TRAIL HAUT KOENIGSBOURG® : Regulations for the 56KM

Article 0 : Covid 19

In view of the uncertainties related to the current health situation (Covid-19), we reserve the right to modify the regulations of our races according to future government directives.

Article 1 : Races

- Intersport Sélestat Grand Trail with a distance of 56Km and a positive climb of around 2040 metres..

Unexpected check points will be carried out throughout the courses. The entire bib must to be attached to the runner's chest. Failure to observe these regulations will result in the disqualification of the participant, the decision will be final. A competitor who abandons must hand over his/her bib or chip to the nearest food station or marshal.

When on a public road each participant must abide by the highway code and the FFA regulations in respect to out of stadium races and will be solely responsible for any breach of these rules.

Are forbidden on the course:
Any followers – Any non-accredited vehicles (including bicycles) – Dogs, even on a leash – Food supplies out of the accredited zones. The use of walking poles is **authorised** on the 56Km race and must be carried throughout the whole of the race.

Article 2 : Conditions of Participation

To be able to take part in the Intersport Sélestat Grand Trail of a distance of 56Km competitors must be born in **2002** or before.
Following article L. 231-3 of the Code du Sport, F.F.A. licensees have to provide a photocopy of their current valid license.
F.F.Triathlon licensees are accepted only if their license mentions that they can "practice competitive sport".
Other participants must provide a medical certificate dating less than a year old at the date of the THK race, or a photocopy (digital copies are not valid), stipulating that they reveal no medical indication against practicing competitive running. The mention of any other sport will not be accepted. **Participants can download a medical certificate template from our web site**.
WARNING: digital copies on smartphones are not valid
56Km: bibs are to be collected at the ***salle des Fêtes*** the **day before the race from 15h00 to 18h00**, or from **5h30 on the day of the race**.
For reasons of organisation, registrations will not be accepted on the day of the race.

Article 3: Start & Times

Start : **Sunday 4 September 2022**, **Office de Tourisme of Kintzheim**.*(Rue du Général De Gaulle)* **Times : 7H00**

Article 4 : Modification / Cancelation of the race

For security reasons, or in case of absolute necessity (weather conditions,….), the organisers and their representatives reserve the right to modify a race, stop an incurring race or even cancel a race for whatever reason without any obligation to refund the participants.

If the event has to be cancelled by administrative decision related to the health crisis (covid-19), the organizer undertakes to reimburse the full amount of the registration minus the management fees.

Article 5 : Food Stations

- Refuge Vosges Trotters of Sélestat - Grande Verrerie - Haut-Koenigsbourg Castle
  Personal assistance outside the above specified food zones is forbidden and will be punished
  Authorised zones for personal assistance: food stations at the Refuge Vosges Trotters and the Haut-Koenigsbourg Castle

WARNING – NO PLASTIC CUPS ARE PROVIDED AT THE FOOD STATIONS.
Depending on the health situation related to (covid-19), the organizer reserves the right to modify the number and the location of the food stations.

Article 6 : Obligatory security equipment for all participants

In order to participate in these races a set of obligatory equipment is required. However, it is important to note that it is the minimum necessary and that each participant must adapt it according to their individual needs. It is important not to choose the most lightweight clothing possible in order to gain a few grams, but to choose items which will give the best protection against the cold or the wind, therefore ensuing in better security and performance.
Each participant is required to carry all his obligatory equipment with him at all times during the entire race.
Spontaneous controls of the obligatory equipment may be carried out at any time during the race.

