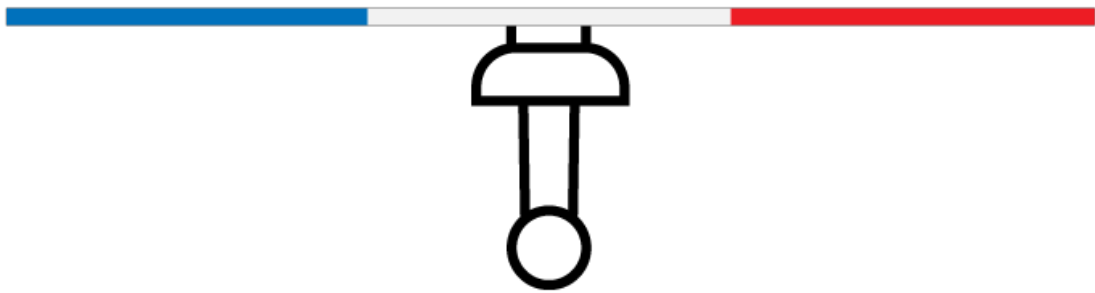


LA BARCOUDEUSE
UNPAVED RACE



RULES

LA BAROUEUSE UNPAVED RACE 2019

From 07/05 to 07/14/2019

THIS RULES ARE WRITTEN BY

Azur Tri – Athlé : organizer association

CONCERNING

All the riders registered on La Baroudeuse UNPAVED RACE 2019 who have filled and signed the registration form.

AND

All the staff and the volunteers.

Event Director contact : Cédric AMAND, 3 Rue Centrale, 06440 Peille, 0627879055, cedric.amand@hotmail.fr

Organisation Team : Coralie Rospert

volunteers : To be defined

THIS RULES CAN BE CHANGED AND BE ADJUSTED UNTL THE EVENT DATE SO UNTIL THE 5th JULY 2019.

DEFINITION OF THE EVENT :

La Baroudeuse UNPAVED RACE 2019 is a long distance cyclist race considered as a bikepacking adventure and where a ranking will be established. 80% unpaved in the nature and 20% of small secondary roads, it's an unsupported challenge which takes place in low, middle and high mountains This adventure accrosses most of beautiful landscapes in Europe.

Even if this event is announced as a race, we have created large deadlines so that everybody can have time to end his adventure.

It remains an adventure where we wish that each rider have fun and be a finisher in his own way. The main thing for us: organizers and cyclist, is that you remain visible on the livetracking and that you finish your adventure happy.

Three adventures are proposed :

- **Augustus RACE 1150K : Official start saturday 6th july 2019 at 6 a.m.**

Start & finish in France near Nice (La Turbie Village)

1150 K – 30000d + – Trace GPX provided – 8 checkpoints – 80% on runways & 20% on secondary roads

This ultra-distance race offers you an exceptional beauty course through grandiose parks on tracks of incredible diversity. You will cross the Gorges du Verdon to reach the lake of St. Croix. It is then the summit of the Ventoux that you will take in the direction of the Baronnies Provençales. The loop will continue to the lake of Serre Ponçon and its Ecrins that will transport you throughout rivers and majestic streams. Then, you will have to join the Mercantour Park through the Parpaillon Tunnel and then the highest road in Europe: the Bonette ! The finish between France and Italy will allow you to ride on the clouds at more than 2000m altitude on almost 100k.

- **Quintus RACE 650K : Official start Tuesday 9th july 2019 at 6 a.m.**

Start & finish in France near Nice (La Turbie Village)

650K – 18000d + – Trace GPX provided – 6 checkpoints – 80% on runways & 20% on secondary roads

This ultra-distance race will allow you to experience an adventure completely immersed in nature. It is a compendium of natural resources that will parade throughout the 650K. You will cross the National Park du Verdon until the lake of Sainte Croix and then pedal in the heart of the lavenders of the Plateau de Valensole. It is then north that you will head to the Ecrins Park and the Serre Ponçon Lake. A finish of beauty awaits you in the heart of the park of Mercantour and Italy with the Parpaillon Tunnel and La Bonette Pass. To Italy it is the Piedmont to Liguria that will amaze you until the finish line.

