

RACE REGULATION 2024 (March 31, 2024)

The RESTONICA TRAIL association

(Association according to law 1901 since September 2009 - FFA Club n° 202022) organizes the RESTONICA TRAIL BY UTMB® event from Wednesday July 3 to Sunday July 7, 2024

- **100M M*** UTC Ultra-Trail® di Corsica 110Km 7200m D+
- **UTCR** Ultra-Trail® di Corsica relay*
- **20K M*** GT Giru di Tumbone 17 Km 650m D+
- **100K M*** RT Restonica Trail 69Km 4000 D+
- **50K M*** TT Tavignanu Trail 33 Km 2400 D+

M* : Mile-effort soit 160 Kilometers-effort, K= Kilometer-effort, Relay : conditions specific to relays

- **Andata, a sports and charity walk leaving on Saturday at 8:30 a.m.**

Article 1. Registration conditions

These races are open to any person, woman or man, **aged 20 and over during the year**, whether licensed or not. For the Giru di Tumbone race, the age limit is lowered to **18 years**, meaning it is also accessible to juniors.

To register, you must go to the website www.restonicatrail.fr in the “**Our races (Nos Courses)**” section. There you will find an “**Online Registration (Inscription en ligne)**” link which will direct you to the registration site which allows **registration, submission of documents and payment online**.

Mandatory documents must be provided on the online registration site before bibs are issued. These are:

- either a medical certificate of no contraindication to competitive running over long distances (marathon and more) dated less than one year from the date of the race,
- either a photocopy of your license (FFA, FFTRI or UFOLEP) for the current year, issued in support of a medical certificate of no contraindication to competitive running over long distances (marathon and more).

Regarding relays, the “team captain” registers the 4 runners on the registration site and pays for the team. For the team's registration to be valid, each of the 4 runners must have submitted a valid certificate or license.

The registration deadline for the 4 races and the relay is Friday June 28, 2024 at 11:59 p.m., beyond this date, no registration will be recorded, not even on site.

Article 2. Elite Runners

Having an international elite status opens up rights and duties for the athletes concerned. Here they are:

Rights :

In the interest of fair recognition of high-level athletes and fair management of registrations, we reserve places for elites, according to precise criteria and based on their UTMB Index. To benefit from this, elite runners must register during the registration period. Any request outside of these dates will not be considered.

	Gentleman			Lady		
	50K M	100K M	100M M	50K M	100K M	100M M
Free direct entry	850	820	800	710	690	650
Paid direct entry	800	770	720	650	610	560

Or Top 3 runners by country

Elite runners will have the opportunity to use the UTMB World Series circuit to enter the UTMB MontBlanc. The first 10 men and women on the UTMB® World Series Majors as well as the first 3 men and women on the UTMB® World Series Events in each category 50K, 100K and 100M, will win a place for the DACIA UTMB® Mont Blanc.

The runners concerned can contact the organization by email inscription@restonicatrail.fr in order to obtain their registration priority.

When starting, elite athletes are invited to place themselves at the front according to their bib numbers.

Duties :

In return, elite runners commit to:

- be present at press conferences and official ceremonies to which they are invited;
- be present at the awards ceremony if they are concerned;
- be present at the starting line no later than 20 minutes before the start of the event.

Article 3. Delivery of bibs and allocation

The delivery of bibs will take place, upon presentation of an identity document, on Thursday from 10:00 a.m. to 7:30 p.m. for the Ultra-Trail® di Corsica solo or relay, on Friday from 9:00 a.m. to 3:00 p.m. for Giru di Tumbone, on Friday from 9:00 a.m. to 7:30 p.m. for other races.

This will be followed by the delivery of an allocation, a t-shirt as well as a “souvenir basket” (subject to availability) at the COSEC Municipal RT 50 next to the CORTE swimming pool.

Article 4. Mandatory equipment for races

For ULTRA-TRAIL® DI CORSICA :

- Trail bag to carry the required equipment throughout the race;
- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.84.76.25.33**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Headlamps with spare batteries;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains (waterproof jacket with integrated hood or attached to the jacket by the original system designed for this purpose by the manufacturer for bad weather. The jacket must consist of a waterproof membrane (recommended RET greater than 10,000 Schmerber) and breathable (e.g. Outdry). The seams must be waterproof. The jacket must not include non-waterproof fabric parts, but the ventilation provided by the manufacturer (under the arms, on the back), as long as they do not obviously harm waterproofing, are accepted. The runner must judge whether, according to the criteria mentioned, the jacket complies with the regulations and therefore suitable for bad weather in the mountains;
- Whistle ;
- Food reserve (recommendation of 800kcal (2 gels + 2 power bars));
- Adhesive elastic band minimum 80cm for bandaging or strapping;
- Cap or bandana or equivalent.

