



# AGREEMENT

**MERCANTOURMAN | XTREM Triathlon 2024**

**14>16 /06/2024**

**THIS AGREEMENT IS WRITTEN BY**

The organizing association Azur Tri - Athlé, Baroudeur Team section

**REGARDING**

All participants of MERCANTOUR MAN | XTREM Triathlon 2024 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 Adventurers 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 :

"Le **MercantourMan XTREM Triathlon** evolved. We want to keep our DNA: the mountains. But also our values: those of adventure, autonomy, discovery, freedom, challenge and surpassing oneself. We also want to integrate a new one: that of accessibility!

It is for this reason that the **Initial Full crossing** that you know and which brings the Mediterranean Triathletes to reach Embrun via the Mercantour and Ubaye mountains on road or gravel will continue but it will take place every 4 years. This Triathlon is magical and legendary, it must continue to live. **Please note that the next edition of the initial Full Crossing will take place in 2027.**

For now and for the years 2024-25-26, we would like to continue to familiarize you with our **MercantourMan XTREM** in the mountains on somewhat less demanding routes but above all which will not require staff and which will keep our DNA and our values. **A Half format** therefore appears in order to make this notion of xtrem triathlon in total autonomy even more accessible. The objective is to familiarize you with our concept so that you discover the greater distance the following year and why not the Full Crossing in 2027.

Our vision is that of travel, discovery and physical surpassing. We were the first in Europe to offer you a Gravel Triathlon and we want to continue this path. You will have to surpass yourself to complete your challenge and it is by brandishing your Rudius (wooden sword), symbol of freedom that you will assert your status as finisher. Incidentally a beer in the other hand.

**We will leave it to others to make the Triathlon a mass spectacle. We will continue to limit registrations. I hope that the participants of the MercantourMan XTREM share our simple values and that they join us in this noble practice of the independent sporting challenge in nature. Welcome everyone!**

## DEFINITION OF THE MERCANTOURMAN XTREM TRIATHLON :

The Mercantourman [edition n°5] is organized exclusively for its community of cyclists, ultra-cyclists and triathletes. The ultra-cycling courses and triathlon offered by Team Baroudeur are among the most demanding in Europe.

Only members of the organizing association and therefore of the Baroudeur community are authorized to start one of the events we offer.

This is why, if your application is selected to participate in an 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 complete autonomy, without assistance and under your own responsibility in the Mercantourman offered by your Baroudeur Team club.

The MercantourMan The MercantourMan universe is the mountain.

The goal is to gain your freedom, and how ?

By finishing the route and following the GPX tracks provided a few hours before departure. Like a Gladiator who wins all his battles and who gains his freedom, you will have to win yours in the face of your extraordinary course and cross the finish line without having strayed from the planned route. You will then be able to brandish your wooden sword, symbol of freedom: the Rudius! (only for Full 2027 version). A personalized finisher medal will be offered to finishers of the 2024-25-26 editions. Participating means validating one of the three tests of the [rudius challenge]

It is above all an Adventure and a personal challenge in total autonomy. The objective is to complete the event by following a GPX track provided. The MercantourMan is above all a mountain experience that takes you out of the traditional competitive framework of Triathlon. Taking up the MercantourMan challenge means wanting to complete a demanding mountain route in total autonomy.

The MercantourMan is above all a challenge, a form of independent triathletic mountain travel. We are the opposite of marketing events and everything that gravitates. We are not mass, we have a spirit above all.

The MercantourMan will be secure thanks to the geolocation service that we will make available to you in order to know the exact location of your progress. You must respect the highway code throughout your journey. No flagger will be present at the intersections you encounter. You must respect the highway code and be attentive at intersections. You are independent and you will follow a GPS track by bike and by trail running. No refreshment zone will be set up on your routes, you must be self-sufficient.

The test will be materialized at a minimum. No sound system will be installed on the sites (Departure, T1, T2 and arrival). You are going to start a Triathlon which above all invites travel and introspection. It is your journey that you will remember and which will mark you for life.

### **To claim to participate in the Mercantourman 2024 - 2025 - 2026 :**

Registrations are open to all, there is no selection.

Being a finisher of the Full Mercantourman edition 2024 or 2025 or 2026 will allow you to be automatically selected to participate in the 2027 edition if you request it: the Complete Crossing of the Mediterranean in Embrun.

