

# **RACE REGULATION**

## **Edition 2021 : L'Échappée Belle**

Registration for the race implies acceptance of these rules and any new versions or amendments.

Thus the runner's COVID charter is accepted and each participant is committed to respecting it.

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## ACCEPTANCE

The regulation is available for all runners and pacers, whatever the race chosen.

The fact of participating in the competition assumes the pure and simple acceptance of the present regulation in its entirety. The regulation is available on [www.lechappeebelledonne.com](#) and as well on the spot the day of the competition.

However it could be changed, the last update will be available on the web site.

Waste sorting bins will take place on all refreshment post and must be used.

You must follow the marked path without taking shortcuts (you'll cause harmful erosion of the path) and don't throw your garbage. Those two actions can justify a disqualification.

## ORGANISATION

The association Echappée Belle organize L'Échappée Belle with the support of Espace Belledonne, the municipalities, the associations of local authorities and the department of Isère and Savoie.

## ITRA POINTS

The Échappée Belle, on solo or on duo, and for all distance, are qualificative races for all races of Ultra-Trail du Mont-Blanc® with the ITRA points:

The 149km, solo or duo will give you 6 points

Le 84km will give you 4 points

Le 62km will give you 3 points

## DESCRIPTION

L'Échappée Belle is a mountain trail running race taking the paths, trails and route of the Belledonne Massif.

This race is difficult because its profile and above all by the high technicality of its trails. You'll run in a wild and mountainous area. 5 different colors of path are mentioned on the road-book to inform you about the technicality of the track but not the difference of altitude. For example a green track could be steep and a black track could be flat:

GREEN : road or trail 4x4

BLUE : easy track well marked and rather been run

RED : difficult track, run very difficult, roots, rocks, holes

BLACK : very difficult track, run impossible, possibility to use hands

PURPLE : out of track (little used or erased tracks)

The races:

<b>Race</b>	<b>Distance</b>	<b>D+</b>	<b>Start</b>	<b>Time</b>	<b>Start place</b>	<b>Time limit</b>
Échappée Belle Integrale -SOLO or DUO	149km	11 400 m D+	August 20th Friday, 2021	06:00	Vizille	54 hours
Traversée Nord SOLO	84km	6 140 m D+	August 21 Saturday, 2021	06:00	Fond de France-Haut Bréda	30 hours
Parcours des Crêtes SOLO	62km	4 700 m D+	August 21 saturday, 2021	10:00	Allevard	26 hours

The path will be indicated by markers, and for better night vision some section include yellow reflective marker to be easily visible with your head lamp. Netherless a marking is not infallible, it's recommend to have all the time the road-book with you.

## REGISTRATION FEES

The fees increase on July 1<sup>st</sup>

	<b>Feels € TTC</b>
SOLO 149km	190
DUO 149km	190 per runner
SOLO 87km	100
SOLO 62km	77
PACER	45
PASTA PARTY	10
ARRIVAL LUNCH ACCOMPANYING	10
SHUTTLE	10

## CONDITIONS TO PARTICIPATE

To participate, it's essential:

To be totally aware of the length and the specificity of the race, and to be well prepared for it.

To have acquired, before the race, a real capacity of self-autonomy on the mountains which permits the management of problems induced by this type of race, and in particular:

To know how to face without outside help of weather covery difficult due to the altitude, wind, rain or snow.

To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor wounds...

To be fully aware, that it is not the role of the organization to help a runner to overcome these problems

To be really aware, that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

The solo and the duo are available for everybody, men or women, born since 2000 or before (Senior to Master 4), licensed or not:

Master 4 : 1941 to 1950

Master 3 : 1951 to 1960

Master 2 : 1961 to 1970

Master 1 : 1971 to 1980

Senior : 1981 to 1999

Espoir: 1999 to 2001

## REGISTRATION

It's possible to registrate (for the draw) only for one race

If some places are available after the draw, on another race, you can registrate on this one, but you will lose your position of the waiting liste.

## SEMI-AUTONOMY

Runners are in semi-autonomy. You don't have to rely only on refreshment stop!

The longest run between 2 refreshment post can take 8 hours.

So it's necessary to have throughout the race of a food reserve and drink pour reach the next refreshment post.

You'll find in Belledonne many sources, torrents and drinkable lakes. For people sensitive to this water of mountains, be reasonable, or used purification tablets.

The refreshment post of La Pra, Jean Collet and Périoule are brought by helicopter before the race, so they're lighter in food and drink than the other post.

