



6 Jours de France – Gérard CAIN
April 15-21, 2023
ULTRA RUNNING ORGANISATION



Rules "6 jours"

Article 1 : THE RACE

Race for runners and walkers at your own pace.

START 6 days : on april 15, 2023 at 2:00 pm. Ending april 21, 2023 at 2:00 pm.

LOCATION : Vallon Pont d'Arc (07) France - Camping l'Ardéchois.

Article 2 : REGISTRATIONS

All registrations must be sent in my post with the official subscription information and necessary papers. No subscriptions will be taken on site.

CATÉGORIES : This category is reserved for sezniors and veterans (women and men).

According to the law article 99.223, march 23, 1999 : Participants with no sporting licences must provide medical clearance mentioning : « **The participant shows no contraindications to the practice of the running in competition** » dated less than 1 year in order to obtain their bib. The original or photocopy of this document will be conserved by the organisers in the case of injury or bodily harm. No other document will be accepted as medical clearance.

FEES :

Refer to the prices list

Close of the registrations : in march 31, 2023

Registration is complete with all the following elements :

- Official subscription forms completed
- Written proof of medical clearance by a certified doctor and/or a photocopy of your valid personal sporting licence.
- Registration fee to « Ultra Running Organisation » by cheque or transfert to :

Banque : BANQUE POPULAIRE

Association ULTRA RUNNING ORGANISATION

IBAN : **FR76 1660 7002 2268 2211 2690 342**

BIC : **CCBPPFRPPPG**

The registration will come into effect in the date of the reception of all the elements of the file.

Registrations must be sent before **March 31, 2023**, closing date of the registrations, by mail to be sent in :

ULTRA RUNNING ORGANISATION – 1408 D Route de Lyas - Quartier Chilarenche - 07000 LYAS - FRANCE

Article 3 : CANCELLATION

Registration is personal. In order to avoid contesting, registration cancellation requests must be received by registered mail before March 15, 2023 (closing date of the registrations).

IMPORTANT : No requests will be considered after this date.

For a registered cancellation :

- Before december 31, 2022 : 10% of the registration fee will be withheld
- From january 1st till march 31, 2023 : 50% of the registration fee will be withheld

No requests beyond these dates will be treated. Reimbursements will be treated within 3 months after the Festival.

We advice you to obtain cancellation insurance from a specialized company.

Article 4 : INSURANCE

The event organisers are insured by their civic responsibility. FFA license holders benefit from their insurance coverage held within their licenses. Participants without the FFA license must subscribe to a personal insurance. The event organisers decline all responsibility in case of accident and other injury due to previous and/or current health problems.

The event organisers decline all responsibility for theft of clothing or any other personal effects.

Article 5 : BIBS

Bibs can be obtained at the race location : April 14, 2023, from 5:00 pm till 7:00 pm and April 15, from 9:00 am till 11:00 am.

Participants must wear the number during the entire event. It must be visible at all times and worn on the front o the body. Numbers will be given only to participants with completed registration forms.

The official tee-shirt must be worn at the start.

Article 6 : DISTANCE COUNTING

Timing will be made by an officially approved timekeeper using a system of electronic chips placed in a pouch on the ankle.

Participants will be fitted with 1 chip to the electronic foot which will be automatically initialized at the starting line. This chip will be used to control check points at diverse points on the circuit. All participants who deviate from the designated race course will not be classified on arrival.

The chip must be returned immediately to the organization team upon finishing the race or in default of finishing.

ATTENTION : unreturned chips at the end of the race will be billed 50€.

Article 7 : RANKING

Only one common ranking (male and female) will be given chronologically by the number of kilometers realized by each competitor during the race.

A specific ranking of "walker" will be established for this discipline starting at 5 participants. **If there are groups of less than 5 participants will be integrated into the common ranking.**

Article 8 : REWARDS

The first three finishers individual win a trophy or cup. Each participant receives a medal.

