



# THE REGULATIONS

Any registration to the CUBA MOUNTAIN TRAIL 2023 implies the tacit acceptance of the following rules.

All competitors are also invited to carefully read the general terms and conditions and our privacy policy available at [www.le-treg.com](http://www.le-treg.com)

## 1.1: THE RACE

The CUBA MOUNTAIN TRAIL is a stage race on rolling tracks or trails in the tropical forest. The start and finish of this event is in Cuba in the region of Trinidad.

The total distance of this event is about 125 km with about 3,000 metres of positive elevation gain. The stages are located in the heart of the Escambray massif in the centre of Cuba.

The CUBA MOUNTAIN TRAIL takes place in 5 stages between 20 and 30 km in semi-self-sufficiency at a free pace, each in a limited time with time barriers. The navigation is done with a GPS (provided by the organization).

Satellite maps will be provided, but they cannot be used as a navigation tool for the competitors.

The start of the 1st stage will be given on Monday 3 April 2023 at 09:00.

The CUBA MOUNTAIN TRAIL is organised by SAS TRAIL AFRICA ORGANIZATION.

### PROGRAM :

#### **D1 - Saturday 1<sup>er</sup> April - Direct Air France flight to Havana then bus to Santa Clara**

Departure from Paris at 10.55 am - Arrival in Havana at 2.50 pm - Formalities - Regrouping with the treggeurs who come by their own means - Transfer by bus to Santa Clara (4h) - Installation at the hotel - Night at the hotel Los Caneyes.

#### **Day 2 - Sunday, April 2: Acclimatization day in Santa Clara**

Technical checks - GPS training - Collection of race numbers - Overnight stay at Hotel los Caneyes.

#### **D3- Monday 3 April: 1<sup>ère</sup> stage: Manicaragua - Hanabanilla - 22.5 km - 846m+.**

Transfer to the start of the stage - Start of the stage at 8am - Rather rolling stage - Activities possible in the afternoon - Overnight at the Hanabanilla hotel.

#### **D 4 - Tuesday, April 4: 2<sup>ème</sup> stage - Hanabanilla - El Nicho - 17 km - 1050m+ (6.5 miles)**

Transfer to the start of the stage by boat - Start of the stage at 7:30 am - Stage with more difficult trails - Activities possible in the afternoon - Overnight in tents with mattresses at El Nicho.

#### **Day 5 - Wednesday, April 5: 3rd stage - El Nicho - La Gallega - 21km - 681m+.**

Departure from the bivouac at 8am - Rather rolling stage - Night in a bivouac in a tent with mattresses at La Gallega.

#### **DAY 6 - Thursday, April 6 - 4th stage - La Gallega - Topes de Callantes - 18km - 1044m+.**

Departure from the bivouac at 8am - Stage rather less rolling - Activities possible in the afternoon - Night at the Hotel Los Helechos.

#### **D7: Friday 7 April - 5th stage - Topes de Callantes - Trinidad - 27km - 1067m**



Departure from the hotel at 7am - Rather rolling stage - Arrival on the Plaza Major - Possible visit of Trinidad in the afternoon - Night at the hotel La Ronda.

**D8 : Saturday 8 April : Touristic day - Cayo Blanco by catamaran**

Day on a catamaran - Closing evening and prize-giving ceremony - Night at the La Ronda Hotel

**D8 : Sunday 9 April : Havana**

Early departure to Havana by bus at 7am - Lunch in Havana - Free afternoon and evening in Havana - Hotel to be determined

**D10 - Monday 10 April - Havana**

Free morning in the city - Departure from the airport at 1.30 pm - Flight Air France to Paris at 5.10 pm

**D11 - Tuesday 11 April - Paris**

Arrival in Paris around 8.15 am

## 1.2: PARTICIPATION

The Cuba Mountain Trail is open to any person, man or woman, born in 2005 or before, licensed or not, with experience of medium distance trail (> 30 km) strongly advised.

