



# AGREEMENT

**MERCANTOURMAN | XTREM Triathlon 2023**

**16>18 /06/2023**

**THIS AGREEMENT IS WRITTEN BY**

The organizing association Azur Tri - Athlé, Baroudeur Team section

**REGARDING**

All selectionned participants of MERCANTOUR MAN | XTREM Triathlon 2023 who have filled and signed the registration form.

**AND**

All the staff and volunteers.

**EVENT DIRECTOR contact** : Cédric AMAND, 3 Rue Centrale, 06440 Peille, 0627879055, cedric.amand@hotmail.fr

**ORGANISATION TEAM** : Coralie Rospert, Cathy Behe, Stéphane Mério

THIS AGREEMENT MAY EVOLVE AND ADAPT UNTIL THE END OF EVENT.

## STORY OF THE MERCANTOURMAN :

The event was born in 2020 from a personal challenge post COVID-19 launched by Cédric Amand : To realize a Triathlon Adventure as a Grande Traversée du Département des Alpes Maritimes from the Mediterranean sea and continuing through the Mercantour National Park, the Ubaye mountains to reach Embrun. Twenty Adventurer have joined him for this first Triathletic Challenge. They acted as pioneers for this extraordinary event that crossed snow and negative temperatures that forced route adaptations. But that's the adventure: accept Mother Nature and the unexpected. The story goes on and you will contribute to write it.

## OPEN LETTER FROM CÉDRIC AMAND, FOUNDER OF THE CHALLENGE ALSO AVAILABLE ON THE OFFICIAL MERCANTOURMAN WEBSITE :

“FREEDOM AS AWARD“

The **Mercantourman XTREM Triathlon – initial project** is an adventure in an extreme universe : the Mountain and the Mercantour and Ubaye National Parks. Although the Mercantourman is made on conventional 'ironman' distances, it is an exceptional event with a high level of altitude gain which takes place in the mountainous environment. We open a way in the world of Triathlon: that of Adventure in total autonomy with Live Tracking.

It's much stronger emotionally than a race, it's an adventure on yourself .

### WHAT IS THE INITIAL PROJECT ?

The permanent climatic instability of the mountain (snow, violent rain, storm) obliges me to make you aware of this universe which can have a direct impact on the event (and its conditions of participation??). The freedom to not be attached to any place politically and to manage our transition areas can save the Crossing! (Even more in these covid-19 hours). We must remain flexible regarding the initial project that we are undertaking. We proved it at the first edition in 2020 with the snowy episode that forced us to completely change the bike and trail route. We respect nature, we have adapted and we have reached Embrun.

### A TRIATHLON ADVENTURE, WHAT DOES IT MEAN ?

The identity of the Mercantourman XTREM Triathlon is clean and unique, you will have to start from the Mediterranean sea and try to reach Embrun by swimming, cycling and running through the Department of the Maritime Alps, the Mercantour National Park and the Ubaye mountains.

I like this idea of the raw sports challenge, in the real world, facing myself and the elements. I like to arrive at night without being acclaimed on a red carpet, all in a calm and serene atmosphere like my Adventure. I love this finishline in the calm and cold night, the emotional faces of my Team Staff by this crossing that they have lived with me, their applause resounding clearly louder than a hundred people gathered in the middle of the misty air.

### WIN YOUR FREEDOM BY BRANDISHING YOUR FINISHER RUDIUS

Start with a light spirit, accepting what nature will offer us as a playground. We must remain flexible facing the weather conditions in order to be able to move T2 if we have to. Moving T2 would result in complete modifications of the bike and the trail. It is the essence of the Mercantourman to have to accept the weather conditions that will be given to us. We have a multitude of Traversées options that we will adapt if necessary. It is essential and crucial for me organizer that you understand the approach of this event. You must understand and integrate this conception of the Adventure with no materializing spaces.

I hope that the participants of the Mercantourman share these simple values and that they join me in this noble practice of the sport challenge in nature. I am therefore presenting the initial project.”

## **DEFINITION OF THE MERCANTOURMAN XTREM TRIATHLON :**

The Mercantourman [ édition n°4 ] is exclusively organized for its community of cyclists, ultra-cyclists and triathletes. The ultra-cycling adventures and the triathlon proposed by Team Baroudeur are among the most difficult in Europe.

