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# GTC REGULATION (GRUYÈRE TRAIL CHARMÉY)

## PRESENTATION OF THE EVENTS

### ACCEPTANCE OF THE REGULATION

The participation in the GTC races implies the express and unreserved acceptance of the present rules and any instructions sent by the organizer to the participants.

### DEFINITION OF EVENTS

Pedestrian races taking place in a natural environment on paths or pedestrian paths. The "Gruyère Trail Charmey" is an event organized by the association "La Gruyère Sportive".

The 3 races :

#### 11 km

- Trail in semi-autonomy, including 1 complete food and drink station (Vounetz)
- Individual
- Distance 11 km, 800m positive altitude change, 800m negative altitude change (loop) \*
- No maximum time
- Start time saturday 20th of july, 2019 at 10 AM

#### 24 km

- Trail in semi-autonomy, including 3 complete food and drink stations ( Vounetz, Bi Gîto and Vounetz)
- Individual or team of 2 (duo)
- Distance 24 km, 1'500m positive altitude change, 1'500m negative altitude change (loop) \*
- Start in several blocks
- Maximum time of 6 hours
- Start time saturday 20th of july, 2019 at 08:30 AM (duo) and 09:15 AM (solo)

#### 54 km

- Trail in semi-autonomy, including 5 complete food and drink stations (Vounetz, Bi Gîto, Euschelspass, Combi and Vounetz) et 1 drink station (Untere Euschels)
- Individual or team of 2 (duo)
- Distance 54 km, 3'800 m positive altitude change, 3'800 m negative altitude change (loop) \*
- Maximum time of 13 hours
- Start time saturday 20th of july, 2019 at 6 AM (duo and solo)

\* distances and the altitude changes are calculated on the basis of the ITRA evaluation. They may vary from one device or software to another.

### REGISTRATION

## WARNING : REGISTRATIONS ARE LIMITED

Registrations can be done on the website of the organization's timing partner.

## REGISTRATION FEES

### Registration online only.

Entry fees :

- 11 km : 45.—
- 24 km : 60.— (individual) | 120.— (team of 2)
- 54 km : 75.— (individual) | 150.— (team of 2)

Entry fees include all service described in the following regulations.

Registration is nominative. It is not allowed to transfer a registration to another race or to another person for any reason

Minimum age :

- 11 km : minimum 12 years old
- 24 km : minimum 18 years old
- 54 km : minimum 20 years old

## COMMITMENT OF PARTICIPANTS

To take part in one of the GTC races, it is essential :

- To be fully aware of the length and specificity of the race and to be perfectly prepared for it;
- To have acquired, before the race, a real capacity of personal autonomy in mountain to manage potential problems induced by this type of race, and in particular:
  - To know how to face, without external help, climatic conditions which can be difficult because of the altitude (wind, cold, fog or rain)
  - To be able to manage, even if one is isolated, the physical or mental problems resulting from a great amount of fatigue, digestive problems, muscular or articular pains, small wounds ...
  - To be fully aware that the role of the organization is not to help a runner to manage his problems
  - To be fully aware that for such activity in the mountains, safety depends first and foremost on the participant's ability to adapt to problems encountered or foreseeable
- To inform and sensitize his companions on the respect of the places, the people and the rules of the race.
- **To consult one's email (the one given when registering online) until the day of the race**
- **To accept to receive all the newsletters with information about the event.**

## RACES IN TEAM OF 2 (DUO)

For races in a team of 2, all of the points in the present regulations are applicable. In addition, teams will have to follow the following rules :

- All participants have to run together on the entire length of the race and pass all control points as well as the finish line together.
- If one of the participants stops, the team is neutralized and will not be ranked.

## SEMI-AUTONOMY

The principle of an individual race in semi-autonomy is the rule. The GTC races are held in a single stage, at a free pace, within the time allowed by the time barriers specific to each event. Semi-autonomy is defined as the ability to be autonomous between two points of refueling, both in terms of food and clothing and safety equipment, allowing for example to adapt to problems encountered or foreseeable (bad weather, physical problems, injury ...)

