

# 2022 VAR VERDON CANYON CHALLENGE RULE

## Article 1 : Organization

AERIA ORGANIZATION (1901 law association, recorded in the Var prefecture on the 1992/07/31) organises from the 25th to the 26th of jUNE 2022 the Var Verdon Canyon Challenge (VVCC). In association with the Region Sud, the Var department, the Aiguines, La Palud sur Verdon, Rougon and Trigance municipalities.

## Article 2 : Tests

The VVCC is a sportive and surrounded by nature race, Several running trail tests are proposed passing by different short and big walk on the Var and Alpes de Haute Provence departments. Each test has one step and must be made in a limit time.

The 2022 VVCC 60 and 30 km are a set of the "Challenge des Trails de Provence".

- "Trail Entre Deux Rives" : 60 km with +3898 elevation gain meters. Maximum run time is setted on 14 hours. **IMPORTANT : see the limit time board.**
- "Grand Trail du Grand Margès" : 30 km with +1830 elevation gain meters. Maximum run time is setted on 10 hours.
- "Petit Trail du Grand Margès" : 21 km with +1457 elevation gain meters. Maximum run time is setted on 7 hours.

## IMPORTANT

The limit time will only be apply on the 60 km run. You can see the board on the website : [www.varverdoncanyonchallenge.fr](http://www.varverdoncanyonchallenge.fr).

We inform the 60 km competitors of the cessation on the last provisionning post n°6 (Petite Forêt) of any runner who will arrive after 3.00 pm. **Beyond this hour, no one 60 km competitor will be engaged on the run.** This decision is setted for the security of the runners. These persons will be drived back to Aiguines by the organization or by someone they know. We ask them to give back their number to a member of the organization.

## Article 3 : Conditions

To be able to participate, you must :

- be fully conscious of the length, the special pitch and the difficulty of the different tests, and have a good physical training
- have a real capacity of self-sufficiency on mountains, enabling to handle problems that can occur on such tests.

- know and be able to face up to climatic conditions that often unexpectedly change and that can be difficult during the race (high heats, rain, storms, hail, sudden loss of temperature, fog, wind,...),
- be able to endure physical and mental problems due to fatigue, digestive problems, muscular or articular pains, small injuries, insects stings,...),
- be conscious that the organization is not here to support a competitor for enabling his problems, and that for a such event, the security depends upon the physical and mental capacity of the runner to use to any circumstances.

Tests can be done by any person, man or woman, who is at least 18 years old on the day of the race. By your inscribing (on line or by a paper file), each competitor is pledged to take note of the rule, by your inscribing you accept this rule.

## Article 4 : Number of competitors

Maximum number of competitors are : Les

- 200 runners on the 60 km Trail Entre deux rives,
- 300 runners on the 30 km Grand trail du Grand Margès,
- 300 runners on the 21 km Petit trail du Grand Margès,

## Article 5 : Inscibings

Inscibings will start from the 1st of november 2021 and will be closed on 23rd of june on the website NJUKO ; you will be able to inscribe from the 25th of june 2022 in AIGUINES. To validate its inscribing, each competitor must give a special medical certificate, which mention "able to running in competition" and is dated less than a month, or to give a valid licence.

Inscibings are done by secure paiement (NJUKO) on the website : <http://www.njuko.net/varverdoncanyonchallenge2022>

You can also do the inscribing by post sending to : **GUIEU Jean - BP 90170 - 83701 SAINT-RAPHAEL**. You must send the inscribing form, the medical certificate or the licence and the paiement by cheque to Aeria Organisation.

For any information, you can send a email to : [maisonaime@orange.fr](mailto:maisonaime@orange.fr). The details are necessities for the inscribing. They are informatically recorded by the association secretary. In accordance with the law of the 6th of january 1978, the competitor has available rights to access and to change its informations. The contact details would be able to be gived to partners who organise similar events. If you don't wish it, you can ask it by mail to : [maisonaime@orange.fr](mailto:maisonaime@orange.fr). The inscribing file will be complete if :

- the inscribing form is fully completed,
- the medical certificate or the licence (a check will be made during the withdrawing of the numbers),
- the paiement le.

Every incomplete file will be rejected.

## Article 6 : Inscibing prizes

For the 2022 VVCC, prizes are :

- 60 km Trail Entre deux rives : 78 €,
- 30 km Grand trail du Grand Margès : 48 €,
- 21 km Petit trail du Grand Margès : 28 €,

Prizes include all the services described in this rule.

## Article 7 : Cancellation and repayment

Every cancellation must be done by email to [maisonaime@orange.fr](mailto:maisonaime@orange.fr).

No one will be taken into consideration by phone. Cancellation can only be done in case of accident or serious sickness of the competitor. You will have to give a medical certificate stamped by a doctor.

Les demandes d'annulation d'inscription seront prises en compte jusqu'au 30 avril 2022, sauf cas de force majeure (hospitalisation ou autres cas graves) concernant le participant.

Repayments will be treated months after the event.

Repayments amount :

- before the 31st of march 2022 : 50%,
- before the 30th of april 2022: 40 %,
- before the 31st of may 2022 : 30 %,
- after the 31st of may 2022 : no repayment will be done.

When you inscribe on NJUKO, you can (without any obligation), subscribe to an cancellation insurance. If your inscribing generates costs, we suggest you to subscribe to this insurance.

