

# ENGLISH

## Regulation 2020

**Trail du Petit Ballon:** the race takes place between 200 and 1300m of altitude on a course of 54km for 2200m of vertical gain, it will lead trailrunners to the top of Petit-Ballon (km 29) before returning to Osenbach (km 42), the descents are rather on wide forest trails, climbs on beautiful mountain trails ... maybe you will run on some snow!

**Circuit des Grands Crus:** it is a 28km loop between 200 and 600m above sea level, mainly on paths and trails, with a vertical gain of 900m, through vineyards and forests with a picturesque passage at OSENBACH mid-race and above the SCHAUBERG convent around km 21.

**The ZINNKOEPFTRAIL** (ex-"Seizième"): it's a 16km race with 600m of elevation gain.

**Mini-Trail de l'âne:** this is a new "discovery" race with 8 km and 200 m of elevation gain.

**Timetable:** Attention 4 races 4 departures: **8.00 am** for the Trail du Petit Ballon, **9.00 am** for the Zinnkoepftrail, **9.30** for the Circuit and **9:50** for the Mini.

**Start and finish:** near the football ground of ROUFFACH, signs will be set up to help you finding it.

**Participation:** the competition is open to all runners aged at least 16 in 2020 for the Mini Trail de l'âne (respectively 18 years for the Zinnkoepftrail and 20 years for the Circuit Grands-Crus and the Trail du Petit-Ballon) subject to compliance with the law of 23 March 1999 concerning the medical certificate. Participants must be well trained and familiar with the unexpected events that may occur in the mountains. **For the 54 km Trail a first cut off will be established at the BOENLESGRAB Pass at km 20 at 11.30 am, participants who arrive after that will be directed towards the finish (20 km remaining) or repatriated if they are not able to continue. A second cut off will be established at OSENBACH at km 42 at 3 pm or 6 km / h. Because of the date and therefore the shorter daylight time available, this barrier will be strictly enforced and no protest will be accepted. Anyone who arrives later will be repatriated upon arrival and will be ranked in order of their arrival, yet after the last participant who has completed the entire race course.**

Important: in case of bad weather and for any reason of natural hazards, the organizer maintains the right to shorten or modify the Trail du Petit-Ballon and / or the Circuit des Grands-Crus and / or the Zinnkoepftrail .

**Insurance:** The organizer is covered by a liability policy AZUR IARD SA but disclaims any other liability.

**Registration:** will be done EXCLUSIVELY on the site [www.sporkrono.fr](http://www.sporkrono.fr) with SECURED payment by credit card and immediate confirmation by MAIL (until Sunday 23 FEBRUARY 2020 at midnight).

Those who have a FFA (French athletics federation) licence are automatically controlled via the Sporkrono registration platform, for all other athletes, a medical certificate of no contraindication to the practice of athletics in competition or competitive running dating from less than one year from the date of the race will be submitted online at registration or retrospectively until 23 FEBRUARY 2020 via the information provided in the confirmation email sent by Sporkrono.

The internet fees are ENTIRELY covered by the organization.

In particular to ensure a certain fluidity in the path on the trails, a total of 4000 bibs is available: 1200 for the TRAIL LONG 54 km, 1400 for the TRAIL COURT 28 km, 800 for the Zinnkoepftrail and 600 for the MINI TRAIL 8 km. You can see the number of remaining bibs for each course on [sporkrono.fr](http://sporkrono.fr) until 23 FEBRUARY 2020.

Registrations on site only on Saturday afternoon from 15h to 19h will be possible if the threshold of 4000 registered has not yet been reached, a warning message will be posted on our website and our Facebook page on 24 FEBRUARY 2020 to announce the eventual number of bibs remaining.

As a result, on-site registrations are not guaranteed! ATTENTION: There will be no refund or modification of registration from 17 FEBRUARY 2020 due to fixed costs incurred:

- 1) **Sickness or accident: registration will be refunded only after sending a medical certificate (which confirms that you are not able to do the race) dated and signed by SUNDAY 16 FEBRUARY 2020 by mail to [emillet@wanadoo.fr](mailto:emillet@wanadoo.fr)**

- 2) **Change of the race distance:** runners can request to change the event until 16 FEBRUARY 2020 by mail to [tpb@sporkrono.fr](mailto:tpb@sporkrono.fr) without refund of the difference in case of downgrading to a lower inscription fee and with payment of the difference in case of upgrading to a higher fee.
- 3) **Transfer of registration on the same race:** an athlete may be replaced on the same race until February 16, 2020 via the information sent in the registration confirmation email sent by Sporkrono, This action is irreversible.

**Race bibs:** bibs are nominative and personalized (first name) for all registrations made until SUNDAY FEBRUARY 16. You can withdraw your bib on SATURDAY 29 FEBRUARY from 3 pm to 7 pm and SUNDAY 1st MARCH from 6.45 am for the Long Trail 54km, 8:15 for the Trail Court 28km, 7.45 am for the Zinnkoepftrail and 8.45 am for the Mini 8km at the multipurpose hall at Rouffach. Thank you for bringing your own safety pins.