Backpack and its contents :

The participant is obliged to submit to such controls cordially, under penalty of exclusion from the race .
Obligatory equipment for the 56Km race (to be carried by each participant during the entire race)
The first ten of each race will be controlled after their arrival and penalties following Article 15 may be applied accordingly
- Mobile phone (the number must be given to the organisers), enter the security number provided by the organisers (00 336 16 67 16 68, this number also appears on your bib), keep your phone switched on at all times, do not hide your number and do not forget to charge the batteries before the race.
- Individual cup, 15 cl minimum (no cups will be provided at the food stations in order to respect the environment)
- Water reserve of 1 litre minimum
- Survival blanket, 1,40m x 2m minimum
- Whistle
- Warm hat, cap, bandana or Buff®
- Supply of food
- Adhesive elastic band to enable making a bandage (mini 100cm x 6cm)
-:A windshield jacket

- WARNING : Backpacks will be controlled when collecting your bib and at the arrival.

Article 7 : Time barriers (local times GMT+1)

For security reasons, and for the re-opening of public roads, time barriers have been set by the organisers. Any participant arriving at a control post after the affixed time (mentioned below) will have his/her bib withdrawn; from then on they will no longer be part of the race and if he/she continues it will be under his/her own responsibility.

- 10H30 (local time) – Refuge Vosges Trotters
- 13h - Grande Verrerie
- 15h30 - Haut-Koenigsbourg Castle
  Time barriers have been calculated based on an average of 5.5km/h.

Beyond these times it is up to the participant to return to the start by his/her own means.

Article 8 : Prizes

For the 56Km prizes will be given to the first 3 Men and first 3 Women of the scratch, and also the 1st of each category, including the new Masters categories. Rewarded participants must be present during the ceremony. If the person is absent then the prize will be returned to the organisers.
Depending on the health situation related to (covid-19), modalities will be specified later.

Article 9 : Security – Insurance

Two emergency doctors, as well as a Red Cross team, will guarantee the safety of the competitors throughout the race.
The organiser is covered by a civil liability but each participant must be covered by their own insurance and waiver all claims against the organisers.

Article 10 : Accidents / Theft

The organiser can not be held responsible in case of accidents, failure due to ill-health or insufficient preparation, or in the event of theft of personal belongings during the race.

Article 11 : Registration

Registration is final and will not be refunded for any reason whatsoever.

Reasons for a non-validation of a registration :

- ✓ No medical certificate
- ✓ Medical certificate more than a year old
- ✓ Falsified or unreadable medical certificate
- ✓ No mention of "**reveals no medical indication against competitive running**" on the Medical Certificate

Enrolment

Registration via internet only
Registrations are accepted via **www.sporkrono.fr** with secured credit card payment until **Monday 15 August 2022, 23h59**. Enrolment will be closed after these dates or as soon as the maximum number of participants has been reached.
You may upload your signed THK medical certificate 2022 or your valid license to the « sporkrono.fr » web site.
Digital copies on smartphones or other devices are not accepted

Article 12 : Environment

In order to respect the environment and nature, and more precisely the national park Ballon des Vosges, it is strictly forbidden to abandon on the course any waste whatsoever under penalty of immediate disqualification. The races only use existing paths, it is therefore mandatory to follow the paths or marked trails to avoid soil erosion.

Article 13 : Image rights

Participants authorise the organisers, as well as accredited persons such as partners and the media, to use still images, audiovisual images taken from the ground or in the air, or images broadcast on social networks on which you may appear during one of our races.

Article 14 : Acceptation of the regulations

Enrolling in one of our races, the participant :
- agrees to accept the present regulations and race ethics without reserve
- accepts to follow the designated track (controls will be carried out)
- accepts to hand in their bib to one of the volunteers or a member of the medical staff if they abandon
Any breach in one of the above rules by a participant will result in a time penalty or exclusion on decision of the Organising Committee.

