am the parent or guardian of the child named below

and give my permission for (child's first and last name)

.....

- who lives at the above address
- who lives at the below address (if different)

.....
.....

Born /..... /.....

to take part in the "VVX KIDS" children's race organised as part of the VVX event on the 27 May 2021.

I certify that to my knowledge, my child does not present any medical contraindication preventing him from participating in this race.

Date and signature

PARENTAL CONSENT FORM FOR USE OF IMAGE

I, the undersigned, (First name(s) and Surname)

.....

Born / / and residing at

.....

grant "VOLVIC VOLCANIC" the exclusive rights to photograph and film my under-age child (whose personal details can be found below), record its words and comments, and use its image (individually or in a group).

First name(s) and Surnamedate of birth
/ /

These recordings and photographs are hereinafter referred to using the term "Elements".

These Elements may be used for any communications, whether internal or external to "VOLVIC VOLCANIC", across all events it organises (VVX, VVX Kids Trail, Rando Gastro, etc.), and may be used via any and all mediums for promotion and communication. This includes the print press, displays (posters, bills and flyers), video, television, marketing documents, paper media (point-of-sale advertising, catalogues, brochures, signs, books, booklets, diaries, cards, calendars, leaflets, etc.) and digital media (internet, intranet, social media, DVD, CD-ROM, email, etc.).

These promotions and communications may take place within France (including metropolitan France and its overseas departments and territories) and abroad.

The Elements may be adapted to suit the nature and method of distribution of the information and communication resource via any graphical means or process or computer software subject to the sole limitation that this adaptation must not change or harm the integrity of my child's image.

With regard to the content of my child's words and comments, my consent will be required if substantial changes are to be made.

This consent is granted free of charge and with no compensation of a financial nature or of any other kind.

This consent is governed by French law. Any difficulties arising from the interpretation and/or enforcement of this consent will result in an attempt at reconciliation between the parties before any such matters are brought before the competent courts.

Signed in, on

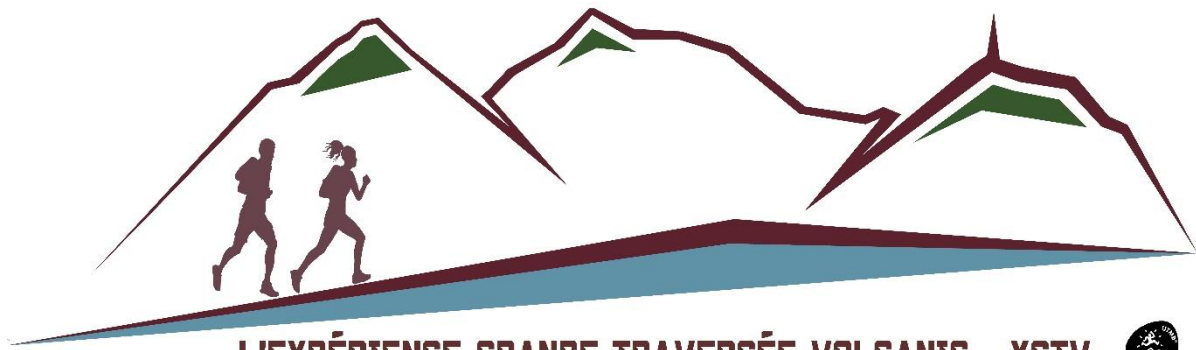
Signature

The XGTV Great Volcanic Crossing

Experience

224 km - 8400 m climb

“Trail Adventure Race, Duo or Solo” from 25 to 27 May 2022



L'EXPÉRIENCE GRANDE TRAVERSÉE VOLCANIC - XGTV

A promotional poster for the Volvic-Volcanic Experience triathlon. The background shows a man in a green shirt and black backpack hiking on a rocky trail. In the distance, there are mountains and a lake. The text is as follows:

VVX VOLVIC-VOLCANIC EXPERIENCE

Venez pour courir, *restez pour découvrir !*

26, 27 et 28 MAI 2022

224KM 110KM 80KM 43KM 25KM 15KM

WWW.VOLVIC-VVX.COM

2022 regulations

for the XGTV Great Volcanic Crossing

Experience

The XGTV Great Volcanic Crossing Experience® 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 25 to 27 May 2022.
2. This adventure is open **to solo runners and duos** of women, men or mixed teams.
3. This event will start on Wednesday 25 May 2022 at 10:00 am and the race closing time is 00:00 on Friday 27 May 2022, 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 solo runners within this period of 62 hours.

