

## RULES & REGULATIONS FOR THE “TRAIL DU TOUR DES FIZ 2017”

### Organisation

Passy Tourist Office, a not-for-profit association, is organising the Trail du Tour des Fiz with the agreement and support of the towns of Passy and Sixt-Fer-à-Cheval.

### Routes

**The Tour des Fiz - Huit Refuges** is a mountain run that follows the route of the Grand Tour des Fiz walking trail past eight mountain huts. The route follows several long-distance waymarked trails – the GR5, GR96 and GR Tour du Pays du Mont-Blanc. It also passes through the Sixt and Passy nature reserves.

61 km loop including 5,000 metres of ascent, starting and finishing at Passy Plaine-Joux.

**The Tour des Cinq Refuges** is a short trail following the route of the Petit Tour des Fiz – a 30 km loop including 2,300 metres of ascent, again starting and finishing at Passy Plaine-Joux. Competitors will pass five mountain huts used by walkers.

**The Balcon des Fiz - Trophée radio Mont-Blanc** is a short trail consisting of two loops. The first one takes runners from Plaine-Joux along the Tour des Ayères path to the Chalet du Souay and back via the Chatelet and Lac Vert path to Plaine-Joux. The second loop takes runners to the Bois du Joux and back to Plaine Joux.

Total distance is 15 km with 800 metres of ascent.

### Competitors

The Tour des Fiz – Huit Refuges and Tour des Cinq Refuges races are open to people born in or before 1997 (Categories: *Espoirs* to *Masters*). Competitors must have reached their 20th birthday by the date of the trail run.

The Balcon des Fiz race is open to people born in or before 2001 (Categories: *Cadets* to *Masters*). Competitors must have reached their 16th birthday by the date of the trail run.

The races are open to men and women of all nationalities holding an **FFA or FFtri licence** that is valid on the day of the race or who **present a medical certificate** issued no more than one (1) year before the date of the race. The certificate must specifically indicate that there is **no contraindication to competitive racing** (a medical certificate template can be downloaded from the event's website: [www.traildutourdesfiz.com](http://www.traildutourdesfiz.com)).

**Please indicate any allergies or ongoing medical treatment.**

**The medical certificate should be enclosed with your entry for the race or should be sent within a few days of entering. An entry form without a medical certificate will not be validated.**

### FFA categories valid to 31 October 2017:

*Cadets*: Born between 2000 and 2001

*Juniors*: Born between 1998 and 1999

*Espoirs*: Born between 1995 and 1997

*Séniors*: Born between 1978 and 1994

*Masters*: Born before 1977

### Entries

**The entry fee covers the following:** competition entry, in-race drinks or snacks and a meal on arrival, competitor entry gift (bib number with timing tag, competitor gift), a one-euro donation to the ASTERS association (*Conservatoire d'espaces naturels en Haute-Savoie*) which goes towards the upkeep of the Passy nature reserve, and use of the toilets in Plaine-Joux.

2017 rates	Tour des Fiz - Huit Refuges	Tour des Fiz - Huit Refuges Relay	Tour des Cinq Refuges	Balcon des Fiz - Trophée radio Mont Blanc	ITRA Points		
01/03 to 01/04	60 €	80 €	40 €	15 €	Men	Women	
02/04 to 02/06	65 €	90 €	45 €	20 €	< 800 points	< 700 points	Free
03/06 to 14/07	70 €	100 €	50 €	25 €	< 700 points	< 600 points	Guaranteed entry, fee charged

**The prices indicated above correspond to entry fees excluding admin. and management costs for the LiveTrail booking system (+ 5% per entry for all types of payment).**

Entry forms must be submitted online on the trail website ([www.traildutourdesfiz.com](http://www.traildutourdesfiz.com)), using the LiveTrail system, from Wednesday 1 March 2017 at 10am to Friday 14 July 2017 (subject to availability).

For foreign nationals: the Tourist Office accepts only credit card or bank draft payments. Foreign cheques are not accepted. Cash payments will also be refused, whatever the competitor's nationality.

Once the payment has been validated, competitors will receive a confirmation email at the email address they have provided (this takes a few minutes for credit card payments). If paying by cheque, confirmation will not be sent until the payment has been received and banked.

There will not be any waiting list.

**N.B.:** Pre-entries not including the payment and medical certificate required for validation will be cancelled at the beginning of each new pricing period or on Friday 14 July 2017, the last day for the submission of entries. Entries will not be accepted on site on the day of the race.