As an exception, persons born between 2006 and 2007 will be authorised to participate in the event subject to the parents signing a waiver expressly stating that they take full responsibility for the minor's participation in the race and that they undertake to accompany the minor throughout the event.

## 1.3: FOOD SELF-SUFFICIENCY TRAIL

The principle of individual race in semi-sufficiency is the rule for all the stages of the Cuba Mountain Trail. On the course, refreshment areas positioned every 10 kilometres or so are supplied with water for filling water bottles or water bags up to a limit of 3 litres/person depending on the refreshment area.

Each runner must ensure that they have:

- at the start of each stage, the amount of food needed to reach the finish of the stage in self-sufficiency.
- at the start of each feed zone, the quantity of water required to reach the next feed point, with a minimum of 2 litres of water on board.

No personal assistance is allowed on the course.

It is strictly forbidden to be accompanied on the course by anyone other than a competitor who is regularly registered.

## 1.4 : CONDITIONS OF REGISTRATION

The climatic conditions of the event can be difficult (humid heat, wind...). Very good training and a real capacity for personal autonomy are essential for the success of such an individual adventure.

To register for the Cuba Mountain Trail, it is strongly recommended that you have already completed at least one medium distance trail of 30 km.

A medical certificate less than one year old is required for all runners as well as an ECG (electrocardiogram) or an effort test according to the following rules:



- ECG less than two years old at the start of the race for all registered runners under 40 years of age and for all local runners, regardless of age;
- An effort test less than three years old for all registered runners who are over 40 years old.

The medical certificate and the ECG (electrocardiogram) must be sent to Isabelle Paucot by e-mail to [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com) by 1<sup>er</sup> March 2023. After this date, the registration will be cancelled and the registration fee lost.

In addition, runners must bring the originals or a FULL copy of the documents (ECG / stress test) with them to the individual medical briefing.

## 1.5 : ACCEPTANCE OF THE REGULATION

Participation in the various races of the CUBA MOUNTAIN TRAIL implies de facto the unreserved acceptance of the present regulations published by the organisation, which can be consulted in the "Formalities" section on the website and included in the useful registration documents that have been sent to you.

## 1.6: MAXIMUM NUMBER OF PARTICIPANTS

For its 2nd edition, the number of competitors engaged in the CUBA MOUNTAIN TRAIL is limited to 50 people, including runners and accompanying persons.

## 1.7: REGISTRATION

Entries for individual runners are possible and entries for accompanying persons are also possible. The registration fee varies according to the date of entry.

It is specified that the event can only take place if there are at least 20 competitors registered to start in Paris.

### INDIVIDUAL REGISTRATION - departure from PARIS

#### **Registration from 1<sup>st</sup> July to 31<sup>st</sup> October 2022 (preferential rate)**

**TOTAL PRICE: €2,950** (Travel package of €800 and a Stay & Run package of €2,150).

**Timeline :**

|                                       |         |   |
|---------------------------------------|---------|---|
| At registration :                     | 1 150 € | By transfer bank to Trail Africa Organization |
| As of 31 <sup>st</sup> October 2022 : | 800 €   | By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023 :    | 1 000 € | By transfer bank to Trail Africa Organization |

#### **Registration from 1<sup>st</sup> November 2022 to 1<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: €3 100** (a "Travel" package of 800 € and a "Stay & Race" package of 2 300 €).

**Timeline :**

|                                   |        |   |
|-----------------------------------|--------|---|
| At registration :                 | 800€   | By transfer bank to Trail Africa Organization |
| At registration:                  | 1 300€ | By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023: | 1 000€ | By transfer bank to Trail Africa Organization |



**INDIVIDUAL REGISTRATION - departure from LA HAVANE**

**Registration from 1<sup>st</sup> July to 31<sup>st</sup> October 2022 (preferential rate)**

**TOTAL PRICE: €2 150** (Stay & Run package of €2,150).

**Timeline :**

At registration : 750 € By transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> October 2022 : 700 € By transfer bank to Trail Africa Organization  
As of 1<sup>st</sup> March 2023 : 700 € By transfer bank to Trail Africa Organization

**Registration from 1<sup>st</sup> November 2022 to 1<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: € 2 300** (Stay & Run package of 2 300€).