**Consider the difficulty of the path for your road map. Use the color of the walking table to evaluate the quality of the path.**

## **SHUTTLES**

Time and place of the departure of the shuttle: visit the web site.

Shuttle is not include in your registration and need to be paid when registering.

You will receive a pass on the same time than your race bib. Give it to the shuttle driver. The departure of the shuttle is in Aiguebelle between the gymnasium and the park Rochette (arrival place). We can not guarantee the availability of place when collecting your race bib if you didn't paid the shuttle during your registration.

## **ACCOMODATION AND CAMPINGS**

A **list of accomodation** is available on the web site on the menu « useful info ».

The **map of the different town** are on the web site on the menu « useful info ».

### **Camping for runner in AIGUEBELLE :**

- Camping area is on the Park Rochette and behind the drop zone (follow the indication on the site), from Thursday to Sunday
- Showers and toilets inside the gymnasium
- Sleep in the gymnasium is not availbale excepted at the arrival of the race
- Camping-car area

### **Camping for runners in VIZILLE :**

- Camping area is behind the gymnasium of the park only for Thursday night (camp on the parc of the Castle of Vizille is absolutely forbidden)
- Sleep on the gymnasium is forbidden
- Showers and toilets inside the gymnasium

## **NATURAL RESERVE OF LUITEL AND NATURA 2000**

During your adventure, you will follow the Natural Reserve of Luitel, which is a protected wetlands. Here we ask you to not use your poles, to be quiet and to stay on the track.

**This area excluded the welcome of public.**

During the crossing of the area Natura 2000 (Arselle to Freydane), we ask you to respect the track. Specific markers are in place in this area.

Particular instructions to cross these area are in the road-book and will be supplied during the start briefing.

Severe penalties (**disqualification**) are planned in case of failure to respect these instructions.

## MAXIMUM NUMBER OF RUNNERS

1750 runners in total:

- 600 for the 149km (solo)
- 50 team of 2, either 100 people on the 149km in duo (inseparable)
- 600 for the 87km
- 600 for the 62km

Some « wild cards » will be distribute for Elite runners.

## CANCELLATION

Case of cancellation:

accident, disease preventing to run (medical certificate necessary),  
death affecting spouse, first degree of ascendant or descendant,  
for all reasons you need to send us a mail.

Refund:

before June 15th, refund of 100%, less 15€ for administration fees  
before July 15th, refund of 50%,  
before July 31th, refund of 25%,  
after August 1st, non refund can be made.

If the organisation chooses to cancel the race, we are refunded at 80% of the registration price (except in case of force majeure, there isn't any refund).



## **EQUIPMENT**

**You must carry the obligatory material all along the race.** You could be controlled by volunteer or official staff in any place of the race. Some race bib will be controlled at random when accessing the departure area.

### **OBLIGATORY FOR ALL RACES!**

- **PERSONAL BEAKER to drink on the refreshment stop**
- **Whistle**
- **Adhesive elastic band enable making a bandage or a strapping (mini 100cm x 6 cm)**
- **Survival blanket (non-cut)**
- **Waterproof jacket (as Gore Tex membrane) with hood**
- **Pant or tight (3/4 accepted)**
- **Mid Layer or Thermal**
- **Dry first layer to use in case of emergency**
- **Waterproof pocket (plastic bag or other)**
- **Food reserve with minimum 2 energy bars**
- **1 or more water reservoir to bring minimum 1,5 liter**
- **Beanie or Buff**
- **Gloves**
- **Cellular phone with full battery and the security number saved (written on the race bib)**
- **Head lamp with extra battery**
- **Security sheet on road book**
- **Bin**

### **RECOMMENDATION:**

Strong head lamp with 300 lumens or more  
Rain cape  
Extra clothes  
Poles  
GPS with the track saved  
Cash in €  
Full road-book  
Gaiter  
Anti-friction cream  
Sun cream  
Sunglasses  
Altimeter (GPS or barometric)  
Pills to clean the water

## **RACE BIB**

**Place and time to collect the race bib are on the web site, on the menu « Challenge-Runner's program ».**

Each race bib is individually given to each runner. Race bib included a bar code allowing to be scanned on the different check points.

Race bib must be visible all along the race.

It must be positioned above any garments. The name and the logo of the partners have to be neither modified, nor hidden.

Race bib will allow you to access to the refreshment stop, area spare bags and showers, also for the restaurant for your food runner and finisher beer.