Only the members of the organizing association so of the Baroudeur community are allowed to take the start of one of the events that we propose.

That's why, if your application is selected to participate at the 2023 edition, you will automatically become a member of the Baroudeur Team association and club for the current year.

In this unique setting, you will be able to participate in total autonomy, without assistance and under your own responsibility to the MERCANTOURMAN proposed by the club Baroudeur Team.

To claim to apply and participate in MERCANTOURMAN 2023 :

1/ We need to make sure we rigorously select each rider.

The selection is based on several criteria.

Everyone can apply in order to highlight their experience and sports CV. We obviously want triathletes who have experience in endurance sports in general.

### **HIGHLIGHT YOUR EXPERIENCE THAT WILL LEAD US TO SELECT YOU:**

- ultra trail, trail, your solo adventures.
- triathlon, ironman, xtrem ironman and others.
- raid adventures.
- your solo trips and holidays.
- your ability to face the unexpected.

### **HIGHLIGHT YOUR MOTIVATION :**

- Explain to us why you would like to realize this MERCANTOURMAN project?

What is important to us is that you can justify and detail your experience as precisely as possible. Our team will be in charge of individually checking each application. Don't think that you are not physically strong enough, there is also the mental side which refers to the next point 2.

2/ The selection will also focus on the mental aspect. We want triathletes who know what they are getting into by starting one of our adventures in total autonomy, without assistance, and in a high mountain context. We want to make sure that each triathlete will start in full knowledge of this facts and will be able to face of a situation of potential danger throughout his adventure.

Our selection is therefore also and especially based on your experience in dealing with different situations that are more or less urgent and/or dangerous for your safety and/or for other participants.

3/ We also want a state of mind in accordance with our values and the idea we have of Adventure in ultra-cycling or in Triathlon : Nature, landscape, escape, discovery, unexpected, introspection, physical adventure, total autonomy, challenge.

Triathletes who expect a red carpet, a sound system, a speaker and a crazy atmosphere : we invite you to make an appointment with THE MERCANTOURMAN later, because you are not ready.

Apply to participate in MERCANTOURMAN is to love meeting with other adventurer enthusiasts in search of travel, extreme sporting challenge, quest on themselves, in search of the most beautiful landscapes, it is to love adapting his bike equipment to the adventure that you are going to live.

4 / It's finally and above all an exceptional sportive challenge to win your freedom by brandishing your Gladiator sword : the Rudius. This will require you to entirely complete your GPX track.

We wish you to cross the finish line with a new eye from the experience you will have lived in our mountains. We hope that you will feel the heart of the Earth, that you will feel alive in the heart of this nature and in your physical effort.

You will (perhaps) cross this finish line but as in no other event, you will become someone else thanks to a different global vision.

## **NEW 2023 – CHALLENGE YOURSELF WITH THE RUDIUS CHALLENGE :**

Because you know that the Team Baroudeur likes to propose exceptional challenges in the mountains that are already recognized as the most difficult in Europe, we decided this year to create the RUDIUS CHALLENGE.

This challenge represents the culmination of our passion for extreme sports through the events we have developed over the past six years.

We propose to mix the three main disciplines of our organization:

- the road bike.
- the mtb.
- the triathlon.

This challenge has the particularity of being able to be done over several years, without any time limit. This challenge will highlight profiles of complete and unique athletes in extreme ultra-endurance sports in the mountains.

The goal is to win your freedom on the main distances of our three following universes:

- TransAlpes 2850K [ road ]
- Augustus 1000K [ mtb ]
- Mercantourman XTREM [ triathlon ]

The Gladiators who already have one of these three adventures on their list can join the challenge at any time.

Once your three rudiuses come together, you will win the challenge and a GOLDEN RUDIUS that will symbolize the realization of the complete ultra-enduring athlete that you have become.

## **DESCRIPTION OF THE ADVENTURES AND TRANSITIONS AREAS :**

The Mercantourman 2023 [ édition n°4 ] is a unique Triathlon Adventure, in complete autonomy, without assistance, in low, medium and high mountains. This adventure crosses among the most beautiful landscapes in Europe.

