

RULES OF THE VERBIER SAINT-BERNARD TRAIL 2017

Only the French version is liable for justice.

ORGANISATION

The « Trailers Verbier St-Bernard » association has been officially established according to its articles of constitution which have been duly submitted.

RACES

We organise four alpine running races. The Verbier Saint-Bernard Trail (TVSB) is comprised of the X-Alpine of approx. 111km and approx. 8,400 positive vertical meters, starting and finishing in Verbier; the traverse (la Traversée) is approx. 61km long with 4,100 positive vertical meters, starting at la Fouly, the Liddes-Verbier race of approx. 29km and 2,500 positive vertical meters and the X-Direct of about 6km. The races are individual. Competitors go at their own pace but must complete the race within a set time. The X-Alpine can also be run as a relay of two runners, changing at La Fouly.

INSCRIPTION CONDITIONS

The races are open to any person, male or female, born in 1997 or before for the X-Alpine and any person born in 1999 or older for the Traversée (traverse) and Relay. No age limit for the Liddes-Verbier but young runner below 18 must present an authorization from their legal parent. The races are open to licensed and non-licensed runners. The courses include sections at high altitude where harsh and extreme conditions may be encountered (nighttime, wind, cold temperatures, rain, snow). Succeeding in this great challenge requires very good training and a high level of fitness as well as self-sufficiency. X-Alpine is a very mountainous trail, for runners used to such terrains.

4 ITRA new points are required to participate to the X-Alpine. They must have been achieved within 2 years before subscription in a maximum of 2 races. All races validated by ITRA are qualifying races.

When inscribing to any of the races, the runner must:

- have a confirmation from a competent doctor that he/she is able to take part to such a race.
- be conscious of the length and difficulty of the race.
- know how to deal with difficult outdoor weather conditions due to the altitude (darkness, wind, cold, fog, rain or snow)
- know how to deal with physical or mental problems due to extreme tiredness, digestive problems, muscle pain, small injuries...
- be in good health and not suffer from any condition that does not allow endurance sports.
- realise that the organisation committee cannot guarantee absolute security during the race.
- realise that the race is in the mountain and accept the linked risks.

Participants of the Verbier Saint-Bernard Trail are required to read and abide by the rules and ethics of the race. The jury's decision is final.

CATEGORIES

| | <u>X-Alpine</u> | <u>Traversée</u> | <u>X-Direct</u> |
|-------------------------|--------------------|--------------------|--------------------|
| Pupils | | | 14 and younger |
| Junior | | | 15 to 17 years old |
| Seniors Male (SE H) | 20 to 39 years old | 18 to 39 years old | 18 to 39 years old |
| Seniors Female (SE F) | 20 to 39 years old | 18 to 39 years old | 18 to 39 years old |
| Veterans 1 Male (VH1) | 40 to 49 years old | 40 to 49 years old | 40 to 49 years old |
| Veterans 1 Female (VF1) | 40 to 49 years old | 40 to 49 years old | 40 to 49 years old |
| Veterans 2 Male (VH2) | 50 to 59 years old | 50 to 59 years old | 50 to 59 years old |
| Veterans 2 Female (VF2) | 50 to 59 years old | 50 to 59 years old | 50 to 59 years old |
| Veterans 3 Male (VH3) | 60 and older | 60 and older | 60 and older |
| Veterans 3 Female (VF3) | 60 and older | 60 and older | 60 and older |
| Men's relay | 18 and older | | |
| Women's relay | 18 and older | | |
| Mixed relay | 18 and older | | |

SEMI SELF-SUFFICIENCY

The course is regarded as an individual semi self-sufficient race. Drinks and food are provided at the control points and provisioning posts.

Still water and syrup are exclusively provided for refilling water bottles and bags (all other drinks are NOT permitted for refilling). It is each runner's responsibility to ensure that he or she carries enough supplies to last until the next control point.

Personal assistance is limited to official control points and only within the area reserved for this purpose. Runners must follow the official route and pass through the control point even if they do not require supplies.

Accompanying a runner during a part of or the whole race is forbidden, except for the 500 first meters after a check point.

