

RULES

(version 5, August 2019)

1. Organiser

The organiser of the Courses du Mont-Terrible is Club d'Athlétisme de Fontenais (CA Fontenais).

2. Liability

Those participating in the Courses du Mont-Terrible do so at their own risk. The organiser declines all liability in the event of accident or theft. Each participant must hold individual accident insurance covering any search and rescue costs. The organisers will not cover the costs of search and rescue for medical reasons.

3. Entries

There is an overall limit of 1100 participants for the following races: Trail de Pietchiesson, La Terrible, La Brère, La Fontenelle (except the Nordic Walking category) and La Tchouatte. The online entry process will close once this quota has been reached or, at the latest, at the deadline for entries indicated on the event website www.mont-terrible.ch. For these five races, entry on the day will only be possible if the aforementioned quota has not been reached. Entry online is therefore strongly recommended. Entry fees will also increase incrementally between the opening and closing of online entry. There will also be a fee increase for any entries on the day.

Entries for the Trail de Calabri and Ultra Trail du Mont-Terrible (UTMT) are online only. There is a limit of 400 participants for the Trail de Calabri (which also includes participants in the UTMT). The online entry process will close once this quota has been reached or, at the latest, at the deadline for entries indicated on the event website www.mont-terrible.ch.

For the Nordic Walking category and the Mini-Terribles (afternoon races for children), entry is possible both online and on the day (for no extra charge).

4. Challenge 89,4

Challenge 89,4 is a challenge for teams of five people, with each team member competing on a different route of the following five routes: 36 km, 23.5 km, 15.2 km, 9.1 km and 5.6 km. The combined time of every team member will be used for the ranking. For the team to be ranked, each team member must cross the finish line. Participants in Challenge 89,4 are also ranked individually in their respective categories. Teams can be all-male, all-female or mixed. However, there is no separate ranking by sex. The online entry process is explained in detail on our website ([Courses --> Challenge 89,4](#) tab).

5. Timing

Race timing for the different races will be provided by MSO Sàrl, in Delémont (www.mso-chrono.ch).

6. Souvenir prizes, finisher prizes and awards

Every participant will receive a souvenir prize.

Participants who finish the UTMT and those who finish the Trail de Calabri will receive a finisher prize (UTMT participants will receive a finisher prize for the UTMT only).

The first three finishers in each category will receive a special prize. UTMT participants will be ranked exclusively in this event based on their combined time for the Trail de Calabri and Trail de Pietchiesson. They will therefore not be included in the separate respective rankings for the two races. For the Nordic Walking category, the three prizes will be awarded by prize draw. Prizes must be collected at the event on the day when the results are announced otherwise they will be retained by the organiser.

7. Refunds

Entry fees will not be refunded in the event of non-participation or withdrawal unless the participant took out cancellation insurance when entering online through the MSO platform. The terms and conditions of insurance set by MSO shall apply.

8. Aid stations / cups / personal assistance

No cups will be provided at aid stations, except for participants in La Tchouatte (5.6 km). Participants must therefore provide their own cup.

Number of aid stations on the different routes:

Trail de Calabri (70.8 km): semi-supported race; 4 aid stations on the route (km 16, 33, 50, 62), 1 at the finish

Trail de Pietchiesson (36 km): semi-supported race; 3 aid stations on the route (km 9, 18, 31), 1 at the finish

La Terrible (23.5 km): semi-supported race; 2 aid stations on the route (km 9, 18), 1 at the finish

La Brère (15.2 km): 1 water point (km 2.5), 2 aid stations on the route (km 6, 10), 1 at the finish

La Fontenelle (9.1 km): 1 water point (km 2.5), 1 aid station on the route (km 5), 1 at the finish

La Tchouatte (5.6 km): 1 water point (km 2.5), 1 aid station at the finish

The following will be provided for participants at the aid stations: water, energy drink, broth, cola, tea, dried fruit, bananas, oranges, dried sausage, savoury crackers, cereal bars, cheese and bread

Participants may only fill their flasks with water.