For RESTONICA TRAIL :

- Trail bag to carry the required equipment throughout the race;
- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.84.76.25.33**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Headlamps ;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains (waterproof jacket with integrated hood or attached to the jacket by the original system designed for this purpose by the manufacturer for bad weather. The jacket must consist of a waterproof membrane (recommended RET greater than 10,000 Schmerber) and breathable (e.g. Outdry). The seams must be waterproof. The jacket must not include non-waterproof fabric parts, but the ventilation provided by the manufacturer (under the arms, on the back), as long as they do not obviously harm waterproofing, are accepted. The runner must judge whether, according to the criteria mentioned, the jacket complies with the regulations and therefore suitable for bad weather in the mountains;
- Whistle ;
- Food reserve (recommendation of 800kcal (2 gels + 2 power bars));
- Adhesive elastic band minimum 80cm for bandaging or strapping;
- Cap or bandana or equivalent.

For TAVIGNANU TRAIL :

- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.84.76.25.33**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains ;
- Whistle ;

For GIRU DI TUMBONE :

- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.84.76.25.33**, keep your phone on in active mode, do not hide your number and do not forget to leave with a battery charged) ;
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Whistle ;

Depending on the weather conditions, the organization may ask to add a BAD WEATHER KIT (gloves + hat + leg warmer + warm long-sleeved top) or a HEAT WEATHER KIT (sunglasses, sun protection).

To respect the natural environment, the refreshment stations are not equipped with cups or other containers, but only with bottles with a minimum capacity of 1.5L. Each runner who wishes to be supplied must present their personal cup of at least 15cl/5oz

Checks will be carried out on the route to verify compliance with these regulations.

Article 5. Departure arrangements

Corte town hall park 21 cours Paoli

- ✓ Ultra-Trail® di Corsica, solo and relay: Thursday 11:00 p.m.
- ✓ U Giru di Tumbone: Friday 6:00 p.m.
- ✓ Restonica Trail: Saturday 4:50 a.m.
- ✓ Tavignanu Trail: Saturday 6:30 a.m.
- ✓ Andata Walk: Saturday 8:30 a.m.

All competitors will be gathered ½ hour before the start in the “call room” for the “pre-race briefing” and the mandatory equipment check. The start of the Restonica Trail and Tavignanu Trail races will take place in 2 waves spaced 10 minutes apart. Depending on the number of runners registered, the start of the Giru di Tumbone could also be done in 2 waves spaced 10 minutes apart, in which case the time barrier at PC A would be pushed back to 8:10 p.m.

Article 6. Controls

To be timed and classified, passage on the line at the time of departure and arrival is mandatory, as well as passage through the numerous checkpoints positioned throughout the course, within the time limits imposed by the organizer (cut-off times) in order to ensure perfect regularity of the race. All these checks will then be verified on arrival before any results are promulgated.

Wearing the bib in front and visible throughout the duration of the race

Scrupulous respect of the marked route, each runner must remain on the marked path, even to sleep. Any runner who voluntarily strays from the marked path is no longer under the responsibility of the organization.

Refueling only in areas provided for this purpose. The use of poles is authorized throughout the race. Keep your small waste on you.

No accompaniment during all or part of the race by a person without a bib except for safety reasons (“pacers” are not authorized)

Compliance with the health protocol in force.

If you drop out, go to the nearest PC and return your bib to avoid unnecessary searches. It is also possible to indicate your withdrawal by sending an SMS to 06.84.76.25.33 using the telephone number indicated in the registration, indicating your bib number and the location of the withdrawal.

Article 7. Anti-Doping Control

Any competitor may be subject to an anti-doping control before, during or upon arrival of the event. In the event of refusal or abstention, the athlete will be sanctioned in the same way as if he or she had been convicted of doping.

Article 8. The route and cut-off times

The cut-off times of the main checkpoints are the following:

Ultra-Trail® di Corsica solo or relais:

- ✓ PC4 Calacuccia, Friday at 9:00 a.m.
- ✓ PC6 Ballone, Friday at 5:00 p.m.
- ✓ PC8 Ciattarinu, Friday at 11:00 p.m.
- ✓ PC12 Grotelle, Saturday at 9:00 a.m.