### **Cancelling an entry**

Entry fees will not be refunded if the competitor withdraws or fails to present to check-in on the day of the race, unless there are documented medical reasons. The medical document must clearly indicate that sport is contraindicated during the race period (doctor's certificate, duly signed and stamped). No other document suggesting such a contraindication (xray, diagnosis) will be accepted. In this case, admin. costs to the value of €9 will be retained by the Tourist Office. Entries must be cancelled in writing. It is then up to the organisers to decide whether the cancellation can be accepted.

Requests for cancellation will not be accepted after the day of the race (date as postmarked).

Refunds will be made by Friday 25 August 2017 at the latest. **Any request for a refund must be made no later than one (1) month after the event, i.e. by Friday 1 September 2017.**

If you do not intend to take part in the race, please inform the organisers.

**For safety reasons, bib numbers cannot be exchanged.**

**There will be no refund in the case of a cancellation resulting from the non-presentation of a medical certificate or valid licence.**

### **Trailer Menu**

A Trailer Menu will be available on Saturday 29 July 2017 from 7pm at the Café base camp in the Mountain Store on Avenue Léman Mont-Blanc in Passy (where competitors also pick up their bib numbers).

The restaurant will be offering a "Trailer Menu" designed by high-level trail runners for competitors in any of the three races in the Trail du Tour des Fiz 2017. For €10 (excluding drinks), the menu will be available to competitors, their support crews and their families.

Once an entry has been validated, runners will receive a confirmation email.

Since the number of restaurant covers is limited, runners are advised to book their meal as soon as possible. Final date for bookings: Thursday 27 July 2017.

### **Picking up bib numbers**

Bib numbers will be available for collection on Saturday 29 July 2017 between 1pm and 7pm at the Mountain Store (Quechua Wedze Simond), Avenue Léman Mont-Blanc in Passy (motorway exit 21).

You will be asked to show **ID** in order to obtain your bib number.

**You will not be able to collect a bib number for another competitor.**

If you cannot pick up your bib number on the Saturday, please contact the organisers.

## **Times / Programme**

### **Saturday 29 July 2017:**

From 1pm: Collection of bib numbers

From 2pm: Entertainment and talks at the Mountain Store

From 6pm: Race briefing and detailed description of the three trails

From 7pm: Trailer Menu for competitors and support crews at the Café base camp restaurant in the Mountain Store in Passy

### **Sunday 30 July 2017:**

#### **Tour des Fiz - Huit refuges**

3.45am: Free shuttle service from the Mountain Store in Passy – *4.15am: Coach arrives in Plaine Joux.*

4.45am: Briefing

5am: Start of race

#### **Tour des Cinq Refuges**

6.15am: Free shuttle service from the Mountain Store in Passy – *6.45am: Coach arrives in Plaine Joux.*

7.15am: Briefing

7.30am: Start of race

#### **Balcon des Fiz**

7.45am: Free shuttle service from the Mountain Store in Passy -- *8h15: Coach arrives in Plaine Joux.*

8.45am: Briefing

9am: Start of race

## **Mandatory and recommended gear**

### **Obligatory:**

- Mobile phone (with a plan valid for use in France)
- Water (at least 1 litre)
- Waterproof windcheater
- Whistle
- Headlight (Trail du Tour des Fiz - Huit Refuges only)
- Survival blanket
- Drinking cup (there are no cups at aid stations!)

### **Recommended:**

- Trekking poles
- Sunglasses
- Correct footwear (and gaiters)
- Food
- Change of clothing
- Cap and head sock (buff)
- Woolly bonnet and gloves
- Leggings
- Water (2 litres recommended)

The organisers reserve the right to change the list of mandatory gear until the start of the race in line with the weather and the condition of the trail.

Runners should check the list of mandatory gear and any changes to the list when picking up their bib numbers then again at the start of the race.

### **Mandatory shuttle service (free):**

This year, we have organised a mandatory shuttle service between the Mountain Store in Passy and the Plaine Joux resort. This means that you cannot drive up in your own vehicle. Shuttle times will be given on the trail website. It is up to competitors to check these times.

### **Penalties**

Checks will be conducted on gear. If a competitor is found not to have any of the mandatory gear, he/she will be penalised or may even be disqualified.

Any failure to comply with these rules and regulations or other regulations referred to will incur a disciplinary measure. If several breaches of the regulations are noted, the measures will be cumulative.

