



## AGREEMENT

### LA BAROUDEUSE UNPAVED 2023

DATE from 22/07 to 30/07/2023

**THIS AGREEMENT IS WRITTEN BY**

The organizing association Azur Tri - Athlé,

**REGARDING**

All selectionned riders of La Baroudeuse UNPAVED 2022 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 LA BAROUEUSE UNPAVED :**

La Baroudeuse Unpaved [ édition n°7 ] 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 start 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 and without assistance to the adventures proposed by the club Baroudeur Team that are:

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

To claim to apply and participate in La Baroudeuse unpaved 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 pure cycling.

### **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.

### **NEW 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 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 :**

La Baroudeuse UNPAVED 2023 [ edition n°7 ] is an ultra long distance cycling adventure. You will ride on gravel tracks, nature paths, secondary roads, narrow paths, 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.

Three adventures are proposed :

### **Augustus 1000K :**

**Official start on sunday 23 july 2023 at 5am** – required briefing and regrouping on saturday 21 july at 9am.

1 / Vertical drop : 25000m+ et -.

2 / GPX track provided.

3 / 6 checkpoints.

4 / Nature immersion guaranteed.

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

This ultra-distance adventure offers you a ride of exceptional beauty through the most beautiful parks and on tracks of incredible diversity. You will cross the Gorges du Verdon in its entirety to reach the Lac de Sainte Croix. The loop will continue towards the Lac de Serre Ponçon and will transport you along majestic rivers. Then, you will have to join the Parc du Mercantour through the Parpaillon Tunnel. After the highest pass in Europe: La Bonette Pass. The Dantesque end between France and Italy will allow you to ride on clouds at more than 2000m of altitude over 100km. Then you will ride to your freedom. Your rudiis awaits you.

#### THE 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.

Start : km0

Checkpoint 1 : Moustier Ste Marie (France) km225

Checkpoint 2 : Savigne le Lac (France) km472

Checkpoint 3 : Col de la Bonette (France) km562

Checkpoint 4 : Col de Turini (France) km691

Checkpoint 5 : Tende (France) km734

Checkpoint 6 : Pigne village (Italie) km908

Finish : km1000

**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.

### **Quintus 650K :**

**Official start on Sunday 23 july 2023 at 5am** - required briefing and regrouping on Saturday 21 july at 9am.

1 / Vertical drop : 18000m+ et -.

2 / GPX track provided.

3 / 4 checkpoints.

4 / Nature immersion guaranteed.

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

This ultra-distance adventure will allow you to experience an excursion completely immersed in nature. It is a summary of natural resources that will parade through the 650K. You will cross the Parc du Verdon to the Lac de Sainte Croix and then pedal in the heart of the Plateau de Valensole, full of lavenders. Then, you will go to the north to the Parc des Ecrins and Lac de Serre Ponçon. A beautiful finish awaits you in the heart of the Parc du Mercantour and Italy with the Parpaillon Tunnel and the Col de la Bonette. It is from the Col de Turini that you will begin your return to freedom. Your rudiis awaits you!

#### THE 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.

Start : km0

Checkpoint 1 : Moustier Ste Marie (France) km225

Checkpoint 2 : Savigne le Lac (France) km388

Checkpoint 3 : Col de la Bonette (France) km477

Checkpoint 4 : Col de Turini (France) km607

Finish : km650

**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.

#### **Maximus 317K :**

**Official start on sundat 23 july 2023 at 5am** - required briefing and regrouping on Saturday 21 july at 9am.

1 / Vertical drop : 8500m+ et -.

2 / GPX track provided.

3 / 3 checkpoints.

4 / Nature immersion guaranteed.

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

An opportunity to participate in a short but intense adventure. Don't be fooled by the low distance because the adventure will be physically and psychologically rich. This adventure will transport you to the heart of nature at high altitude on totally magical tracks between France and Italy at 2000m altitude over 100km. The highlight of this course is to allow you to live a real adventure in less than 3 days and to disconnect completely. This track is magical and will mark you until the end of your days. Your rudiis awaits you at the arrival.

#### THE 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.

Start : km0

Checkpoint 1 : Col de Turini (France) km50

Checkpoint 2 : Tende (France) km94

Checkpoint 3 : Pigne village (Italie) km208

Finish : km317

**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 ADIVCES :**

The MTB 29" or 27.5" bike is the best bike to participate in La Baroudeuse UNPAVED. Associated 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 course will be and the harder your physique will be put to the test over the hours and days of riding. On the small course of 317K, despite some technical passages, you can do it with a well equipped Gravel. On bigger distances, we strongly advise you to don't make this choice.

In any case, give priority to comfort and think to start with a suitable gear ratio for the mountain and the paths. Think that you will have some luggage on your bike as well as your body that will tire over time.

Recommended tyres: 29" x 2.10

In single-chainring, very good cyclists for example will ride a 32 (chainring) x 42 (rear cassette).

Riders who wish to start with gravel bikes must be able to have a section of 43mm tires.

## **WELCOME OF RIDERS :**

**Augustus 1000K - Quintus 650K - Maximus 317K :**

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.**

**251€ : Augustus 1000K - solo [ for the rudius challenge ]**

**189€ : Quintus 650K - solo**

**161€ : Maximus 317K - solo**

**251€ / pers. : Augustus 1000K - duo [ for the rudius challenge ]**

**189€ / pers. : Quintus 650K - duo**

**161€ /pers. : Maximus 317K - 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 society that will provide the GPX tracking 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).

-

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 **La Baroudeuse Bikepacking**.

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 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](http://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 traces 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 Rudius (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 LA BAROUDEUSE UNPAVED 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 LA BAROUDEUSE UNPAVED 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 and riders.

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 this delay the live 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 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 Cyclist and his whole family recognize that the adventure is potentially dangerous and includes the crossing of some places of the territory, the Mercantour, the Verdon, the Parc des Ecrins, the Queyras, the Piémont, Liguria and the Alps 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 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 center may not be available in the immediate area and medical evacuation may be required.

The cyclist undertakes to sign the DECHARGE DE REONSABILITE 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 unpaved 2023 which will take place from 22/07/23 to 30/07/23.

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

Doctor's signature :