### **To claim to participate in Mercantourman 2027 :**

There is a selection if you have not finished one of the 2024-25-26 editions:

1/ We must ensure that we rigorously select each candidate.

The selection is made on several criteria.

Anyone can apply to highlight their experience and sporting 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.

### **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 2027 edition [ triathlon ]

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

Once your three rudius 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 2024 [edition n°5] is a unique event in the form of an Adventure triathlon which takes place in total autonomy, without assistance, in low, medium and high mountains. This adventure crosses some of the most beautiful landscapes in Europe. It has the particularity of being able to be done on a road bike or on gravel, as desired.

Live tracking - geolocation monitoring will be put in place. Everyone will be equipped with a GPS beacon to make the adventure safe.

GPX tracks of the routes will be sent to participants in mid-September. The tracks will not be sent beforehand to allow us to have time to do our reconnaissance and also to keep you in the theme of adventure and discovery. We want to prevent you from recognizing the routes.

### FULL MERCANTOURMAN 2024-2025-2026

Description of the FULL Mercantourman Xtrem Triathlon road version 2024-2025-2026 :

- **Road version 205.8K - 6600m d+:**
- **Official departure on Saturday June 15, 2024 at 5:30 a.m.** - briefing and regrouping Friday June 14 from 9 a.m. mandatory.

Swimming: 3.8K

Road bike: 210K - 4600m d+

Trail running: 42K - 2200m d+

Description of the FULL Mercantourman Xtrem Triathlon gravel version 2024-2025-2026 :

- **Gravel version 185.8K - 6200m d+:**
- **Official departure on Saturday June 15, 2023 at 5:30 a.m.** - briefing and regrouping Friday June 14 from 9 a.m. mandatory.

Swimming: 3.8K

Gravel bike: 140K - 4000m d+

Trail running: 42K - 2200m d+

1 / GPX track provided.

2 / A unique triathlon adventure in the heart of the Mercantour mountains.

3 / Immersion in nature guaranteed.

4 / Departure to the PACA region - Alpes Maritimes: CAP D'AIL

5 / T1: ÈZE

6 / T2: PEILLE VILLAGE

7 / Arrival: PEILLE VILLAGE

IMPORTANT: If you have to leave the track for a valid reason, it is authorized but you will have to resume your route where you left off or you will not be able to win your rudiis.

## SWIMMING :

3.8K – Departure at 5:30 a.m. sharp at first light. The swimming part will be a crossing which will depart from the magnificent beach located in Cap d'Ail: Mala beach in order to reach Èze seaside. An Australian outing will be planned on the beach of Saint Laurent d'Eze in the first third of the route.

Wearing a wetsuit combined with an inflatable open water swimming buoy is mandatory for safety reasons.

### ROAD BIKE :

160K – 4600md+ – in total autonomy.

The route will be strewn with pitfalls, you will have to cross 3 major passes on the road:

Col Saint Roch

Col de Turini

Col du Castillon

Col de Braus

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

The Triathlon extender is authorized. Drafting is prohibited between competitors registered solo.

### GRAVEL BIKE :

140K – 4000md+ – in total autonomy.

You will alternate between road and gravel trails in the mountains in breathtaking panoramas. This more physical bike route option will require you to be equipped accordingly with Bikepacking equipment.

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

### TRAIL RUNNING :

We wanted to make your triathletic adventure more user-friendly by offering you 2 different 21K trail loops. You will then have the opportunity to refresh yourself in the village before starting your final. We offer you a loop which will offer you breathtaking views of our “seaside” mountains at an altitude of 700m. And the second loop will take you further inland with a finale that will take you to an altitude of 1265m for a 360° panorama ! G R A N D I O S E

## HALF MERCANTOURMAN 2024-2025-2026

Description of the HALF Mercantourman Xtrem Triathlon road version 2024-2025-2026 :

- **Road version 117.9K - 3700m d+:**
- **Official departure on Saturday June 15, 2024 at 6:20 a.m.** - briefing and regrouping Friday June 14 from 9 a.m. mandatory.

Swimming: 1.9K

Road bike: 95K - 2500m d+

Trail running: 21K - 1200m d+

Description of the HALF Mercantourman Xtrem Triathlon gravel version 2024-2025-2026 :

- **Gravel version 107.9K - 3700m d+:**
- **Official departure on Saturday June 15, 2023 at 6:20 a.m.** - briefing and regrouping Friday June 14 from 9 a.m. mandatory.