The competitor will be informed of the disciplinary measure by the race director within twenty (20) minutes of his/her arrival at the finishing line. The final rankings for the race are based on the competitor's race time + penalties:

- For each item of mandatory gear missing: 30 minutes added to the race time,
- For use of somebody else's identity and exchange of an allocated bib number: disqualification and irrevocable exclusion,
- Race trophy: awarded at the discretion of the competition jury,
- Non-attendance at, or refusal to pass a checkpoint: disqualification,
- Failure to assist a person in difficulty requiring medical assistance: disqualification and irrevocable exclusion
- Failure to comply with instructions from checkpoint or aid station marshals: 10 to 30 minutes added to the race time,
- Failure to comply with these rules other than the breaches indicated above: at the discretion of the competition jury.

### **Aid stations**

Water and snacks (bars, biscuits etc.) will be available in all the mountain huts. Soft drinks and more substantial food will be available at the following huts:

#### **Tour des Fiz - Huit Refuges:**

- Grenairon (km 34.5 – alt. 1974 m)
- Refuge Alfred Wills (km 48.7 – alt. 1810 m)
- Refuge de Moëde-Aterne (km 53 – alt. 2000 m)
- Refuge de Sales (km 10.6 – alt. 1877m)
- Refuge Alfred Wills (km 17.3 – alt. 1810 m)
- Refuge de Moëde-Aterne (km 22 – alt. 2000 m)
- Refuge du Châtelet d'Ayères (km 58 – alt. 1420 m)

#### **Tour des Cinq Refuges:**

- Refuge de Sales (km 10.6 – alt. 1877m)
- Refuge Alfred Wills (km 17.3 – alt. 1810 m)
- Refuge de Moëde-Aterne (km 22 – alt. 2000 m)
- Refuge du Châtelet d'Ayères (km 27 – alt. 1420 m)

#### **Balcon des Fiz – Trophée radio Mont Blanc:**

- Refuge du Châtelet (km 7 – alt. 1420m)

Runners must obtain food and drink at the locations arranged by the organisers or use their own supplies.

**No cups will be provided at aid stations. All runners are required to have their own cup as part of their mandatory gear.**

Volunteers will fill water bottles, bladders and containers with still water only.

If you want sparkling water, cola or other such drinks, you must have your own cup. Otherwise, you will not be served.

Hot drinks (tea and coffee) will be available before the start of the race.

A complete meal will be available to competitors at the end of the race.

### **Support crews**

Bicycles, mountain bikes and motorised vehicles are strictly forbidden on the trails. Support crews may not eat or drink at aid stations. The marshal may decide to exclude anybody disturbing the volunteers or other runners. Any breach of the regulations will be penalised.

Like the runners, support crews must comply with current regulations in the nature reserves. Any failure to comply with these regulations will lead to the immediate disqualification of the corresponding runner (whether the non-compliance is the fault of the runner or a member of his/her support crew).

### **Security (first aid posts and medical assistance)**

People wishing to compete in these mountain races are advised to have undertaken adequate training and be fit.

First aid posts will be located at several points along the route, notably beside the few difficult passages.

The first aid posts will be in audio contact with race HQ.

A medical team will be in attendance throughout the duration of the race.

It will intervene along the route using all appropriate means including a helicopter if needed and if weather conditions allow.

**All competitors will be given a mandatory medical check-up on the Tour des Fiz route.**

The organisers and medical team may decide to withdraw a competitor on medical advice.

The organisers advise runners that these races require the appropriate physical training and that anybody presenting any signs of weakness, in the doctor's opinion, may be disqualified.

### **Computer checks**

The bib numbers will be subject to a computer check at the start and end of the race and at several points along the way.

To make the marshals' job easier, please **put your bib number on your chest and make sure the entire number is visible.**

**Any person not checked at one of these points will be disqualified.**

### **Cut-off times**

**Trail du Tour des Fiz - Huit Refuges:**

- Maximum time: 16hrs
- Cut-off time at Salvagny: 11hrs 30mins
- Cut-off time at Grenairon (at the bottom of the descent from the hut): 14hrs 30mins

→ **N.B.:** If the weather conditions are bad, the climb up to the Grenairon hut and the descent back down may be abandoned. The 14-hour cut-off time at Grenairon will no longer be valid and the maximum race time will be reduced from 16 hours to 14 hours.