Restonica Trail :

- ✓ PC2 Boniacce, Saturday at 9:45 a.m.
- ✓ PC9 Inzecche, Saturday at 1:00 p.m.
- ✓ PC12 Grotelle, Saturday at 5:00 p.m.

Tavignanu Trail :

- ✓ PC2 Boniacce, Saturday at 11:25 a.m.

Giru di Tumbone :

- ✓ PCA Stadium, Friday at 8:00 p.m. possibly postponed to 8:10 p.m. if the departure is in 2 waves.

These cut-off times are calculated to allow participants, while making possible stops (rest, meals, etc.), to reach the finish line within a reasonable time, imposed by security requirements and availability of the actors present on the site. **To be allowed to continue the event, competitors must leave the checkpoint before the set deadline** (regardless of the time of arrival at the checkpoint).

Any competitor excluded from the race and wishing to continue their journey will only be able to do so after having returned their bib, under their own responsibility and in complete autonomy.

At any time, the organization reserves the right to modify the route, the location of the “PCs”, the cut-off times and/or the schedules. It also reserves the right to cancel events for any reason that would endanger a runner or any case of force majeure.

Article 9. Medical assistance and safety

First aid stations are set up on the course throughout the duration of the events, in radio and/or telephone contact with the TUFFELLI race PC where a medical control team is present throughout the duration of the events.

It is the responsibility of a runner in difficulty or seriously injured to call for help:

- ✓ by going to an aid station on the route;
- ✓ by calling the TUFFELLI race PC tel: **06.84.76.25.33** where a medical regulation team is present throughout the duration of the events;
- ✓ by asking another runner to notify the nearest PC and/or emergency services;
- ✓ by using the SOS functionality of the LiveRun application.

It is the responsibility of each runner to provide assistance to anyone in danger and to notify emergency services. Coming to the aid and reporting a competitor in serious difficulty or in a dangerous situation is a duty.

Remember that hazards of all kinds, linked to the environment and the race, can make you wait longer than expected for help. Your safety will then depend on the quality of what you put in your bag.

A runner calling upon a doctor or first aider submits to his authority and undertakes to accept his decisions.

Official first aiders and doctors are particularly authorized to:

- ✓ exclude from the race (by recovering their bib) any competitor unfit to continue the event,
- ✓ evacuate by any means at their convenience the runners they judge to be in danger.

If necessary, for reasons always in the interest of the person rescued, official mountain rescue will be called upon, who will, at that time, take charge of the operations and implement all appropriate means, including helicopters. Any costs resulting from the use of these exceptional means will be borne by the rescued person who will also have to ensure their return from the point where they were evacuated. It's the sole responsibility of the runner to prepare and submit a file to their personal insurance within the allotted time frame.

If you are unable to contact the TUFFELLI race PC, you can call the emergency organizations directly Tel: **112** (especially if you are in an "Emergencies only" zone)

In the event of abandonment, the competitor undertakes to notify or have notified the nearest checkpoint and to return his bib. He will be put "out of the race" and will be able to leave the course by his own means, or "via" a repatriation location indicated by the organizer.

Article 10. Insurance

The organization benefits from civil liability insurance through the French Athletics Federation, the FFA.

Licensees normally benefit from the guarantees granted by their license.

It falls upon the other participants to personally insure themselves.

Competitors participate under their own responsibility, mainly in the event of an accident or failure resulting from their state of health.

Article 11. Racing conditions

Drop bag, only for solo Ultra-Trail® di Corsica

After having filled it with the items of their choice, having closed it and labeled it with their bib number, each UTC competitor can leave it just before the start of the race at the place provided for this purpose near the appeals chamber. This bag is sent by the organization to PC8 Ciattarinu. When the competitor leaves the PC, he drops off his bag himself which will be repatriated to Corte.

Collection of bags in Corte: The bags are given either to the competitor or to relatives, exclusively on presentation of the bib. Bags must be collected no later than 2 hours after the race closes. Beyond that, the runner will contact the organization **06.84.76.25.33** or **contact@restonicatrail.fr** and must come and collect their bag themselves, at their own expense, from the organization in Corte.

The organization ensures the repatriation to Corte of the bags of runners who have abandoned, on the condition that their abandonment has been recorded.

The repatriation time depends on logistical constraints and the organization cannot guarantee complete repatriation of the bags before the end of the race.