Swimming: 1.9K

Gravel bike: 85K - 2500m d+

Trail running: 21K - 1200m d+



- 1 / GPX track provided.
- 2 / A unique triathlon adventure in the heart of the Mercantour mountains.
- 3 / Immersion in nature guaranteed.
- 4 / Departure to the PACA region - Alpes Maritimes: CAP D'AIL
- 5 / T1: ÈZE
- 6 / T2: PEILLE VILLAGE
- 7 / Arrival: PEILLE VILLAGE

IMPORTANT: If you have to leave the track for a valid reason, it is authorized but you will have to resume your route where you left off or you will not be able to win your rudiis.

### **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 wils 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 - *management of deposit and transfer of your belongings :***

Forecast of the program and timetables which will be validated in the last week:

- **Friday 14/06/24**

> 9h: Meeting at T1, ie at the Silva Maris port in Eze seaside: Reception of participants.

> 9 a.m. to 17 a.m.: **Dépôt des vélos à T1 et tout le matériel de transition associé.**

> 9 a.m. to 17 a.m.: **Dépôt de vos affaires Trail ordonnées dans un sac que nous transporterons à T2 à Peille village.**

> 9 a.m. to 17 p.m. : Individual verification of compulsory equipment for the 3 sports. Once your equipment has been checked, you can leave the premises and return for the briefing.

> 17 p.m. to 17:45 p.m. : Presentation + briefing - instructions on the Adventure.

> 17:45 p.m. to 18:15 p.m.: Official distribution of GPS beacons.

- **Saturday 15/06/24**

> 5 a.m. to 5:25 a.m.: Preparation for the 3.8K swimming start at Cap d'Ail – Plage la Mala. **[your vehicle will remain on site in Cap d'Ail]**

> 5:30 am: Official start of the MercantourMan XTREM 2024 – 3.8K.

> 6 am to 6:15 am: Preparation for the 1.9K swimming start at the Silva Maris port in Eze seaside. **[your vehicle will remain on site in Eze seaside]**

> 6:20 am: Official start of the Half MercantourMan 2024 – 1.9K.

> 6:30 a.m. to 7:30 a.m.: Arrival of swimmers and departure for your cycling event until T2. **[you will store your swimming gear in a plastic bag. We will send them back to you at T2]**

- **Sunday 16/06/24**

> from 06/15 at 2 pm to 06/16 at 11:30 am: Reception of finishers in the village of Peille.  
> 11:30 am: Friendly meal for finishers at La Bonne Franquette. [as soon as your event is over, you can eat, shower and cycle back to your vehicle which is parked by the sea. Just remember to slip a little shower gel + change into your T2 Trail bag! (not your wardrobe either!) Autonomy until the end. ]

## **WELCOME OF TRIATHLETES :**

The challenge is to create your 2024 road or gravel MercantourMan in less than 24 hours. Nevertheless, we will be present in the village of Peille until Sunday 06/16 at 11 a.m. to welcome the Triathletes who wish to take advantage of the place and make the pleasure last. Remember that for the initial Full Crossing in 2027, the challenge is to complete the road crossing in less than 24 hours and in less than 41 hours on gravel. We are therefore even more in the notions of travel and pleasure for the 2024 edition.

## **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 :**

**MercantourMan XTREM 2024** – INDIVIDUAL or DUO TEAM PRICES:

251,00€ – version Route – solo. (En DUO : 251,00€ / pers.)

261,00€ – version Gravel – MTB – solo . (En DUO : 261,00€ / pers.)

**Half MercantourMan XTREM 2024** – INDIVIDUAL or DUO TEAM PRICES:

149,00€ – version Route – solo. (En DUO : 149,00€ / pers.)

159,00€ – version Gravel – MTB – solo . (En DUO : 159,00€ / pers.)

Please note, from January 1 the rates are increased by 20%.

Note LIVE TRACKING AND GPS BEACONS : A deposit check in the amount of €200 is requested from each participant to the order of the service company in the event of loss, theft or damage to the beacons which will be made available to you. Provide the amount in cash for people who do not have a checkbook.

## **YOUR REGISTRATION INCLUDES :**

- The GPX track of your route.
- Security service: live geolocation tracking during your adventure with a high-precision service. Share your location with those around you who will follow you from afar.
- Location of the GPS beacon.