**Timeline :**

On registration: 1 300 € By transfer bank to Trail Africa Organization  
At 1<sup>st</sup> March 2023 : 1 000 € By transfer bank to Trail Africa Organization

*NB: special payment conditions are available on request from the organisation at [concurrents@le-treg.com](mailto:concurrents@le-treg.com) for entries before 31<sup>st</sup> October 2022.*

THE REGISTRATION FEE INCLUDES :

- regular flights from Paris to Havana and back for those registered from Paris;
- no flights for registrants departing from Havana;
- participation in the CUBA MOUNTAIN TRAIL;
- all meals during the week except your food during the race;
- all road transfers during the trip to Cuba
- Accommodation during transfers and in Cuba;
- site visits or race monitoring when the competitor is no longer in the race;
- GPS for navigation and the paper Roadbook for additional information;
- Membership of the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26);
- Civil liability insurance for the organisation;
- a special prize for all finishers of the CUBA MOUNTAIN TRAIL
- a souvenir prize for all participants in the event

THIS PRICE DOES NOT INCLUDE :

- any COVID tests during the entire journey
- personal expenses ;
- transport of the competitor to the departure airport in Paris;
- which is not included in the registration.



Registration for runners' companions is also possible under specific conditions. They can either follow the race or visit the sites along the route. The following pages present the registration fees and conditions for accompanying persons.

### **SUPPORTER REGISTRATION - departure from PARIS**

#### **Registration from 1<sup>st</sup> July to 31<sup>st</sup> October 2022 (preferential rate)**

**TOTAL PRICE: €2,450** (Travel package of €800 and a Stay & Run package of €1,650).

**Timeline :**

|                                       |   |
|---------------------------------------|---|
| At registration :                     | 850 € By transfer bank to Trail Africa Organization |
| As of 31 <sup>st</sup> October 2022 : | 800 € By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023 :    | 800 € By transfer bank to Trail Africa Organization |

#### **Registration from 1<sup>st</sup> November 2022 to 1<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: €2,600** (a "Travel" package of 800 € and a "Stay & Race" package of 1 800 €).

**Timeline :**

|                                   |   |
|-----------------------------------|---|
| At registration :                 | 900€ By transfer bank to Trail Africa Organization  |
| At registration:                  | 900 € By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023: | 800 € By transfer bank to Trail Africa Organization |

### **SUPPORTER REGISTRATION - departure from LA HAVANA**

#### **Registration from 1<sup>st</sup> July to 31<sup>st</sup> October 2022 (preferential rate)**

**TOTAL PRICE: €1,650** (Stay & Run package of €1,650).

**Timeline :**

|                                       |   |
|---------------------------------------|---|
| At registration :                     | 650 € By transfer bank to Trail Africa Organization |
| As of 31 <sup>st</sup> October 2022 : | 500 € By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023 :    | 500 € By transfer bank to Trail Africa Organization |

#### **Registration from 1<sup>st</sup> November 2022 to 1<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: € 1 800** (Stay & Run package of 1 800€).

**Timeline :**

|                                   |   |
|-----------------------------------|---|
| At registration:                  | 900 € By transfer bank to Trail Africa Organization |
| As of 1 <sup>st</sup> March 2023: | 900 € By transfer bank to Trail Africa Organization |

**THE REGISTRATION FEE INCLUDES :**

- the flight from Paris to Havana and back for those registered from Paris;
- no flights for registrants departing from Havana;
- all road transfers during the trip to Cuba
- all meals during the week
- Accommodation during transfers in Cuba;
- site visits or race monitoring;



- Membership of the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26);
- Civil liability insurance for the organisation;
- a special prize for all participants

THIS PRICE DOES NOT INCLUDE :

- any COVID tests during the entire journey
- personal expenses ;
- transport of the competitor to the departure airport in Paris;
- which is not included in the registration.