Personal assistance is permitted only at official aid stations.

9. Mandatory equipment and poles

Participants must carry the equipment listed below. Checks may be made before the start and at points on the course. Participants who fail to comply with the instructions will receive a 15-minute time penalty.

Trail de Calabri (70.8 km): functioning mobile phone that is switched on, at least 1 litre of water, head torch, food supply, waterproof jacket, running trousers/tights (combination of 3/4 tights/shorts + socks fully covering the calves is permitted), rescue blanket and personal cup

Trail de Pietchiesson (36 km): functioning mobile phone that is switched on, water supply and personal cup

La Terrible (23.5 km): personal cup

La Brère (15.2 km): personal cup

La Fontenelle (9.1 km): personal cup

Poles are permitted in all races provided they are carried for the entirety of the route.

10. Start times for the Trail de Calabri

Participants in the Trail de Calabri choose their start time (07:00 or 08:00) based on their estimated average speed.

Participants who estimate that they will take **more** than 11 hours must start at 07:00 so as to stay within the cut-off time (see point 10 below).

Participants who estimate that they will take **less** than 11 hours must start at 08:00 so as not to arrive too early at the first aid station.

Important: no participant may leave the Bressaucourt aid station (km 16) before 9:15.

11. Cut-off times

Trail de Calabri

Participation in the Trail de Calabri assumes very good physical fitness and a **race time of no more than 14 hours (for a 07:00 start)**. The cut-off times below have been calculated to allow participants to reach the finish within the maximum time allowed:

Col de Montvoie (20 km, +1056 m): 11:00

St-Ursanne (2nd aid station, 33 km, +1674 m): 13:15

Cabane des Ordons (3rd aid station, 50 km, +2874 m): 16:45

Cabane de Courgenay (4th aid station, 62 km, +3344 m): 19:15

The cut-off times above apply to all participants regardless of their chosen start time! No participant may leave the relevant checkpoints after these cut-off times.

Trail de Pietchiesson

Participation in the Trail de Pietchiesson assumes good physical fitness and a **race time of no more than 6.5 hours**. A time limit of 3.5 hours also applies mid-course at the 2nd aid station (cut-off time for leaving the aid station: 11:30).

The above time limits have been calculated to take into account the difficulty of each event, including the amount of vertical ascent already completed. To be permitted to continue, participants must **leave the aid stations in question before the set cut-off time**. Participants who have been timed out may finish the event at their own risk once their competitor number has been returned. The organiser reserves the right to change the cut-off times for any reason, even at the last minute.

12. Abandonment and return to the start

Unless injured, participants must only abandon the race at an aid station so that their return to the start can be arranged. Competitors must report abandonments immediately to race headquarters by phone or to the nearest race marshal, quoting their competitor number.

13. Competitor numbers

Competitor numbers must be worn on the chest or stomach and must be fully visible throughout the entire race. They must therefore always be positioned on top any clothing and may not under any circumstances be placed on a bag or leg. Partner names and logos must not be altered or hidden.

14. Changes to routes or cut-off times

The organiser reserves the right to change the route or cut-off times for any reason (in particular because of tree felling). If changes are made, the organiser undertakes to inform participants in good time.

15. Image rights

All participants expressly waive their image rights during the event in which they are participating, along with any claims against the organiser for the use of any image or photo of the event in the promotion of the same.

16. Respect for the environment

The organising committee asks that participants respect the environment in which they are competing, throw nothing away on the course and dispose of their rubbish in the bins provided at aid stations.

17. Safety

Participants in La Fontenelle, La Brère, La Terrible, Trail de Pietchiesson and Trail de Calabri must cross a main road at several points. For safety reasons they are requested to follow the instructions from the marshals posted at these points.

18. Disputes

All disputes will be decided by a jury chaired by the president of the event's organising committee. The decision taken is final.

By participating in the Courses du Mont-Terrible, competitors agree to comply with these rules in their entirety, the French version of which shall prevail.

Fontenais, August 2019

The organising committee of the Courses du Mont-Terrible