- **Maximus RACE 317K : Official start friday 12th july 2019 at 5 a.m.**

Start & finish in France near Nice (La Turbie Village)

317K – 8500d + – Trace GPX provided – 4 checkpoints – 80% on runways & 20% on secondary roads

An opportunity is offered here to participate at a short and intense adventure. Don't rely on low kilometers. The record for this event is 24h! The last finishers put 67h. It is a race that will transport you to the heart of a nature at high altitude on totally magical tracks between France and Italy. The highlight of this course is to allow you to live a real adventure in less than 3 days and to disconnect completely. You can also discover the Bikepacking on this distance.

Riders will start and finish from La Turbie village.

The MTB 29 "or 27.5" bike is the best machine to participate at La Baroudeuse UNPAVED RACE. Coupled with a suspended or rigid fork, it is then a personal choice of comfort. You can participate with a Gravel bike but the longer the adventure will be and the more your physique will be tired over the hours and days of saddle.

In any case, prefer comfort and think to go with a suitable gear for mountain, paths and considering your loaded bike.

In mono crank the maximum to adopt for very good cyclists is a 34 (crank) x 42 (rear cassette).

You have to follow a GPX track provided by the organization on the 3 adventures.

DURATION OF THE EVENT & ASSOCIATED DISTINCTIONS:

Everybody will be a Baroudeur Finisher if you can finish the GPS track.

- To have your certificate and your rudiis on the Augustus RACE 1150km, you have maximum to finish. You will receive: (to be defined after the recos)

 - Bronze Baroudeur between ... and ...

 - Silver Baroudeur between ... and ...

 - Gold Baroudeur under ...

- To have your certificate and your rudiis on the Quintus RACE 650km, you have maximum to finish. You will receive: (to be defined after the recos)

 - Bronze Baroudeur between ... and ...

 - Silver Baroudeur between ... and ...

 - Gold Baroudeur under ...

- To have your certificate and your rudiis on the Maximus RACE 317km, you have maximum to finish. You will receive: (to be defined after the recos)

 - Bronze Baroudeur between ... and ...

 - Silver Baroudeur between ... and ...

 - Gold Baroudeur under ...

Rankings will be established at the finish All the finishers in the aforementioned times will be rewarded by a wooden sword, a Rudiis engraved by the official time and by the distinction of their race. Distinctions are to take as a game to challenge yourself and to gain your Rudiis. The finishers which will end after the announced deadlines will be considered as finisher but won't gain the famous Rudiis.

However, it is important to note that you have time to finish your adventure at the condition to be visible on the live tracking. It is not a competition for everybody.

WELCOME OF THE RIDERS AND SCHEDULES:

Augustus RACE 1150K

- friday 5th july at 5 p.m : welcome of riders at La Turbie village.
6h30 p.m : briefing at La Turbie village
- saturday 6th july at 6a.m : start of Augustus race 1150K.

Quintus RACE 650K

- monday 8th july at 5p.m : welcome of riders at La Turbie village.
6h30 p.m : briefing at La Turbie village.
- Tuesday 9th july at 6a.m : start of Quintus race 650K.

Maximus RACE 317K

- thursday 11th july at 5 p.m : welcome of riders at La Turbie village.
6h30 p.m : briefing at La Turbie village.
- friday 12th july at 5 a.m : start of Maximus race 317K

Possibility to start the Thursday evening at 9 p.m : thanks to inform us and ask us to organize it.

WELCOME OF THE RIDERS:

Welcome of the finishers from 11th to 14th july at La Turbie village.
Saturday 13th july: National Day at La Turbie village –pistou soup.

GOOD TO KNOW :

1/ To don't start stressed or have bad surprise, check your GPX track a few days **before** the start !