Pre-registration is possible from 1<sup>st</sup> July 2022 on the event website [www.le-treg.com](http://www.le-treg.com) **Erreur ! Référence de lien hypertexte non valide.** and registration will close on 1<sup>st</sup> March 2023 if the maximum number of participants is not reached.

The documents included in the "registration pack" you have chosen (individual and/or accompanying person) must be duly completed and returned by post to the address

TRAIL AFRICA ORGANIZATION  
5 avenue Marmontel  
92500 RUEIL MALMAISON

They can be downloaded from [www.le-treg.com](http://www.le-treg.com)

Payments can be made by bank transfer to the following bank details



Relevé d'identité Caisse d'Epargne

Ce relevé est destiné à être remis, sur leur demande, à vos créanciers ou débiteurs appelés à faire inscrire des opérations à votre compte (virement, paiement de quittance, etc.).  
Son utilisation vous garantit le bon enregistrement des opérations en cause et vous évite ainsi des réclamations pour erreurs ou retards d'imputation.

|               |                  |                 |               |                      |
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| 17515         | 00600            | 08000891719     | 39            | CE ILE DE FRANCE     |
| <i>c/étab</i> | <i>c/guichet</i> | <i>n/compte</i> | <i>c/rice</i> | <i>domiciliation</i> |

IBAN

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Intitulé du compte TAO

RUEIL MALMAISON CENTRE  
8 BIS RUE DE MAUREPAS  
92500 RUEIL MALMAISON  
TEL : 01.71.09.61.21

5 AV MARMONTEL  
92500 RUEIL MALMAISON

The medical certificate must be sent to the organisation by 1<sup>er</sup> March 2023 at the latest to the following e-mail address: [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com)

or to the postal address :

TRAIL AFRICA ORGANIZATION  
5 avenue Marmontel



92500 RUEIL MALMAISON

Incomplete entries will be rejected. The entry fee includes all the services described in these rules. A confirmation of your registration will be sent to you by e-mail as well as the final acceptance of your registration when you have paid all the fees.

We invite you to consult our general terms and conditions of sale available at [www.le-treg.com](http://www.le-treg.com).

## 1.8: SPONSORSHIP

It is possible to sponsor other competitors by getting them to register through you. For each confirmed sponsorship you initiate, a deduction of €100 will be applied to your next payment (or a refund of €100 will be given if you have paid everything at the time of sponsorship).

A confirmed sponsorship is acquired when the sponsored competitor has paid the first instalment of his/her registration. You can sponsor as many competitors as you wish and this deduction is cumulative. Each sponsorship must be formalised by a sponsorship form filled in and signed by the sponsored runner.

## 1.9 : CANCELLATION OF AN ENTRY

If you find it necessary to cancel your participation in the CUBA MOUNTAIN TRAIL, you must inform TRAIL AFRICA ORGANIZATION by registered letter with acknowledgement of receipt to the following address

TRAIL AFRICA ORGANIZATION  
5 avenue Marmontel  
92500 RUEIL MALMAISON

The date of receipt of the letter by TRAIL AFRICA ORGANIZATION will be taken as the date of cancellation for the calculation of the cancellation fee.

In case of cancellation, a cancellation fee will be charged according to the following scale:

- before 31<sup>st</sup> October 2022, the cancellation fee will be 80 €
- between 1<sup>st</sup> November 2022 and 1<sup>st</sup> March 2023, the cancellation fee will be €
- between 30 and 21 days before departure, the cancellation fee will be 35% of the registration fee
- between 20 and 14 days before departure, the cancellation fee will be 50% of the registration fee
- between 13 and 5 days before departure, the cancellation fee will be 75% of the registration fee
- less than 5 days before departure, the cancellation fee will be 100% of the registration fee

Race numbers are personalised and non-transferable. No exchange of race numbers is possible.

