

# Grand Raid des Pyrenees - 2019

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## ORGANIZATION

The association MAJUSCHULE a not-for-profit association under the French 1901 law registered on 01/14/08 with the prefecture of Haute Garonne under the number W313008309), hereinafter called the Organizer, organizes the Grand Raid des Pyrenees on the 22, 23, 24, and 25 of August, 2019.

## EVENTS

The Grand Raid des Pyrénées is divided into six categories:

- 1 - the **Ultra Tour** 220 km with 12500 m D + (the return)
- 2 - the **Pyrenees Tour Trail** Challenge in 3 days and 4 stages (a total of about 100 km and 7000 m D + including one vertical kilometer)
- 3 - The **Tour des Cirques** 120 km with 7000 m D +
- 4 - The **Tour des Lacs** 80 km with 5000 m D +
- 5 - The **Tour du Néouvielle** 40 km with 2500 m D +
- 6 - The **Tour de la Gela** 40 km with 3100 m D + (new)

And again this year: Le **P'tit Tour** for children

Each race is to be completed individually, in one stage at one's own speed within a limited time, with the exception of the Pyrenees Tour trail Challenge which is to be completed in 4 stages always within a limited time. For each event, participants must obey road safety rules when running or walking on roads.

## SEMI AUTONOMY

These races are carried out in semi autonomy, meaning that participants have to be self-reliant between aid stations. Aid stations providing drinks and/or food are located over all routes. These aid stations will be indicated on the road book which will be provided by the Organizer and posted on our website.

Three base camp stations providing hot food are located on the course of the Ultra Tour (km 75, km 115 and km 170). The third base camp station (km 170 for the GRP Ultra Tour) also serves as a base camp station for the Tour des Cirques (around km 70). These base camp stations also provide participants with the possibility to rest.

Hot showers are available on arrival at Vielle-Aure.

On aid stations, personal assistance (outside medical or paramedical care) is allowed. Assistance crews must stay within a 50-meter radius of the aid station while attending to the participants.

Anyone without a bib is not allowed to accompany a participant on the race course.

## MARKING

Markings for the various races are set up in the days preceding the event. They allow participants to follow the planned route without the need for maps or directions.

They are removed by staff members who depart from each checkpoint after the cut-off time has been reached. As a result, it is recommended that you do not sleep at the edge of the track, because staff members might pass you by and not see you while removing markings.

# Grand Raid des Pyrenees - 2019

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## **TERMS OF PARTICIPATION—MEDICAL CERTIFICATES**

For foreign participants, the use of the medical certificate template provided by the Organizer on the website is mandatory. The medical certificate must be uploaded by participants before July 12, 2019, directly on the website, after payment of the registration fee. A specific link will be set up for this on the home page of our website.

It is important that participants are aware of the difficulties of the race and the conditions they can encounter (length of the course, altitude difference, bad weather conditions, running in the night ...). Participants need to undergo a good physical preparation and be self-reliant to ensure their success in this type of individual adventure.

## **REGISTRATION (terms, rights and closing)**

Registrations are limited to:

- 800 participants for the **Ultra Tour**,
- 800 participants for the **Tour des Cirques**,
- 1400 participants for the **Tour des Lacs**,
- 1400 participants for the **Tour du Néouvielle**
- 800 participants for the **Tour de la Gela** and
- 300 participants for the **Pyrenees Tour Trail**.

Registration for the 2019 Grand Raid des Pyrenees may only be done via the online registration platform.

No registration by email, phone or paper will be accepted.

Registration will open on December 15, 2018

No information about the registration process will be sent to individuals. General information will be posted on the Organizer's website, in the registration section, and it is up to each person to keep informed by consulting the site.

Registrations are made online via the Organizer's website and are validated when payment of the entry fees has been made. Registrations are closed when the above limits are reached and no later than June 30, 2019.

The participant is required to provide the medical certificate as indicated above, before July 12, 2019.

No confirmation is sent, each participant can check his or her registration on the website:

[www.grandraidpyrenees.com](http://www.grandraidpyrenees.com).

## **REGISTRATION FEES:**

### **From 15 December 2018 to 31 January 2019**

Race	Amount in euros
Ultra Tour	195
Tour des Cirques	115
Tour des Lacs	90
Tour du Néouvielle	40
Tour de la Gela	40
Pyrenees Tour Trail	100

### **From February 1, 2019 to April 30, 2019**

# Grand Raid des Pyrenees - 2019

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Race	Amount in euros
Ultra Tour	205
Tour des Cirques	120
Tour des Lacs	95
Tour du Néouvielle	45
Tour de la Gela	45
Pyrenees Tour Trail	110

## **From May 1, 2019 to June 30, 2019**

Race	Amount in euros
Ultra Tour	230
Tour des Cirques	140
Tour des Lacs	110
Tour du Neouvielle	50
Tour de la Gela	50
Pyrenees Tour Trail	130

All registrations are firm and definitive. All commitments are personal. No transfer of registration is allowed under any circumstance. It is not possible to transfer your bib to another participant whether registered on another race of the GRP or not registered at all. Any person transferring his or her bib to a third person will be held responsible in the event of an accident caused by or involving the latter during the event. Anyone with a bib acquired in violation of these rules will be disqualified. The bib must be fully legible during the race. The Organizer declines all responsibility should such an accident occur.