It's not allowed to be with a dog or any other kind of animals.

SUBSCRIPTIONS

Subscriptions online only on a secure credit card payment website :

| | Normal fees | Late fees |
|-----------------------------------|---|---------------------------------|
| | Up to 28 February 2017 | From 1st March to 2nd July 2017 |
| X-Alpine | CHF 147.- | CHF 167.- |
| X-Alpine Relais (per team) | CHF 157.- | CHF 187.- |
| Traversée | CHF 86.- | CHF 106.- |
| Liddes-Verbier | CHF 65.- | CHF 85.- |
| X-Direct | CHF 25.- (young runners < 18: CHF 15.-). On the venue: CHF 10 supplement | |
| Trail Découverte (4-14 years old) | free | |

No subscriptions are accepted on race day (except for X-Direct and trail découverte)

Maximum number of participants:

X-Alpine: 550 runners

X-Alpine Relay: 100 teams

Traversée : 1000 runners

Liddes-Verbier: 500 runners

X-Direct: 300 runners

The rights of subscription comprise all services mentioned in the present rules. To change your subscription to a shorter run (Traversée or Liddes-Verbier for example) is only possible until the 25 June 2017 within the limit of available places. **No modifications will be allowed after that date.** There can be no reimbursement due to these changes.

Your numbers cannot be given to any other runner, even for the Relay.

Give up of a relay teammate:

If one participant of the relay gives up before the start of the race, he can find someone to take his/her bib number, but only before the 5th July. His teammate can also change his category and take part of any of the other races as an individual runner within the limits of available places.

In case of dropout of the first relay on his way between Verbier and La Fouly, the second relay can start from La Fouly, at the earliest at 10:00 a.m. or as soon as he knows the dropout of his team mate.

If any of the runners of a team has given up during the race, the team won't be classified.

X-Alpine starting times:

X-Alpine's runners choose their own starting time according to their estimated fitness.

Those who plane to need more than 26h. 30min. in total must subscribe at the first start at 01:00 a.m. in order to pass through the first cut-off times.

Those who plane to need less than 30h. in total must subscribe at the second start at 04:00 a.m. in order not to be too early at the first aid stations.

Those who plane to need between 26h. 30 min. and 30h. in total can choose their starting time.

WATCH OUT: Nobody can leave the Sembrancher aid station before **02:40** and Alp. Catogne (km 17.5, D+ 1400m, D- 1100m) before **04 :10**.

SUBSCRIPTION CANCELLATION GUARANTEE

Each person can at the time of their subscription inscribe to a cancellation guarantee as long as the payment is processed through Internet with a credit card, the sum is added to the inscription fee. No reimbursement of any kind can be claimed without this guarantee.

The goal of this guarantee is to allow the reimbursement of fees due to inscription in the case of the runner wanting to cancel his inscription because of one of these factors:

- An accident, a serious illness, or the death of the runner himself
- A serious illness needing hospitalization, or the death of the husband/wife or recognized partner, his or her parents or children, and this in the thirty days before the race.

In case of an accident or a serious illness of the runner, it is obligatory to present a medical certificate proving the impossibility to participate. Any other cause of cancellation must be proven by presenting a certificate delivered by the competent authority.

If both runners of the relay don't start any of the races, the reimbursement will be made according to the number of runners who are unable to run for one of the reason cited above.

Conditions of repayment: All requests of repayment must be sent with the adequate certificates within ten days following the races. The requests are treated within two months.

In case of cancellation of the race or part of the race, any request of refund received after the cancellation announcement will be taken in charge.

To ask for a refund please contact: organisation@trailvsb.com.

BIB EXCHANGE:

Even without the cancellation guarantee, as soon as a race is full, and before the 25 June 2017, it is possible to sell or to buy a bib number on the Plan D website (www.pland.fr). The payment of this service is shared between the buyer and the seller. This transaction is submitted to the general conditions defined by Plan D, online on their website.

Même sans souscrire à la garantie annulation, dès qu'une course a atteint la limite des places disponibles, il est possible, jusqu'au 25 juin 2017, de mettre en vente son dossard sur le site de Plan D (www.pland.fr) ou d'aller acheter un dossard sur ce site. Cette vente est soumise aux conditions générales de vente définies par Plan D, en ligne sur leur site internet.