## **PACER**

The pacer is an accompanying person. Only solo 149km can have one.

**The pacer can join his (her) runner from The Pleynet for the portion of their choice and leave him (her) on the place of their choice. The beginning and the end of the pacer must be on a refreshment post.**

The pacer has a race bib and have access to the refreshment post, as well as the finisher food.

There's not ranking for the pacer, but he will receive the registration gift and the finisher prize.

His (her) mission is to follow the runner, to reassure, to support and to help him (her) to pass the finish line. However the pacer is not allow to carry the material, tawning or to push his (her) runner.

It's possible to have only one pacer.

## **ASSISTANCE**

The assistance is allowed only on the feeding zone. One personne by runners, on this area.

It's forbidden to assit outside the feeding zone.

## **RESCUE AND MEDICAL ASSISTANCE**

### **Telephone network:**

- The GSM network doesn't work everywhere due to the mountain. However you must have a cellular phone fully charged during the race. Thank to charge it on the base camp of Le Pleynet, to be sure to get enough battery until Aiguebelle.

### **Radio link:**

- The organization is committed to deploying a temporary radio relay that allow the rescue team and volunteers to communicate quickly. However we can't guarantee 100% coverage. A dedicated professional company will work to have good radio communication on the mountain.

### Rescue system:

- The organization provides a complete process to support your safety. Nevertheless no system is 100% valid. We've planned for your safety:
  - o Mobile rescue units on posts requiring a particular attention
  - o Fixed rescue units on advanced posts on the path allowing the repatriation
  - o 1 helicopter dedicated to bring rescuer and to evacuate the slightly injured runner
  - o 1 race communication station in Le Pleynet / Les 7 Laux
  - o 2 advanced medical posts in Le Pleynet / Les 7 Laux and in Aiguebelle
  - o 1 medical team of regulation takes place all along the race in Le Pleynet /Les 7 Laux.
  - o Volunteer controllers all along the path with manual control
  - o A timing system by bar codes with 10-15 check point
  - o Few definitive exit in case of abandonment or light injury
  - o Various options of back course to have the maximum of chance to join Aiguebelle even in bad weather, without being able to guarantee it

### Rescue process:

The rescue post are intended to assist any person in danger with the mean specific to the organization or contracted. It's up to the runner in difficulty or seriously injured, or witness of an accident to contact the rescue number. For this there's several option:

By presenting to one rescue post

By phoning the race communication station (the phone number is on the bib race)

By asking to another runner to alert a rescue post

***It's up to each runner to assist any person in danger and to call rescue team.***

Don't forget that hazards of all kinds, linked to the environment and the race, can make you wait for the rescue longer than expected. A runner calling a doctor or a rescuer de facto submits to his authority and agrees to accept his decision.

Rescuers on medical advice and doctors are empowered in particular:

**To declare out of race** (by invalidating the bib race) any runner not able to continue the race  
To evacuate by any means at their convenience the runners whom they judge to be in danger.

### In case of fatigue no longer allowing you to continue:

You've to **contact your presence** to the race communication station by any means. You **can't leave the track** without warning the race communication station. **Anyone is no longer on the official track race is no longer under the responsibility of the organization.** In case of force majeure if you have to shelter, even a few meters from the official track, you must notify it to the race communication station, and materialize your presence on the track by any possible means so that the race sweepers can join you.

### Night routing or fog:

The race controllers (volunteers on the track) can ask you to stay with a small group if your condition of fatigue imposes it, for any weather condition. So you may be asked to wait for another runner to stay in group.

### **Paws and herds:**

The alpine pastures of Belledonne are frequented by herds of sheep guarded by paws. Instructions were given to the shepherds in order to keep the herds away from the race track during the weekend of the event. Nevertheless, if you meet paws, recommendations are simple:

- Stop to run
- Stay up, give it time to identify you
- Don't use your poles to frighten it
- Continue your way slowly and quiet
- Phone the race communication to alert it or tell it directly to a volunteer.

Particular instructions are on the web site about the behavior to be faced with a herd. Respect the work shepherds, slow down to not scare the animals and for your safety.

