



The rules

Art. 1 : Organisation

Montgenèvre Tourist Office jointly with the ASD Chaberton Marathon organise the 3rd Chaberton Marathon on **Sunday, August 1, 2010**. Trail des Forts and K22 are two mountain running races open to all athletes over 20years old, licensed or non licensed.

Art. 2: Entry conditions

Under the provision of the French and Italian law, Athletes have to provide the Chaberton Marathon organisation with a copy of a completed medical certificate, signed by their own doctor.

The medical health form must be issued **less than 12 month** prior to the race and must include the mention "**no contra-indications for participation in running competitions**". The organisation will keep the medical certificate or it's copy.

Runners who hold a licence issued by the French Athletics Federation (FFA), Atlé compétition, Athlé santé loisir, Pass'running, FSCF, FSGT,UFOLEP or Triathlon must attach a copy of their licence to the entry form or produce it when they collect their bib number.

No bib number will be given without a medical certificate or a copy of a previously mentioned licence.

Art. 3: Registration

The registration fee includes bib number, transportation of athlete and personal gear, meal at the arrival, shower, physiotherapy and a goody bag given at the arrival with the official T-shirt.

The entry fee for both races is 30, 00€ until July 15, 2010 and 40, 00€ thereafter.

Registrations can be processed:

- Online on the secured website of "Le Sportif.com" (recommended)
- Via fax or Post, sending the registration form thoroughly filled out and signed, together with the bank transfer instructions, receipt and the medical certificate to the following:

- fax number 0039 0122 85 62 89

- Address: Chaberton Marathon - Office du Tourisme de Montgenèvre– Route d'Italie – 05100 MONTGENEVRE

Bank transfer to: Chaberton Marathon IT 73 J030 6930 34 01 0000 0003 494 agenzia Intesa-SanPaolo di Cesana Torinese (Italy).

It is compulsory to specify the entrant's names in the bank transfer instructions receipt.

Registrations will be accepted until July 30th 2010 in the following limits set up for security reasons:

Trail des Forts: 300 competitors

K22: 300 competitors

There will be no refund of entry fees

Art. 4: The courses

Trail des forts:

- Length: 45.5 km
- Elevation gain 6032 m Elevation loss 2776m-
- Highest elevation reached by the course 3131m
- Starting line: Cesana torinese (Italy) - Finish line Montgenèvre (France)
- **Starting time 1, August 2010 8:00am**

K22:

- Length: 20.5km
- Elevation gain 1911 m Elevation loss 1511m-
- Highest elevation reached by the course 3131m
- Starting line: Cesana torinese (Italy) - Finish line Claviere (France)
- **Starting time 1, August 2010 9:00am**

Art. 5: Race kit pick-up

Location: Cesana School

- Saturday, July 31, 2010 from 2:00pm to 7:00pm
- * Sunday, August 1, 2010
- Trail des forts: 6:30am -7:30am
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- K22: 7:30am-8:30am

Art. 6: Assistance

Aid stations, check points and medical assistance will be located at different places along the course

Art. 7: Cut-off time and finish line closing times

Trail des Forts

Claviere: km 20,500 - cut-off time: runners must arrive in Claviere within 4 and a half hours to be able to continue to Montgenève.

Montgenève: finish line closing time 9 and a half hours after the start time.

K22

Col du chaberton: km 12 (7, 46 miles) uphill- cut-off time: runners must arrive within 3 hours to be able to continue to the summit of the Chaberton.

Claviere: finish line closing time 5 hours after the start time.

Runners who are outside the cut off times and who want to continue the race under their own responsibility must give back their time chip to the route marshal and will not benefit any longer from the support of the organisation.

Art. 8: Security

Compulsory equipment: minimum water supply: 75cl, wind breaker, hat, gloves, pants, trail running shoes.

No vehicles are permitted to follow runners at any time.

The course will be entirely marked with flagging, marking and signs.

Spike shoes and walking sticks are prohibited.