No other form of exchange is possible and for security reasons, a very strict control will be done.

A strap will be put on the runners hand at the number withdrawal, permitting access to the starting line.

EQUIPMENT

Mandatory items all along the trail, for the X-Alpine and the Traversée (will be checked during the race):

- backpack or bumbag of similar size. A simple bottle belt or small bags for one water pocket only are not sufficient.
- a minimum of 1 litre of water
- two head lights in working order for participants of the X-Alpine.
- one head light in working order with a change of batteries for participants of the Traversée and for both relay teammates on the X-Alpine.
- rescue blanket
- whistle
- elastic adhesive tape for bandaging or taping an injury (min 80cm x 3 cm)
- food reserve
- waterproof jacket resisting harsh mountain weather conditions
- second layer: long sleeved sweater, at least 150g.
- long pants or running leggings (minimum covering the knee, women tights not allowed)
- one pair of gloves (latex, plastic or similar material gloves are not allowed)
- Personal cup for the control points (min 2dl)
- Mobile phone (working and turned on).

Mandatory items for the Liddes-Verbier race: (checks on the track)

- 1 liter of water min.
- rescue blanket
- whistle
- elastic adhesive tape for bandaging or taping an injury (min 80cm x 3 cm)
- food reserve
- waterproof jacket resisting harsh mountain weather conditions

- Personal cup for the control points (min 2dl)
- Mobile phone (working and turned on).
- The head light is mandatory to continue the race once it is dark.

If you choose to take poles with you, you must carry them throughout the whole race.

There is an equipment check at the distribution of the bibs and at the finish. Race officials are entitled to check your backpack at any time during the race.

RACE NUMBERS

The bibs are individually handed out to every runner upon presentation of an ID photo and after a thorough check of the mandatory equipment.

The race numbers are to be attached on the breast or the stomach and must be permanently and entirely visible during the course you cannot attach it to your bag or leg. The name and logo of our partners must not be modified or hidden.

Your race number must at all times be worn on top of all layers of clothing, it cannot be attached to the bag or to a leg. The runner's name or any partner logos are not to be modified or covered.

Your bib is your accreditation to gain access to shuttles, buses, control posts, medical facilities, relaxation rooms, showers, deposit and pick-up facilities. Unless you refuse to comply with orders given by one of the chiefs of the race, your bib must be worn at all times, in case you abandon the number is deactivated.

TRANSPORT BAGS FOR RUNNERS AND LOST OBJECTS

X-Alpine: Every runner receives a transport bag for their personal effects along with the race number. These bags can be dropped off at the start in Verbier on Saturday morning at the start, and will be transported to Bourg St-Pierre and later returned to Verbier. This service is limited to the solo runners of the X-Alpine. DNF runners'bags will be transported as quickly as possible to Verbier but no sooner than 7:00 p.m.

Traversée and Liddes-Verbier: Every competitor receives, along with the race number, a transport bag for their personal effects. These bags can be dropped off at the start in La Fouly or in Liddes on Saturday and will be transported to Verbier.

Pick-up of the transport bags in Verbier. The bags will be handed out to the competitor or to his/her friends or family only upon presentation of the race number. The bags will be handed out until 12.00 on Sunday. After this time, they can only be retrieved personally by the competitor, at his/her own expense, from the organization office in Verbier.

Contents of the transport bags are not checked. Therefore, no claims regarding their contents will be accepted. We recommend not to leave any valuables in the bags. The association is not liable for any items stolen or lost.

Any lost objects that has been found can be claimed during the event or on the next Monday on the place de l'Ermitage in Verbier. Nothing will be sent by mail.

SECURITY AND MEDICAL ASSISTANCE

There are rescue posts at various strategic locations.

Rescue posts are entitled to assist any person in danger with the appropriate and conventional medical measures as set out by the organization. Runners must be aware that rescuers might need some hours to reach you in certain places and thus they must have the necessary material to endure such a delay.