## CHECK POINT AND REFRESHMENT POSTS

Each runner must cross all electronic check point and all different refreshment post (visible on the road book). Be careful the post of Le Pleynet/Les 7 Laux is a lock check, so you must be check to your entrance and when your leave it! **Only the runners carrying a visible and duly controlled race bib have access to the refreshment post.** The race guide and the relevant page on the web site give a clear list of the refreshment post, water source, aid station and will be visible on the road-book. In case of a last minute change the organization will inform on the start briefing.-

## MAXIMUM AUTHORIZED TIME AND TIME BARRIERS

The maximum authorized time for the different races are:

- **54 hours** for the 149km
- **30 hours** for the 84km
- **26 hours** for the 62km

The time barriers of the 149km are calculated for your safety and to give you a limit guide line to be finisher in Aiguebelle.

- V14h00 - R2 : Refuge de La Pra - **149km**
- V 18h30 - R3 : Refuge Jean Collet (filtre médical) / (medical checks) - **149km**
- V 22h00 - R4 : Habert D'Aiguebelle - **149km**
- S 04h00 - R5 : Les 7 laux/Le Pleynet - **149km**
- S 10h30 - R6 : Gleyzin - **149km**
- S 18h00 - R8 : Station du Super Collet d'Allevard - **149km / 84km**
- S 17h00 : Col de la Frèche - **62km**
- S 00h00 - R12 : Fontaine Noire - **57km**
- D 02h00 - R9 : Val Pelouse - **149km / 84km / 62km**
- D 08h00 - R10 : village du Pontet - **149km / 84km / 62km**
- D 12h00 - Arrivée Aiguebelle - **149km / 84km / 62km**

**To be authorized to continue the race, runners must set off again from the check point the fixed time (whatever their arrival hour at the check point).**

Every runner put off the race and wanting to continue the race can make it only having restored his (her) bib number, under his (her) own responsibility and in complete autonomy.

**In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.**

## SHOWERS AND TOILETS

Showers and toilets will be available:

- In Vizille in the gymnasium (start)
- In Le Pleyne / Les 7 Laux (shower of rinsing, soap not allowed)
- In Aiguebelle in the gymnasium (finish).

The access to the shower in Aiguebelle are reserved to the runners. The toilets of the refuge are inaccessible excepted in case of agreement of the person in charge of the post.

## ABANDONMENT AND REPATRIATION

Without any injury, it's possible to stop the race only on the check point. The runner must warn the person in charge of the this post, who invalidates definitely his (her) bib number.

The repatriation will be decide by the person in charge of the post, according to the following regulations:

Shuttle are available in Vizille which is the main area and the best place to stop the race about logistics

Jean Collet, La Pra and Habert d'Aiguebelle are not the best place to stop because they're difficult to access and need a long walk to reach the shuttles

Arselle, Gleyzin, Super Collet, Val Pelouse and Le Pontet are accessible by car

The runners who can not join Le Pleyne / Les 7 Laux have to reach any check point and to warn the staff or volunteer, or directly a member of the organization or rescuer if he (she) find some on the track. They'll be repatriated by the organization on the same time of the leaving of the volunteers with the coming of the race sweepers, depending the enough space in the shuttle

In case of very bad weather which justified to stop the race, the organization provide the repatriation of the runners in the best delay to be transported to Aiguebelle, Le Pleyne or Vizille

If the race sweepers pass a runner, he (she) will invalidate the bib race, and the runner is no longer under the organization's responsibility.

## CALM AND REST AREA

Some area are reserved for your rest time. Nevertheless the rest time is timed to allow all runner to take advantage of it and to share with the volunteers. We can not guarantee the availability for everybody.

Name	Maximum rest time	Maximum beds (cot)
Le Pleyne	2 hours	100 beds in the gymnasium
Gleyzins	20 minutes	30 beds in the sheepfold
Super Collet	20 minutes	10 beds under tent
Val Pelouse	20 minutes	10 beds in the chalet
Pontet	20 minutes	10 beds
Aiguebelle	N/A	100 beds in the gymnasium

**Beyond these area for runners, there are a few shelters and refuges with rudimentary comfort to shelter and/or sleep. These cabin can be occupied, you don't have any priorities because the race. They're not reserved for the runners, but could be a nice place to rest...**

We don't have any agreement with the refuges (except for medical emergency) to accommodate you as they're in high season:

- Jean Collet
- La Pra
- Les 7 Laux,
- L'Oule
- La Pierre du Carré

However we invite you to stop there during your stays in Belledonne. You'll have a good time.