This principle implies in particular the following rules :

1. Each runner must have with him for the duration of the race all of his mandatory equipment (see paragraph EQUIPMENT). It carries this material in a controlled bag during the delivery of bibs and not exchangeable on the course. At any point in the race, race marshals will be able to check the bag and its contents. The runner has the obligation to submit to these controls with cordiality, under penalty of exclusion from the race.
2. Refueling stations are supplied with drinks and food for consumption on the spot. Runners must make sure that they have the quantity of drink and food they need to get to the next refueling point at the start of each refueling station.
3. **It is forbidden to be towed or to push another competitor by any means whatsoever.**

## EQUIPMENT

For reasons of safety and the proper conduct of each event, each participant must have at his / her disposal the complete list of mandatory equipment detailed below. "Heat wave" and "bad weather" kits are an integral part of the mandatory equipment. Depending on the weather conditions, the organizer can activate a kit and inform each participant before the opening of the race bibs delivery by e-mail or via his website. Each participant must then present his mandatory equipment, including the kit activated by the organizer, to collect his bib, and agrees to keep it with him for the duration of the event

**Beware that no cups will be present in the refueling stations of all Gruyère Trail Charmey races**

**No mandatory equipment for the 11 km race**

**Mandatory equipment for the 24 km et 54 km races**

### Basic kit

- Bag designed to carry mandatory equipment during the race
- Mobile phone: the runner must be reachable at any time before, during and after the race (put in his directory the number of the race PC, do not hide his number and do not forget to leave with a charged battery)
- Minimum 1 liter of water in reserve
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Adhesive elastic band for bandaging or strapping (mini 100 cm x 6 cm)
- Food reserve
- Long sleeve windbreaker jacket

**Heatwave Kit (may be required by the organization, depending on weather conditions)**

- Cap completely covering the head
- Sun cream
- Minimum 2 liters of water in reserve

**Bad weather Kit (may be required by the organization, depending on weather conditions)**

- Jacket with hood to withstand bad weather in the mountains and made with a waterproof and breathable material (minimum 10'000 mm water column)
- Waterproof overpants
- 1 headlamp in good working order with batteries or spare battery

**All clothing must be the size of the competitor and without any modifications made after leaving the factory. You must carry this material in a non-exchangeable bag on the course.**

#### **Other recommended material (non-exhaustive list)**

- Personal cup
- Spare set of warm clothes
- Walking sticks
- Minimum 20 CHF (in case of unforeseen events)
- GPS watch
- Knife or scissors for cutting adhesive tape

#### **ANTI-DOPING CONTROL**

Every competitor may be subject to an anti-doping test before, during or at the finish of the event. In case of refusal or abstention, the Athlete will be sanctioned in the same way as if he was convicted of doping..

#### **INSURANCE**

**Each competitor must be in possession of an individual accident insurance covering the costs of search and evacuation in Switzerland.** Such insurance can be purchased from any organization of your choice.

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

**NB: helicopter evacuations are not free (charged to the competitor) in Switzerland.**

The choice of means of evacuation and the place of hospitalization is the decision of the organization only.

Expenses resulting from the use of exceptional rescue or evacuation facilities will be borne by the rescued person who will also be responsible for ensuring his / her return from the place of evacuation. It is the sole responsibility of the participant to constitute and submit a demand to his personal insurance within the time limit.

#### **RESPECT OF THE ENVIRONMENT**

By registering for one of the GTC events, the participants commit to respect the environment and the natural spaces crossed. In particular :

- It is strictly forbidden to abandon waste (tubes containing gels, paper, organic detritus, plastic packaging ...) on the course. Garbage cans are available at each filling station and must be used. The race marshals carry out flying checks on the courses.
- All participants must keep the waste and packaging until they can be thrown into the bins provided at the filling stations.
- It is imperative to follow the paths as they are marked, without cutting.