Rescuers and medical staff are empowered to disqualify any competitor incapable of finishing the course (by deactivating his/her race number). Competitors deemed to be at risk are evacuated at the discretion of the Rescue Staff. If deemed necessary, and for the sole interest of the safety of the rescued person, an official mountain rescue organization will be called upon which, from that moment on, will direct the operation and will put into action any suitable measures, e.g. a helicopter rescue. The cost arising from such an exceptional rescue operation will be borne by the rescued person who will also have to ensure his/her return trip from the place where he/she has been evacuated to. It is of the competitor's entire responsibility to constitute and present a dossier to his personal insurance within the given deadline. A competitor calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions.

In addition to the rescue system, medical care staff are present at certain posts to assist you in case of severe medical problems. Medical help provided in remote and alpine sections of the course is inevitably limited to severe problems. Help in case of harmless problems related to the nature of the race can be administered in lower located control posts according to availability of medical care staff.

Access to medical care and the type of care administered is at the discretion of the medical staff.

Please note that the phone number of the emergency rescue service in Valais/Switzerland is 144.

CONTROL POINTS AND PROVISIONING POSTS

Only the runners carrying a visible and duly checked race number have access to the refreshment posts.

A control post must be informed if a runner decides to abandon.

A hot meal will be offered at Bourg St Pierre for the participants of the 2 races.

A meal will be served in Verbier after the race.

A number of **mobile control posts** are set up in places other than the rescue and refreshment posts. Their position is not communicated by the organization.

MAXIMUM TIME ALLOWED AND CUT-OFF TIMES

The maximum time for the total distance of the course is fixed at:

- X-Alpine (loop) and relay: 36 hours
- Traversée (traverse): 21 hours
- Liddes-Verbier: 12 hours
- X-Direct: 1 hours 30 minutes

The cut-off times for leaving the main control posts will be defined at a later stage and communicated in the course guide and on www.vsbtrail.com. These time limits are calculated to enable participants to reach the Finish in the maximum time imposed, while having optional stops to rest, eat,.... The time limits for the Traversée (traverse) and Liddes-Verbier have been calculated generously in order to allow good hikers to participate and finish the course. In order to get authorisation to continue the race, the competitors must set off again from the control post before the fixed time limit (whatever their arrival time at the control post).

Any disqualified competitor wishing to continue the race can only do so after having returned his race number, at his own risk and in complete autonomy.

WITHDRAWAL AND REPATRIATION

Except for injury, a runner must not retire anywhere else other than at a control point. He must therefore inform the person in charge of the post, who will definitively invalidate his race number. The runner keeps his cancelled race number because it is still his pass for repatriation shuttles, meals, medical facilities...

Any runner who leaves the course without having informed the organisers will have to support any charge due to research into his disappearance.

Repatriation will be decided by the head of the control post, based on the following general rules :

- Buses are available, within the published timetable, from La Fouly, Champex, Gd St Bernard, Bourg St Pierre and Lourtier heading towards Verbier to repatriate runners who have abandoned the race. The last repatriation bus is between 45 to 90 minutes after the closing time of the aid station (see busses timetable). Beyond that time, the repatriation is on the runners' charge.
- The organization does not take in charge the repatriation of any runners who don't have to be evacuated for medical reasons and who gives up in any other aid station.
- in the case of unfavorable weather conditions justifying partial or total cancellation of the race, the organisation ensures the repatriation as soon as possible of runners who have abandoned the control posts in Champex / La Fouly / Gd st Bernard/ Bourg St Pierre / Lourtier.

PENALTY - DISQUALIFICATION

Race officials present on the course, and those in charge of different control and refreshment posts are authorised to uphold the regulations and to immediately (*) impose a penalty for non-respect, based on the following chart :

BREACH OF RULES PENALTY (*) – DISQUALIFICATION

Taking a considerable shortcut: Penalty 1 hour or disqualification

Lacking any mandatory equipment: Penalty ¼ hour up to immediate disqualification

Refusal of mandatory equipment check. Immediate disqualification

Littering (voluntary act) by a competitor or a member of their team: Penalty 1 hour