Article 15 : Breach of Regulations Penalties – Disqualification

Race officials present on the course, and those in charge of different control zones and food stations are authorised to uphold regulations and to immediately impose a penalty for non-respect, based on the following chart :

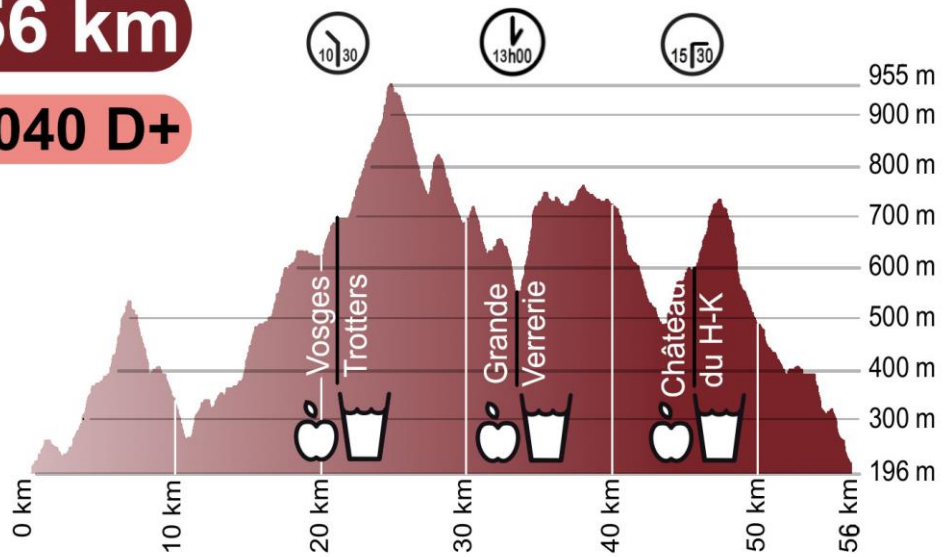
BREACH OF RULES	PENALTY – DISQUALIFICATION
Lacking obligatory safety equipment (no minimum water supply of 1 litre, no survival blanket, no mobile phone). 56Km : No windshield jacket,	Immediate disqualification
Lacking other obligatory equipment (cap or bandana or Buff®, warm hat, whistle, adhesive elastic band, food reserves, cup).	Penalty 1 hour
Refuse control of obligatory equipment.	Disqualification
Lack of respect towards people (organisers or runners).	Penalty 1 hour
Non-assistance to a person in difficulty.	Penalty 1 hour
Receiving help outside authorised zones, Article 5.	Penalty 1 hour
Cheating (ex : using transport, sharing a bib, …).	Immediate disqualification
Omitting a control zone.	Disqualification
Refusal to comply with an order from the race directors, a race official, a chief in charge of a post, a doctor or a paramedic.	Disqualification

All participants of the Trail Haut-Koenigsbourg® are deemed to have read these rules and accept the terms.

Intersport Séléstat Grand Trail HK ®

56 km

2040 D+



TRAIL HK
ASSOCIATION SPORTIVE TRAIL DU HAUT KOENIGSBOURG

2022

Trail du Haut-Koenigsbourg®

Medical Certificate

This certificate, which conforms to French legislation, is mandatory and is the only one recognised by the Association Sportive Trail du Haut-Koenigsbourg for foreign participants.

I, the undersigned Doctor ……

Certify that I have examined:
Mr/Mrs (full name) ……..

Date of Birth: ……

Nationality: ……

and that he/she reveals no medical indication against his/her participation in the following Trail Haut-Koenigsbourg® **competitive running** event (please check):

- ☐ **13 Km** Hahnenberg Trail (positive climb of **350m**) – born in **2004** or before
- ☐ **25 Km** Haut-Koenigsbourg Trail (positive climb of **880m**) – born in **2002** or before
- ☐ **56 Km** Intersport Sélestat Haut-Koenigsbourg Trail (positive climb of **2040m**) – born in **2002** or before
- ☐ **109 Km** ULTRA Haut-Koenigsbourg Trail (positive climb of **4850m**) – born in **2002** or before

Date: ……/……/2022

Stamp (or professional number) and Signature of the physician **(MANDATORY)**

YOU WILL NEED THIS SIGNED DOCUMENT WITH YOU WHEN YOU COLLECT YOUR BIB