The particularity of this Triathlon is to could be done by gravel bike or road bike, your choice.

A live tracking - geolocation tracking will be set up. Each rider will be equipped with a GPS to secure the adventure.

The GPX tracks of the adventures will be sent to participants in mid September. The tracks will not be sent before in order to allow us to have time to make our recos and also that you stay in the theme of adventure and discovery. We don't want you to recognize the tracks.

Description of the Mercantourman Xtrem Triathlon ROAD version :

- **Road Version 255,8K - 7100m d+ :**
- **Official start on Saturday 17 June 2023 at 5.30am** – required briefing, equipment check and regrouping on Friday 16 June at 9am.

Swimming : 3,8K

Road Bike : 210K - 5500m d+

Trail Running : 42K - 1600m d+

## Description of the Mercantourman Xtrem Triathlon GRAVEL version :

- **Gravel Version 283,8K - 7600m d+ :**
- **Official start on Saturday 17 June 2023 at 5.30am** – required briefing, equipment check and regrouping on Friday 16 June at 9am.

Swimming : 3,8K

Gravel Bike : 238K - 6000m d+

Trail Running : 42K - 1600m d+

1 / GPX Track provided.

2 / A big and unique Triathlon crossing from sea to mountains.

3 / Nature immersion guaranteed.

4 / Start in France PACA - Alpes Maritimes : CAP D'AIL

5 / T1 : ÈZE

6 / T2 : SAINT PONS VILLAGE - BARCELONNETTE

7 / Finish in France PACA - Hautes Alpes : EMBRUN

**IMPORTANT :** If you have to leave the track for a valid reason, it is allowed but you will have to go back to where you left it or you won't win your rudiis.

### SWIMMING :

3.8K – Start at 7:00 am at the first light of the day. The Swimming part will be a crossing that will start from the beautiful beach located in Cap d'Ail: La Mala beach to reach Èze Bord de Mer. An Australian outing will be planned on the beach of Saint Laurent d'Eze in the first third of the course.

The wearing of the combination associated with an inflatable buoy for swimming in open water is mandatory for safety reasons

### ROAD BIKE – initial project if good weather :

210K – 5500md+ – in total autonomy from T1 to T2.

The adventure will be full of obstacles, you will have to cross 3 major passes on road:

- Col de Turini
- Col Saint Martin
- Col de la Bonette

The highlight will be located at 2800m at the highest pass in Europe: the Cime de la Bonette. You will evolve in the heart of mountains and climatic conditions that can change very quickly.

The Triathlon extender is allowed. Drafting is prohibited between solo competitors. However, it is allowed for participants in pairs.

### GRAVEL BIKE - initial project if good weather :

238K – 6000md+ – in total autonomy from T1 to T2.

You will alternate between road and gravel tracks in high mountains and in breathtaking panoramas. More physical, this option of cycling will require you to be equipped with Bikepacking equipment and the necessary to sleep outside.

The highlight will be located at 2800m at the highest summit in Europe: the Cime de la Bonette.

You will evolve in the heart of mountains and climatic conditions that can change very quickly.

## TRAIL RUNNING :

42K – 1600d+ – in total autonomy from T2 to the finish.

Le trail running consists of a climb up to 2700m and a descent to reach Embrun. Trail Sticks are allowed and recommended.

Arrival Note : The Staff Assistance team is responsible for its athletes and must welcome them upon arrival in order to provide warm replacement clothing to avoid hypothermia, as well as liquid and/or solid refueling if needed.

## EQUIPMENT ADVICES :

On the gravel crossing, we recommend you tubeless tyres from 43mm section. The MTB is allowed and will offer you more comfort on the wild parts. No problem of crossing for both bikes, it is a question of choice & comfort.

For road and gravel, the important thing is to equip your bike with the most flexible ratio gear possible:

- road : 33-34 x 12 - 36
- gravel : 32 x 12 - 42

Don't forget that you need to save yourself as much as possible so you can ride with a loaded bike and an organism that at the end of the adventure will make you feel very tired. You have a big trail running part after the bike part.

In trail running, as we have said, sticks are allowed.