#### **IMAGE RIGHTS**

Any competitor expressly waives the right to the image during the event, as he waives all recourse against the organizer and its authorized partners for the use made of his image. Any communication about the event or the use of images of the event must be done in accordance with the name of the event, registered trademarks and with the official agreement of the organization.

## GENERAL ORGANISATION OF RACES

### BIBS

Each bib is given individually to each racer upon presentation of :

- ID card with photo,
- Your running bag will all of the required equipment.

**The bib must be worn on the chest or stomach and must be visible permanently and completely throughout the race.** It must therefore always be positioned on top of all clothing and cannot be fixed on the bag or leg. The name and logo of the partners must not be modified or hidden. Except in case of refusal to obey a decision made by a race official, the bib is never removed but in case of abandonment it is disabled.

### REFUELING STATIONS

The organization ensures the presence of food and drink supplies throughout the course. Refueling stations are supplied with drinks and food for consumption on site. The organization provides still water or energy drink for filling the water bags. The rider must make sure that he has the quantity of drink and food he needs to get to the next refueling point at the start of each refueling station.

**Only runners with a visible bib have access to the refueling stations.** The dedicated pages of the website will identify the precise list of refueling points.

### CONTROL POSTS

A check is done at the end of the race and at all refueling stations. Unexpected checkpoints are set up in places other than the refueling stations. Their location is not communicated by the organization.

### MAXIMUM AUTHORIZED TIME AND HOUR BARRIERS

The maximum time for the entire course is fixed at :

- 11 km : no time limit
- 24 km : 14h30 (duo) and 15h15 (solo) (6 hours)
- 54 km : 19h00 (13 hours) (hour barriers at Bi Gïto and Euschelspass)

The hour barriers are the following :

#### 11 km :

- No hours barriers

#### 24 km :

- Arrival (km 24) : 14h30 (duo) and 15h15 (solo) (6 hours)

#### 54 km :

- Bi Gïto (km 13) : 08h30 (2 hours and 30 minutes)
- Euschelspass (km 36) : 13h00 (7 hours)
- Arrival (km 54) : 19h00 (13 hours)

In case of changes (exceptional conditions), the new time barriers are communicated on the website of the event and by e-mail until the day before the race.

These time barriers are calculated to allow participants to arrive to the finish line in the maximum time imposed. **To be allowed to continue the event, competitors must leave the checkpoint before the deadline (regardless of the time of arrival at the checkpoint).**

Any competitor excluded from the race and wanting to continue his course will be able to do it only after having restored his bib, under its own responsibility and in complete autonomy.

## **EMERGENCY AND MEDICAL ASSISTANCE**

Emergency stations are located at various points along the routes. These stations are in radio or telephone contact with the race PC. A medical team is present during all the events at the Charmey sports center.

Rescue stations are intended to assist any person in danger with the means specific to the organization or public means.

It is up to a runner in trouble or seriously injured to call for help:

- By presenting himself to a first aid station
- By calling the race PC
- By asking another runner to notify the rescue teams

**Each runner must provide assistance to anyone in danger and prevent help.**

If it is impossible to join the race PC and only in case of absolute urgency, you can call the rescue organizations directly (especially if you are in an area where only emergency calls are possible).

**Do not forget that hazards of all kinds, related to the environment and the race, can make you wait for help longer than expected. Your safety will depend on the quality of what you put in your bag.**

All medical, paramedical and rescue personnel, as well as any person designated by the race director are allowed :

- to disqualify any competitor deemed unfit to continue the event
- to obligate any competitor to use any element of the compulsory equipment
- to evacuate by any means the riders they deem in danger.
- To refer patients to the most appropriate care facility

A runner who calls on a doctor or a first aid must comply to his authority and agrees to accept his decisions.

