

RANDO REGULATIONS



RANDO
RAID



WWW.RAID-VTT.FR

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1.THE EVENT

The Chemins du Soleil Raid is organised by the "Raid VTT" organisation, Lus la Croix Haute Town Hall, Lus la Croix Haute 26620

2. THE CHALLENGE

The rando raid is an individual raid without time trial and ranking. This challenge is only for experienced mountain bikers given the physical effort required and the technical difficulties of the track. We can only register you for this race if you are an experienced cyclist able to cycle for three consecutive days over more than 8,000 m of climbs and ascents and have a good a good downhill technique.

3. PARTICIPATION CONDITIONS

The race is open to all, without licence or medical attestation.

Bikes with electric assistance are not authorized

4. REGISTRATION

Online registration only. The payment is made by on-line bank card.

Prices are available on the internet site of the adventure race at www.raid-vtt.fr

For safety reasons, the organisation limits the number of competitors to 500 at 550 riders.

For logistical reasons, the number of assistants/supporters cannot exceed one per rider.

Registration means automatic acceptance of all the rules. Additional rules may be added during briefings before the race if exceptional and unforeseen events arise. By signing the rules, competitors accept to comply with the sport's standards of fair-play, in particular with respect to the French law on anti-doping.

The organisation holds public liability organisers insurance. You are strongly advised to take out **“personal injury” insurance or verify that your insurance policy covers this guarantee.**

5. COLLECTION OF RACE BIBS

Race bibs will be collected Thursday during the time period set out for this purpose. Times and places are available on the Internet site of the race and in the official programme. Any teams that do not come forward during this time period will be considered non-starters.

The racing plate is to be placed on the handlebars of the bicycle. The timing system (chip, bib tag, etc. or any other device), and/or GPS tracking will be used according to the guidelines set out in the road-book.

An identification bracelet will be distributed to each participant and assistant. It must be worn at all times on the wrist from the moment the race bib is handed out.

6. THE COURSE

6.1 Getting to the Starting Line

Access to the start line before each stage must take place according to the times set out in the briefings.

The competitors must go through the check-in every day on the starting line. Any oversights or omissions will disqualify the competitor and the competitor will be noted as non-starting.

6.2 Finishing line

The competitor must go through the check-out every day on the finish line. **oversights or omissions will disqualify the competitor and the competitor will be noted as non-arriving.**

6.3 The track

Before leaving home, you will have the GPS track and you can also download tracks on a topographic map, as well as longitudinal profiles. The track is entirely marked. For the night stopover, reflective beacons are used.

A GPS is not mandatory but we preconize it.

Competitors must use only tarred roads to reach the finish line if they are so authorised by the organisation and noted in the road book. Any omission will be considered as a withdrawal and disqualification will be immediate.

Only the organisation's vehicles, emergency vehicles, press and the race's motorcycles are authorised on the race course. **Assistance areas are accessible by vehicle and only the areas indicated in the assistants' road book will be tolerated for the circulation of third parties.**

5.4 Respect for the Environment

It is strictly forbidden to litter the race course. Waste bins will be made available at refreshment areas, the arrival area and the bivouac site.

It is also strictly forbidden to deviate from the marked itinerary by cutting across fields or other natural areas. The race will take place on vulnerable natural sites subject to an authorisation for passage. The long-term future of the race will depend on your behaviour.

7. THE RACE

7.1 Procedure

The organisation will specify the **cut-off time** beyond which all competitor present at this barrier must take a faster backup route to reach the finish line.

Use of an electric MTB must be approved by the race director before registration. The competitor must be signaled it.

7.2 Withdrawal

A race check-point at the start and end of each stage provides the opportunity to notify race organisers of any withdrawals before a departure or after an arrival for the next day = CHECK IN / CHECK OUT

In the event of withdrawal, excluding a medical evacuation during a stage, you must notify a race organiser at the finish that you are withdrawing.

In any case, you must notify someone at the finishing line that you are withdrawing temporarily or permanently.

-Temporarily

-Permanently: You leave the race and the organisation is no longer responsible for your personal effects or the return of your vehicle.

It is strictly forbidden to leave the race without notifying someone at the finish line of the day of your departure.

Non-compliance of this regulation will result in a flat rate fee of €100 per person and the organisation can initiate criminal proceedings for having undertaken a search due to your negligence. The State can also directly initiate criminal proceedings against you.