## WELCOME OF TRIATHLETES - PROGRAM :

- **Friday 16/06/2023**

> Meeting point at 9am at T1 Silva Maris Port in Eze bord de mer : Welcome of the triathletes.

STEP N°1 :

> From 9am to 5pm : Individual check of required equipment for the adventure.

Access the Port Silva Maris by foot with your bike and all your required equipment for the 3 sports. (You will not be able to get off by car on the port which is privatized)

STEP N°2 :

> 5pm : Presentation + briefing for the Adventure

Take the time to arrive early to have your equipment checked in the morning. The briefing will only begin once everyone has validated step 1. If you all arrive between 2pm and 5pm, you can be sure that the briefing will end very late!

STEP N°3 :

> 6.45pm : Official distribution of the GPS tracker.

- **Saturday 17/06/2023**

- > 5am : Meeting point and preparation for the swimming start at Cap d'Ail - Plage la Mala.
- > From 5.20am to 5.30am : official photos.
- > 5.30am : Official start
- > From 5.30am to 6am : Deposit of bikes at T1 by your Staff Team

- **Sunday 18/06/2023**

- > from 17/06 at 23h59 - 0h00 to 18/06 à 23h59 - 0h00 : Welcome of the finishers at Lac d'Embrun.

### **WELCOME OF TRIATHLETES :**

- > from 17/06 at 23h59 - 0h00 to 18/06 à 23h59 - 0h00 : Welcome of the finishers at Lac d'Embrun.

- > Mercantourman road bike :

The challenge is to do it in less than 24 hours in order to win your freedom and your Rudius : Gladiator Engraved Wooden Sword

It is not forbidden to arrive after this time, however we will not necessarily be able to ensure your personalized welcome.

- > Mercantourman gravel bike :

The challenge is to do it in less than 42h30 in order to win your freedom and your Rudius : Gladiator Engraved Wooden Sword

It is not forbidden to arrive after this time, however we will not necessarily be able to ensure your personalized welcome.

The arrivals will take place at Embrun Lake. Two oriflammes will symbolize the finish and your Staff Assistance team must be present to welcome you. You will need to record your time of arrival on the organisation book which will be placed on arrival. Live Tracking allows to know exactly your arrival time too. We remind you that if your GPS is not activated when you cross the finish line, you will not be considered as having completed the Adventure.

### **GOOD TO KNOW ON YOUR GPS :**

1/ To don't start stressed or have unpleasant surprises, check the tracks and your GPS several days **before** the start !

2/ Riders who are equipped with a GPS etrex must ensure that they have the entire GPX track. There are often bugs because files are too heavy on these types of GPS. You have to rework the GPX track sent to you and shorten it if necessary. For the etrex, the trackGPX should generally not exceed 80K.

3 / Cyclist timer and watches only accept GPX format. You will receive tracks for your phone by KML format.

### **REGISTRATION & ENTRY FEES :**

It is expected 50 triathletes at the start, road and gravel combined.

265€ : Mercantourman road version - solo

312€ : Mercantourman gravel version - solo

265€ / pers. : Mercantourman road version - duo  
312€ / pers. : Mercantourman gravel version – duo

RELAY (new – only one rudiis for the team)

345,00€ for the MercantourMan XTREM Triathlon – road version (Relay of 2 or 3 triathlètes)

392,00€ for the MercantourMan XTREM Triathlon –Gravel version – MTB (Relay of 2 or 3 triathlètes)

Be careful, from 1st January, the entry fees will be increased by 20%.

LIVE TRACKING Note & GPS spot : A deposit cheque of €200 is requested from each rider to the order of the livetracking company in the event of loss, robbery or deterioration of the GPS that you will have. Provide the amount in cash for people who do not have a cheque.

### **INSURANCE REFUNDS- CONDITIONS :**

Cost : 45€/rider.

The insurance is set up by the organizing association Azur Tri Athle Team and not by a specialized insurance company. We want to offer you this service but since we offer you this possibility thanks to our personal treasury, you must understand that we must also protect ourselves and keep a strict deadline. We are incurring substantial costs in order to cover this adventure which is not intended to welcome a big mass start, and that's why after the date of 05/05 and this even with a medical certificate which proves your inability to participate., we inform you that no refund will be possible and not any postponement to the next year. Each adventure has its own cash flow from one year to the next.