## 1.10: TRAIL EQUIPMENT

1.10.a: FOR PARTICIPANTS IN THE CUBA MOUNTAIN TRAIL

THESE MATERIALS ARE TO BE PROVIDED BY THE RUNNER:

Compulsory (unannounced checks along the route) :



- backpack ;
- water bag and/or water bottle;
- sunglasses ;
- headgear (cap, bandana...)
- windbreaker in the runner's size ;
- signal mirror 6 cm in diameter ;
- a whistle ;
- headlamp and spare battery ;
- 500 calories of food at the start of each stage.

As well as the compulsory competing medical pack consisting of :

- dressings (Mefix, or Elasto, or Urgo-type adhesive dressings);
- a disinfectant (such as Biseptine or Betadine Dermique);
- 1 elastic band for strapping of 1.50 meter by 6 or 8 cm;
- paracetamol (Doliprane type): 5 tablets of 1 g ;
- antispasmodic (Spasfon type): 6 tablets;
- antidiarrheal (Tiorfan type): 6 capsules;
- Antivomial: (Primperan or Vogalene or Motylioc): 6 tablets
- sun cream ;
- 1 survival blanket 2.20 m x 1.40 m ;

MATERIAL PROVIDED BY THE ORGANISATION :

- A portable GPS with spare batteries (to be returned after the event);
- a paper roadbook ;
- water supplied on the CP's;

#### 1.10.b: FOR ALL PARTICIPANTS IN THE TRIP TO SAO VICENTE

THESE MATERIALS ARE TO BE PROVIDED BY THE RUNNER:

- headlamp ;
- sun cream ;
- sunglasses ;
- headgear (cap, bandana...)
- a fleece or equivalent.

### 1.11: MEDICAL CERTIFICATE

Participation in one of the CUBA MOUNTAIN TRAIL events in an unusual environment requires, in addition to appropriate training, good health at the time of your participation.

A medical certificate less than one year old is required for all runners as well as an ECG (electrocardiogram) or an effort test according to the following rules:





- ECG less than two years old at the start of the race for all runners registered for the race who are under 40 years old and for all local runners, regardless of age;
- An effort test less than three years old for all registered runners who are over 40 years old.

The medical certificate and the ECG (electrocardiogram) must be sent to Isabelle Paucot, last date 1<sup>st</sup> March 2023, by email to [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com). After this date, the registration will be cancelled and the registration fee lost.

In addition, runners must bring the originals or a FULL copy of the documents (ECG / stress test) with them to the individual medical briefing.

It is important that you take the start of the CUBA MOUNTAIN TRAIL in perfect physical condition because a latent ailment can become very serious under the conditions of the event and make rescue even more difficult. The competitor undertakes to inform the medical team of any health problem, even benign, that he/she has encountered.

## 1.12: TECHNICAL AND MEDICAL CHECKS

The technical and medical checks will take place on Sunday 2nd April 2023 at the accommodation site. Each competitor will have to present to the organisation his compulsory equipment, i.e. his race material and his medical kit.

Any runner who is not in possession of all his compulsory equipment will be immediately disqualified, without any possibility of appealing against this decision and without reimbursement of the costs incurred.

## 1.13: BIBS

The bibs must be worn on the chest or stomach and must be visible at all times and in its entirety throughout the race. It must therefore always be worn above any clothing and may not be attached to a bag or a leg under any circumstances. The name and logo of the partners must not be modified or hidden.

## 1.14: RUNNERS' LUGGAGE

Each competitor must bring his or her own travel bag for personal items (change of clothes, toiletries, etc.) and, if necessary, a bag for the race. The total weight of your luggage may not exceed 20 kg for your main bag and 5 kg for your hand luggage. It is recommended not to put valuables in it. Luggage is the responsibility of the participants for the duration of the stay. It is recommended not to leave anything visible in your room, especially mobile phones.