Article 9 : ACCOMODATION

Three accommodation options : Bungalow, personal tent and camping-car.

For "family" bungalow reservations, they must be made directly with the campsite. The runner will then only pay the amount of the registration fee for the event.

For all accompanying persons, it will be possible to take the paid meals offered by the organization.

Article 10 : FOOD

From **April 15, 2023** :

- Dinner

From **April 16, 2023**

- Breakfast from **7:00 am to 8:00 am** : coffee, tea, chocolate powder, milk, butter, jam, honey, bread, cereal (cornflakes).
- Lunch (mean meal with vegetables and desert) **12:30 to 1:30 pm**
- Dinner (appetizer, main meal with vegetables, cheese and desert) **7:30 pm to 8h30 pm**

For the last day of the race, there will not lunch but you will have refreshments more importants.

Article 11 : REFRESHMENTS

1 - ORGANIZATION REFRESHMENT AREA :

A refreshment table will remain set up day and night during the event :

Liquids : Flat and bubble water - Coca Cola - Orangina - Ice Tea - Sirop - Coffee - Tea - Soup

Dairy : Swiss cheese – Nature yoghurt – Vache qui rit

Fruits : Bananas - Oranges - Season fruits – Compotes

Solids : Pastas - Purée - Boiled potatoes - Rice - Hard-boiled eggs - Ham - Knackwurst - Bread

And more : Peanuts - Pound cake - Chips - Chocolate - Knackis - Cereal bars – Dried fruits – Tucs- Candy

IMPORTANT: Each participant should prepare their own complementary nutritional needs for the event.

2- PERSONAL provisioning : a specific zone for the personal provisionings with table and chairs will be cordoned off on the circuit.

3 - **Any personal supply outside the dedicated area is strictly prohibited.**

4 - To respect our commitment Agenda 21, it will not be used plastic tumblers. 2 tumblers will be given to you during your retreat of number. **Each competitor needs his own cutlery (knife, fork, spoon and teaspoon).**

Article 12 : PROGRESS OF THE RACE

- All guides whether on foot or in bike are strictly forbidden on the circuit during the complete duration of the race.

- Walking sticks are forbidden on the track.

- For relays, time of running and order of the relays is the choice of each team. Obligatory area for relays.

- Competitors registered in the category of « Walker » must follow FFA regulations pertinent to the discipline. Walking judges will be present on the circuit to apply this regulation.

Article 13 : « REST AREA »

- Shower and toilets (campsite facilities)

- Car and camper parka long the circuit. One place by participant (vehicle or tent)

- The vehicles of the guides will have no access to the camping, they will must park outside.

Article 14 : MÉDICAL

A medical team will be present on site throughout the duration of the event for the participants and their companions.

The health measures required by the FFA will be implemented throughout the duration of the event.

Article 15 : LITIGATIONS

In case of litigation, the Director of the race will decide on any possible problems using French racing rules.

Article 16 : CANCELLATION OF RACE

If the event must be cancelled in the case of absolute necessity or for a motive independent from the will of the organization, no reimbursement or compensation of registration expenses or any other expenses can be claimed.

Article 17 : USE OF IMAGE

Upon registration, each participant authorizes the association « Ultra Running Organisation » to use or make use of, reproduce or allow reproduction of his/her name, image, voice and performance during the race under direct or indirect exploitation in any media form in any country by any known or unknown means for the lenght of current protection accorded to direct or indirect exploitation, derived from legal or reglementary dispositions and/or judicial decisions in any country as well as by current or future international conventions, including eventual prolongations that may happen during this period.

CNIL : Conform to the january 6th, 1978 said law stipulating the rights « Freedom and Computers », participants reserve the right to rectify any personal information. Trough our organisation, participants may receive propositions from other sources. It is your personal right to refuse this agreement by letter indicating your family name, surname and adress.

Article 18 : ACCEPTANCE

Each registered competitor and participating in « 6 Jours de France », declares to be in recognition of the above stated regulations and agree to accept all the terms.