- Insurance security service included: rescue costs | rescue fee | Repatriation assistance | cover in the event of damage caused to a third party | medical, surgical expenses, etc.
- Assurance remboursement d'inscription [ si vous y souscrivez lors de votre inscription ]
- A bottle of craft beer Brasserie Gladius 33 cL.
- The official MercantourMan XTREM Triathlon cap.
- A personalized refreshment bag.
- A finisher medal for the MercantourMan 2024-25-26 editions. A Rudius, engraved wooden sword for the finishers of MercantourMan Full 2027, symbol of your success and freedom.
- Meal at the good Franquette of the finishers Sunday 16/06 at 11:30 a.m.

### INSURANCE REFUNDS- CONDITIONS :

We collaborate with ASSUR CONNECT which offers an option to reimburse your registration. This reimbursement insurance must be taken out when you register on the platform. Once you have registered, it will no longer be possible to take out this insurance.

Without taking out this insurance, you will not be able to claim reimbursement, regardless of the cause of your inability to participate: injury, accident, immobilization, illness or other. Even if you present a medical certificate accompanied by ITT, without insurance, it will be impossible for you to be reimbursed.

We specify that no postponement is possible, regardless of your inability to participate.


### 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.)**

### INSURANCE INCLUDED DURING YOUR 2024 MERCANTOURMAN :

By participating in Mercantourman 2024, your registration will include individualized insurance for the duration of your adventure. We take out insurance for each triathlete involved. You are therefore exempt from providing us with your personal insurance and repatriation documents.

The Mercantourman is partnering with the insurance company Assur Connect in order to make the independent adventures it offers as secure as possible. Each European Union registrant will be covered :

 Backup costs and rescue costs.

 Repatriation assistance.

 Coverage in the event of damage caused to a third party.

 Medical, surgical and pharmaceutical expenses.

 Death and disability insurance.

 Home and vehicle arrangements in the event of an accident.

This product is eligible for all residents of the European Union.

Application of guarantees: worldwide. Bilingual page FR/EN.

## 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) : 32€**
- > Pack Media cost for **two brands (two sponsors): 64€**
- > Pack Media cost for **three brands (three sponsors): 96€**
- > Pack Media cost for **four brands and more (four sponsors and more) : 128€**

## 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 / Bicycle helmet.
- 2 / Specific GPS for cycling.
- 3 / Vest with reflective strips. (to be visible at night)
- 4 / Whistle to keep around your neck.
- 5 / Powerful white front lamp attached to the bike.
- 6 / Headlamp especially for the gravel version. Not obligatory on the road version.
- 7 / Red rear lamp.
- 8 / Survival blanket.
- 9 / First aid kit. (minimum: bandage, compresses, disinfectant)
- 10 / Waterproof waterproof jacket. (minimum water column: 10,000mm - hood recommended but not obligatory) (Waterproof pants not obligatory: personal choice)
- 11 / Warm clothing intended for the high mountains for exercise and at night. (ideally compressible upper and lower body + hosiery)
- 12 / Bikepacking bag for storing clothes and food.
- 13 / External battery minimum 10000mAh (and/or dynamo equipment).
- 14 / GPS beacon provided by the organization.
- 15 / Complete repair kit + multitool + knife in accordance with your assembly.
- 16 / Hydration liquid capacity: minimum 1.5 liters.
- 17 / Mobile phone with route trace + identity card + credit card and/or cash.

## RUNNING TRAIL :

- 1 / Specific GPS for cycling.
- 2 / Vest with reflective strips. (to be visible at night)
- 3 / Whistle to keep around your neck.
- 4 / Camelback with water reserve of 1.5 liters minimum.
- 5 / Waterproof waterproof jacket. (minimum water column: 10,000mm - hood recommended but not obligatory) (Waterproof pants not obligatory: personal choice)
- 6 / Warm clothing intended for the high mountains for exercise and at night. (ideally compressible upper and lower body + hosiery)
- 7 / Survival blanket.
- 8 / Headlamp with autonomy of minimum 8 hours.
- 9 / First aid kit. (minimum: bandage, compresses, disinfectant)
- 10 / Mobile phone with route trace + identity card + credit card and/or cash.