Duos are strictly inseparable. If one runner forfeits the race, the 2nd runner can continue the adventure as a solo competitor (however, 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 department (15) to the Volvic (63) springs via the Plomb du Cantal, the Puy Mary, the Cézallier mountain range, the Sancy mountain range and the Chaîne des Puys – approximately 224 km with a climb of 8400 m 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).

In the event of a navigation error by a participant, the VVX Volvic Volcanic Experience organisation cannot be held liable for any damages incurred as a result (excluding highlighted routes given in article 14 of the “Event Characteristics” paragraph of these rules).

6. In order to maintain the quality of the event and ensure safety, the number of participants is capped at a total of 90 across all categories.

7. The organisation puts one medical station/cold refreshment station and three aid stations in place:

- Km 31.5 at the Col de Serre (medical and cold refreshment refuelling station) – Cut-off time = Wednesday 25 May 2022 at 7:00 pm
- Km 68.5 at Condat (aid station) – Cut-off time = Thursday 26 May 2022 at 4:00 am
- Km 105 at Pertuysat (aid station) – Cut-off time = Thursday 26 May 2022 at 7:00 pm
- Km 184 at the Maison du Parc in St Genès-Champanelle (aid station) – Cut-off time = Friday 27 May 2022 at 2:00 pm.

Each team manages its supplies and its breaks as it wishes.

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)

On the 3 life bases, competitors will find:

- A hot meal
- The 5 PDO (Protected Designation of Origin) Cheeses from Auvergne
- Energy products...
- Cold and hot drinks
- Toilets / Showers (showers subject to limitations)
- Their spare bags with a change of clothes and running supplies
- Medical assistance (physiotherapists, doctor, etc.)

8. Assistance can only intervene in **outdoor** life bases. It is strictly prohibited at any other point of the race, at crossings of roads and villages, under penalty of immediate disqualification. However, it is possible for participants to obtain water or food when crossing villages as far as this action is not intentionally organized (for example calling a friend to agree on a point to provide food...). Yet, in case of food poisoning or any other health problem caused by one of these supplies that is beyond the control of the organization, the responsibility of the organization of the Volvic Volcanic Experience VVX cannot be engaged.

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

10. All participants must strictly comply with **the Highway Code** throughout the entire event. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.

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

12. To protect the health of competitors, their entourage, volunteers and the public as best as possible, the organiser will strictly comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus.

These measures are now specified in the “Guide to health recommendations for the organisation of races and the fight against the spread of the COVID-19 virus” issued by the French Athletics Federation on 21 July 2020. Reference should be made to this document. It is specified that the protection measures in question may result in significant changes to the organisation of events, to the route and timetable of races, to the number of participants and to the procedures to be followed, and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.

13. Any runner declaring COVID symptoms before the race must refer to the organization by calling the race doctor (number at the end of the race regulations). Any runner having COVID symptoms within 15 days after the race will report it to the organization by phone at 0805383944 (no surcharge) or by email at info@sporttips.fr

14. XGTV race is ITRA certified and is a 6 point UTMB © qualifying race.

15. Two classifications will be established: a duo classification and a solo classification so that each finisher can recover his/her UTMB points.

16. The provided GPX track ensures route continuity. However, on the Roadbook, the highlighted track will be the imposed track. Certain passages (for example, through villages) will not be highlighted, which will allow runners to take the route of their choice between the two tracks (for example to find water or buy food ...). The two supports (GPX track and Roadbook) are therefore complementary.

PARTICIPATION AND REGISTRATION TERMS

The Great Volcanic Crossing Experience is open to any person born in or before 2002 (*espoir* to master 11 categories), whether or not they are a member of a race federation.

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

Before 12 April 2022, each competitor must submit the following via the Sportips registration module:

- a **specific XGTV medical certificate** dated less than one year before 25 May 2022 (see Appendix 1)
- **proof** (*email, certificate, copy of results via a race site*) that each competitor participated in and completed a **medium- or high-altitude ultra-trail race of a minimum of 24 hours and/or a long-distance trail of a minimum of 24 hours in 2019, 2020 or 2021.**

- **For duos, the preceding criterion may be met by one of the two runners.**
- a **medical information sheet** that will only be accessible to doctors and the race director (see Appendix 2).
- an **image rights permission sheet** (see Appendix 4).
- The post-COVID **runner's charter** (FFA directive) (see Appendix 5)
- All of these documents must be submitted electronically.