## **CANCELLATION OF A REGISTRATION**

For foreign runners, any cancellation request must be sent no later than July 13, 2019, by email to [grandraidpyrenees@gmail.com](mailto:grandraidpyrenees@gmail.com)

Until June 15, 2019, any request for cancellation will be taken into account according to the refunding conditions below:

Beyond June 15, 2019 midnight, cancellation requests will be taken into account only for the following reasons:

- an accident, a serious illness or the death of the participant himself or herself,
- a serious illness requiring hospitalization or death affecting his or her spouse or known partner, ascendants or descendants in the first degree, in the thirty days preceding the event.

In case of accident or serious illness of the participant, it is necessary to provide a medical certificate attesting the contraindication to participate in the race. For other causes of cancellation, proof must be provided by a certificate issued by the competent authority.

The refund of the fees paid for the registration will be done according to the following conditions:

Before June 16, 2019 = 80%

From June 16th = 40%

Beyond July 13, 2019, no cancellation request will be processed. Refunds are made within two months after the event.

# Grand Raid des Pyrenees - 2019

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## **PARTICIPATION**

These races are open to any person, man or woman, born before December 31, 1999 (categories Espoir to Veteran).

## **EQUIPMENT**

### **Mandatory Equipment for participants (Ultra Tour, Tour des Cirques and Tour des Lacs)**

- Personal cup for drinking liquids (water, coca and soup) at the aid stations
- Minimum water reserve 1.5 liters
- food reserve
- two lamps in good working order with batteries or spare battery
- survival blanket (minimum 2 m<sup>2</sup>)
- whistle
- adhesive elastic band for bandaging or straping
- waterproof and breathable jacket, membrane type or coating (at least 10000 schmerber) (jacket KWAY type or poncho not accepted)
- long pants or running tights or corsairs with rising socks (This solution is accepted only if the legs can be fully covered)
- cap or equivalent
- long sleeve warm clothing, serving as a second layer between the t-shirt and the waterproof and breathable jacket (eg fleece or other warm technical clothing) (\*)
- gloves completely covering the hands (mittens accepted) (\*)

(\*): The Organizer may decide before the start of the race to make this equipment recommended and no longer mandatory. (Typically based on weather forecast) The announcement will be made at the time of the race briefing

### **Mandatory equipment Tour du Néouvielle and Tour de la Gela:**

- Personal cup for drinking liquids (water, coca and soup) at the aid stations
- minimum water reserve 1 liter
- food reserve
- survival blanket (minimum 2 m<sup>2</sup>)
- whistle
- waterproof and breathable jacket, membrane type or coating (at least 10000 schmerber) (jacket KWAY type or poncho not accepted)

### **Mandatory equipment Pyrenees Tour Trail**

- Personal cup for drinking liquids (water, coca and soup) at the aid stations
- minimum water reserve 1 liter
- food reserve
- survival blanket (minimum 2 m<sup>2</sup>)
- whistle

# Grand Raid des Pyrenees - 2019

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- waterproof and breathable jacket, membrane type or coating (at least 10000 schmerber) (jacket KWAY type or poncho not accepted)

## **Recommended Material (Non-exhaustive list)**

- mobile phone
- compass, route map, roadbook
- gloves, hat, warm clothing essential in bad weather conditions.
- telescopic hiking sticks,
- spare clothes,
- sun cream, vaseline or anti-heating cream.

Compulsory equipment checks may be made on the route for safety reasons, per the decision of the Organizer. Any participant called for a check is required to comply with it. In case of refusal, the participant will be disqualified.

Some participants may, per decision of the Organizer, be equipped with a GPS tracker. (Weight: about 200g) The participant must keep the tracker on him or her until his or her arrival and return it to the Organizer. In case of abandonment, the participant will return it to the controller at the checkpoint, or bring it back to the Organizer at the main control center. Any refusal to carry this tracker will lead to immediate disqualification.

## **COLLECTING YOUR BIB**

To collect your bib, the presentation of a photo ID is required.

A compulsory equipment check is made and the Organizer will prohibit the departure of any participant who does not have the mandatory equipment, without the possibility of refund . A commitment on the honor to keep this material on all the race and to respect the instructions of preservation of the nature and more particularly of the core zone of the Pyrenees National Park is signed by each participant.

The bib is placed on the chest, belly or leg, but imperatively on the front of the participant, to be fully visible at all times during the race and allow easy checking by staff members at checkpoints . Wearing the bib on the bag or the participant's back is not allowed.

When collecting the bib, a welcome gift is given to each participant.