## Article 8 : Medical assistance :

- 4 sport doctors will be present during the tests. They will not be able to write a medical certificate to the competitors.
- 2 twosomes of the Services Départementaux d'Incendie et de Secours du Var, will secure dangerous passages on the runs. On the 60 km, in the Var, on the descent of the "Cavaliers". In the Alpes de Haute Provence the descent of the Brèche Imbert will be insured by professional and qualified first aider. For the 3 races, a twosome will be present on the summit of the "Grand Marges", altitude 1575 m.
- twosomes of first aiders with professional equipment will be present on the provisioning posts. They will be here to assist every persons in danger.  
A injured competitor will have to call on assistance. We advise you to :
- ask to another competitor to call the assistance;
- to go, if possible, to the nearest provisioning post;

if his physical state makes it possible, and if he has telephone network, he will have to call the organization to give his GPS position, phone number **(the organization phone number will be given on the withdrawing of the numbers).**

- if there is no telephone network, call the **112**.

The injured competitor must stay on the run. Any injured competitor who will move away the run, is not more longer under the organization responsibility.

Provisionning posts have equipments to join the organization center based on Aiguines.

Sport doctors are the only persons able to give their opinion and to take a decision concerning the disqualification of a competitor for medical reasons. They are the only one to decide an emergency evacuation to the nearest hospital.

Competitors who would be perfused will not be able to continue the race. Their number will be pulled off.

## **Article 9 : Provisionning posts**

2 types of provisionning posts are proposed :

- LIQUID : with only drinks, water, sparkling water, sugary drink,
- COMPLETE : liquid (see above), cereal bars, chocolate, biscuits with salt, bread, cheese, saucisson, bananas, oranges, fruit purees.

Provisionning posts will be on places easy to access for the organization. The distance between 2 PP will not be higher than 15 km. A personal assistance is accepted on all the provisionning posts.

## **Article 10 : Competitors counting**

Every number contains a disposable chip. A counting will be made on every provisionning posts. Competitors who will not submit will be disqualified.

## **Article 11 : Withdrawal**

Except in case of injure, a competitor must withdraw on a provisionning post. He will have to tell it to the person responsible of the provisionning post who will withdraw his number. Repatriation will be decided with him. The organization will handle the repatriation as soon as possible.

## **Article 12 : Run markings**

It will be made with :

- red and white ribbon,
- directional arrows,
- red rigid beacons with a silver or yellow reflective stuff,
- yellow, red, blue or green paint only on roads.

Run markings will be shown during the withdrawal of the numbers.

## **Article 13 : Obligatory and recommanded equipment**

Obligatory equipment :

- 60 km : 2 liter water flask - 1 tumble - food stock - 1 frontal lamp with a change battery - 1 survival blanket- 1 whistle - 1 smartphone with GPS - 1 rain jacket - 1 cap - 1 identity card
- 30 km : 1,5 liter water flask - 1 tumble - food stock - 1 survival blanket- 1 whistle - 1 smartphone with GPS - 1 cap - 1 identity card
- 21 km : 1 liter water flask - 1 tumble - 1 survival blanket- 1 whistle - 1 smartphone with GPS - 1 cap - 1 identity card

During the race, unexpected controls will be made on the provisionning posts or on the run. The competitors will have to show their bag. If he does not, the organization will be able to penalize or to disqualify him.

## **Article 14 : Disqualification and penalty**

A runner will be able to be disqualified or penalized in case of :

- failure to assist a person in danger (article 223-6 of penal law),

- incomplete obligatory equipment,
- number not visible,
- no number or loss of it,
- use of a mean of transport,
- failure to respect of the environment,
- insults, racial discrimination, xenophobia, threats to any person.

Only the organization committee will be able to penalize or disqualify a competitor.

## **Article 15 : Rewards and classification**

Only finishers will be classified. For each one of the tests, a general and a category classification will be made. Results will be put up on the finish zone in Aiguines and will be on the event website.

On each test (60, 30,& 21 km), will be rewarded :

- on scratch classification, the 3 first women and the 3 first men,
- on category classification, the first of each category : new talents, adults, master 1, master 2, master 3, master 4.

There will not have any accumulation of wizards. Rewards which will not be taken will not be sent.

## **Article 16 : Cancellation of the event**

Each test or all the tests can be cancelled for reasons beyond the Organization control. The reasons of a cancellation are :

- national, regional or departmental decisions due to COVID 19,
- prefectural prohibition,
- serious meteorological phenomena (torrential rain, hail, violent storms, crumbling on the runs) If it happens 24 hours before the start of the races, the organization gives itself the right to modify the runs or to cancel the event. If the distances are reduced, the limit times will be modified, only for the 60 km. The organization opts for the security of all the persons related to the event . 48 hours before and during the event, the organization will check the meteorological situation.

In case of cancellation of the event, it will be postponed. As a adjournment will be proposed, no repayment will be done. Although, as mentioned in the article 7 of this rule, we advise every competitors to subscribe to a cancellation annulation. As the persons who have a sportive licence are concerned, you can contact your Federation about it. On the inscribing website (<http://www.njuko.net/varverdoncanyonchallenge2022>) you will find a link to this suscribing.

## **Article 17 :Right to the image**

Every competitors renounce their right to the image during the test.

They also renounce a plea against AERIA ORGANISATION for the use of their image, on any publicity sign used for the VAR VERDON CANYON CHALLENGE.

## **Article 18 : Insurance**

AERIA-ORGANISATION has established an civil responsibility insurance with MAAF Assurances, agency of La Seyne sur Mer (83500). Each competitor must have one in their possession. If you have a sportive licence, you benefit from this guarantee.