Services provided by the organisation

Per runner

- 1 Bib
- 1 hot post-race meal and drink in Volvic
- 1 Access ticket to the closing evening of the VVX on Saturday, May 28, 2022 in Volvic
- 1 finisher TShirt
- 1 Souvenir gift
- The classification and validation of 6 points for the UTMB

Per team or in addition for the solo package

- 1 emergency beacon with Global Positioning System (GPS) per team. This beacon will allow you to have duo / solo live monitoring. A deposit check will be requested from participants to receive the beacon when they hand their bibs.
- 1 Roadbook

- 1 GPX track with the tracks and waypoints file to be downloaded into personal GPS will be sent approximately 15 days before the event to all participants to avoid any changes on the track.
- In case of a withdrawal, a paper format Roadbook will be provided in the life base.
- **4 bases** (3 life bases + 1 medical base / cold supply) with liquid and solid supplies, hot meals with local products, toilets, medical assistance, physiotherapist...
- **The shuttle** to reach the start at the Lioran station (15) - departure from Volvic (Goulet site) Wednesday, May 25, 2022 at 6.30 am
- **24 hour security** on the race provided by professionals
- **Shuttle for repatriation** of runners (in case of retirement, repatriation with managers of the life bases, after all the competitors have passed through).
- **Electronic time-keeping**
- **A free application for Live Tracking** on Smartphone and screen on arrival.

COMPLETION OF THE RACE

The XGTV Great Volcanic Crossing Experience will leave from Lioran station in the Cantal department on Wednesday 25 May 2022 at 10:00 am. The Experience then becomes a medium-altitude circuit of about 224 kilometres and has about 8400 metres of climb.

Arrivals will be judged at the Goulet site in Volvic on Friday 27 May 2022 at midnight, i.e. a maximum time of 62 hours is allocated to complete the entire route.

Collection of the bib numbers, bag checking and race instructions: Tuesday, May 24, 2022 from 4 p.m. to 8 p.m. on the Goulet site in Volvic. The bags will be checked (compulsory equipment) at 4.30 p.m., 6.30 p.m. or 8 p.m. (30 runners maximum per slot).

Race briefing: Wednesday, May 25, 2022, 30 min (9:30 am) before the start.

Drop-off of relief bags: Tuesday 24 May 2022 upon collecting bibs from the Goulet site in Volvic (former factory) from 4:00 pm to 8:00 pm or Wednesday 25 May 2022 from 5:30 am to 6:30 am at the Goulet site in Volvic (former factory).

Important clarification regarding relief bags: they are not provided by the organisation, and there is a 10kg maximum per bag, with a full fastening mandatory (no open bags such as bin bags or supermarket bags).

Departure by shuttle: Wednesday, May 25, 2022 at 6.30 am from the Goulet site in Volvic. Mandatory for participants **except in exceptional cases, validated by the organization. Mask are mandatory on the bus.**

Arrival at Lioran on 25 May 2022 at 9:00 am at the latest. Reception + animation + breakfast + briefing and photo of participants.

Official start of the race: Wednesday 25 May 2021 at 10:00 am at Lioran on Neige Front.

BIBS

Each bib is handed over individually to each competitor upon presentation of a photographic identity document after having **signed and dated the certificate of acceptance of these rules with the handwritten words “lu et approuvé”**. **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.

GEOLOCATION AND CHECKS

A geolocation 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 team's progress and its route, thus ensuring its safety on the route.

A penalty will be assigned to each solo participant/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 imperative for each solo / duo to have at least 1 phone in charge for GPS tracking, in the race bag throughout the event. Also for solos, obligation to have a recharging battery.