2/ Riders who have an ETREX GPS must be sure to have the full GPX track. Pour les etrex, la trace ne doit généralement pas dépasser 80K. There are often bugs due to too heavy files on these types of GPS. Maybe you will have to modify the track which we send you and make shortest little tracks. For Etrex, the track does not generally have to exceed 80K.

3/ At La Turbie village there is an open bakery from 7am to 8pm seven days a week, a small supermarket "petit Casino", a butcher, pizza delivery and many restaurants

REGISTRATIONS & PRICES :

160€ for the Augustus RACE 1150K

200€ with the cancellation insurance and refund. Your registration 100% refunded until the start day if you can't start the race.

120€ for the Quintus RACE 650K

160€ with the cancellation insurance and refund. Your registration 100% refunded until the start day if you can't start the race.

90€ for the Maximus RACE 317K

130€ with the cancellation insurance and refund. Your registration 100% refunded until the start day if you can't start the race.

Be careful, from the 1st april prices are increased of 20%.

IMPORTANT : A deposit check of 300€ is requested for every rider at the order of "VDS RACING" in case of loss, robbery or deterioration of the trackers which will be at your disposal.

RESPECT OF THE TRAFFIC RULES AND SAFETY RULES:

You agree to respect the traffic rules during all your adventure. It's an obligation to be visible in the night by using a yellow security jacket with reflecting stripes + one white light in front + one red light on the back. This allows you to see and be seen.

TO CAN START LA BAROUDEUSE THE RIDER MUST :

- Accept and respect the event rules as soon as he's registered and to the finish.
- Having at least 18 years old at the event date.
- Provide the organization his insurance certificate

- Provide the organization his medical certificate of “no contraindication to practise unsupported ultra-endurance cycling”.
- Have a GPS to follow the GPS Track.
- Have a yellow jacket with reflecting stripes.
- Have a whistle.
- Have at least 1 light in front and 1 light on the back.
- Have a security blanket.
- Have a first-aid kit.
- Have a waterproof jacket.
- Have warm clothes for the high mountain.
- Have and wear his helmet during ALL the adventure.
- That everything that the rider writes on the registration or others documents is true and exact. The rider knows his responsibility for this so the organization can stop a rider to start the adventure if something is not true on the registration documents.
- Declare to be in good health and know of no reason, physical or mental why he could be unable to participate at La Baroudeuse UNPAVED RACE 2019.
- Be present for the briefing.
- That we check all your mandatory equipment when we will give you the tracker or during the briefing. In this regard, if you don't have ALL the mandatory equipment the organization will not let you start the adventure.
- Be in time given by the organization for the start of the adventure.
- Follow the GPS track and check every checkpoints with a selfie photo.
- Be solely responsible of his route choice if he must go out the GPS track planned by the organization.
- Be solely responsible for the payment of all surcharges and taxes before, during and after the adventure.
- Respect immediately all the instructions and rules given by the organization regarding the organization, safety and image of the event at every moment
- Understand the obligation to subscribe insurance at his own expense to participate at the event and more particularly cover during the entire event the possible safety needs or help in all the countries susceptible to be crossed during the adventure. He has to make sure that his insurance covers all the possible risks of their participation in particular in case of disease or accident-death. The rider must bring to the organization a certificate about it at least the day before the departure.
- Be the only responsible of his bike and his adaptation at this adventure, and all others equipment that the rider want to use and take on his bike. The organization can't be responsible in case of breaking, losing or stealing something.
- Shall ensure that they don't make any defamatory or derogatory statements or take part in any activities which are or might be derogatory or detrimental to the reputation, image or goodwill of the organization, the event or any commercial partner.
- Give his right to one's image.
- Be informed of every information and recommendations which can be made on the event website: www.labaroudeuse.fr , on the event Facebook page, by mail or text message.

The Association organizer must :

- Enforce the event rules which can evolve until July 6th, 2019.
- Inform all the riders in case of rules changes.