- From 01/12 to 31/12 : refund at 100%
- From 01/01 to 28/02 : refund at 80%
- From 01/03 to 31/03 : refund at 60%
- From 01/04 to 30/04 : refund at 50%
- From 01/05 to 21/05 : refund at 40%
- Beyond the 21/05 : no more refunds possible (and no postponement)

Important: if no insurance is taken out, no refund or postponement can be possible for whatever reason(s).

### **DOCUMENTS TO PROVIDE AND OBLIGATIONS :**

- Respect and comply with the agreement of The Mercantourman.
- Having at least 18 years of age at the date of the event.
- Provide your specific Mercantourman Medical Certificate. (cf : pre-filled CM at the end of the agreement. Any other CM will not be admissible.)

Note that by participating in Mercantourman 2023, your registration will include individualized insurance for the duration of your adventure.

We subscribe insurance for each rider involved. You are therefore exempt from providing us with your personal insurance and repatriation documents.

The Mercantourman is associated with the insurance company Assur Connect in order to secure as much as possible the adventures in autonomy that we propose. Each registrant from the European Union will be covered:

- Rescue costs and salvage costs.

- Repatriation assistance.
  - Coverage in the event of damage caused to a third party.
  - Medical, surgical and pharmaceutical expenses.
  - Death and disability insurance.
- Arrangement of home and vehicle in the event of an accident.  
\* Please ask us for the general conditions if necessary.

## **PACK MEDIA**

You (triathlete) or a media team can make your adventure public by sharing photos and videos on social networks.

### **Free Pack Média if :**

The photos and videos that will be relayed and posted on social networks or in the press before, during and after the event concern only the triathlete. Only the triathlete can be tagged and named with »@ and »# . Tagging a brand which could be considered as commercial communication and shall be totally excluded.

If you do not comply with this rule, the triathlete will be liable for the media cost that concerns him. We will ensure compliance with this rule, a social media team will be dedicated to it.

### **Purchase of Pack Média if :**

You represent one or more brands during the adventure **Mercantourman**.

All photos and videos that are relayed and posted on social networks before, during and after the event by tagues »@ » and »# », or that they form part of a collection of images in order to realize the production of a commercial / communication video or otherwise will be considered as Commercial Communication.

If a Media team would like to follow you and communicate on one or more Brand(s) through the event via social networks, film editing or any other press communication, we invite you to purchase a Media Pack when you register.

If you do not comply with this rule, the triathlete will be liable for the media cost that concerns him. We will ensure compliance with this rule, a social media team will be dedicated to it.

- > Pack Media cost for **one brand (one sponsor) : 62€**
- > Pack Media cost for **two brands (two sponsors): 114€**
- > Pack Media cost for **three brands (three sponsors): 155€**
- > Pack Media cost for **four brands and more (four sponsors and more) : 206€**

## **RESPECT OF THE ROAD RULES AND SAFETY RULES :**

You have to respect the rules of the road during all your adventure. It is an obligation to be visible at night thanks to a vest with reflective strips + white front light (fixed on bike + front light) + red back light. This whole system must allow you to see and be seen.

It is strongly advised on the Unpaved to be equipped in addition to a headlamp.

Apply reflective stickers to your bike frame will help ensure your visibility at night.

## **MANDATORY EQUIPMENT :**

To could start your adventure, you must present yourself at the briefing with all the mandatory equipment that will be checked individually before the briefing.

Here is the complete list:

### **SWIMMING :**

- 1/ Swimming buoy - fastening the waist.
- 2/ Neoprene swimming suit.