Tracking 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 necessary by the organisation for safety requirements. They are calculated to enable participants to reach the finishing line within the maximum time imposed of 62 hours

	Place	Date Cut-off time	Time allotted	Details
Station 1 Massif Cantalien	Maison des activités Pleine Nature du Col de Serre	Wednesday 25 May 2022 at 7:00 pm	Race time = 9hrs Avg 3.3 km/h	31.5 km 1950 m climb/1860 m descent
Station 2 Cézallier	Condat	Thursday 26 May 2022 at 4:00 am	Race time = 9hrs Avg 4.1 km/h	37 km 740 m climb/1375 m descent <i>68.5th km</i>
Station 3 Sancy	Pertuysat	Thursday 26 May 2022 at 7:00 pm	Race time = 15hrs Avg 3.5km/h	36.5 km 1100 m climb/610 m descent <i>105th km</i>
Partner lodging stage (picnic room available - SUBJECT TO LIMITATIONS food on site at your expense)	Buron du Col de la Croix-Morand Thursday 26 May 2022 (5:00 am to 00:00)			35 km 2070 m climb/1855 m descent <i>140th km</i>
Partner lodging stage	Café du Lac de Servières			26 km

<p>(picnic room available - SUBJECT TO LIMITATIONS food on site at your expense)</p>	<p>Thursday 26 or Friday 27 May 2022 (7:00 am to 11:00 pm)</p>			<p>980 m climb/1175 m descent 166th km</p>
<p>Station 4 Chaîne des Puys</p>	<p>Maison du Parc de Montlosier</p>	<p>Friday 27 May 2022 at 2:00 pm</p>	<p>Race time = 19hrs Avg 3.2 km/h</p>	<p>79 km 3390 m climb/3605 m descent 184th km</p>
<p>Arrival at the Goulet site in Volvic</p>	<p>VVX finish line</p>	<p>Friday 27 May 2022 at 00:00</p>	<p>Race time = 10hrs Avg 3.9 km/h</p>	<p>40 km 1220 m climb/1600 m descent 224th km</p>

In order to be allowed to continue the race, the teams and solo participants 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 make their own arrangements 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-sleeved undershirt in breathable fabric in the runner's size (T-shirt + pair of arm sleeves allowed)
 - A 2nd long-sleeved layer (fleece type) in the runner's size
 - A 3rd long-sleeved layer with a hood (Gore-Tex or equivalent type)
 - 1 pair of Gore-Tex or equivalent type of trousers in the runner's size
 - 1 pair of 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 bowl + cutlery for hot meals in the life base (in a spare bag in the life base or in a backpack): nothing will be provided by the organization, principle of eco-responsibility and compliance with health measures.
 - 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 set of waterproof maps (map holder or waterproof paper) (each runner is in charge of printing it)
- 1 cell phone (with saved organization numbers), fully charged in a waterproof pouch
- 1 charger (solar, portable, etc.);
- 1 GPS or watch on which the tracks provided by the organization have been downloaded.
- The Roadbook and the route maps
- 1 emergency headlamp and spare batteries
- 1 First aid kit for treating small wounds and minor illnesses: 1 Velpeau elastic tape width 5 cm (unopened), 1 packet of sterile compresses, 1 adhesive tape (Sparadrap/Tensoplast...), 1 unidose of physiological salt solution, 1 pair of tweezers, 4 tablets of PARACETAMOL or equivalent (analgesic stage 1) -> No ANTI-INFLAMMATORY, 2 blister bandages

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
- Waterproof bag
- Emergency poncho
- Tea-light candle
- Sticks
- Other spare clothing
- 1 pair of sunglasses
- String, sunscreen, Vaseline or anti-heating cream
- Floor mat in spare bag to rest in life base...

SAFETY AND CONDUCT TO ADOPT IN THE EVENT OF AN ACCIDENT

The Race HQ will be located 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 should 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**.

In the event of bad weather conditions, and for safety reasons, the Race Director reserves the right to change the route, change 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 case of any modification of the route, new maps (paper roadbook) will be provided in a life base with a less exposed fall-back route. So you must know how to read an IGN map (legend, contour lines, equidistance, distance estimation, etc.)

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 federation membership, or with 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.

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

à 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 12 April 2021. Requests will be evaluated by the Race Committee, which will decide whether or not to accept the 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 letter. Cancellation by telephone is not permitted.

Registration fee refunds are only possible under the following conditions:

Date of submitting request	Amount refunded, as a % of the registration fee (excluding supplementary fees)
From 1 January to 15 February 2022	60%
From 16 February to 12 April 2022	40%
After 12 April 2022	No refund.

