

URBAN TRAIL LAUSANNE 2024

RULES OF ENGAGEMENT

1. ORGANIZATION

The LG Urban Trail association is constituted under the official statutes and filed according to the rules of use.

2. RACE FORMATS

The race will take place on March 17, 2024.

2 race formats are available:

1. **Urban Trail Lausanne 18k**: about 18 km and 500 m D+
Start: Lausanne / Finish: Lausanne
2. **Urban Trail Lausanne 31k**: about 31 km and 900 m D+
Start: Lausanne / Finish: Lausanne

See the website of the race for more information : www.urbantrail-lausanne.ch

The races must be ran individually and will take place in a single stage, at a free pace, in a limited time.

The organizer reserves the right to modify the track and time barriers according to weather conditions or other factors. It also reserves the right to cancel or stop the race in the event of unfavorable and dangerous conditions endangering the safety of the participants both in terms of the track, weather or unforeseen events.

3. CONDITIONS OF PARTICIPATION

The races are open to any person, man or woman, born in 2008 or before and licensed or not.

The 31km format takes place partly at altitude and the conditions can sometimes be difficult (night, wind, cold, rain or snow). These events are reserved for people who are trained, in good physical condition and with a good capacity for personal autonomy.

By registering for one of the events you will:

- Be fully aware of the length and difficulty of the event and be perfectly trained for it
- Knowing how to face difficult climatic conditions without external help
- Know how to manage physical or mental problems resulting from great fatigue, digestive problems, muscle or joint pain, small injuries...

- Be in good physical shape and do not suffer from any contraindications to the practice of endurance sport
- Be fully aware that the main role of the organization is not to help a runner manage these problems
- Be fully aware that for such an outdoor activity safety depends on the runner's ability to adapt to the problems encountered or foreseeable
- Be fully aware that the race takes place in an urban environment, that road and pedestrian traffic lanes are open and that everyday priority rules apply
- Acknowledge that the organization is not responsible if you do not respect road traffic throughout the event and regardless of the race in which you participate

Participation in one of the races implies the unreserved acceptance of these rules and the ethics of the event.

4. CATEGORIES (MEN / WOMEN)

- Hopes
- Senior
- Veterans 1
- Veterans 2
- Veterans 3

5. REFUELING, ASSISTANCE & ACCOMPANIMENT

The principle of individual racing in semi-autonomy is the rule.

Semi-autonomy is defined as the ability to be autonomous between two refueling points, both in terms of food and clothing and safety equipment, allowing in particular to adapt to problems encountered or foreseeable (bad weather, physical problems, injury ...).

Refreshment stations are supplied with drinks and food. In particular, the organization provides water and isotonic drink for the filling of cans or water bags. The runner must ensure that he has at his disposal, at the start of each refreshment station, the quantity of drink and food necessary for him to reach the next refreshment point.

For all races, personal assistance will be allowed only at official refueling points. You will have to follow the planned route inside the refreshment station even if you do not want to stop there.

Apart from the previous conditions, the accompaniment of a runner during all or part of the course is not allowed, except on the tolerance zones, i.e. 300 meters upstream and 300 meters downstream of these refreshment stations.

It is not allowed to be accompanied by a dog or any other animal.

6. ENTRIES

Registrations are made on the Internet until March 16th by a secure payment by credit card:

The registration fee includes all the services described in these rules. The change of registration to move to a shorter course can only be done until March 10th. No changes will be allowed after this date. No refund will be taken into account during these exchanges.

After March 16th, on-site registrations are possible depending on the places available.

7. COMMITMENT & CANCELLATION OF REGISTRATION

Every commitment is personal, firm and definitive. It can only be reimbursed in an exceptional case and on presentation of a medical certificate sent by email to the association on info@urbantrail-lausanne.com.

Any cancellation will result in a deduction of CHF 5 per cancellation.

8. EQUIPMENT

Equipment	Urban 18	Urban 31
Minimum water reserve 0.5 liters	Better to get	Better to get
Personal Cup	Yes	Yes
Survival blanket	Better to get	Better to get
Mobile phone	Yes	Yes
A minimum sum of 20 CHF or EUR equivalent	Better to get	Better to get

YES = mandatory material

Warning: sticks are not allowed

9. BIB

The bibs are given individually to each runner on presentation of a photo ID, after having had his mandatory equipment checked.

For your safety, the bib must be worn on the chest or stomach and must be fully visible at all times throughout the race. It must therefore always be positioned above any garment and can in no case be fixed behind on the bag or a leg. We thank you for not hiding or changing the name and logo of the event partners.