A doctor will be available at Charmey for the duration of the races. Runners with a severe medical problem can contact him. Comfort care is subject to the appreciation of medical staff within the limits of their availability.

Each runner must stay on the marked path. Any runner who voluntarily leaves the marked path is no longer under the responsibility of the organization.

## **ARRIVAL**

Upon arrival, a post race refreshment is served in the finish area.

## **SHOWER**

It is possible to take a hot shower, on arrival only. Access to showers is strictly limited to barefoot runners.

## **RANKING AND REWARDS**

For each race, a general ranking for men and women and a ranking for each category male and female are established. The top 3 in each category that finished the race receive a reward.

## **ABANDONMENT AND REPATRIATION**

Unless injured, a runner must not abandon anywhere other than at a checkpoint. He must then inform the postmaster and warn the race PC.

In the event of a decision to abandon between two control points, the rider must join the nearest control point where he will signal his abandonment.

A runner or team who has dropped out will not be ranked.

## PENALIZATION - DISQUALIFICATION

Race marshals present on the course, and the post chiefs of the various points of control and refueling are entitled to enforce the rules and immediately apply (\*) a penalty for non-compliance, according to the following table:

### 11 km, 24 km, 54 km

BREACH OF REGULATION	PENALIZATION (*) – DISQUALIFICATION
Cutting the race	At the discretion of the race director
Absence of mandatory safety equipment	Immediate disqualification
Refusal of mandatory material control	Disqualification
Phone turned off or in airplane mode	15 min penalty
Throwing of garbage (voluntary act) by a competitor or a member of his entourage	Disqualification
Non-respect of other persons (organization or runners) Nota bene: a participant whose supporters show incivility and / or refuse to respect the instructions of the organizer will be penalized.	Disqualification
Non-assistance to a person in difficulty (requiring support)	Disqualification
Cheating (ex : use of a means of transport, bib numbering, ...)	Immediate disqualification
Visible bib fault	15 min penalty
Non compliant part of bib	15 min penalty
Dangerous attitude (eg sticks with unprotected points directed towards runners or spectators)	15 min penalty
Absence of electronic chip	At the discretion of the race director
Absence of passage at a control point	At the discretion of the race director
Refusal to obey an order from the race director, race marshal, postmaster, doctor or rescuer	Disqualification
Refusal of an anti-doping control	The runner will be sanctioned in the same way as if he was convicted of doping
Departure from a checkpoint beyond the time limit	Disqualification
Duo : passage of the two competitors at a checkpoint with more than 5 minutes gap	1 hour penalty
Non-compliance with the present rules excluding the offense mentioned above	At the discretion of the race director

(\*)Time penalties are added to the runner's total running time.

## CLAIMS

Any claim must be filed with the race management within 15 minutes after the arrival of the competitor.



## **EXCEPTIONAL CONDITIONS**

If the circumstances so require, the organization reserves the right to modify at any time the routes, the starting times, the time barriers, the position of the refueling and the aid stations, and any other aspect related to the smooth running of races.

In the event of force majeure, adverse weather conditions or any other circumstance endangering the safety of the competitors, the organization reserves the right to:

- delay the start of the race
- modify the hour barriers
- cancel the race
- neutralize the race
- stop the race in progress

In case of cancellation or interruption of the race, for any reason, no refund of registration will be made..

## **OPTIONAL SERVICES**

### **CANCELATION OF REGISTRATION**

Any participant already registered wishing to cancel their participation must imperatively do so with the timing partner of the organization, before the event. In this case for a refund of the registration, you must have taken out the optional cancellation insurance when you registered. Registrants who do not show up on the day of the event will not be able to claim any refund.

**Registration is nominative. It is not allowed to transfer one's registration to another race or to another person for any reason.**

### **MODIFICATION OF THE REGULATIONS**

The present regulations may be modified at any time and without notice by the organizing team. Any new version of the rules will be posted on the event website.