Not respecting others (organisation or runners): Penalty 1 hour

Not helping someone in difficulty: Penalty 1 hour

Receiving help outside authorised zones: Penalty 1 hour

Cheating (eg: using transport, sharing race number,...): Disqualification for life effective immediately

Incorrect wearing of the race number : Penalty ¼ hour (during which the runner adjusts his race number in the correct manner)

Missing electronic chip: At the discretion of the Race Jury

Not passing through a control point: At the discretion of the Race Jury
Refusal to comply with an order from race control, from a race official, from a head of post, from a doctor or from a rescue worker: Disqualification
Refusal to undergo a drug test. The runner will be sanctioned as if found guilty of taking drugs
Departure from a control post after the time limitation: Disqualification.

Any other failure to comply with the rules shall be duly sanctioned by the Race Jury.

DRUG TEST

The Verbier St Bernard race is submitted to the 2016 doping status of Swiss Olympic. Anti doping controls might be done. By subscribing or participating, the runners are under the rules of Swiss Olympic and recon the only competence of the discipline Chamber for doping cases of Swiss Olympic and the Tribunal Arbitral du Sport in Lausanne, except all other ordinary court. They will have to assume the consequences (suspension, denunciation...)

Any competitor can be submitted to a drug test during or at the Finish of the event. If he/she refuses or abstains, the competitor is sanctioned as if found guilty of taking drugs.

COMPLAINTS

All objections must be submitted in writing within 30 minutes of the posting of the provisional results.

RACE JURY

The Race Jury consists of:

- the organization President
- the Race Director
- the Technical Director
- the heads of the relevant control posts
- and relevant people deemed competent by the President of the Organising Committee

The jury is authorised to give a ruling in the time compatible with the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

MODIFICATIONS TO THE COURSE OR TIME ALLOWANCE; CANCELLATION OF THE RACE

The organization reserves the right to modify without warning and at any moment the course and the positioning of the rescue and refreshment posts. In the case of very unfavorable weather conditions (important amounts of rain and of snow at high altitude, strong risk of storms) the start can be delayed for a few hours.

In case of cancellation of an event, for any reasons, decided more than 15 days before the start day, a partial refund of the subscription fees will be done. The exact amount of this refund will be decided in order that the organization can face the already engaged expenses.

In case of cancellation of an event decided less than 15 days before the start or during the race, for any reasons, no refund will be done.

Any decision will be taken by a jury consisting of, at the minimum, the Race Co-Directors and the Head of Security, as well as any other relevant person deemed competent by the President of the Organising Committee.

INSURANCE

Liability (civil responsibility) :

The organiser has taken out a liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident insurance

Each competitor must be in the possession of an individual accident insurance covering possible costs for search and rescue services. Such insurance can be taken with any organisation of the competitor's choice.

The organization does not take in charge any costs due to medical evacuation.

NB: helicopter rescue services in Switzerland are not free of charge

GUIDE

A race guide booklet will be published on the internet during the month of June. It includes practical information such as the time limits for passing through the control points, location of refreshment posts, rescue posts, care posts, as well as access points for accompanying people.

RANKINGS AND PRIZES

For the X-Alpine (solo or relay) and the Traversée (traverse) and X-Direct, all runners who reach Verbier are ranked and receive a souvenir and finisher's prize. The Liddes-Verbier runners are not ranked but are timed and will receive a souvenir gift.

There are no monetary prizes.

For each race, except Liddes-Verbier, a general male and female ranking and a ranking for each male and female category is established. For the Liddes-Verbier race, only one list in alphabetical order with times will be published.

The first 7 men and the first 7 women in the general ranking of the X-Alpine and Traversée will receive a special prize. For all races with a ranking, the first 3 of each category will also be rewarded. For the relay, only the first 3 scratch, male, female and mixed teams will receive a prize.

PICTURE COPYRIGHT

Every competitor gives up his/her copyright of all photos and images taken of him/her during the event. He/she also gives up the right to take action against any use the organizers or sponsors make of the photos or images.

Trail Verbier Saint-Bernard is a legal trademark. Any communication about the event or use of pictures of the event must be made with the official agreement of the event organisation and respecting the name of the event and its trademark.