The poles are not allowed in these bags. As the contents of the bags are not checked, no dispute over the contents on arrival is admissible. It is recommended not to put valuable items there. The organization is in no way responsible for the personal effects of competitors.

Relay-specific conditions

The required equipment is that of the Ultra-Trail di Corsica.

Relay	Distance	Elevation gain +	Elevation gain –
Corte – Calacuccia	32 km	2200 m	1770 m
Calacuccia – Ciattarinu	27 km	2600 m	2230 m
Ciattarinu – E Grotelle	28 km	1400 m	1300 m
E Grotelle – Corte	23 km	1000 m	1900 m

The relays therefore take place in Calacuccia, Ciattarinu and E Grotelle, 2 points of the route accessible by car and the 3rd by shuttle and walk of approximately 1h½. The 4th relay is a little less demanding than the first 3, the second seems the most difficult, the first relay is at night, for the third and the last, it depends on the first relayers.

Relay runners will be identified by a differentiated bib (fuschia reverse colors on a white background) and by a symbol visible at the back so that solo competitors know that they are not doing the same race.

At each relay, the arriving runner, once badged, will give his bib, his backpack chip and his rear marker to the runner who is about to leave, the latter will go to be badged before leaving. In the event of abandonment or non-compliance with the time limits, the next relay runner will be able to leave with a bib, a backpack chip and a rear marker which will be assigned to them by the PC. The runner will start just in front of the queue stopper after being badged.

The relays have been planned at locations accessible by car, so each team will have to organize themselves to get to the relay location by their own means.

Article 12. Rewards

Whenever possible, each competitor who completes the Ultra-Trail® di Corsica and the Restonica Trail will be rewarded with a “Special Finisher” gift.

In addition, will be rewarded:

	Ultra-Trail® di Corsica	Restonica Trail	Tavignanu Trail	Giru di Tumbone
Men's Scratch ranking	Top 5	Top 5	Top 5	Top 5
Women's Scratch ranking	Top 5	Top 5	Top 5	Top 5
Relay	Top 3			
Masters 10	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 9	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 8	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 7	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 6	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 5	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 4	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 3	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 2	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 1	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 0	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Seniors	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Espoirs	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Juniors				1 H + 1 F

Article 13. Race jury

It is composed of:

- ✓ the president of the organizing committee (or his representative),
- ✓ the race director,
- ✓ 3 people chosen from club leaders or race organizers.

The jury is empowered to rule within a time limit compatible with the requirements of the race on all complaints made during the event. Its decisions are without appeal.

Article 14. Reasons for disqualification or penalization

<i>Disqualification cases:</i>	
Absence of mandatory safety equipment (no water reserve with a minimum volume of 1 liter, no waterproof jacket with hood, no headlamp, no survival blanket, no smartphone) during an inspection at a checkpoint or during a flying control or upon arrival	Immediate disqualification
Refusal to be controlled	Immediate disqualification
Any cheating action (e.g.: use of a means of transport, sharing a bib, etc.)	Immediate and lifetime disqualification
Refusal to comply with an order from the race director or one of its representatives (Post Manager, doctor, etc.)	Immediate disqualification
Departure of a “PC” beyond the cut-off time	Immediate disqualification
Non-respect for people (organization, runners, local residents, etc.)	Disqualification
Non-assistance to a person in difficulty	Disqualification
<i>Penalization cases:</i>	
Act of incivism	1 hour penalty
Absence of other elements of mandatory equipment (running	1 hour penalty

leggings or long pants, only one flashlight, cap or bandana, hat, warm, waterproof gloves, long-sleeved top, waterproof overtrousers, whistle, self-adhesive elastic bandage, reserve of food, cup)	
Cut representing a significant shortcut	1 hour penalty
Cut not representing a significant shortcut, but not respecting the markings	¼ hour penalty
Escort during all or part of the race by a person without a bib except for safety reasons (“pacers” are not allowed)	¼ hour penalty
Throwing trash (intentional act) by a competitor or a member of his entourage	1 hour penalty
Support outside authorized areas	1 hour penalty
Bib not visible or worn incorrectly	¼ hour penalty
Smartphone turned off or in airplane mode	¼ hour penalty
Proven dangerous attitude (e.g.: sticks with unprotected tips aimed towards runners, spectators, organizers, etc.)	¼ hour penalty
No electronic chip	According to the race jury's decision
No passage through a checkpoint	According to the race jury's decision
Any act that goes against the recommendations of the Trailer charter and other articles of these regulations	According to the race jury's decision

The controllers and marshals who witness such irregularities will have the task of reporting them to the Race PC in order to apply the penalty or disqualification of runners who don't respect these essential points of the regulations. They indeed guarantee the ethics and spirit of Trail racing.