## 1.15: CONTROL AND EMERGENCY STATIONS

On the course, runners must pass through the control points (CP's) located on the course of each stage. These checkpoints will allow competitors to refuel with water (up to 3 litres/person).

## 1.16: SAFETY AND MEDICAL ASSISTANCE

A doctor and an IADE nurse specialised in this type of event will be present throughout the event. A flying vehicle will follow the race with the doctor on board in telephone contact with the CP's and will be able to intervene as soon as possible.

The rescue personnel are intended to provide assistance to any person in danger using the organisation's own resources. The official doctors are authorised to withdraw from the race (by invalidating the number) any competitor who is unfit to continue the event. The first aiders are authorised to evacuate any runner they deem to be in danger by any means at their disposal.

If necessary, for reasons which are always in the interest of the rescued person, the management of the operation will use all appropriate means for the evacuation. The costs resulting from the use of these exceptional



means will be borne by the rescued person. The rescued person may then submit a file to his/her personal accident insurance.

Any runner who calls upon the services of a doctor, nurse or paramedic submits to their authority and agrees to accept their decisions.

The competitor is aware that in the case of extreme fatigue, his/her behaviour and decisions may be altered. It is the competitor's responsibility not to reach this state. The organisation cannot be held responsible for the consequences of absurd or inconsistent decisions by the competitor.

## 1.17: CLIMATIC CONDITIONS

Average temperatures in April: 35°C during the day, 24°C at night.

## 1.18: MAXIMUM TIME ALLOWED AND TIME BARRIERS

A maximum time for completing the entire course is set for each stage of the CUBA MOUNTAIN TRAIL and will be communicated in the event road book.

These maximum times will be set so that a hardy hiker can complete each stage.

Start times for the CP's (time barriers) will also be defined and communicated in the RoadBook.

These time limits are calculated to enable participants to reach the finish within the maximum time limit, while making any stops (rest, treatment, etc.). To be authorised to continue the event, competitors must leave a CP before the set time limit (regardless of the time of arrival at the CP).

The organiser reserves the right to derogate from these rules in exceptional cases (delay of a competitor due to assistance given to another competitor, specific race conditions, etc.).

Any competitor who abandons a stage or who is disqualified from the race will be repatriated by vehicle or minibus to the finish bivouac of the stage within time limits that the organisation cannot guarantee. They will be given a time penalty and will be able to start again on the following stages of the CUBA MOUNTAIN TRAIL.

In the event of bad weather conditions and/or for safety reasons, the organisation reserves the right to cancel and/or stop the event in progress, or to modify the time limits.

## 1.19: ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon anywhere other than a PC. In this case, he must inform the person in charge of the PC, who will be responsible for organising his return by vehicle to the base camp when possible.

In the event of unfavourable weather conditions justifying the partial or total stoppage of the race, the organisation will ensure the repatriation of the stopped runners as soon as possible.

In the event of an imperative withdrawal between 2 PC's necessitated by the competitor's physical or mental condition, the competitor (or another competitor assisting him/her) will have to use his/her mobile phone, which will have been configured beforehand to allow calls to be made or received in Cuba.

## 1.20: PENALIZATION - DISQUALIFICATION

Controllers on the course are authorised to check the compulsory equipment and, more generally, compliance with the regulations (respect for the sites, ethics, illegal assistance or accompaniment, number not visible on the front at all times, etc.).

Any runner who is not in possession of all his compulsory equipment at a checkpoint on the course will be immediately disqualified, without any possibility of appealing against this decision.

A minimum penalty of 6 hours will be applied for any other breach of the rules.

The controller shall inform the race headquarters and may request, depending on the seriousness of the act and the behaviour of the runner, the disqualification of the competitor. The race jury may disqualify a competitor for any serious breach of the regulations, in particular in the event of :

- wearing the wrong number ;
- no identity document ;
- GPS not turned on ;
- voluntary shutdown of the GPS ;
- failure to comply with the instructions given by the PC ;
- use of a means of transport ;
- departure of a PC after the deadline ;
- non-scoring at the PC's ;
- failure to assist a competitor in difficulty ;
- personal assistance outside the official supply areas;
- failure to comply with the ban on being accompanied on the course;
- pollution or degradation of the sites by the competitor or a member of his/her entourage;
- insults, rudeness or threats against members of the organisation or local residents;
- refusal to be examined by an organisation doctor at any time during the event;
- doping or refusal to submit to doping control.