Except in case of refusal to comply with a decision taken by a race manager, the bib is never withdrawn, but in case of abandonment it is deactivated.

10. RUNNERS' BAGS

Before the start of the race, each competitor will be able to deposit a bag on which he will affix a deposit. The runner drops it off at the depart to find it at the finish in a place provided for this purpose.

Attention: Un bag only (maximum 10 kg) per participant will be accepted by the organization. Thank you for being reasonable about the size of this bag.

The contents of the bags are not verified, no dispute on the contents on arrival is admissible. It is recommended not to place valuables in it. The association declines all responsibility in case of loss or theft.

11. SECURITY AND MEDICAL ASSISTANCE

First aid stations are located at various points along the route. These stations are in radio or telephone connection with the PC of the race.

The first aid stations are intended to provide assistance to any person in danger with the means proper to the organization or under agreement.

A runner who calls on a doctor or a first aider submits to his authority and undertakes to accept his decisions.

Rescuers, official doctors and race management are in particular authorized:

- To put out of the race (by invalidating the bib) any competitor unfit to continue the event.
- To evacuate by any means at their convenience the runners they deem in danger.

In case of necessity, for reasons always in the interest of the person rescued, the help will be called upon, which will take, at that time, the direction of the operations and will implement all appropriate means. The costs resulting from the use of these means will be borne by the rescued person who will also have to ensure his return from the point where he was evacuated. It is the sole responsibility of the runner to constitute and present a file to his personal insurance within the time limit.

In addition to the emergency system, nursing staff will be present on certain stations to assist you in the event of a medical problem. Access to care and its nature are left to the discretion of the nursing staff.

It is up to a participant in difficulty or seriously injured to call for help:

- By going to a first aid station
- By calling the race PC (**phone number on the bib**)
- By asking another runner to notify the emergency services
- If it is impossible to reach the race or controller PC, you can call the rescue agencies directly and only in case of vital emergency (144 from Switzerland, 112 from France).

12. CHECKPOINT AND REFRESHMENT STATIONS

Only runners carrying a visible and duly controlled bib have access to the refreshment stations. "Flying" checkpoints are set up in places other than first aid and supply stations. Their location is not communicated by the organization.

13. MAXIMUM TIME AND TIME BARRIERS

The maximum time of the event, for the entire course is set at:

Urban 18	Urban 31
3:00	4:45

The time barriers are calculated to allow participants to reach the finish in the maximum time imposed, while making any stops (rest, meals ...). To be allowed to continue the event, competitors must leave the checkpoint before the set cut-off time (regardless of the time of arrival at the checkpoint).

Detailed time barriers for the Urban Trail Lausanne 18km:

Place	Distance (km)	Altitude (m)	Cumulative D+ (m)	Deadline Time (hh :min)	Time limit (hh :min)
Supply Canteen of Sauvabelin	12.5	640	450	11 : 45	02 : 15

Detailed time barriers for the Urban Trail Lausanne 31km:

Place	Distance (km)	Altitude (m)	Cumulative D+ (m)	Deadline Time (hh :min)	Time limit (hh :min)
Supply Fountain of the Millstones	15.3	814	633	11 :45	2 :45
Supply Canteen of Sauvabelin	24.5	640	855	13 :00	4 :00

The organizer reserves the right to modify the routes and time barriers according to weather conditions or other factors.

Any competitor put out of the race and wishing to continue his course will only be able to do so after returning his bib, under his own responsibility and in complete autonomy.

The competitor after the deadline is responsible for finding a means of personal or public transport to return to his desired destination. If he is in this incapacity, he may be taken care of and repatriated by the organization, to the extent of the means available, to a station, a bus stop or to the village departure/ arrival of the course.

14. ABANDONMENT AND REPATRIATION

Barring injury, a runner must not give up anywhere other than at a refueling point. **He must then notify the post manager and send a confirmation SMS message to the race management on the number displayed on the bib. This message permanently validates the abandonment.**

The runner can then keep his invalidated bib.

Anyone who left the race before completing it and without notifying the organization will have to assume any search costs caused by his disappearance.

The competitor who gives up has the responsibility to find a means of personal or public transport to return to his desired destination. If he is in this incapacity, he can be taken care of and repatriated by the organization, to the extent of the means available, to a station, a bus stop or to the village start/ finish of the race.

15. PENALIZATION - DISQUALIFICATION

Race stewards present on the course as well as the heads of post of the various control and refuelling points are empowered to enforce the regulations and to immediately apply a penalty in case of non-compliance with the regulations.