#### BIKE :

- 1/ Bike helmet
- 2/ GPS specific for cycling.
- 3/ jacket with reflective strips. (to be visible at night)
- 4/ whistle to keep around the neck throughout the adventure.
- 5/ front white lamp on the bike.
- 6/ headlamp for the gravel version, not mandatory for the road version.
- 7/ one red rear light.
- 8/ survival blanket.
- 9/ first aid kit. (minimum: tape, compresses, disinfectant)
- 10/ waterproof jacket. (water column minimum: 10000mm - hood recommended but not mandatory) (waterproof pant non mandatory : personal choice).
- 11/ Warm clothes for high mountain for sport and night. (ideally compressible, high and low body + bonnet)
- 12/ Bikepacking luggage for the gravel version.
- 13/ minimum powerbank 10000mAh and/or dynamo equipment.
- 14/ GPS provided by the organization.
- 15/ complete repair kit + multitool + knife in accordance with your assembly.
- 16/ liquid capacity: minimum 1.5 liters.
- 17/ your mobile phone + ID card + CB money and/or cash.
- 18/ have enough to light a fire quickly.

Sleeping equipment for the gravel version :

- 19 / two possible combinations : (sleeping bag + bivi) or (big jacket + bivi)
- An air mattress, a tent, un tarp ...etc are personal, it's up to you to set your comfort limit.*

#### RUNNING TRAIL :

- 1/ GPS specific for cycling.
- 2/ jacket with reflective strips. (to be visible at night)
- 3/ whistle to keep around the neck throughout the adventure.
- 4/ camelback with liquid capacity: minimum 1.5 liters.
- 5/ waterproof jacket. (water column minimum: 10000mm - hood recommended but not mandatory) (waterproof pant non mandatory : personal choice).
- 6/ Warm clothes for high mountain for sport and night. (ideally compressible, high and low body + bonnet)
- 7/ survival blanket
- 8/ front white lamp with a minimum autonomy of 8h.
- 9/ first aid kit. (minimum: tape, compresses, disinfectant)
- 10/ your mobile phone + ID card + CB money and/or cash.
- 11/ have enough to light a fire quickly.

#### **TRIATHLETE COMMITMENTS :**

- All statements on the registration form or other document must be true and accurate. The Triathlete acknowledges and assumes responsibility knowing that the association has relied on the veracity of these statements by giving him a place to the adventure.
- Declare that he/she is in good health at the time of registration and is not aware of any physical or mental contraindications justifying that he/she could not commit and participate

in The Mercantourman.

- Agree with the check of all required equipment before the start. If you are not in possession of all mandatory material, the organization will not let you go.
- Be present at the briefing.
- Be present for the distribution of GPS tracking.
- Be at the time set by the organization for the start of the adventure.
- Follow the GPX track.
- Be fully responsible for his/her choice if he/she is to leave the track planned by the organization.
- Assume all expenses related to the organization whether before, during or after the organization.
- Comply and respect immediately with all instructions, directives and regulations issued by or on behalf of the association regarding the organization, management, security and image of the event at all times.
- Understand the obligation to have a personal liability insurance + repatriation at one's own expense if you exceed the time limit in order to participate at the adventure and more particularly to cover during the entire adventure any needs for assistance in all the countries that the rider may will cross during the adventure. He/she must ensure that the underwritten insurance policy(s) covers at a sufficient height all possible risks of their participation in the event, in particular in terms of illness, accident-death, and is required to provide a certificate, for this purpose, to organization at least the day before the start of the adventure.
- Be solely responsible for the condition of his equipment, its adaptation to the adventure and rigors of such an event, as well as any other equipment that the Triathlete wishes to use on his bike. The organization can't be held responsible in case of breakage, loss or robbery.
- Renounce to any defamatory and derogatory remarks or to participate in events which, by their nature, may harm the reputation or the image of the association, the event or any commercial partner of the event.
- Give right to the image.
- Keep informed of the recommendations that can be made to him on the website of the event <http://mercantourman.fr>, on the official Facebook page, by mail, text or other ways of communication.
- Inform your own family (wife, children, parents, etc.) that you will participate in an event under your own responsibility, without assistance, without a rescue service that could arrive quickly. Zero risk does not exist, your family must be informed of your commitments and conditions of participation.
- GPX track provided by the organization should not be found on sharing platforms such as Strava or other. This has been asked by the National Park of Mercantour & Baroudeur Team.

