

RULES OF THE VERBIER SAINT-BERNARD TRAIL 2019

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; the X-Traversée is approx. 73km long, the Verbier Marathon is approx. 43km long and the Liddes-Verbier race of approx. 29km. The races are individual. Competitors go at their own pace but must complete the race within a set time.

INSCRIPTION CONDITIONS

The races are open to any person, male or female, born in 1999 or before for the X-Alpine and any person born in 2001 or older for the X-Traversée and the Verbier Marathon. 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 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. Other races can be considered on request.

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

- take the responsibility to 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.

2019 SWISS TRAIL CHAMPIONSHIPS

The official title of Swiss trail running champion will be declared in Verbier.

X-Traversée will host those championships in addition to the normal race. Every Swiss runner will be automatically classified for the championship. They will however also participate to the normal ranking of the X-Traversée. It's not necessary to be licenced to take part. The starting time for the Swiss championship is the same as for the X-Traversée.

Ages below are the ages of the persone on the 31st December 2019

CATEGORIES

	<u>X-Alpine</u>	<u>X-Traversée</u> <u>Verbier Marathon</u>	<u>Swiss Championship</u> <u>(X-Traversée)</u>
Seniors Male (SE H)	20 to 39 years old	18 to 39 years old	18 and older
Seniors Female (SE F)	20 to 39 years old	18 to 39 years old	18 and older
Master 1 Male (MH1)	40 to 49 years old	40 to 49 years old	
Master 1 Female (MF1)	40 to 49 years old	40 to 49 years old	
Master 2 Male (MH2)	50 to 59 years old	50 to 59 years old	
Master 2 Female (MF2)	50 to 59 years old	50 to 59 years old	
Master 3 Male (MH3)	60 and older	60 and older	
Master 3 Female (MF3)	60 and older	60 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.

RUNNERS' PACERS

It's tolerated to accompany an X-Alpine runner during the last part of the race, from Bourg St Pierre to Verbier. The supporter will only be allowed to give a moral support to the runners. They are not allowed to feed or help the runner in his progression, nor to carry him any material.

Going with a runner is not accepted on the other races.

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 :

	Up to 30th June 2019
X-Alpine	CHF 167.-
X-Traversée	CHF 117.-
Verbier Marathon	CHF 87.-
Liddes-Verbier	CHF 77.-

Trail Découverte (4-14 years old)	free
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No subscriptions are accepted on the venue (except for Trail Découverte for kids)

Maximum number of participants:

X-Alpine: 550 runners

X-Traversée : 850 runners

Verbier Marathon: 600 runners

Liddes-Verbier: 600 runners

The rights of subscription comprise all services mentioned in the present rules. Changing your subscription to another run is only possible until the 30th June 2019 within the limit of available places. **No modifications will be allowed after that date.** There can be no reimbursement due to these changes.

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 29 hours in total must subscribe at the first start at 03:00 a.m. in order to pass through the first cut-off times.

Those who plane to need less than 29h in total must subscribe at the second start at 05:00 a.m. in order not to be to early at the first aid stations.

WATCH OUT: Nobody can leave the Sembrancher aid station before **04:40** and Alp. Catogne (km 17.5, D+ 1400m, D- 1100m) before **06:10**.

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.

Conditions of repayment: All requests of repayment must be sent by e-mail to organization@trailvsb.com 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 won't be taken in charge.

BIB EXCHANGE:

Even without the cancellation guarantee, as soon as a race is full, and before the 30th June 2019, it is possible to sell or to buy a bib number on "Swika" website (www.swika.co). The payment of this service is shared between the buyer and the seller. This transaction is submitted to the general conditions defined by Swika, online on their website.

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

A strap permitting access to the starting line will be put on the runners' hand after presentation of an identity document, during the number withdrawal.

EQUIPMENT

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

- backpack or bumbag of similar size.
- a minimum of 1 liter of water
- two head lights in working order, for participants of the X-Alpine and X-Traversée.
- one head light in working order with spare batteries or head light, for participants of the Verbier Marathon.
- rescue blanket
- whistle
- elastic adhesive tape for bandaging or taping an injury (min 80cm x 3 cm)
- 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 aid stations (min 2dl)
- mobile phone (working and turned on).
- identity card.

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)
- waterproof jacket resisting harsh mountain weather conditions
- personal cup for the control points (min 2dl)
- mobile phone (working and turned on).
- identity card.
- a 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.

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 with a photo.

The race numbers are to be attached on the breast or the stomach. 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 partner logos are not to be modified or covered.

In case you refuse to comply with orders given by one of the chiefs of the race, your bib will be withdrawn and the organization has no more dues or responsibilities towards the runner.

TRANSPORT BAGS FOR RUNNERS AND LOST OBJECTS

X-Alpine: Every runner receives a transport bag for their personal effects along with the race number. This bag can be dropped off at the start in Verbier on Saturday morning, and will be transported to Bourg St-Pierre and later returned to Verbier. It's also possible to drop a bag that will stay in the starting area in Verbier during the race.

X-Traversée, Verbier Marathon 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.

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.

The organization is not supposed to give any small injury material like patches for blisters, sun cream...

CONTROL POINTS AND PROVISIONING POSTS

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

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: 35 hours
- X-Traversée: 27 hours
- Verbier Marathon; 18 hours
- Liddes-Verbier: 12 hours

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.trailvsb.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,..... In order to get authorization 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). No runner can continue the route after the cut-off time.

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.

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 Champex, La Fouly, Gd St Bernard, Bourg St Pierre and Lourtier heading towards Verbier to repatriate runners who have abandoned the race. A last repatriation bus will occur 1 hour after the closing time of the aid station (see busses timetable). Beyond that time, the organization is not due to repatriate the runners.
- 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 authorized 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 wearing the Identification armband: Disqualification if impossible to immediately justify their identity.

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 up to 1 hour before the prize ceremony.

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 Presidents 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 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 an evacuation.

NB: rescue services in Switzerland are not free of charge

RANKINGS AND PRIZES

For the X-Alpine, the X-Traversée and Verbier Marathon, all runners are ranked and receive a gift. The Liddes-Verbier runners are not ranked but are timed and will receive a gift.

For each race, except Liddes-Verbier, the first threes of each category will receive a prize.

Moreover, in the general ranking, the first 7 men/women of the X-Alpine, the first 5 men/women in the X-Traversée and the first 3 men/women of the Swiss Trail Championship will receive a special 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.