- Give access to 3 unique adventures
- Offer you an official cap of the event
- Offer you a 33cl bottle of Gladius Craft Beer of the Peille's Brewery.
- Offer you a meal-ticket for the Pistou soup: National Day the 13th July evening at La Turbie.
- A personalized musette bag.
- A Ruidius, sword of wood carved for the finishers only, symbol of your success and freedom.
- The possibility to sleep at La Turbie the day before you start. (if you are equipped with a sleeping bag)
- A shower service at La Turbie.
- Offer you a gps live tracking online with a professional company
- Provide you a 40% discount on the official cyclist clothes LA BAROUDEUSE COMMUNITY 2019.
- Enter your name in the "finishers 2019" of the official website of the event if you finish the GPS track, as well as your story/blog/articles if you do it.

SOME SAFETY RULES IN THE MOUNTAINS :

It's essential and mandatory to could participate at LA BAROUDEUSE UNPAVED RACE 2019 to start the route with warm clothes in your luggage (for top and low of the body). NEVER UNDERESTIMATE THE MOUNTAIN. YOU CAN LIVE THE MOST BAD MOMENT OF YOUR LIFE AND EVEN ENGAGE YOUR LIFE IF YOU ARE NOT WELL EQUIPPED.

Rule 1 : Having warm and waterproof clothes for the top and the low body.

Rule 2 : Always having some food and water with you.

Rule 3 : Having a first-aid kit.

Rule 4 : Having a full charged phone with an external battery.

Rule 5 : Having a security blanket

Rule 6 : Having a multifunction knife

Rule 7 : Having something to start a fire (minimum matches and/or lighter)

Rule 8 : Having a light.

Rule 9 : If you are in a storm :

- You try to shelter in a house, a car or under something solid which doesn't attract the lightning and which doesn't risk to collapse.

- Stay away from metallic structures or antennas which are going to attract the lightning.

- You can put yourself in ball, feet isolated from the ground to don't attract the lightning and don't stay on a conductive ground.

- The best thing to do is to go down from highest points if you have the possibility until the storm go away. Avoid the highest points.

- Stay away from your bike.

RESPECT THE ENVIRONMENT :

Obviously you should throw nothing in the nature during all your adventure. Packaging should not be thrown in the nature deliberately or inconveniently. We count on you to let a blank track of your passage.

CHECKPOINTS :

Checkpoints (CP) are located at the top of some passes or in typical villages that you will across : you will have to make a photo selfie there and send us by SMS.

For the Quintus RACE 650K and the Augustus RACE 1150K, CP are not established yet. We have to wait for our recos after the snowmelt 2019, so at the spring to see clearly and be sure about it.

CHECKPOINTS OF MAXIMUS RACE 317K :

Start : La Turbie km0
Checkpoint 1 : Turini Pass (France) km60
Checkpoint 2 : Casterino (France) km109
Checkpoint 3 : Pigne village (Italia) km218
Checkpoint 4 : Gorbio village (France) km300
Finish : La Turbie km317

IMPORTANT: It's strictly forbidden to leave the GPS Track to have your approved certificate. If, for any reasons, you have to leave the route, it's allowed but you have to restart from where you have leaved the route. If not, you will have penalty.

GPS LIVETRACKING THANKS TO A PROFESSIONAL AND SPECIALISED COMPANY:

The organization and your friends and family can follow you online by livetracking using a GPS tracker which will allowed us to track you. You will have a GPS sensor active during all your adventure. We will know where you are and your position will be saved on a map. This is a guaranty of all the riders' safety.

WHAT MEANS "UNSUPPORTED" AND "TOTAL AUTONOMY"?

- Total management of your food and your water.
- No supply on the road by family or friends... No assistance car allowed.
- You can stop on shops, restaurants, hostels to supply
- Nothing could be organize with the help of your family or friends
- You have to be autonomous in case of mechanical problems (flat tire, brake the chain, fall)
- You have to manage your GPS track
- You have to manage your safety, your sleep

IF YOU GIVE UP:

You have to tell that you give up at the organization. You have to go back by yourself because the organization doesn't have a car at your disposal to repatriate you: you are and you stay in autonomy. Just think to bring back the tracker!

