



AGREEMENT

TRANSALPES ROAD ADVENTURE 2023

DATE from 22/07 to 30/07/2022

THIS AGREEMENT IS WRITTEN BY

The organizing association Azur Tri - Athlé,

REGARDING

All selectionned riders of TRANSALPES 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

Volunteers : To be defined

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

DEFINITION OF TRANSALPES ROAD ADVENTURE :

TRANSALPES [édition n°6] 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 adventures proposed by the club Baroudeur Team that are:

- Trans Alpes 2850K
- Titus 1200K
- Julius 800K
- Brutus 400K
- Augustus 1000K
- Quintus 650K
- Maximus 317K

To claim to apply and participate in TRANSALPES 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 riders who have experience in endurance sports in general and not necessarily pur cyclism.

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 realise this La Baroudeuse 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 riders 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 rider 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: Nature, landscape, escape, discovery, unexpected, introspection, physical adventure, total autonomy, challenge.

Riders who expect a red carpet, a sound system, a speaker and a crazy atmosphere : we invite you to make an appointment with La Baroudeuse later, because you are not ready. Apply to participate in La Baroudeuse is to love meeting with other ultra-cycling 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 pedaling to win your freedom by brandishing your Gladiator sword : the RADIUS. 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.

NEWS 2022 - 2023 – CHALLENGE YOURSELF WITH THE RADIUS 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 RADIUS 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 radius come together, you will win the challenge and a GOLDEN RADIUS that will symbolize the realization of the complete ultra-enduring athlete that you have become.

DESCRIPTION OF THE ADVENTURES AND CHECKPOINTS :

TransAlpes adventure 2023 [édition n°6] is an ultra long distance cycling adventure. You will ride on road in complete autonomy, without assistance, in low, medium and high mountains. This adventure crosses among the most beautiful landscapes in Europe.

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 late June to early July. 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.

Four adventures are proposed :

- **TransAlpes 2850K :**
- **Free start from June to September. No group start from Slovenia is organized for this distance. You are free to manage your adventure as you feel it. Organize your schedule according to your work, family and other.**
After your registration, you must keep us informed so that we can organize the sending of your GPS spot before your start.

1 / Vertical drop : 64200m+ et -.

2 / GPX track won't be provided : semi-free itinerary. You will have to plot your itinerary according to the 20 CP and 61 cities control.

3 / 20 checkpoints.

4 / 61 Cities control.

5 / Mountain immersion guaranteed : the highest and most mythics passes of the Alps.

6 / Start in Slovenia (Ljubljana) & Finish in France – PACA region - Alpes Maritimes 06 : village of La Turbie.

This adventure is the opportunity to entirely cross the Alps chain from east to west, by crossing 5 wonderful countries: Slovenia, Austria, Italy, Switzerland and France. In this adventure, no GPX trace will be provided: the goal is to start at Ljubljana (Slovenia) and reach La Turbie village (France) via 20 mandatory CP where a picture will be requested: the checkpoints will be tops of mythical passes. There are also 61 cities control between these CP. It is up to you to study before the route that you will take. The idea of a unique crossing of the Alpine arc was born with the challenge to cross the passes (and not bypass them) in order to live the craziest bike adventures where you will be required every day to study the weather to evolve safely.

CHECKPOINTS AND MANDATORY CITIES CONTROL IN ORDER :

The checkpoints (CP) are located at the top of some passes or in typical villages that you will cross: you will have to take a selfie picture and send it to us by SMS during your adventure.