## **TRIATHLETE COMMITMENTS :**

- All statements made on the registration form or any other document must be true and accurate. - The triathlete recognizes and assumes responsibility knowing that the association has counted on the veracity of these declarations by assigning him a place on the adventure.
- Declare that you are in good health at the time of registration and do not know of any physical or mental contraindications justifying that he/she could not commit to and participate in the Mercantourman.
- Checking all mandatory equipment before setting off. If you do not have all the mandatory equipment, the organization will not let you start.
- Be present at the event briefing.
- Be present for the distribution of official tags.
- Be at the time set by the organization for the start of your route.
- Follow the GPX track in its entirety.
- Be fully responsible for your choice of route if it should deviate from the track planned by the organization.

- Assume all expenses, fees, charges related to the organization whether before, during or after it.
- Respect and immediately comply with all instructions, directives and regulations given by or on behalf of the association concerning the organization, management, security and image of the event at any time.
- Be solely responsible for the condition of your equipment, its adaptation to the adventure and the rigors of such an event. The organizer cannot be held responsible in the event of breakage, loss or theft.
- Must renounce any defamatory or derogatory remarks or participate in events which, by their nature, may be detrimental to the reputation, image or goodwill of the association, the event or any commercial partner of the event.
- Give your rights to the image.
- Keep informed of the recommendations that can be made on the event website <http://mercantourman.fr>, on the official Facebook page, the official Instagram page, by email, by text message or other means of communication.
- To inform your own family (wife, children, parents, etc.) that you are going to participate in an event under your own responsibility, without assistance, without a rescue service that could intervene quickly. Zero risk does not exist, your family must be informed of your commitments and conditions of participation.
- The GPX track of the gravel bike part provided by the organization must not be found on sharing platforms such as Strava or others. Will of the Mercantour National Park.

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

- enforce the said rules of the adventure which may evolve.
- inform all participants of the evolution of the regulations if this were to be the case.
- give you access to three unique full-size courses: swimming, road or gravel cycling and running.
- give you access to three unique half-format courses: swimming, road or gravel cycling and running.
- allow you to drop off your bikes the day before departure at Eze seaside and secure the park overnight.
- collect your swimming gear only (wetsuit, buoy, goggles, cap) once the event is over.
- offer you the official cap of the event. \*
- treat yourself to a 33cl bottle of Brasserie Artisanale Gladius beer. \*
- offer you a personalized supply bag. \*
- offer you a finisher medal if you cross the finish line. \*
- allow you to have live GPS geolocation tracking throughout your event via a high quality company. Your whole family will be able to follow you. This makes the adventure safer.
- Provide you with individual insurance for the duration of your adventure
- give you a 20% reduction on the official MERCANTOURMAN 2024 outfit.

*\* You will need to be present at the briefing and arrival to receive your prizes. If you have to leave the premises quickly, your equipment and personal belongings left during your trip can be sent to you at your expense. The rudiis is offered to triathletes registered as individuals for the 2027 edition. As a duo, a rudiis is offered for each triathlete in 2027*

### **THE STAFF ASSISTANCE TEAM**

**For the 2024 - 2025 - 2026 editions, you do not need a support team to participate in MercantourMan. You simply have to organize yourself to get to the departure location on your own. No shuttle is available.**

**The Staff assistance team will only be mandatory in 2027 :**

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 with total autonomy for the participants. They will have to evolve with their own supply reserve during the 3 disciplines, particularly in cycling and running. Purchases of food in various shops on the bike section are authorized by participants.

## **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).

- 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 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 entire family recognize that the adventure is potentially dangerous and includes crossing certain parts of the territory, the Mediterranean, the Mercantour, which are characterized as areas that can become highly dangerous during extreme climatic conditions. In addition, the triathlete and his entire family are perfectly aware and recognize that all sports practiced during the adventure and obviously his participation in the Mercantourman include a serious risk for himself and his health, including but not limited to dehydration, fatigue, pain, material damage, fractures, accidents, head or other injuries, trauma, or even death. The triathlete and his entire family recognize and fully assume responsibility for controlling and maintaining all equipment throughout the duration of the event and ensuring that it is in condition for safe use.

Under no circumstances will the association or its representatives be held responsible for any direct, indirect, real or alleged loss or consequential loss, whether caused, suffered by the triathlete.

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## 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 2024 which will take place from 14/06/24 to 16/06/24.

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

Doctor's signature :