If one team-mate 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 organisation 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 à 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, rectify and object to the processing of their data. The Medical Committee is the body the participant can turn to in order 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 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

à 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 MAY BE AMENDED UP TO 48 HOURS BEFORE THE RACE START, IN PARTICULAR AS A RESULT OF HEALTH MEASURES LINKED TO COVID 19 AS IMPOSED BY THE GOVERNMENT.

CONTACT INFORMATION

Email: grandetraverseevolcanic@gmail.com

Damien POULET - Race Coordinator for the Great Volcanic Crossing Experience – Email: damienpoulet@gmail.com

Stéphane DUMORTIER – Race Director – Email: steph.raidmr@gmail.com

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

XGTV Facebook group (for participants only):

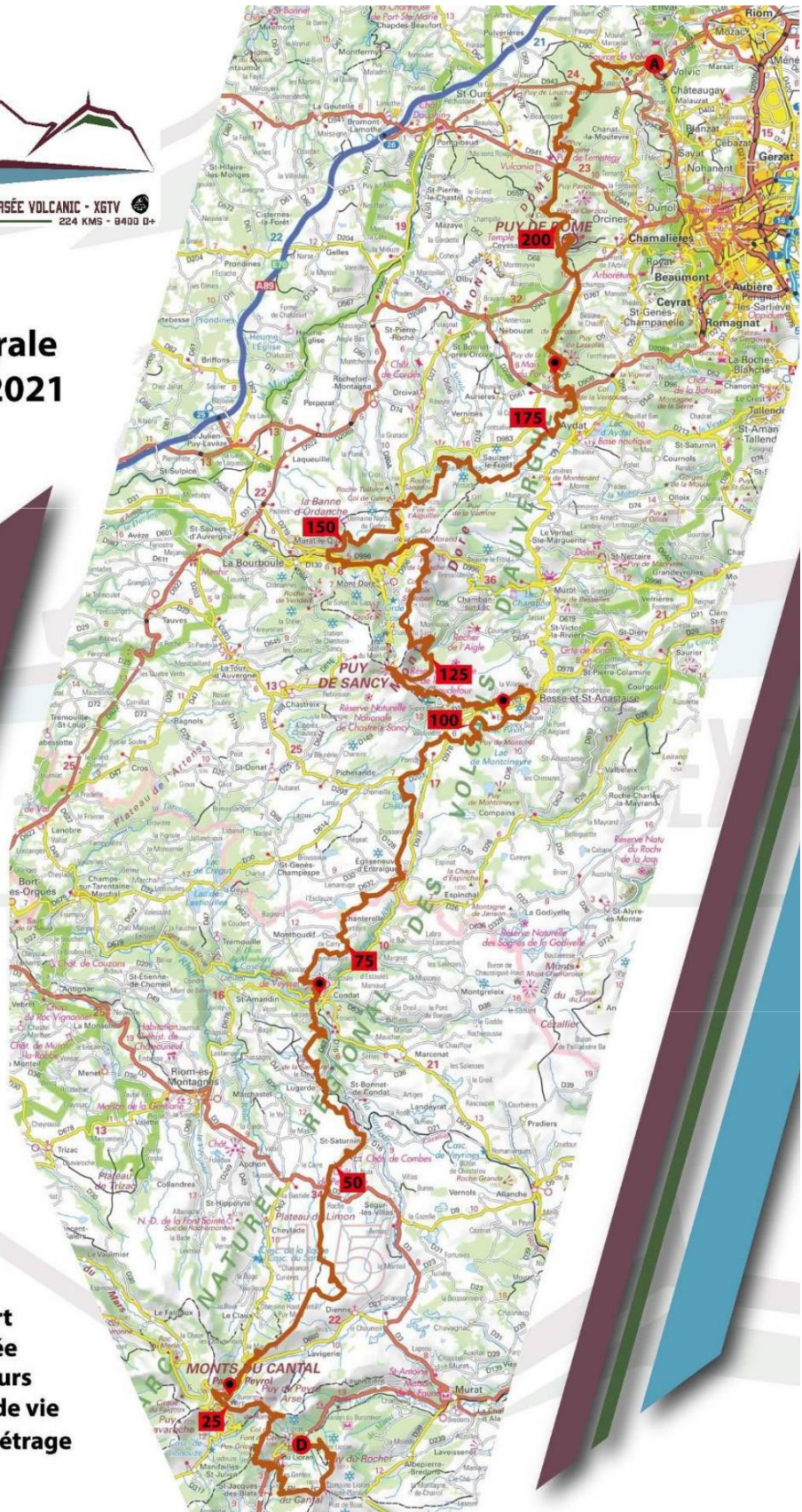
https://www.facebook.com/groups/366908153909318/?source_id=283671439019324

