

# RULES

(Version 7, November 2021)



## 1. Organizer

The organizer 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 organizer declines all liability in the event of accident or theft. Each participant must hold individual accident insurance covering any search and rescue costs. The organizers will not cover the costs of search and rescue for medical reasons.

## 3. Entries

The following quotas have been defined for the different races:

- 70 K (Trail de Calabri) + 106 K (UTMT): 350 participants
- 50 K (Trail d'Outremont): 250 participants
- All other races (including relay, excluding Nordic Walking and Mini-Terribles): 1200 participants

The online entry process will close once these quotas have been reached or, at the latest, at the deadline for entries indicated on the event website [www.mont-terrible.ch](http://www.mont-terrible.ch).

Entry fees will increase incrementally between the opening and closing of online entry.

## 4. Relay 70 K

70 K relay allows two runners to participate as a team in the Trail de Calabri. The start is on Saturday at 7am in Fontenais.

1st relay: Fontenais - St-Ursanne, 33 km (+1674 m)

2nd relay: St-Ursanne - Fontenais, 37 km (+1956 m)

The same time limits apply as for the 70 K (Trail de Calabri) (see chapter 11). Teams can be all-male, all-female or mixed.

The runners must travel by their own means, no shuttle system being planned between Fontenais and St-Ursanne.

## 5. Timing

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

## 6. Souvenir prizes, finisher prizes and awards

Every participant will receive a souvenir prize.

Participants who finish the 106 K (UTMT), the 70 k (Trail de Calabri, excluding the relay) and those who finish the 50 K (Trail d'Outremont) will receive a finisher prize.

Any competitor who finishes both stages is considered a finisher of the 106 K (UTMT). A competitor who does not take the start of the second stage cannot ask afterwards to be ranked on the 70 K (Trail de Calabri). A competitor who abandons the first stage may start the second stage but will not be ranked.

The first three finishers in each category will receive a special prize. 106 K (UTMT) participants will be ranked exclusively in this event based on their combined time for the 70 K (Trail de Calabri) and 36 K (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 / Deferred registration

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.

No request for postponement of registration to the next edition will be accepted, whatever the reason (injury, illness, impediment, etc.).

## 8. Refreshment stations / cups / personal assistance

**No cups will be provided at refreshment stations.** Participants must therefore provide their own cup.

Number of refreshment stations on the different routes:

**70 K (Trail de Calabri + relay):** semi-autonomous race; 4 refreshment stations on the route (km 16, 33, 50, 62), 1 at the finish lane

**50 K (Trail d'Outremont):** semi-autonomous race; 3 refreshment stations on the route (km 16, 33, 41), 1 at the finish lane

**36 K (Trail de Pietchiesson):** semi-autonomous race; 3 refreshment stations on the route (km 9, 18, 31), 1 at the finish lane

**23 K (La Terrible):** semi-autonomous race; 2 refreshment stations on the route (km 9, 18), 1 at the finish lane

**15 K (La Brère):** 1 water point (km 2.5), 2 refreshment stations on the route (km 6, 10), 1 at the finish lane

**9 K (La Fontenelle):** 1 water point (km 2.5), 1 refreshment station on the route (km 5), 1 at the finish lane

**5 K (La Tchouatte):** 1 water point (km 2.5), 1 refreshment station at the finish lane

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

Participants may only fill their flasks with water.

Personal assistance is permitted only at official refreshment stations.

According to the sanitary evolution, measures may have to be put in place at the refreshment stations.

## 9. Mandatory equipment and sticks

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

**70 K (Trail de Calabri):** functioning mobile phone that is switched on, at least 1 litre of water, headlamp, 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.

**70 K (relay):** functioning mobile phone that is switched on, at least 1 litre of water, 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, a headlamp for the second runner.

**50 K (Trail d'Outremont):** functioning mobile phone that is switched on, at least 1 liter of water, 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; headlamp is recommended depending on the estimated running time.

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

**23 K (La Terrible):** personal cup.

**15 K (La Brère):** personal cup.

**9 K (La Fontenelle):** personal cup.

**5 K (La Tchouatte):** personal cup.

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

## **10. Cut-off times**

### 70 K (Trail de Calabri) / Relay 70 K

Participation in the 70 K (Trail de Calabri) assumes excellent physical condition and a **race time of no more than 14 hours**. 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 refreshment station, 33 km, +1674 m): 13:15

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

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

No participant may leave the relevant checkpoints after the indicated times.

### 50 K (Trail d'Outremont)

Participation in the 50 K (Trail d'Outremont) assumes very good physical condition. Although the total running time is not limited, cut-off times must be respected until the 33rd km, i.e.:

Col de Montvoie (20 km, +1056 m): 12:00

St-Ursanne (2nd refreshment station, 33 km, +1674 m): 14:15

No participant may leave the relevant checkpoints after the indicated times.

### 36 K (Trail de Pietchiesson)

Participation in the 36 K (Trail de Pietchiesson) assumes good physical condition 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 consider 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 organizer reserves the right to change the cut-off times for any reason, even at the last minute.

## **11. 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 steward, indicating their competitor number.

## **12. Bib numbers**

Bib numbers must be worn on the chest or underneath 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's names and logos must not be altered or hidden.

## **13. Changes to routes or cut-off times**

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

#### **14. Stopping or cancellation of the race**

In the event of bad weather conditions that could compromise the safety of the runners (violent storms, strong wind, etc.) or any other case of force majeure, the organizer reserves the right to stop the event in progress. The runners will not be able to claim any reimbursement, even partial, of the entry fee.

If the race must be cancelled for any reason whatsoever, the organizer reserves the right to keep all or part of the entry fee, to ensure the continuity of the event. It may also propose to the runners the postponement of the registration to the next edition, this on the same course.

#### **15. Image rights**

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

#### **16. Respect for the environment**

The organizing 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 the 9 K (La Fontenelle), 15 K (La Brère), 23 K (La Terrible), 36 K (Trail de Pietchiesson), 50 K (Trail d'Outremont) and 70 K (Trail de Calabri + relay) must cross a main road at several points. For safety reasons they are requested to follow the instructions from the stewards.

In some years, the event coincides with the Critérium jurassien, a car race that takes place on the Villars-sur-Fontenais – Montvoie road on Saturday. In this case, the stewards may be required to stop the runners for a few seconds at certain crossing points. Those who refuse to follow the stewards' instructions will be disqualified on the spot

#### **18. Health situation**

If the health situation in the weeks preceding the event requires the organizer to draw up a protection plan, this will be published on the Courses du Mont-Terrible website so that runners can take note of it. By registering, runners also undertake to fully apply the measures set out in the plan (e.g. Covid certificate).

#### **19. Disputes**

All disputes will be decided by a jury chaired by the president of the event's organizing 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.

Villars-sur-Fontenais, September 2022

The organizing committee of the Courses du Mont-Terrible