20 CP & 61 MANDATORY CITIES VILLES OBLIGATOIRES

	SLOVENIA 🇸🇮	Schöder Gröbming Rössing Hachau Niedernfritz	Avelengo Merano Stelvio	Spiez Sweisimmen Aigle	CP15 - Col d'Agnel ITALIA 🇮🇹
	Ljubljana - START Mirna Crmomej Ribrica Cerknica Kalce Col Ajdovscina Bovec	CP4 - Postalm station Strobl Salzbourg Saint Johann in tirol Reith Bei Kitzbühel Mittersill Zell am See-Süd	CP6 - Passo dello Stelvio Switzerland 🇨🇭	CP12 - Col du Grand St Bernard ITALIA 🇮🇹	Sampeyre
	CP1 - Vrsic pass Bled (lake) Ribcev Laz Zgoranja Sorica	CP5 - Grossglockner Edelweisspitze pass Lienz	CP7 - Fuorn pass (col de l'Ofen) Punt Chamues-ch	Aoste La Thuile FRANCE 🇫🇷	CP16 - Col de Sampeyre Stroppa
IMP	CP2 - Jezercki pass CP3 - Pavlic pass AUSTRIA 🇦🇹	CP10 - Furka pass CP11 - Grimsel pass Cortina d'Ampezzo Bolzano San Genesio Atesino Valas Verano	CP8 - Albula pass Rhäzüns	La Rosière Val d'Isère Bessans	CP17 - Col de la Fauniera Demonte FRANCE 🇫🇷
to go	Graz Leoben Kobenz Gaal Oberzeiring	CP9 - Oberalp pass Andermatt	CP10 - Furka pass CP11 - Grimsel pass Giswill Escholzmatt Eriz Teuffenthal Thoune (lake)	CP13 - Col du Mont Cenis ITALIA 🇮🇹	CP18 - Col de Larche Jausiers
-				Suse Oulx FRANCE 🇫🇷	CP19 - Col de la Bonette St Martin de Vésubie
-				Briançon CP14 - Col de l'Izoard	CP20 - Col de Turini Escarène Nice (Peille Village) - FINISH 🇫🇮
					1ave
					3 on

IMP to go - -

saturday 21 july at 9am.

1 / Vertical drop : 28000m+ et -.

2 / GPX track provided.

3 / 8 checkpoints.

4 / Nature, Provence and mountains immersion guaranteed.

5 / Start & Finish in France – PACA region - Alpes Maritimes 06 : village of La Turbie village

This ultra-distance adventure will allow you to travel between France and Italy. A first half will make you discover Provence from the inside by its wildest side. The second half will immerse you in the footsteps of the Mythical Route des Grandes Alpes, in the heart of many Alpine Parks. You will cross the highest passes between France and Italy. You will not only have to face the big elevation gain of this wonderful adventure but also the climatic conditions of the high mountain. Your decisions will be crucial in order to ride safely and discover the most beautiful panoramas of France. The checkpoints will be summits of mythical passes. Open your eyes wide, a unique and intense adventure awaits you!

CHECKPOINTS :

The checkpoints (CP) are located at the top of some passes or in typical villages that you will cross: you will have to take a selfie picture and send it to us by SMS during your adventure.

Checkpoint 1 : Gréoux les bains - km200

Checkpoint 2 : Aouste sur Sye - km 400

Checkpoint 3 : Grenoble CP Alpha Bike - km 540

Checkpoint 4 : Col du Galibier - km 688

Checkpoint 5 : Col de l'Izoard - km 743

Checkpoint 6 : Col d'Agnel - km 783

Checkpoint 7 : Col Sampeyre - km 830

Checkpoint 8 : Col de la Fauniera - km 873

Checkpoint 9 : Col de la Lombarde - km 929

Checkpoint 10 : Col de la Bonette - km 989

Checkpoint 11 : Col de la Cayolle - km 1048

Checkpoint 12 : Col de Turini - km 1180

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.

- **Julius 800K :**
- **Official start on sunday 23 july 2023 at 5am** - required briefing and regrouping on Saturday 21 july at 9am.

1 / Vertical drop : 20000m+ et -.

2 / GPX track provided.

3 / --- checkpoints.

4 / Nature, Provence and mountains immersion guaranteed.