Website: www.volvic-vvx.com

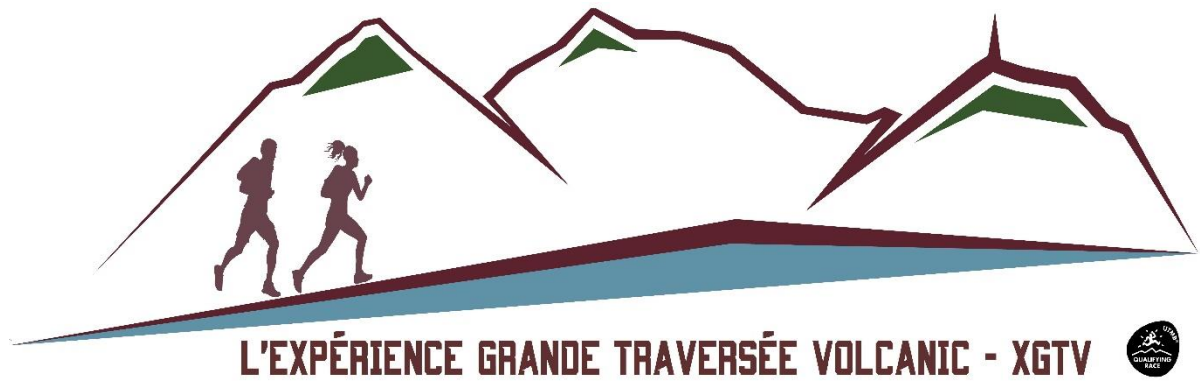
Registration module: <http://sportips.fr/presentation-course/xgtv-220km/>



Vue générale parcours 2021



- D Départ
- A Arrivée
- Parcours
- Base de vie
- 00 Kilométrage



APPENDIX 1

SPECIFIC MEDICAL CERTIFICATE

for the 2022 XGTV Great Volcanic Crossing Experience

This certificate of aptitude for participation in the XGTV sporting event (ultra-endurance race of 224 km - climb of 8400 m - max. time 62 hrs) is to be filed in the Sportips registration module before 12 April 2022. If the medical certificate is not received by that date, the 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/Ms (delete as appropriate),

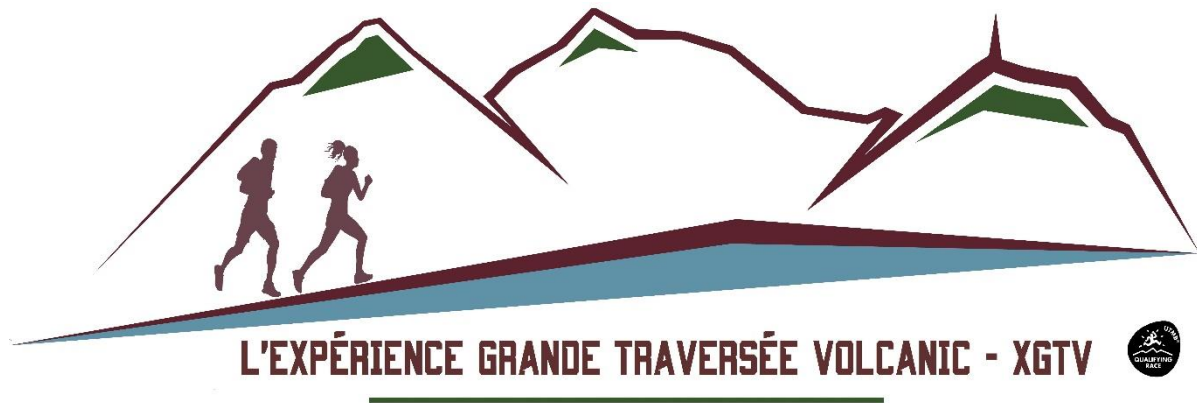
born onin.....,

and have not identified any reasons to disallow competitive racing on foot, and in particular participation in an **ultra-endurance race of 224 km with a climb of 8400 m with a maximum duration of 62 hours.**

Signed on..... in.....