## **DROP BAGS for the *Ultra Tour* and *Tour des Cirques***

The Organizer will transport drop bags containing spare equipment and clothing from Vielle-Aure to the 3 base camp stations (km 75, km 115 and km 170) for the Ultra Tour and the base camp station of the Tour des Cirques.

Bags with a capacity of 30 liters are given to the participants when claiming their bib. Each bag will be identified with the bib number. After having prepared their bags, participants must leave their bags between 5 pm and 8 pm at the collection station in Vielle-Aure. The deposit of hiking sticks in these bags is strictly forbidden.

When participants arrive at a base camp station, they can recover their bags. When they leave this base camp station, they deposit them at the place provided by the Organizer. At the closing of the last base camp station, drop bags are transported back to Vielle-Aure.

# Grand Raid des Pyrenees - 2019

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They can be collected on presentation of the bib, at the finish location of the race from Saturday at 8 pm, until Sunday at 10 am.

The Organizer is responsible for transporting back to Vielle-Aure drop bags for participants who have abandoned. They will be made available to the participants at the same time as the other bags and can be claimed on presentation of an identity document.

No check of the bags being made before departure, it is not possible to dispute the contents of claimed bags. The Organizer declines all responsibility in case of loss. Participants are advised not to leave any valuables in these bags.

## **CONTROL AND AID STATIONS**

Checkpoints and aid stations are located along the route. Only participants with a visible bib have access to the aid stations. Accompanying persons are allowed to access the interior of the aid stations of the 3 base camps only. For race management issues, the aid station manager may prohibit accompanying persons from access to the aid station (for example for reasons of space in the aid station, if the number of participants present becomes too great) .

## **SECURITY AND MEDICAL ASSISTANCE**

Rescue stations are intended to assist any person in danger with the means provided directly by the Organizer or through agreements.

The official doctors are authorized to disqualify (by invalidating the bib) any participant they deem unfit to continue the race. The doctors and nurses are authorized to evacuate by any means at their disposal the participant if they deem it an emergency.

If necessary, always in the interest of the rescued person, official mountain rescuer will be called upon to take over the direction of operations at that time and to implement all appropriate means, including the use of helicopters.

A participant calling on a doctor or a nurse submits himself to his or her authority and agrees to accept his or her decisions.

## **MAXIMUM AUTHORIZED TIME AND CUT-OFF TIMES**

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

- Ultra Tour: 72 hours
- Tour des Cirques: 44 hours
- Tour des Lacs: 25 hours
- Tour du Néouvielle: 12 hours
- Tour de la Gela : 12 hours
- Pyrenees Tour Trail: see details on the website

The departure times (cut-off times) of the main checkpoints will be defined and communicated in the road book.

These cut-off times are calculated to allow participants to reach the finish line in the maximum time allowed, while allowing for stops (rest, meal ...). To be allowed to continue the event, participants must leave the checkpoint before the deadline. For some control points, a cut-off time is also set up at the entrance to the control point (see roadbook).

# Grand Raid des Pyrenees - 2019

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Any participant over time limits will lose his or her bib and will not be allowed to continue. If, despite everything, the person decides to continue hiking, he or she does so under his or her own responsibility.

## **ABANDONMENT**

In case of abandonment, participants must inform the person in charge of the nearest control post and return their bib. The person in charge of the checkpoint invalidates the bib definitively by taking it.

Shuttles are available to bring back participants who have abandoned at checkpoints with cut-off times.

Participants who leave the race on a checkpoint or aid stations and whose state of health does not require an emergency evacuation must reach by their own means a shuttle as soon as possible and at the latest before the departure of the last shuttle. In case of non-compliance with this obligation, the Organizer declines all responsibility .

## **PENALTIES – DISQUALIFICATION**

By registering for one of the 6 races, participants agree to:

- respect the environment crossed
- follow the course without cutting the trails
- not use a means of transport
- not throw rubbish on the course
- submit to controls in all checkpoints
- wear the bib in front and keep it visible during the entire event
- keep on themselves for the duration of the race the obligatory material
- submit to anti-doping control
- assist any runner in difficulty
- be examined by a doctor and abide by his or her decision
- be respectful to everyone present on the course.

Failure to comply with any of these rules by a participant may result in immediate disqualification or the application of a penalty, after the decision of the jury of the event without any possibility of appealing this sanction.

## **JURY AND CLAIMS**

It is composed of:

- the Organizing Committee,
- the medical team present on the race,
- the officials of the control posts concerned

Complaints are admissible in writing within 30 minutes after the posting of the provisional results.

## **CHANGES TO THE COURSE OR CUT-OFF TIMES AND CANCELLATION OF THE RACE:**

For security reasons, especially in case of bad weather conditions, the Organizer reserves the right to delay the start of races for up to 4 hours, to stop the races or to change the routes and cut-off times, or even cancel the races without notice, without participants being able to claim any compensation or reimbursement of registration fees.