### **The ORGANIZING ASSOCIATION COMMITS TO :**

- enforcing the agreement of the adventure that can evolve.
- inform all participants of the progress of the agreement if it should be the case.
- give you access to three unique adventures : swimming, road or gravel bike and trail running.
- Provide you the official cap of the event.\*
- Provide you a bottle of 33cl Brasserie Artisanale Gladius beer\*
- Provide you with a refueling muzette bag.\*
- Provide you the precious Rudius (wooden sword), which will be engraved and personalized.
- Provide you a live GPS tracking during your adventure via a high-quality company. Your whole family & friends will be able to follow you. It makes the adventure safe.
- Provide you an individual insurance for the duration of your adventure.
- Provide you a 40% discount on the official MERCANTOURMAN 2023 clothes.

*\*You will need to be present at the briefing and the finish to receive it. If you need to leave quickly, your personal belongings left during your adventure may be sent to you at your expenses. The rudiis is given to triathlete registered in individual , in pair, one rudiis is given to every triathlete, in relay on rudiis is given to the complete team.*

## **THE STAFF ASSISTANCE TEAM**

They must own a car. It will be composed from 1 to 3 people responsible for the safety of its athlete(s), and their liquid and solid refueling only at the start, at T1 and T2 transition areas and at the finish.

It is totally excluded that the Staff Assistance team can provide physical assistance to its athlete that could improve its performance. Example: pushing or pulling your athlete on the bike and during the trail running, feeding your athlete during one of the crossings.

No assistance can be given to the triathlete under penalty of disqualification.

In case of mechanical problems on the bike part, the Staff team cannot help. The triathlete must remain in complete autonomy and must provide the necessary tools for his adventure.

The Staff Assistance team has for mission of/ is authorized to:

- secure the triathlete in the authorized areas: start and finish areas + transition areas.
- follow the triathlete at a respectable distance on the bike part to ensure its safety and collect + post photos and/or videos on live social networks. The Staff Assistance team must, of course, respect the rules of the road and take care not to disturb cyclists and motorists. We remind you that the event takes place in open roads so you must all respect the rules of the road.
- collect the personal effects of the triathlete on the starting areas, T1 and T2 transitions (suit, glasses, buoy, bike, helmet, shoes, etc.) and at the finish. The organization will not be responsible for any loss of equipment.
- Manage the MEDIA REPORT on social networks: photos, video, various post.

## **SUPPLY**

The Triathlon will take place in total autonomy for the participants. They will have to evolve with their own supply during the 3 disciplines including cycling and running. Food purchases at various shops on the bike part are allowed by the participants.

The Staff Assistance team is authorized to refuel the triathlete only in the parts planned for this : start and finish as well as the transition areas T1 and T2. Apart from these spaces and therefore on the different crossings : swimming, cycling and running, the Staff team can't supply the triathlete who will have to be self-sufficient under penalty of disqualification.

## **SOME SAFETY RULES IN THE MOUNTAINS :**

To participate in MERCANTOURMAN 2023, it's imperative and mandatory TO NEVER UNDERESTIMATE THE MOUNTAIN, YOU COMMIT YOUR LIFE IF YOU ARE NOT WELL EQUIPPED.

Rule 1: Be equipped warmly and watertight at the top of the body (Rainwear of minimum 10000mm of water column.)

Rule 2: Have always have food and drink on you.

Rule 3: Have a first aid kit.

Rule 4: Have a charged phone with power bank.

Rule 5 : Have a survey blanket.

Rule 6 : Have a multi-function knife.

Rule 7: Have enough to light a fire. (minimum matches and/or lighter)

Rule 8: Have a portable lamp (ideal : front lamp).

Rule 9: If you are caught in a storm:

- Try to find shelter in a house, a car or under something solid that does not attract lightning and above all does not risk collapsing!
- Avoid metallic structures or antennae that will attract lightning.
- you can curl up with your feet isolated from the ground so as not to attract lightning and be on conductive ground.
- the ideal is to go back down if you have the opportunity while waiting for the storm to pass. Avoid high places.
- Stay away from your bike.

### **RESPECT FOR THE ENVIRONMENT :**

It goes without saying that you should not throw anything on your way. No packaging of any kind should be intentionally or inadvertently throw. We are counting on you to leave a blank trace of your passage. You are Baroudeurs so if you take the start, it is because you share our values.