7.3 Material, equipment

7.3.1 Compulsory

- Helmet,
- Survival blanket,
- Warm clothes (1 polar jacket, 1 waterproof jacket type Gore Tex or similar, 1 long tights, 1 hat, 1 pair of long gloves).
- 1 mobile phone (Elite 1 by team minimum)
- 1 necessity kit of bike repair (Elite 1 by team minimum)
- For the night stage (Team elite only) a fluorescent yellow vest / runner + 1 lighting before and 1 back lighting / runner
- Cream against irritation
- Vaseline type fats
- Bandage of fat tulle

- Blister bandage protective film

- 1 first kit aids* (Elite 1 by minimum Team)

* Contents of first-aid kit (Elite 1 by team minimum)

- 1 American bandage
- 1 Compression multilayer wound dressing
- 3 pipettes of physiological salt solution (eyes drops)
- 5 compresses disinfectant
- 1 Disinfecting
- 3 Disinfectant eye drop
- 1 sticking plaster
- analgesic simple (paracetamol / ibuprofen)
- 1 Antihistamine, according to the choice of the competitor and his doctor

7.3.2 Strongly advised(recommended)

- A system of navigation by GLOBAL POSITIONING SYSTEM with the last available tracks on www.raid-vtt.fr

He will be specified to you in every briefing if you can exempt of certain equipments

Every competitor will have to carry equipment supplied by the organization: RACE BIB MOUNTAIN BIKE, bracelets, device of timing and/or live tracking.

In case of not return of the equipment (live timing or tracking) at the end of 4 stages, the Elite team will have to settle the 50-euro sum by not restored equipments.

The competitors are semiautonomous on every stage. 2 in 3 stop food are planned by section.

7.4 Penalties

You need to ride on the official track and respect all the regulations race. Otherwise we can exclude you definitively.

7.5 Assistance

Assistance competitor is only allowed on assistance point. Assistance point are indicated by race director on the briefing.

8. LOGISTICS

8.1 Baggage

1 bag per competitor and 1 camp tent per competitor

The organisation will not carry more than 30 kg of baggage per person to the end of the stage. Competitors will be informed whether they have overweight baggage and must find another means of transportation (e.g. taxi) Overweight baggage will be stored at the starting point and looked after for 10 hours. Outside that limit, the organisation will take no responsibility for the unclaimed property.

All baggage must be identifiable with the race bib number. A label will be provided with your race bib. We strongly advise you equip yourself with adhesive labels with markers to identify your bags.

Metallic canteens, MTB spare parts and repair kits, coolers, etc., will not be supplied.

8.2 Bike park

There will be bike-parking facilities at every end of stage. Access will be strictly reserved to competitors. To use the facility, you must have a bike-lock. Only competitors with their tamper resistant wrist band provided by the organisation — with a bar code corresponding to that of the number plate — will be allowed inside the facility with their bikes. They will have to sign in and out of the park. The organisation insists on strict compliance to these regulations.

8.3 Food and Beverage

Two to three refreshment points will be available per day depending on the difficulty of the stage of the race. There are no noon meals during the stages. Refreshment points are adapted to long MTB races.

The evening meal is provided by a caterer. The start and end times of evening meals are indicated in the official programme.

Meals during your stay for the race: Thursday evening, Friday evening, Saturday evening, Sunday noon

Breakfast during your stay for the race: Friday morning, Saturday morning, Sunday morning

8.4 MTB Repair and Maintenance

MTB cleaning facilities are available at each at the end of each stage.

Mechanical assistance is ensured by our business partner. If needed, you can find spare parts and a mechanical service for repairing or adjusting your bicycle. Prices are available directly at the mechanical booth. This assistance is limited to standard parts and needs. If a component is required for the restoration of your bicycle, the partner may, within the limits of his ability, offer you the rental of an MTB to finish the race.

8.5 Bivouac Sites

A bivouac site is the availability of a venue in a campground on terrain adapted for a canvass tent only.

Vehicles, caravans, and camping cars must be brought to the managers of bivouac sites and may be subject to a payment above and beyond the cost of registration.

Sanitary facilities and showers will of course be available at the bivouac sites.

Camping car sites may be recommended by the organisation external to our bivouac areas.

8.6 Assistants/Supporters

An assistant is defined as any person that accompanies a cyclist during the four days of the adventure race. These persons must be declared at the time of registration. The price for the four days is specified on the adventure race internet site. These persons must always wear a bracelet that will be provided in the runner's race bib kit. This bracelet will provide the assistant with access to the bivouac sites, all meals and breakfasts provided during the adventure race as well as to refreshment sites.

Access to the MBT park is strictly forbidden to assistants.

