

RULES & REGULATIONS
11th MERRELL SKY RACE OF SERRE CHEVALIER
2nd IAU World Trail Challenge

TRAIL DES CERCES & CHEMIN DU ROY

1 : ORGANIZATION

The association "Courir en Briançonnais" together with the Tourist office of Serre Chevalier, the Athletics French federation, regional federation and the IAU organize on Sunday July the 12th, 2009, the **11th MERRELL SKY RACE** of Serre Chevalier and the **2nd IAU World Trail Challenge**, running trails

2 : ELIGIBILITY

Regarding the 23 march 1999 state law, registrations are accepted with a copy of a valid athletics license or a medical certificate (less than one year) attesting that you can practice running competitions (or an official copy), even for walkers.

For race day registration, if number available : you may show your **sports license** (Athletics federation license) or medical certificate attesting your ability to practice athletics in competition; this last will be hold by organization as evidence in case of injury.

In the absence of one or other of these documents **no number delivery**.

No confirmation letter will be sent for obtaining number. Your registration will be displayed on the website : www.trailserrechevalier.com

3 : REGISTRATIONS

Registration can be done at the Tourist office of Serre-Chevalier or sent by post to :
Patrick MICHEL " Courir en Briançonnais " 84 bis route de Grenoble 05100 Briançon France

On line registration on activeeurope.com

Entry fees : **30 €** before june, the 1st 2009

40 € from June the 1st 2009, for Trail des Cerces race only

Athletes representing their country will be strictly registered through their federation. They will be the only athletes to be ranked in the 2nd IAU World Trail Challenge.

4 : COURSES

2 courses opened to everybody, male or female, with a sports license or not, from 20 years old for 68km race and 18 years old for the 27km.

Course A Trail des Cerces: Open only to runners.

68 km - Elevation gain/drop : 3500 m.

Same course for the 2nd IAU World Trail Challenge.

The race will start promptly at 5am - Pré Chabert, Monétier les Bains.

Arrival from 11.30am - Pré Chabert.

Course B Chemin du Roy : Open to runners and walkers.
28 km – Elevation gain/drop 800 m
Start : 8.30am - Pré Chabert, Le Monétier les Bains
Arrival from 10.30am - Pré Chabert.

Equipment compulsory

Trail des Cerces : Hydration bladder 0,75 liter at least (belt, camelback), windstopper jacket, safety whistle.

Strongly recommended : Headlamp, emergency bivy, beanie or hat, gloves, walk sticks accepted from the 11th km, they must be fixed on a backpack on departure.

Chemin du Roy : Hydration bladder 50cl at least, sticks forbidden

5 : PACKET PICK-UP

Late registrations (if numbers available) and packet pick-up on Saturday July the 11th from 11am to 8pm.

Race-day registration Sunday from 4am on race headquarters – Salle du Dôme – Monétier les Bains.

Entry limits : Trail des Cerces : 1000 numbers - Chemin du Roy : 600 numbers must be pinned and clearly visible/readable on the front of each runner in order to allow for easy identification by race volunteers.

6 : AID

Full aid stations are displayed along the race. Extra refreshments and food at the finish, map and elevation charts on the web site

7 : CUT-OFF TIMES :

Trail des Cerces and 2nd World Trail Challenge

8.30am : km 19 : aid station : Refuge du Galibier (H Desgranges stone)

10.30am : Km 29 : Plan Lachat : Stone bridge (Crossing Road 902)

1.30pm : Km 39 : aid station : Chalets de Laval

4.30pm : Km 53 : aid station : Fontcouverte campsite

Race officials can remove a runner from the race, if they feel an injured runner is putting themselves in jeopardy or they don't make the cut off times. Runners are driven back to the departure and won't be ranked.

Chemin du Roy

12am : Km 16 : aid station l'ALPE DU LAUZET

8 : SAFETY

It is forbidden to follow runners with any vehicle. The course is in environmentally sensitive area and will be marked with special ribbons, biodegradable painted signs . Volunteers will close both races.

9 : WEATHER

In case of bad weather conditions or other, the officials could modify the course (even during the race), entry fees are kept.

10 : PHOTOS

By accepting a membership, the competitor gives the organization a tacit power to use any photo or image of the event in the context of promoting it .

11 : PRIZES

Registration packet includes : post-race meal, goodies on registration, race shirt or other, 1 medal to all finishers, the day newspaper with all the results (mailed to home). Each 3 top male and female runner of each age group will be awarded : Under 39, masters, grandmasters, veteran, super-veteran
No classification for walkers.

2nd IAU World Trail Challenge :

Only the athletes registered through their federation in order to represent their country will be classified
Rules of the IAU .

12 : COMPETITOR DQ'd

Violations of rules may be cause for a respective runner being disqualified.

Bicycles, pacers, supply "stashing", 'mechanical' assistance and other forms of assistance are strictly prohibited.

Runners can also be removed from the race in case of : absence of number or wrong bib number, departure on late, absence of equipment compulsory, no check in and out at all aid stations , delayed on cut off times, no respect of the environment (stay on the trails, do not litter), refusal of examination by a doctor, supply out of aid stations.

Claims : give it orally to the first aid station met and write it down to the race director at the arrival.

13 : GENERAL RULES

By accepting a membership, the runner understands and accept its terms. The runner assumes any and all risks associated with participating in a such event, including but not limited to falls, injury, contact with other participants or persons, the effects of the weather and the condition of the roads or running surface, all such risks being appreciated by him.

14 : INSURANCE

General Liability Insurance : The sport organization is covered with MACIF Insurance.

Individual accident Insurance : The sports license provides you an insurance policy (pay attention to your policy coverage) . The other participants should subscribe an individual insurance

15 : CANCELLATION

No refund is possible. We can propose you an asset for the Trail Blanc Race in early January 2010 upon presentation of a medical certificate. Ask for it 8 days at least before the race