5 / Start & Finish in France – PACA region - Alpes Maritimes 06 : village of La Turbie village

Between France and Italy, you will be enchanted by the density of the passes that will follow one another. A first part on the Route des Grandes Alpes and a second part that will take you to Italy to discover incredible wild parts. You will finish with olive forests and return by the seaside that you will appreciate. At the finish, your thoughts will still be in the passes..

CHECKPOINTS :

The checkpoints (CP) are located at the top of some passes or in typical villages that you will cross: you will have to take a selfie picture and send it to us by SMS during your adventure.

Checkpoint 1 :

Checkpoint 2 :

Checkpoint 3 :

Checkpoint 4 :

Checkpoint 5 :

Checkpoint 6 :

Checkpoint 7 :

Checkpoint 8 :

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.

- **Brutus 400K :**
- **Official start on sunday 23 july 2023 at 5am** - required briefing and regrouping on saturday 21 july at 9am.

1 / Vertical drop : 10000m+ et -.

2 / GPX track provided.

3 / 4 checkpoints.

4 / Nature & high mountain immersion guaranteed.

5 / Start & Finish in France – PACA region - Alpes Maritimes 06 : village of La Turbie

This ultra-distance adventure will allow you to discover the ultra-cycling adventure and bike autonomy on a mountainous and very demanding adventure You will ride in the heart of the Mercantour National Park. This will allow you to live a very intense adventure that can be more easily integrated into your agenda. It is a distance that allows to beginners to enter in the world of ultra-cycling where the challenge is very high. Don't be afraid of the elevation gain, just have a suitable pointer and you will travel around the world. The checkpoints will be summits of mythical passes.

CHECKPOINTS :

The checkpoints (CP) are located at the top of some passes or in typical villages that you will cross: you will have to take a selfie picture and send it to us by SMS during your adventure.

Départ : km0

Checkpoint 1 : Col St Martin la Colmiane - km75

Checkpoint 2 : Col de la Bonette - km150

Checkpoint 3 : Col de la Couillole - km210

Checkpoint 4 : Village de Levens - km337

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.

EQUIPMENT ADVICES :

The road bike is the best bike to participate at the adventure. choose a section of comfort tires from 28. However, the choice of bike is personal.

For the TransAlpes 2850K, note that it is possible in Slovenia and in some parts of Austria and Italy to ride on clean gravel tracks, opt for tires between 28 and 32mm

Regarding the gear ratio, prefer comfort. Start with a suitable development planned for the mountain, for a bike with luggages, and an organism that will tire over the days.

As an example, the maximum to ride for very good cyclists is a 34 (tray) x 36 (rear cassette).

We advise you to have a very flexible gear ratio to ride everywhere. Having a bad development can ruin your adventure ! With a good development, we can go all around the world. Do not be ashamed to easy your speeds, that will be very useful.

The idea is not to ride very fast with your development, it's to be able to pass everywhere in the mountains without suffering. Don't reason like a classic cyclist.

WELCOME OF RIDERS :

TransAlpes 2850K

Free start from June to September. No group start from Slovenia is organized for this distance. You are free to manage your adventure as you feel it. Organize your schedule according to your work, family and other.

After your registration, you must keep us informed so that we can organize the sending of your GPS spot before your start.

Titus 1200K - Julius 800K - Brutus 400K :

SATURDAY 22 JULY :

- 9am > 17pm : : individual check of the required equipment and safety for all riders
- 17pm > 18pm : adventure briefing
- 18h30 pm : official distribution of GPS tracker
- 19pm : Welcome dinner with all riders of La Baroudeuse Organisation : Baroudeuse unpaved + Trans Alpes + Gravel Camp.

SUNDAY 23 JULY :

- 5am : Group Start for all riders on all distances

RIDERS FINISH :

We will welcome riders to give the rudiis from Wednesday, July 26 to Sunday, July 30 at 7pm at La Turbie.

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

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.

REGISTRATION & ENTRY FEES :

Registration will remain open until July 2, 2023 subject to availability. 50 cyclists/ distance.