## **DISQUALIFICATION**

Race officials present on the race, in charge of different control and refreshment posts are authorized to **uphold regulations and to immediately impose a disqualification for non-respect, based on the following chart:**

- Not presenting or refuse to cross the departure lock to activate the electronic chip
- Not respecting the regulation or the chart
- Shortcutting the track
- Throwing away rubbish (voluntary act) by the runner or a member of their team
- Not respecting people (organization or runner)
- Not respecting the regulation about the crossing of the Natura 2000 Area and the Natural Reserve of Luitel
- Not assisting a person in difficulty
- Cheating (using transport, sharing bib number)
- Lacking of the electronic chip
- Not passing through a check point
- Lack of obligatory material
- Refusing to comply with an order from race controller, race official team, head post, doctor, rescuer
- Refusing an anti-drug control
- Leaving a check point after the time barrier
- Receiving help outside the authorized area
- Any other breach of the regulations will be sanctioned by the race director.

## **ANTI-DRUG CONTROL**

Any competitor can be submitted to an anti-drug control before, during or at the end of a race. If he (she) refuses or abstains, the runner is treated as if found guilty of taking drugs.

## **CHANGE / CANCELLATION OF THE RACE**

The organization reserves the right to modify at any moment the track and the positioning of the rescue and refreshment posts, without warning.

**In case of unfavorable weather conditions (important quantities of rain or snow on altitude, strong risk of storms....) the start may be postponed. In case of poor meteorological conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.**

**No refund of the registration fees will be made, in case of cancellation of the race, totally or partially.**

## **INSURANCE**

### **Civil Responsibility:**

The organizer has taken out civil responsibility insurance for the duration of the event with Generali. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the runners.

### **Individual accident:**

During the registration we insure you automatically with :

- Rescue research and service by helicopter

- Repatriation fees

- Civil responsibility linked with a sport practice (in addition to or in replacement of existing personal insurance)

- An individual accident insurance

In case of medical care you must immediately notify your insurance so that it can work. Otherwise the expenses will be under your responsibility. A helicopter can cost several thousand €.



## DISCHARGE

Every runner declare:

1. To carry with him (her) the complete obligatory material during all the race, and discharge the organization of any responsibility in case of accident, injury or faintness due to the lack of obligatory material
2. To know the list of obligatory material of the regulation
3. To accept the control of the obligatory material which may be done at any time during the race, to be fully aware that the absence of a single stuff of the obligatory material provided by the organization may result to the disqualification, and to accept the final judgement of the team organization responsible of the control
4. To discharge the organization Echappée Belle, the race director and the track responsible, of any responsibility concerning the damage in the goods or people, including the personal accident and/or death
5. To assume all the responsibility concerning the damage which he (she) could cause to third parties or in the properties of third parties.

## ROAD-BOOK

You can download the road-book on the web site few days before the race. However all information: map, walking table....are already on line.

You'll receive the road-book on the same time than your bib race. We suggest you to keep it during the race, the markers may be faulty due to unbinding or weather conditions.

It includes map of the race, important information as time barrier, refreshment posts, safety instructions.....

## PUBLIC WELCOME

We invite public to go to the public welcome area to support the runners. **The Natural Reserve of Luitel is not accessible to public.** Some area offer animations for the public (program on line on the web site).

It's possible to hicking on the track to see the runners and enjoy Belledonne. The refuge of La Pra, Jean Collet, Les 7 Laux, l'Oule et Pierre du Carré are opened with reservation. **Public and followers are not under the responsibility of the organization.**

## **SPARE BAGS (SOLO AND DUO OF 149KM AND 84KM)**

You'll receive a spare bag and labeled with your race number. You must leave it on the start area on the morning of the start in Vizille for the 149km and in Fond de France for the 84km.

- For the 149km you'll have access to your spare bag in Le Pleyne / Les 7 Laux, then in Super Collet and to finish in Aiguebelle.
- For the 84km you'll have access to your spare bag in Super Collet and in Aiguebelle.

## **RANKING AND REWARDS**

For the Échappée Belle 149km, 84km and 62km, only runners who will arrive to Aiguebelle will be rank.

There is not any prize money

The 3 first men and the 3 first women of the general ranking, also the first man and first woman of each category will receive a reward

The 3 first duo scratch will receive a reward

All result are on line on [www.lechappeebelledonne.com](http://www.lechappeebelledonne.com)

## **PHOTO COPYRIGHT**

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his (her) image.

« lechappeebelledonne » is a legal trademark. Any communication about the event or use images of the event should be done with respect of the name of the event, trademarks and with the official agreement of the organization.

**No sale of photo of L'Echappée Belle may be made without the agreement of the organization and race director.**