Important: the bib must be worn in front and VISIBLE during the whole race, it must not be folded or cut! No claim will be accepted in case of loss or degradation of the bib.

**Refueling: they will be established at the following locations:**

- 1) **At km 4 of the Mini Trail de l'Ane (reserved for this race)**
- 2) **At 7.5 km from the ZINNKOEPFTRAIL (reserved for this race)**
- 3) **At GOLLENTZ Farm in OSENBACH (km 15 of TRAIL 28 and km 42 of TRAIL 54)**
- 4) **At a place called VAL DU PATRE (km 11 of TRAIL 54)**
- 5) **At the BOENLESGRAB pass (km 20 and km 34 of TRAIL 54)**
- 6) **SCHAUENBERG Convent (km 21 of TRAIL 28 and km 48 of TRAIL 54)**
- 7) **On arrival at ROUFFACH for all races**

**Mandatory Equipment:** A minimum of 1l of drinking water is mandatory for the TRAIL 54, along with a survival blanket, whistle, "Buff" or equivalent, a waterproof jacket and a cell phone. Checks will be made on the course including the Col du BOENLESGRAB and each missing element will be sanctioned with a stop on site of 10 minutes. For TRAIL 28 a water reserve of at least 0.5 L and a survival blanket are mandatory.

**Cups/ beakers:** There will be no disposable cups at the refreshments. Each competitor will have to bring his reusable personal cup (possibility of acquiring one on site)

**Poles:** they are allowed on the TRAIL 54 but prohibited on the TRAIL 28, on the ZINNKOEPFTRAIL and on the MINI TRAIL 8

**Rescue and control: will be provided by a medical service and the mobile unit of first aid of Haut-Rhin (UMPS 68)**

**Changing rooms and showers:** at the multipurpose hall near the finish. Physiotherapists are also available for massage after the shower: they will be reserved for Trail 54 participants.

Please note that there won't be any baggage storage service on site.

**Pasta Party:** it will be proposed on SATURDAY 29 FEBRUARY from 19h to 20h30 in the form of a complete pre-race meal at a price of 10 € excluding drinks (reservation no later than SUNDAY 23 FEBRUARY and payment required with registration)

**Post-race meal:** a local speciality will be proposed for the price of 14 € including a drink BAECKAOFFA (an oven-cooked traditional Alsatian dish made with meat and vegetables). A children's menu at 7 € will also be proposed (reservation of the meals at the latest on SUNDAY 23 FEBRUARY and obligatory payment with the inscription)

**Accommodation:** Information at the Tourist Office of Rouffach (Tel: (+33) 3 89 78 53 15 / mail: [info@ot-rouffach.com](mailto:info@ot-rouffach.com) / Website: [www.ot-rouffach.com](http://www.ot-rouffach.com))

**Awards:** A bottle of Crémant d'Alsace to each registrant of the Circuit des Grands Crus and the Petit Ballon, a T-shirt for all Trail 28, Sixteenth and Mini Trail 8 participants, a FINISHER Sweater or an equivalent gift to all finishers of the Trail 54.

## **Surprises are still possible!**

**Moreover** because of the multiplication of the master categories (new categories since the start of the 2020 season) only the first 10 men's and women's OVERALL of each of the 4 races will be rewarded as well as the podiums of the youth categories. Only the first male and female master of each category will receive a prize outside of the ceremony. The Mini-Trail 8 awards ceremony will start at 11 am, followed by the ZINNKOEPFTRAIL at 11.30, Trail 28 at 1.30 pm and Trail 54 at 3 pm. Presence is required to receive the prize.

**Results:** the race results will be posted, available on the internet in the evening (especially on [www.sporkrono.fr](http://www.sporkrono.fr), [www.alsace-en-courant.com](http://www.alsace-en-courant.com) and [www.trophee-des-vosges.com](http://www.trophee-des-vosges.com))

**Course recognition:** they will be held exclusively on SUNDAY 16 FEBRUARY 2020 at 9 am starting from the ROUFFACH multipurpose hall for the Mini Trail 8, Zinnkoepftrail and Trail 28, three groups will be formed and guided by the organizers.

Given the date, which is earlier in the year than usual, there will be no organized recognition for the Trail 54.

**The organization declines all responsibility in the event of an incident occurring during these recognitions reserved for athletes who are trained, equipped and registered for the respective races!**

**STOP WASTE:** it seems obvious but it is worth reminding everybody: no waste should be left on the trails or even worse next to the trails!

Any offender will be immediately excluded from the race!

**Right to the image:** each participant authorizes the organization as well as those involved in the organization, such as partners and media, to use images or video content taken during the event on which participants could appear.