

# Race rules 2019 (Non-literal translation)

## Description

**Trail du Petit-Ballon:** the race takes place between 200 and 1300 m above sea level with 2300 m difference in altitude + passing the summit of Petit Ballon.

**Circuit des Grands-Crus:** it is a 28 km loop between 200 and 600 m above sea level, mostly on trails and paths, a difference of altitude of approximately + 900m through vineyards and forest with a passage at the SCHAUBENBERG convent.

**"The 16":** a 16 km run with +400 m difference in altitude.

**Mini-Trail de l'âne:** it is a "discovery trail" of 9 km and 250 m of difference in altitude.



**Start times :** Attention, four races = four start times : 8h30 for the Trail, 9h30 for the Circuit, 10h30 for the 16 and 11h00 for the Mini. Start and arrival: Sport Stadium in ROUFFACH, follow the signs.



## The Race

**Participation:** Must be 16 years or older for the Mini trail, 18 years for the "16" and 20 years or older for the Circuit des Grands Crus and Trail du Petit Ballon.

**Registration:** on [www.sporkrono.fr](http://www.sporkrono.fr), only by credit card. Do not forget your medical certificate not older than one year prior to race date (can be downloaded on our webpage <http://trail.rouffach-athletisme.org>). We recommend to upload it during registration process.

Start numbers are limited. Check the counter on the registration page. Free start numbers can be purchased Saturday before the race day from 15h00 to 19h00.

**Therefore registrations on the race day are not guaranteed!**

**CANCELLATION:** in case of illness or accident, the registration fee will be refunded only when sending a doctor's certificate dated and signed no later than 28<sup>th</sup> of February by mail to [emillet@wanadoo.fr](mailto:emillet@wanadoo.fr). **There will be no refund after 1 March.**

**Race change:** will be handled on demand before February 28<sup>th</sup> 2019 and can lead to higher fees. Please send demand by mail to [emillet@wanadoo.fr](mailto:emillet@wanadoo.fr).

**Transfer of bip number:** can be transferred from one runner to another until February 28<sup>th</sup> 2019. Confirmation email from Sporkrono is relevant. Transfer cannot be cancelled.

**Required equipment:** a reserve of 1 liter of water is required for TRAIL 54, a survival blanket, whistle, "Buff" or equivalent and a waterproof jacket. Checks will be made on the course. TRAIL 28: a reserve of at least 1 liter of water and a survival blanket are required. Each missing item leads to a 10 minute break for the runner.

**Run poles:** are allowed on the TRAIL 54 but NOT on the 28 NEITHER the "16" nor the TRAIL 9.

**A time barrier** will be established at km 20 (Col du Boenlesgrab) at 12:00 a.m. of the TRAIL and at km 41 (Osenbach) at 4:00 p.m. Participants arriving beyond will be repatriated and ranked in order after the last participant who completed the full course. Important: in case of bad weather and for any reason of force majeure, the organizer reserves the right to shorten or modify the route of the Trail of the Petit Ballon and / or the Circuit des Grands Crus.

## Food and drinks on the course



	Km TRAIL 9	Km TRAIL 16	Km TRAIL 28	Km TRAIL 54
Food station	5	-	-	-
Foodstation	-	8	-	-
Ferme Gollentz OSENBACH	-	-	14	-
Val du Patre	-	-	-	12
Col du Boenlesgrab	-	-	-	20
Col du Boenlesgrab	-	-	-	34
ROUFFACH	9	16	28	54

Please bring your own cups as we will NOT have some available.

## Food



**Pasta Party:** takes place on the eve of the race. Need to book and pay during registration process.

**After race meal:** a local specialty will be available. Baeckaoffa (traditional Alsatian dish of meat and vegetables). A children's meal will also be available. Need to book and pay during registration process.

## Useful information



**Accommodation:** contact Office de Tourisme of Rouffach (Tel : 03 89 78 53 15 / mail : info@ot-rouffach.com / internet: www.ot-rouffach.com)



**Changing room and showers:** in the "salle polyvalente", 50 m from the finish line. Follow the signs.



**Massage:** physiotherapists are at your disposal for massages after a shower: they are reserved for participants of the Trail 54.



**Results:** rankings will be available online in the evening (on www.sporkrono.fr, www.alsace-en-courant.com and www.trophee-des-vosges.com)



First Aid: will be assured by "UMPS 68" and the "Radio Club Alsace".

**Insurance:** The organizer is covered by a Civil Liability policy AZUR IARD SA but declines any responsibility.



**Start numbers:** are personal with your name for all registrations made until February 28<sup>th</sup> 2019. No exchange or transfer of start numbers is possible, whatever the reason given.

You can get them on Saturday afternoon and on Sunday morning from 90 minutes before the race starts.

**Important:** the start number is to be fixed on the front and should not be folded or cut! No claims will be accepted for lost or damaged numbers.



**No deposit will be established.**



**Rewards:** A bottle of Crémant d'Alsace for each runner of the 54 or 28, a T-shirt or equivalent to all participants of the 28, 16 and 9 and a vest FINISHER or equivalent to all classified of the Trail 54. Besides, the top five scratch men and woman from each of 3 races and the first 3 in each category will be rewarded.



**Reconnaissances of the course:** they are organized in 3 times. Check our Facebookpage for details. The organization declines any responsibility for any incident during these Reconnaissances, reserved for trained and equipped trailers.



**Image rights:** each participant authorizes the organization and the rights holders, such as partners and media to use images or videos on which he might appear, taken during the event.



**Waste management:** each participant is in charge of his own waste. Anyone who intentionally and demonstrably leaves waste can be disqualified.

**News, pictures, events ... stay tuned and informed!**

Internet : <http://trail.rouffach-athletisme.org/trail-petit-ballon>



Facebook : <https://www.facebook.com/TrailPetitBallon>