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

Stamp and signature of the Doctor



APPENDIX 2

MEDICAL INFORMATION SHEET

for the 2022 XGTV Great Volcanic Crossing Experience

This sheet must be filled out by the runner and filed in the Sportips registration module before 12 April 2022. If the medical information sheet is not received by this date, the registration will be cancelled and not refunded.

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 no. (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 an emergency (last name, first name, telephone number, relationship with the runner)

.....

.....

Known medical history (cardiac, diabetes, etc.)

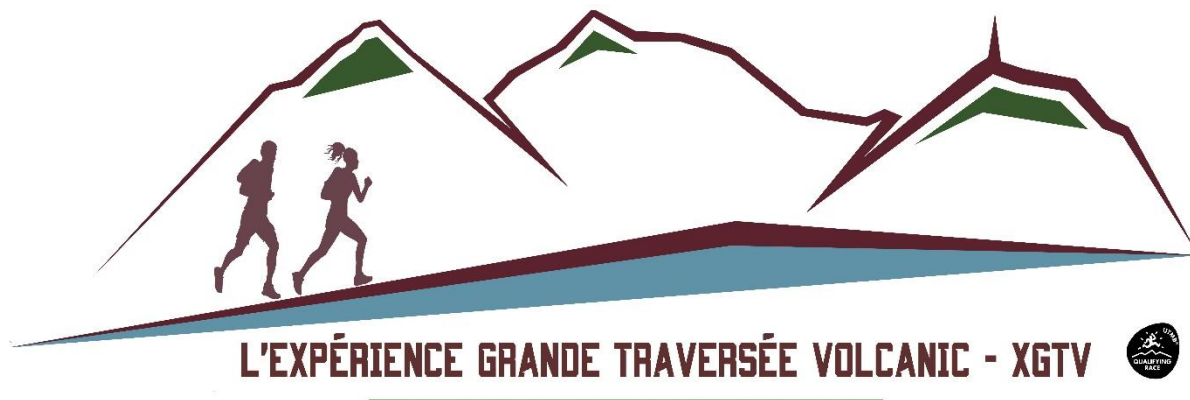
.....
.....
Current medical treatments

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

.....
.....
Additional information (if necessary)

Date:

Runner's signature:



APPENDIX 3

CERTIFICATE OF ACCEPTANCE OF THE RULES

for the 2022 XGTV Great Volcanic Crossing Experience

This certificate of acceptance of the rules for the XGTV sporting event is to be filed in the Sportips registration module before 12 April 2022. If the certificate of acceptance of the rules is not received by this date, the registration will be cancelled and not refunded.

I, (first name and last name)

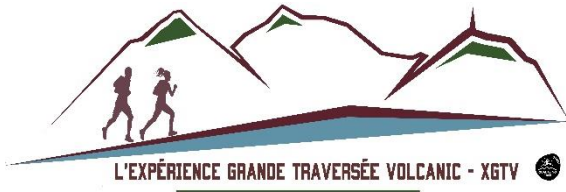
.....,

declare that I have received, read and accepted the rules of the XGTV Great Volcanic Crossing Experience, which will take place on 25, 26 and 28 May 2022.

Write the words “Lu et approuvé” [Read and approved] below by hand

Date:

Signature:



PERMISSION FORM (“Image rights”)

APPENDIX 4

I, the undersigned, (first and last name)

.....

born on and residing at

.....

grant “VOLVIC VOLCANIC” the exclusive rights to photograph me, film me, record my words and comments, and use my image (individually or in a group).

These recordings and photographs are hereinafter referred to using the term “Elements”.

These Elements may be used for any communications operation, whether internal or external to “VOLVIC VOLCANIC”, across all events it organises (VVX, XGTV, etc.), and may be used via any and all means of promotion and communication. This includes the print press, displays (posters, bills and flyers), video, television, business documents, paper media (point-of-sale advertising, catalogues, brochures, signs, books, booklets, diaries, cards, calendars, leaflets, etc.) and digital media (the internet, intranet, social media, DVD, CD-ROM, email, etc.).

These promotional and communications operations may take place within France (including metropolitan France and its overseas departments and territories) and abroad.

In addition, these operations are not limited in time. My granting of permission remains valid even in the event of a change in my civil status (in particular in the event of marriage) and even in the event of my death or my being placed under judicial protection.