Article 15. Image Rights:

Any competitor expressly waives the right to use their image rights during the event, as they waive any recourse against the organizer and its approved partners for the use made of their image.

We inform all participants that remotely piloted aircraft (drones) by certified remote pilots will be used by the organization to produce images and content related to the event.

Photographers/videographers will be present across all distances throughout the event to produce content, even at night. We invite you to be receptive and understanding with them.

Article 16. Registration cancellation

Any cancellation of registration must be made by e-mail to inscription@restonicatrail.fr, indicating the name, first name of the participant and their file number from the e-mail address which was communicated during registration. A partial refund is possible according to the following scale:

Until end of March	75% refunded
Beginning of April - End of May	50% refunded
June	25% refunded
July	no refund

Identical conditions in the event of cancellation of the race by the organizer.

During the registration process, you will be offered the possibility of cancellation insurance which it will be up to you to analyze and choose or not. If you take out insurance, you must contact the insurer in the event of cancellation and only return to see the organization if the insurer notifies you of a refusal.

Article 17. Personal data protection

According to the information technology and freedom law of August 6, 1978 (French law), and in accordance with the new General Data Protection Regulation (GDPR EU 2016/679), any competitor has a right of access and rectification of data which concern him.

Information is collected as part of a registration for one of the Restonica Trail by UTMB® races, for the purposes of the organization, and in particular that of individually identifying each competitor in order to communicate to them before, during or after the event any information related to their participation.

All of the runner's data is kept for a period of 10 years, renewable for each registration, corresponding to the legal retention period of the medical certificate of no contraindication to the practice of athletics or running in competition, or sports license. Beyond these 10 years, and unless explicitly authorized by the runner, all data is deleted except name, first name, date of birth, gender and nationality to maintain rankings.

Any request to modify data can be made by email to the following address: inscription@restonicatrail.fr

Any request for access or modification of personal data will be processed as quickly as possible from receipt of the request, within a maximum period of 1 month.

Participation in the events (Ultra-Trail® di Corsica solo or relay, Giru di Tumbone, Restonica Trail, Tavignanu Trail, Andata), implies the express acceptance by each competitor of these regulations. He undertakes on his honor not to anticipate the departure, to cover the full distance before crossing the finish line and to respect the trailer charter as well as the health protocol. Taking the bib by the competitor automatically entails acceptance of the regulations in their entirety.

Trailer Charter, Trail values

- **Runner's commitment**

To participate, it is essential:

- ✓ To be completely aware of the length and difficulty of the event and to be adequately prepared for it.
- ✓ To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:
 - Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
 - Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
 - Aware that the organization's role is not to help a runner manage these problems and that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
 - To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

- **Semi-autonomy**

Participants are expected to demonstrate the principles of semi-autonomy. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

- ✓ Throughout the duration of the race each runner must have with them all their mandatory equipment. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.
- ✓ The aid stations provide drinks and food to be consumed on site.
- ✓ The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.

- **Authenticity**

Authenticity is the first value of trail running. At its origins, trail running was born from the motivation of runners to practice their sport in contact with preserved nature, in order to feel the beauty of the landscapes and to learn to evolve without artifice in a demanding environment for body and mind. Trail running is an authentic sport, because it makes the confrontation between the practitioner and a natural environment as intact as possible, a source of inspiration, of surpassing oneself, but also of harmony.

As a social activity, **trail running promotes human relationships based on simplicity, conviviality, sharing and respect for differences. The trail community attaches as much importance to these authentic values as to those of performance and competition.**

- **Humility**

In trail running, an outdoor activity, **humility is a behavior adapted both in a natural environment and for oneself.**

In nature, it is based on taking into account existing natural hazards, whatever the relevance and quality of the measures taken by the organization of a race to ensure the safety of its participants. Humility in the face of nature presupposes being able to exercise caution and can go as far as giving up on the race or planned project.

With regard to oneself, humility is based on awareness and knowledge of one's limits so as not to call into question one's physical or mental integrity.

Behaviors of humility are inseparable from an attitude of listening and learning allowing us to better understand the principles that govern natural environments or the fundamentals of practicing an intensive sport in nature.

- **Fair play**

Fair play designates the loyal acceptance of the rules, not only of their letter but also of the spirit which presided over their definition.