Failure to comply with the Rules of Procedure	Penalization - disqualification
Lack of mandatory equipment	Penalty 1/4h with immediate disqualification
Non-respect of volunteers/organizers and other runners	Immediate disqualification
Refusal of a mandatory material inspection, refusal to comply with an order from the race direction, a race commissioner, a head of post, a doctor or a first aider	Immediate disqualification
Non-respect of the course, cutting of trails	Immediate disqualification
Transfer of his bib to another runner without having notified the organization	Immediate disqualification
Throwing rubbish on the ground (voluntary act) by a competitor or a member of his entourage	Immediate disqualification
Assistance outside authorized areas	Penalty 1 hour
Non-assistance to a person in difficulty	Penalty 1 hour
Be accompanied on the course by a person outside the current race (without bib)	Penalty 30 mn
Wearing a non-compliant bib	Penalty 15 mn
No passage at a checkpoint	According to the decision of the race jury

Any other breach of the rules will be subject to a sanction decided by the race jury.

16. CHARTER OF THE URBAN TRAIL LAUSANNE

The race takes place partly in nature in a unique but fragile setting. It is our responsibility to promote, among as many people as possible, the values of trail running: respect for people and the environment, mutual aid, solidarity, fair play, humility...

Thus, in order to raise awareness among all the people who participate in the Urban Trail Lausanne (runners, partners, volunteers, organizers, local authorities...) and to guide them in their behaviors and actions, we have developed the charter of the Urban Trail Lausanne.

By joining the Urban Trail Lausanne community, I am committed to:

- Respect the values of trail running and sport: mutual aid, solidarity, sharing and conviviality
- Become aware that I am evolving in a fragile natural environment.
- Respect and preserve the fauna and flora by staying only on the course of the race
- Do not throw any waste on the course
- Use public transport and carpooling as much as possible to get to and from the event
- Helping a competitor in a difficult situation

17. DOPING

In the case of doping, Swiss Olympic rules apply to the event.

Any competitor may be subject to doping control during or at the finish of the event. In case of refusal or abstention, the athlete will be sanctioned in the same way as if he were convicted of doping.

18. JURY OF THE TEST

It consists of:

- the race director
- the secretary of the association
- the event coordinator
- the heads of post concerned
- as well as any competent person at the discretion of the President of the Organizing Committee.

The jury is empowered to rule within the time limit compatible with the requirements of the race on all disputes or disqualifications that arise during the event. Decisions are final.

19. COURSE CHANGES OR TIME BARRIERS – CANCELLATION OF THE RACE

The organization reserves the right to modify at any time the route and the locations of the first aid and refreshment stations, without notice. In case of too unfavorable weather conditions (large amounts of rain and snow at altitude, high risk of storms ...) the departure can be postponed for a few hours or simply canceled. No refund will be made in this type of situation or in another case of force majeure.

In case of bad weather conditions, and for safety reasons, the organization reserves the right to stop the current event or to modify the time barriers.

Any decision will be taken by a jury bringing together at least the director of the race and the coordinator of the event as well as any competent person at the discretion of the President of the Organizing Committee. In such cases, no refund can be considered.

20. INSURANCE

Civil liability

The organizer takes out civil liability insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and participants.

Accident Insurance

Each competitor must be in possession of an individual accident insurance covering any search and evacuation costs. Such insurance may be taken out with any organization at the choice of the competitor.

NB: helicopter evacuations in Switzerland are subject to a fee and at your own expense.

21. RANKINGS AND AWARDS

- For the Urban Trail Lausanne 18km: a general classification for men and women as well as a classification for each category will be established. Only the first 3 women and the first 3 men are rewarded
- For the Urban Trail Lausanne 31km: a general classification for men and women as well as a classification for each category will be established. Only the first 3 women and the first 3 men are rewarded
- Podium and special price : Juniors/Espoirs women and men (1st woman and man only)

All runners will receive a welcome gift.

22. DISTORTED IN THE IMAGE

Any competitor participating in one of the events of the Urban Trail Lausanne expressly waives the right to the image during the event, as well as he waives any recourse against the organizer and its approved partners for the use made of his image.

23. DATA PROTECTION

In accordance with the Federal Data Protection Act of 19 June 1992, you have the right to access and rectify personal data concerning you.

By registering for one of the events of the Urban Trail Lausanne, runners accept that their name, address and bib number can be transmitted to the photographers. The contact details of the riders can also be known by publishing the list of registrants/starts and results.

The organizer is prohibited from transferring the file of participants for commercial purposes. However, the organizer reserves the right to use the participants' data to promote a future edition of the event. In case of disagreement with any of the aforementioned conditions, the participant will notify the organizer in writing no later than 10 days before the event.