

Castle Day Trail rules: 29/07/18

Article 1 - Conditions of admission

The race is open to all.

For the 48 Km and 36 km circuits, the minimum age is 18 years old.

For the 24 km circuit, the minimum age is 16 years old.

For the 12 km circuit, the minimum age is 15 years old, but younger children can participate if they're accompanied by an adult.

Article 2 - Registrations

The registration for the Castle Trail and/or the Castle Night Trail implies that the current rules are known and accepted.

You can preregister from the website link.

The price includes	✓ <i>Central supplies at each loop + 1 supply on arrival</i>
	✓ <i>Departure and crossing of the castle</i>
	✓ <i>1 t-shirt and 1 special beer for the first 200 registered</i>
	✓ <i>Race number with the event name</i>
	✓ <i>Musical atmosphere</i>
	✓ <i>Organization</i>

KM	Before July 15th	From July 16 to 24	On site +
			28 th /29 th
10	10 €	12 €	15 €
20	17 €	21€	24 €
30	21 €	25 €	28 €
40	25 €	29 €	32 €

Article 3 - Circuit

The Castle Trail is a pedestrian race of 4 **different** loops of 12 km, which is realized 90% on marked trails and paths, in **semi-self-sufficiency**.

4 distances:

- 48Km
- 36Km
- 24Km
- 12Km

Article 4 – Compulsory and recommended material

Compulsory material:

- mobile phone,
- reflective clothing adapted to the weather conditions.
- a water supply from 1 to 5 liters depending on the distance

Recommended material:

- a whistle,
- a survival blanket,

Article 5 - Marking

The types of marking are the following:

- « Woody-Wood » arrows at the strategic points
- blue marking tape if necessary.

Color arrows will be applied on the floor if necessary.



Article 6 - Withdrawal

In case of withdrawal or injury, the participant must mandatorily notify the organizers.

Article 7 – Compliance with road traffic rules

With some exceptions, there will be no flagman at the crossings. Complying with the traffic rules is mandatory.

Article 8 - Supplies

- 12 km: 1 Supply Water + 1 supply on arrival
- 24 km: 1 supply after the first loop and 1 supply on arrival
- 36 km: 2 supplies (after each loop) and 1 supply on arrival
- 48 Km: 3 supplies (after each loop) et 1 supply on arrival

Description of supplies:

- Supply loop (water, energy drink, cereal bars, homemade cake, crackers, fruits)
- Supply arrival (water, energy drink, cereal bars, homemade cake, crackers, fruits, , ...)

Article 9 - Time slots

The time slots for the different supplies are the following:

	Ravitaillement 1	Ravitaillement 2	Ravitaillement 3
48 Km	10h	12h	14h
36 Km	12h	14h	/
24 Km	12h	/	/

This schedule may be extended by the organizers if they find it necessary. Runners who are outside the deadline and who want to continue the race will do it under their own responsibility, and the supplies will no longer be provided.

Article 10 - Health

Each participant recognizes that he/she is healthy and must have a medical certificate.

Article 11 - Departures

The start of the race will take place inside the feudal castle at:

- 8.00 AM for the 48 km
- 8.45 AM for the 36 km
- 9.30 AM for the 24 km
- 9.45 AM for the 12 km

Access to the Castle is closed 15 minutes before each start.

Article 12 - Civil liability insurance

The organizers are covered by a civil liability insurance policy and disclaim all responsibility for any physiological accident (immediate or future).

Article 13 - Personal insurance

It is the responsibility of the participants to be personally insured.

Article 14 - Delivery of numbers and registration on site

The registrations on site and the delivery of the race numbers will take place:

- on Saturday 28/07/18 from 4 to 7 PM
- on Sunday 29/07/18 from 7 to 15 minutes before your start

Where: Sports Hall of the Athénée, Rue des Evêts, 4 6980 La Roche

Article 15 - Awards

The awards ceremony will take place at:

- 12 AM for the 12 Km
- 1 PM for the 24 and 36 Km
- 2 PM for the 48 Km

The first three at the scratch of each race will be rewarded.
2 categories: Man and Woman

Article 16 - Bad weather

Depending on the weather conditions, the organizers reserve the right to propose alternative circuits.

Article 17 - Photos

As a result of their registration, the participants give the organization tacit approval to use any photo or image of the event for promotional purposes.

Article 18 - Nature

RESPECT THE NATURE: any runner abandoning waste on the circuit will be disqualified.