**Tour des Cinq Refuges:**

- Maximum time: 9hrs
- Cut-off time at La Cascade de la Sauffaz: 11hrs 30 mins

**Balcon des Fiz:**

- Maximum time: 5hrs
- Cut-off time at Plaine-Joux: 13hrs

Runners wishing to continue the race although they are outside the cut-off times will no longer be considered as competitors and will continue running under their own responsibility.

Runners will be taken back to Passy by shuttle bus leaving from Salvagny.

The bus will not leave until it is full or until the sweepers have gone through. This means that there are no set waiting times. The shuttle is to be used solely for runners returning to Passy. Support crews must have their own means of transport.

Cut-off times may be changed on the day of the race depending on weather conditions.

### **Withdrawals**

A runner wishing to withdraw from the race must tell the nearest volunteer of his/her decision.

If his/her condition allows, the runner must continue to follow the race route to the closest exit (Le Lignon, Salvagny or Plaine-Joux) under his/her own steam.

A runner can also wait until the end of the race and head for one of the exit points with the emergency teams and volunteers.

In all cases, competitors must hand their bib number in to the Withdrawal HQ at one of the three exit points. He/She will then be considered to have withdrawn from the race.

**N.B.:** For security reasons, and given that this is a recurring problem in many races, we would ask runners to make sure that they inform the organisers of their withdrawal from the race or phone the race HQ (the number is on the bib).

**Competitors who fail to comply with race instructions will be charged for any unjustified costs incurred in searching for them.**

### **Cancelling or stopping the race**

The organisers reserve the right to change the routes, temporarily suspend the race or cancel the race if weather conditions are bad.

**Entry fees will not be refunded, whether the race is cancelled on race day or a few days before.**

Decisions taken on race day to suspend or cancel the races would be reached solely in the interests of the competitors and volunteers.

### **Results and prizes**

There are no cash prizes.

The first three men and first three women in each race and each category will receive a prize (overall ranking).

### **Qualifying races for the Ultra-Trail du Mont-Blanc®**

For many years, the Trail du Tour des Fiz has been one of the qualifying races for the Ultra Trail du Mont-Blanc®, entitling runners to points for competing in one of these races:

- Tour des Fiz – Huit Refuges: 4 points (new scale)
- Tour des Cinq Refuges: 2 points (new scale)

### **Environment (rules specific to the nature reserve)**

The trails used for the Tour des Fiz - Huit Refuges and Tour des Cinq Refuges run through the Passy and Sixt nature reserves as well as the Désert de Platé, which is a protected area.

Competitors are therefore required to comply with the rules specific to these areas.

They must follow the signposted footpaths. Competitors **must not take short cuts**. Anybody found to be doing so will be disqualified.

Do not throw away packaging, paper hankies or any other form of litter **in the nature reserves or in other areas**. Reserve rangers will be monitoring compliance with these regulations and will issue a warning to anybody breaking the rules.

Competitors must not be accompanied by a dog, even if kept on a lead.

By completing an entry form, you are agreeing to read and comply with the regulations applicable in the nature reserve:

[www.asters.asso.fr](http://www.asters.asso.fr)

**Any runner discovered cheating will be immediately penalised. Measures will range from a time penalty to disqualification.**

### **Insurance**

#### **Third party liability:**

Organisers hold third party liability insurance, as required by law. Organisers cannot be held responsible for any accident, incident or weakness resulting from poor physical condition.

#### **Individual accident insurance:**

Licence holders are covered by the guarantees granted by insurance companies to the holders of sports licences.

Other competitors are responsible for taking out their own insurance in the form of individual accident insurance covering the risks inherent to the event.

### **Race management committee**

Committee members include the race director, the emergency aid director and any other person co-opted by the race director. The race director has sole responsibility for taking all decisions relating to the race. His/her decisions are final and not open to appeal.

The emergency aid director has sole responsibility for taking all decisions relating to the safety of competitors.

They may be required to take decisions on the cancellation of the race if weather conditions demand it.

### **Image copyright**

All competitors expressly waive their claims to image rights during the race. Likewise, they waive all recourse to claims against the organisers and their partners as regards the use of any image showing them taking part in the Trail du Tour des Fiz.

### **By completing an entry form, all competitors undertake to comply with race rules.**

These rules may be changed by the organisers without advance notice at any time up to Saturday 29 July 2017. Any new version of the rules will be posted up on the race website, [www.traildutourdesfiz.com](http://www.traildutourdesfiz.com)