All assistants not registered cannot access the adventure race services. Registration cannot take place on site and access to the bivouac site will be paid directly to the manager. The assistant will, nonetheless, be able to access the assistant areas for the cyclist. The 'assistant' formula is therefore only mandatory for assistants who wish to benefit from the meal and camping site prices negotiated by the organisation.

8.7 Shuttle

The organisation offers a shuttle service at the start of the challenge to leave a vehicle on arrival the day before the departure. Procedures and prices are provided on the web site. This service is optional.

8.8 Safety

The organisation offers an emergency service validated by the Prefecture. It is comprised of mobile doctors available along the race course, and fire and emergency rescue services in stage villages.

In the event of a problem, you must immediately contact the organisation at the telephone number provided, or report to a staff member with a radio, or directly call 112 using your mobile phone where emergency actions are required.

On the recommendation of a medical official, the organisation reserves the right to disqualify and evacuate from the race any persons deemed unable to continue the challenge. All participants calling on a doctor or the services of emergency team members submit to their authority and agree to accept their decisions. Where necessary, and in the

interests of the rescued person, emergency services are called which then take charge of operations and implement all appropriate methods, including helicopters. Anyone who is subject to medical attention or an operation during the month prior to departure must inform the organisation by e-mail. In this absence of this declaration, the organisation cannot be held responsible in the event of a major incident.

9. CANCELLATION AND REIMBURSEMENT POLICY

Only the participants having signed and payed the insurance cancellation during the on-line registration can aspire to a refund. Our partner

The insurance you guaranteed a 100 % refund till 24 hours before the departure. You need to provide a medical proof for exemple.

Cost of the insurance: 15 % of the committed sums

The conditions of use of the service of on-line registration of our partner are available for consultation here [cgv ikinoa](#)

Extrait annulation : ARTICLE 9 – Couverture annulation Le participant peut souscrire, s'il le souhaite, une assurance annulation payante pour être remboursé totalement ou partiellement de ses frais d'inscription à l'événement mis à disposition par l'organisateur sur la plate-forme internet IKINOA. Cette assurance annulation ne sera exerçable que si le participant est contraint pour des raisons médicales, professionnelles ou le décès d'un proche, d'annuler sa participation à l'événement. Pour pouvoir être remboursé, le participant devra faire parvenir par courriel, une demande de remboursement UNIQUEMENT à cette adresse : contact@ikinoa.com, en joignant les justificatifs à la présente demande. Aucune demande par d'autres moyens que ceux cités ci-dessus ne sera acceptée. (1)Seuls les frais d'inscriptions pourront être remboursés. Les frais de dossiers, de SMS inhérents aux frais d'inscriptions restent à la charge du participant. Le remboursement est de : - 100% des frais d'inscription (1), si la demande parvient à IKINOA au plus tard la veille de l'événement. Dans tous les cas, la date du courriel fera foi. Aucune demande de remboursement ne sera recevable si elle n'a pas été transmise au plus tard la veille de l'événement. IKINOA rembourse les sommes dues dans les 30 jours de la réception de la demande. L'assurance annulation ne sera pas exerçable en cas d'annulation pour cause de force majeur (guerre, catastrophe naturelle, tremblement de terre, cyclone, tempête, annulation pour cause d'attentat, annulation préfectorale, annulation de la part de l'organisateur).

10. RIGHT TO THE IMAGE OF A PERSON

In participating in the race, the competitors authorise the organiser and the organiser's inheritors to use their name, image and voice within the framework of the race, with a view for use in online and offline communications and promotional media worldwide and by all means presently known.

In accordance with the French Data Protection and Freedom of Information Law (Loi Informatique et Liberté) of 6 January, 1978, you have right of access to your own personal data, as well as the right to alter and oppose it. Through our intermediary, you may receive proposals from other companies or associations. If you do not wish to receive such proposals, please notify us with your last name, first name and address.

Registration in the race means the participant will receive e-mails concerning the elements and content linked to the race for which the participant is registered.

In compliance with new stipulations relating to the right to privacy, persons who do not wish to appear in the official results or on the list of registered participants must inform us in writing.

11. LITIGATIONS AND CLAIMS

All requests must be sent by e-mail to organisation@raid-vtt.fr or by post to Raid VTT Mairie 26620 LUS LA CROIX HAUTE.

During the challenge, the point of contact is the Event Director.

Any claims received one month after the end date of the adventure race will be considered null and void.

By ticking the checkbox of the registration formula you automatically sign and accept the regulations of the race.

The race director



Hervé SIMON
Le 02/11/2018