The Elements may be adapted to suit the nature and method of distribution of the information and communication resource via any graphical means or process or computer software subject to the sole limitation that this adaptation must not change or harm the integrity of my image.

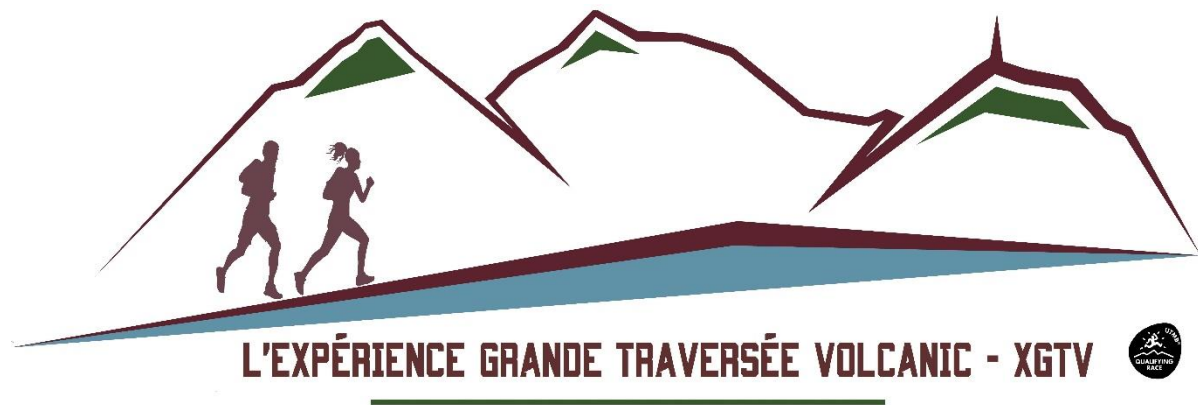
With regard to the content of my statements and comments, my consent will be required if substantial changes are to be made.

This permission is granted free of charge and with no compensation of a financial nature or of any other kind.

This permission is governed by French law. Any difficulties arising from the interpretation and/or implementation of this permission will result in an attempt at reconciliation between the parties before any such matters are brought before the competent courts.

Signed in, on

Signature



APPENDIX 5

RUNNER'S CHARTER – POST COVID-19 COMMITMENT (FFA directive)

This charter must be filled out by the runner and filed in the Sportips registration module before 12 April 2022. If the charter is not received by that date, the registration will be cancelled and not refunded.

As a runner in the Volvic Volcanic Experience VVX XGTV Great Volcanic Crossing Experience, I am aware that participation in any event must take place in strict compliance with the health rules put in place by the government and with our environmental values, and I hereby undertake to:

1/ Comply with the protective measures in place in particular in enclosed and semi-enclosed places and in locations with a high density of people during the event (including mask-wearing, regular hand-washing, and physical distancing).

2/ Strictly comply with the race rules and the measures put in place by the organisation to minimise the health risks:

At the start point, wear a mask that I will keep with me during the race and put on again after arriving at the exit queue

Run while following all social distancing guidelines that are in place with regard to other participants wherever possible and making sure to use the entire width of the path

Refrain from spitting on the ground

Blow my nose in a single-use tissue that I throw in the bin

Refrain from littering

Respect public areas and keep them clean

Have and use my own liquid refreshment container (water pouch, flask, bottle, cup, etc.), etc.

3/ Avoid physical contact with other participants.

4/ Understand that by taking part in the event I am taking part in a gathering of people that could potentially spread the coronavirus epidemic if preventative measures are not taken by all.

5/ Accept by taking part in the event that the health risk is potentially serious for the most vulnerable (people aged over 65 or with chronic illnesses and pregnant women).

6/ If I have shown symptoms of Covid-19 in the weeks and months before the race, consult a doctor prior to taking part to find out if intense effort and my participation in the competition is permitted, particularly for races that involve significant climbs and in particular at altitude.

7/ Avoid running if I have shown symptoms of Covid-19 within the last 14 days.

8 / If I have COVID symptoms within 15 days after the race, I commit to report it to the organization by phone at 0805383944 (no surcharge) or by email at info@sportips.fr

9/ If possible, download and register on the “StopCovid” app prior to attending the event.

10/ Choose events that are close to my home and that require few journeys and little travel.

Surname

First name

Date

Signature