### **GPS LIVETRACKING THANKS TO A SPECIALISED COMPANY :**

The organization and your family & friends will be able to follow you with a GPS livetracking that will allow us to geolocate you. You will be equipped with a GPS box that will be active throughout your adventure. We will know your location in real time and know the exact history of your adventure.

This system helps ensure safety for all adventures.

If you scratch, and if you decide to go home directly, the GPS must be returned to us within 48 hours. The live tracking company needs it for its upcoming events. If you delay, the tracking company will collect your deposit.

The "spot" GPS are not compatible, we cannot accept your personal GPS.

### **AUTONOMY AND WITH NO EXTERNAL ASSISTANCE, WHAT DOES IT MEAN ?**

1/ Total management of your food and drink.

2/ no refuelling on the roadside thanks to Staff Team, family, friends or other.

3/ you can stop in shops, restaurants, hotels to refuel and have some rest.

4/ nothing should be organized with the help of your entourage.

5/ you must be autonome in case of mechanical problem (punctures, chain break, fall)

6/ you must manage your GPS track.

7/ you have to manage your safety, your sleep.

### **IF YOU SCRATCH :**

You will need to report it to the organization and notify them your scratch. You will have to return to your home or to the finish by your own way, the organisation won't repatriate you. You are and remain autonomous. Just remember to send back the GPS to us within 48 hours, beyond this delay, the livetracking company will collect your deposit.

## **PENALTIES :**

If a violation of the rules, the track, the ethics or the security is found during your adventure, the organization reserves the right to exclude you.

## **EMERGENCY NUMBERS TO HAVE ON YOU :**

France - number of firemen: 18

Europe - emergency number: 112

Italy - emergency number: 118

## **RECOGNIZING THE RISK OF THE ADVENTURE :**

The Triathlete and his whole family recognize that the adventure is potentially dangerous and includes the crossing of some places like Mediterranean sea, Mercantour, Ubaye, which are characterized as highly dangerous areas. Moreover, the Triathlete and his whole family are well aware and recognize that all sports practised during the adventure and of course his participation in The Mercantourman include a serious risk for himself and his health, including but not limited to dehydrations, tiredness, pain, property damage, fractures, accidents, head or other injuries, trauma, or death. The Triathlete and his entire family fully recognize and assume the responsibility to control and maintain all equipment throughout the duration of the adventure and that it is in good condition for safe use.

Under no circumstances the Association or its representatives shall be held liable for any direct, indirect, actual or alleged loss or consequential loss suffered by the Cyclist.

The Triathlete and his family will assume responsibility for the cyclist's own acts of negligence or omission which may cause his death, body injury to a third person or property damage during the adventure.

The Triathlete undertakes to indemnify the association and discharge of all costs and expenses, legal actions, proceedings and claims caused by non-compliance with the commitments hereunder or caused by the acts or omissions of the Triathlete.

The Triathlete undertakes to inform his family (husband or wife, parents, children...) of his participation in The Mercantourman, adventure in complete autonomy, without assistance. The family is aware of the risks incurred during such an event which will be done under the personal responsibility of the Triathlete involved.

No police (police, gendarme or other) or rescue service (firefighter, doctor, nurse or other) is set up throughout the route to ensure your safety or your assistance during the adventure in case of an accident.

The Triathlete and his whole family should be aware that the nearest hospital or medical center may be several hours away from the location where he/she is located when he/she may be injured. In the event of an accident that would require specialized care, a suitable medical centre may not be available in the immediate area and medical evacuation may be required.

The Triathlete undertakes to sign the DECHARGE DE REPOSABILITE which refers to the recognition of risk incurred at the briefing.

In addition, he/she recognizes that first of all this event is a human adventure, it is not an official competition.



## SPECIFIC MEDICAL CERTIFICATE OF PARTICIPATION

I, the undersigned Doctor ..... certify that the state of health of:

M. / Madam (name + surname) .....

does not present any counter-indications to the practice of ultra triathlon in total autonomy, without assistance, in particular on the event of The Mercantourman 2023 which will take place from 16/06/23 to 18/06/23.

Done at :..... The :.....

Doctor's signature :