For runners, being fair means respecting the race regulations, not cheating, not biasing, refusing any form of doping; but also embody in your behavior during the races the human values of trail running: mutual aid and solidarity with other runners, respect for all those present during the races.

For the organizers, respect for fair play involves implementing the necessary means to fight “against cheating, the art of trickery while respecting the rules, doping, violence (both physical and verbal) , exploitation, inequality of opportunity, excessive commercialization and corruption” (excerpt from the Council of Europe’s code of sports ethics).

- **Equity**

It is the search for a fair balance, based on impartiality and equal opportunities that each runner must benefit from.

Trail races are open to all runners. The rules are designed for everyone and apply equally to everyone. All athletes are placed in the same conditions and they have the same rights and the same duties. The arrangements implemented to accommodate high-level athletes must in no way hinder the participation of other runners.

It is the responsibility of the organizers to guarantee this principle of fairness, to carry out the necessary checks and to offer the best possible racing conditions to all participants.

- **Respect**

The principle of respect covers respect for others, self-respect and respect for the environment.

Become aware that the natural environment you are crossing is based on a fragile ecological balance. Respect the fauna and flora: **do not leave ANY trash behind.**

- Each runner undertakes to adopt the most appropriate behaviors in order to minimize their impact on the environments they travel through, in particular:
- It is strictly forbidden to leave waste (tubes containing gels, paper, organic waste, plastic packaging, etc.) on the route. Bins are available at each refreshment station and must be used. The race marshals carry out flying checks on the courses.
- All participants must keep waste and packaging until they can throw it into the bins provided at the refreshment stations. The organization encourages runners to bring a waste bag to carry their waste to the next refreshment point. Plastic bags for soiled papers are given with the bib. They must be used to collect soiled papers during an urgent need near trails.
- It is imperative to follow the paths as they are marked, without cutting. In fact, cutting a path causes damaging erosion of the site.
- **Out of respect for the natural environment, the refreshment stations are not equipped with cups or other containers, but only with bottles with a minimum**

capacity of 1.5L. Each runner who wishes to be supplied must present their personal cup of at least 15cl.

RESPECT FOR OTHERS

Respecting others means understanding and accepting their differences and acting in a way that does not embarrass or upset them. It also means understanding that the race takes place in a place that has its own culture and traditions; it means adopting consequently the “knowledge” necessary to respect the local population, their culture and their customs.

Each runner also undertakes to respect other people operating in the natural environment at the same time as him (other trailers, walkers, hikers, etc.). Each runner undertakes to know and accept the rules of the race in which he has chosen to participate.

SELF-RESPECT

The practice of Trail running can involve risks and the search for performance and/or pleasure in no way justifies altering one's health in the more or less long term.

Each runner will be particularly vigilant so as not to take any doping product and not to resort excessively to self-medication. He will take care not to exceed his limits to the point of harming his physical or moral integrity.

RESPECT FOR THE ENVIRONMENT

The races take place in fragile natural environments. All those involved in trail running, runners, organizers, partners, supporters, are committed to taking action to preserve them.

- ✓ We strive to do everything possible to reduce the impacts linked to the running of races. We are committed, through information and educational actions, to contributing to general awareness of the fragility of natural environments.
- ✓ With the help of local environmental protection stakeholders, we identified the environmental risks generated by our event and adapted our practices to limit them.
- ✓ With our partnership with the Chemins de Fer de la Corse, we encourage the use of public transport.
- ✓ The marking of our races is mainly made up of tape, partly reflective and reusable for night courses, and signs for the safety and orientation of the competitor. This marking is, as far as possible, removed by the organization's last men on the same day of the event or at the latest in the following week.

- **Solidarity**

Solidarity is a value practiced and shared by residents in the heart of natural environments which can become hostile and therefore require mutual help to better progress together or simply survive. **In the name of the principle of solidarity, each participant in a trail is asked to primarily come to the aid of any person in danger or in difficulty wherever and under whatever circumstances.**

More generally, those involved in trail running often demonstrate solidarity by committing to environmental, social or societal causes or by helping the most deprived. Trail organizers implement this principle of responsibility by directly supporting solidarity and sustainable development actions; Many participants “run for a cause” in order to support the projects of their choice.

Respect the markings, the only guarantee of your correct orientation and SAFETY

Respect the volunteers, without whom the race could not take place. The local population welcomes you, thank them: a smile and a little hello are enough.