Art. 9: Image copyright

As a participant in Chaberton Marathon the athlete grants irrevocable permission to the Chaberton Marathon, and any media covering this year's race, and the authorized agents, contractors, and representatives of each, to use his name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of his participation in this event for any purpose

Art. 10: Weather

In case of bad weather conditions the race course could be modified by the race director at any moment even after the start of the competition.

Art. 11: Awards

Overall winners will not be eligible for age group awards

1. Trail des Forts

Awards ceremony: Montgenèvre 5:00pm

- **Male**

Overall category

1st: 1000,00€ Purchase voucher
2nd: 750,00€ Purchase voucher
3rd: 500,00€ Purchase voucher
4th: 250,00€ Purchase voucher
5th-9th: 150,00€ Purchase voucher
10th-15th: 100,00€ Purchase voucher

Age category

- 1. Men born from 1970 to 1961**
- 2. Men born from 1960 to 1951**
- 3. Men born in 1950 and before**

1st: 100,00€ Purchase voucher
2nd: 75,00€ Purchase voucher
3rd: 50,00€ Purchase voucher

- **Female**

Overall category

1st: 1000,00€ Purchase voucher
2nd: 500€ Purchase voucher
3rd: 250€ Purchase voucher
4th-6th: 125€ Purchase voucher

Age category

- 1. Female born from 1970 to 1961**
- 2. Female born in 1960 and before**

1st: 100,00€ Purchase voucher
2nd: 75,00€ Purchase voucher
3rd: 50,00€ Purchase voucher

2. K22

Awards ceremony: Claviere 14:30pm

- **Male**

Overall category

1st: 750,00€ Purchase voucher
2nd: 500,00€ Purchase voucher

3rd: 250,00€ Purchase voucher
4th-8th:150,00€ Purchase voucher
9th-13th:100,00€ Purchase voucher

Age category

- 1. Men born from 1970 to 1961**
- 2. Men born from 1960 to 1951**
- 3. Men born in 1950 and before**

1st: 100,00€ Purchase voucher
2nd: 75,00€ Purchase voucher
3rd: 50,00€ Purchase voucher

- **Female**

Overall category

1st :500,00€ Purchase voucher
2nd: 250,00€ Purchase voucher
3rd: 150,00€ Purchase voucher
4th-6th 100,00€ Purchase voucher

Age category

- 1. Female born from 1970 to 1961**
- 2. Female born in 1960 and before**

1st: 100,00€ Purchase voucher
2nd : 75,00€ Purchase voucher
3rd : 50,00€ Purchase voucher

.Art. 12: Disqualification

Competitors will be disqualified in the following cases; no visible race number, use of a false bib, no compulsory material, no check at the control points, exceeding cut-off times, throwing litter, taking shortcuts on the course, refusal of taking a doctors examination.

Complaints will be presented verbally at the first control point, then they will be written and given to the race director at the arrival.

Art. 13: Insurance

Civil liability: According with current legislation the organiser has taken out a civil liability insurance policy. This contract insures against damage caused by members of the organisation: Groupama Alpes méditerranée - Agence de Briançon - Office de tourisme de Montgenèvre - n° 13360565H/001.

Personal insurance: licensed athletes will be covered by the policy linked to their licence. Non licensed competitors or other non-insured competitors, are invited to take supplementary cover via their own insurance company.

Art. 13: Liability

As a participant in the Chaberton Marathon, the athlete agrees to all rules and will comply with them. The athlete is aware that this type of trail may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. He understands that he should not compete in this run unless he is in excellent physical condition, have trained adequately and have no medical condition that might be worsened by physical activity. Knowing these facts and in consideration of the acceptance of his application to participate in chaberton Marathon the athlete hereby for himself, his heirs, executors and administrators waive, release and discharge Chaberton Marathon officials, volunteers and all persons connected with this event from claims of liability, for any injuries to him (including but not limited to death). This release extends to all claims unforeseen, known or unknown.