341€ : TransAlpes 2850K - solo [épreuve du rudiis challenge]

251€ : Titus 1200K - solo

161€ : Brutus 400K - solo

341€ / pers. : TransAlpes 2850K - duo [épreuve du rudiis challenge]

251€ / pers. : Titus 1200K - duo

161€ / pers. : Brutus 400K - duo

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

LIVE TRACKING Note : A deposit cheque of €200 is requested from each rider to the order of the live tracking 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 05/15 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 15/05 : refund at 50%
From 16/05 to 30/06 : refund at 40%
Beyond the 30/06 : 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 La Baroudeuse.
- Having at least 18 years of age at the date of the event.
- Provide your specific La Baroudeuse Medical Certificate. (cf : pre-filled CM at the end of the agreement. Any other CM will not be admissible.)

Note that by participating in La Baroudeuse 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.

La Baroudeuse 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 (cyclist) 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 cyclist. Only the cyclist 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 cyclist 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 **TRANSALPES ADVENTURE**. 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 cyclist 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:

- 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/ front white lamp on the bike.
- 5/ headlamp.
- 6/ one or two red rear lights.
- 7/ survival blanket.
- 8 / first aid kit. (minimum: tape, compresses, disinfectant)
- 9/ waterproof jacket. (water column minimum: 10000mm - hood recommended but not mandatory)
- 10/ Warm clothes for high mountain for sport and night. (ideally compressible, high and low body)
- 11/ bike helmet.
- 12/ minimum powerbank 10000mAh and/or dynamo equipment.
- 13/ GPS provided by the organization.
- 14/ complete repair kit + multitool + knife in accordance with your assembly.
- 15/ liquid capacity: minimum 1.5 liters.
- 16/ your mobile phone + ID card + CB money and/or cash.
- 17/ have enough to light a fire quickly.

Sleeping equipment :

18 / 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.

RIDER COMMITMENTS :

- All statements on the registration form or other document must be true and accurate. The Cyclist 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 La Baroudeuse.
- 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 trace and validate the checkpoints by selfie photo.
- 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 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 crossed 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.
- Understand the obligation to have a personal liability insurance + repatriation at one's own expense if you exceed the time limit indicated for your distance 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 crossed 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 bike, its adaptation to the adventure and rigors of such an event, as well as any other equipment that the Cyclist 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 www.labaroudeuse.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.

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.
- 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 Ruidius (wooden sword), which will be engraved and personalized.*
- Let you the possibility to sleep at La Turbie village if you are equipped sleeping bag equipment. You will have a covered room at your disposal.
- Provide a shower service.
- 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 TRANSALPES 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.*

SOME SAFETY RULES IN THE MOUNTAINS :

To participate in TRANSALPES 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 highs 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 family, friends or other. No assistance vehicle should follow you.

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 the tracking 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 UMBERS TO HAVE ON YOU :

France - number of firemen: 18

Europe - emergency number: 112

Italy - emergency number: 118

RECOGNIZING THE RISK OF THE ADVENTURE :

The Cyclist and his whole family recognize that the adventure is potentially dangerous and includes the crossing of some high mountain places of all the Alpin Arc by 5 different countries which are characterized as highly dangerous areas. Moreover, the Cyclist and his whole family are well aware and recognize that all cycling sports and of course his participation in La Baroudeuse 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 Cyclist 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 Cyclist 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 Cyclist 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 Cyclist.

The Cyclist must purchase death, accident and health insurance for himself. A copy of the insurance policy(s) must be provided to the organizer.

The cyclist undertakes to inform his family (husband or wife, parents, children...) of his participation in La Baroudeuse, 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 cyclist 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 Cyclist 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 cyclist undertakes to sign the DECHARGE DE REponsABILITE 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 cyclism in total autonomy, without assistance, in particular on the event of La Baroudeuse TRANSALPES 2023

Done at : The :

Doctor's signature :