PENALTIES:

If a breach of the rules, the route, the ethics, the safety is noticed during the event, the organization can raise you penalty on your final certificate or exclude you.

EMERGENCY PHONE NUMERO TO KEEP WITH YOU:

France – emergency/rescue : 18
Europe – emergency/rescue : 112
Italie – emergency/rescue : 118

REFUND CONDITIONS :

1/ For riders who have signed the cancellation insurance, they will be refund in totality if they can't start the race.

2/ For riders who have not signed the cancellation insurance, and to be accepted, your request for a refund must be done before the 26th may 2019 and justified by a medical certificate which prove your impossibility to take part at the adventure.

After the date of May 26th 2019, no refund will be possible. If the event must be cancelled for extreme weather reasons, if you can't participate for any reason, no refund will be possible.

APPRECIATION OF THE EVENT RISKS:

The rider knows that the adventure is potentially dangerous and include the crossing of some parts of the territory, Mercantour, Verdon, Ecrins Park, Queyras, Piemont, Ligury and alps which are some areas highly dangerous places.

Moreover, the rider is perfectly aware and knows that all the cycling sports and naturally his participation at the adventure includes a serious risk for himself and its health, including without limiting it, accident risks, wounds which can cause death, fractures, cranial wounds, traumas, pain, tiredness, dehydrated and material damages.

The rider knows and completely accepts the entire responsibility for controlling and for maintaining all of his equipment during all the adventure. In addition, he has the responsibility to have a good state equipment to use it in complete safety.

Considering these facts, the rider takes the responsibility of all the risks in case of loss, damages, wound, or death that he can suffer. The rider will participate, at the risk of his life, at the adventure according to these rules.

The organization, his represents, warrants and undertakes of La Baroudeuse UNPAVED RACE 2019 won't be responsible towards the rider for his death, his physical wounds or other damages whatever their nature on its equipment due to its adventure participation.

In no circumstance, the organization will be responsible for any direct, indirect, real or adduced loss or for the loss as a consequence whatever the origin, undergone by the rider.

The rider will be liable to the association and will accept the responsibility for his own acts of negligence or omission which can cause the death, physical wounds to a third person or equipment's damages.

The riders is committed to compensate the association and the discharge of any expenses and spending, legal actions, procedures and claims which were caused by the disrespect of the rules or caused by rider's acts or omissions.

The rider must have a whole-life-accident-health insurance. A copy of the insurance must be providing to the organization.

GENERAL & REMINDER

La Baroudeuse UNPAVED RACE 2019 will be the 3rd edition, it's an unsupported ultra cyclism race where a certificate with a ranking will be delivered for the finishers. It's a bikepacking adventure and, as any event of this type, you know that you will be in total autonomy and no organization support is offered or allowed. No policemen, firemen, doctor, nurse or other are on the route to ensure your safety or your support in case of any accident.

You are left to your own choices: this means that there could be some negative consequences for the rider resulting from his own decisions.

These unexpected consequences can compromise his health and could bring his death.

The rider must be completely aware of all the risks for his health resulting from his participation.

The rider must know that the closest hospital or medical center can be at a few hours from where he is at the moment when he has an accident.

The rider must know that in case of accident which would require specialized care, it is possible that an adapted health center can't be available in the zone and that a medical evacuation could be necessary.

It is up to the rider to protect himself and have insurance for risks of death, physical damages and for access to healthcare. A certificate of the insurance must be provided to the organization before the start.

The Cyclist knows and accepts the risk associated with his participation to La Baroudeuse UNPAVED RACE 2019. He declares to have read, understood, filled and signed the DECHARGE DE RESPONSABILITE which describes the recognition of incurred risk.

The rider knows and accepts that the participant's safety and the organization team's safety are essential during La Baroudeuse UNPAVED RACE 2019. Moreover, he recognizes that firstly this event is a human adventure and secondly a certificate.

In recognition of the safety elements of this event and making complete part of the safety obligations involving every rider, it will be given to every cyclist a GPS box tracking, this tracking will be assured by a specialized company.