



## RACE REGULATION

### Edition 2024 : The Rocher Blanc Skyrace

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 respect it.



# L'ÉCHAPPÉE BELLE

ÉCHAPPÉE BELLE INTÉGRALE 152 KM & 11 390 M D+  
TRAVERSÉE NORD 92 KM & 6 740 M D+  
PARCOURS DES CRÊTES 43 KM & 4 770 M D+  
SKYRACE DU ROCHER BLANC 21 KM & 2 000 M D+

## 23, 24 & 25 AOÛT 2024

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[www.lechappeebelledonne.com](http://www.lechappeebelledonne.com)



L'ÉCHAPPÉE BELLE

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# 1. GENERAL

## 1.1 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 posts 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.

By registering in the event, athlètes agree to share their data with ISF for the Ranking calculation.

## 1.2 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.

## 1.3 DESCRIPTION

The Rocher Blanc Skyrace 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.

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

*Race* : **21 km and 2000 m D+** (for over 20 years old runners)

*Start* : Friday August **23rd 2024 at 9:30 am**.

*Start place* : Fond de France 38580 Le Haut Bréda

*Time Limit* : 7h

# 2. REGISTRATION

## 2.1 REGISTRATION FEES

Skyrace registration fee : 40 €

It includes :

- bib with a timing system
- lunch at arrival
- a free drink
- snack before the start
- insurance during the day of the race
- gift for finisher

- a mountain rescue team
- resupplies spots
- free race photos

## 2.2 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:

The skyrace is available for everybody, men or women over 20 years old at the date of the race, licensed or not:

Master 4 : 64 yo or over

Master 3 : 55 to 64 yo

Master 2 : 45 to 54 yo

Master 1 : 35 to 44 yo

Senior : 22 to 34 yo

Espoir: 20 to 21 yo

## 2.3 REGISTRATION

To participate for this race, you must register on the online platform.

You'll be asked some questions about your mountain experience. The organisation will validate your answer and you'll be able to end your registration.

The goal is to know your skills to practice this type of race, by sharing your mountain experience, your ability to evolve on this particular terrain and to ensure your physical capacity is good enough.

## 2.4 SEMI-AUTONOMY

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

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

## 2.5 CANCELLATION

Cancellation requests have to be sent to this email address : [contact@lechappeebelledonne.com](mailto:contact@lechappeebelledonne.com) with a proof.

Cases 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 an email to : [contact@lechappeebelledonne.com](mailto:contact@lechappeebelledonne.com)

Refunds :

- before June 30th 23h59, refund of 100%, less 10% for administration fees
- between July 1st and July 31st 23h59, refund of 50%,
- From August 1st, no refund can be made.

If the organisation chooses to cancel the race : whatever the reason may be, a possible refund can be offered depending on the expenses already incurred at the date of cancellation by the organisation, this in order to ensure its durability until the next edition.

In case of route/hour or day of departure, no refund will be done.

We remind you that any outdoor event can be subject to many hazards requiring a modification of the original courses, or even its cancellation for the safety of participants, its volunteers and more generally all those involved.

## 2.6 NUMBER OF RUNNERS

200 runners for this edition.

The organisation can give some supplementary wild cards (for elite, press, journalist...).

# 3. RACE INFORMATION

## 3.1 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.**

If the organisation chooses to cancel the race : whatever the reason may be, a possible refund can be offered depending on the expenses already incurred at the date of cancellation by the organisation, this in order to ensure its durability until the next edition.

In case of route/hour or day of departure, no refund will be done.

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## 3.2 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.

### **3.3 PUBLIC WELCOME**

We invite the public to go to the public welcome area to support the runners, go to our website for more informations.

The access to the summit is very hard, and you need mountain skills, and good physic conditions.

### **3.4 RANKING AND REWARDS.**

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

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

### **3.5 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 photos of L'Echappée Belle might be made without the agreement of the organization and race director.**

## 3.6 SHOWERS AND TOILETS

Showers and toilets will be available:

- Cévéo center, in Fond de France (place of start)

The access to the showers in Aiguebelle is reserved to the runners. The toilets of the refuge are inaccessible except in case of agreement of the person in charge of the post.

# 4. RACE INSTRUCTIONS

## 4.1 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.

**The use of sticks is permitted.**

### OBLIGATORY

- **PERSONAL BEAKER to drink on the resupplies stop**
- **Whistle**
- **Survival blanket (non-cut)**
- **Food reserve with minimum 2 energy bars**
- **1 or more water reservoirs to bring minimum 1 liter**
- **Cellular phone with full battery and the security number saved (written on the race bib)**

### RECOMMENDATION:

In case of weather changing that can be rough on the mountains, especially on the Amiante pass and the Rocher Blanc, some equipment might be strongly recommended or could become obligatory on the organisation's demand.

- **Waterproof jacket (as Gore Tex membrane) with hood**
- **Beanie or Buff**
- **Gloves**
- **Mid Layer or Thermal**

## 4.2 RULES OF THE RACE

**Timing :** The start will be given on the same time for all runners. No placement on the starting line is expected.

**Respect of the route :** It is obligatory to respect the layout of the course, particularly for safety reasons. Any shortcut or no respect of the route will be penalized by an additional of 60 minutes on the finish time.

**No assistance** is allowed during all the race.

**No waste** (biodegradable or not) must be thrown on the course.

Each runner must have all the **mandatory equipment**.

## 4.3 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 resupplies stop, area spare bags and showers, also for the restaurant for your food runner and finisher beer.

## 4.4 CHECK POINT AND RERESHMENT POSTS

Each runner must cross all electronic check point and all different refreshment post (check on the road book).

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.

## 4.5 MAXIMUM AUTHORIZED TIME AND TIME BARRIERS

The maximum authorized time to finished the race is:

- 7 hours

## 4.6 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 of 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

Lacking 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.

## 4.7 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.

# 5. SECURITY

## 5.1 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.

### Radio link:

- The organization is committed to deploying a temporary radio relay that allows 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 Pleyne / Les 7 Laux
  - o A timing system by bar codes with 3 check point

### Rescue process:

The rescue posts are intended to assist any person in danger with the means 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 options:

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 **signal your presence** to the race communication station by any means. You **can't leave the track** without warning the race communication station. **Anyone who 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.

#### **Fog routing :**

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.

#### **Patous and herds:**

The alpine pastures of Belledonne are frequented by herds of sheep guarded by patous. 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 patous, 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 of being faced to a herd. Respect the work shepherds, slow down to not scare the animals and for your safety.

## **5.2 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 refreshment post, who invalidates definitely his (her) bib number.

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.