### 1.21: COMPLAINTS

Any complaint by a competitor must be made in writing and addressed to the Race Director within 12 hours of the posting of the provisional results.

### 1.22: DOPING CONTROL

Any competitor may be subject to a doping test during or at the finish of one of the CUBA MOUNTAIN TRAIL events. Refusal to submit to this test will result in immediate disqualification.

### 1.23: TEST PANEL

CONSISTS OF :

- of the organiser ;
- of the race director ;
- the head of the medical team;
- of those responsible for the PC's concerned;
- as well as any competent person at the discretion of the Organising Committee.

The jury is empowered to rule within a time limit compatible with the requirements of the race on all disputes or disqualifications arising during the event. Decisions are final.

### 1.24: CHANGES TO THE COURSE OR TIME LIMITS CANCELLATION OF THE RACE



The organisation reserves the right to change the course and the location of checkpoints, aid stations and refreshment posts at any time without prior notice.

In the event of excessively unfavourable weather conditions (wind, storm, etc.), the starts may or may not be postponed depending on the race concerned. The organisation will do its utmost to organise the starts of each event, even if it is shortened, in order to ensure the safety of the competitors, even if it means moving the runners from one event to another. If no solution is found, the races may be cancelled.

In the event of bad weather conditions, and for safety reasons, the organisation reserves the right to cancel and/or stop the events in progress, or to modify the time limits.

Cancellation, postponement or modification of the race does not entitle the participant to a refund.

Any decision will be taken by a jury comprising at least the race director, the organiser and the safety coordinator as well as any other competent person at the discretion of the Organising Committee.

## 1.25: INSURANCE

The organiser has taken out civil liability insurance with an insurance company to cover the financial consequences of his responsibility, that of his employees and participants in the context of his events.

The organiser will provide each runner or accompanying person with repatriation and medical assistance insurance taken out with an organisation such as Mondial Assistance.

The above-mentioned insurance agreement will be provided to each competitor upon request once registration has been confirmed.

## 1.26 : ROADBOOK AND ORIENTATION ON THE COURSE

A detailed description of the course will be provided at the time of registration.

It includes practical information such as the time limits, the PC's (refreshment points, rest areas, first aid posts)... Only one copy of this booklet will be given to each participant.

A portable GPS (with spare batteries) will be provided to each runner with integrated waypoints of the course to be followed. Training in the use of this GPS will be given on Sunday 2 April 2023 in and around the event's base camp. The competitor acknowledges that he/she knows the principles of using a GPS navigation system adapted to trekking and undertakes to participate in the training session given at the base camp. Competitors must turn on their GPS before the start of the race and undertake not to turn it off during the race. The competitor undertakes not to voluntarily leave the race route integrated in the GPS and in particular not to take shortcuts. This could jeopardize his safety.

Similarly, the runner undertakes to switch on his GPS and not to rely on other competitors to guide him.

The portable GPS must be returned to the organiser at the end of the event. A deposit cheque of 250 € will be requested to guarantee the good return of this equipment and will be cashed if it is not returned at the end of the event.

## 1.27: RANKING AND AWARDS

A general classification for men and women and a classification for each category of men and women will be established for each event. The male and female winners of each race will receive a trophy and/or a prize.

The categories classified are :

- Espoir M & F
- Senior M & F
- Master 1 to 10 M & F



Details of the prizes can be provided on request at the time of the race number distribution.

A "Finisher" is defined as any participant who is in the general classification at the end of the last stage. The classification of each stage will be based on the time taken by the competitor to complete the stage. The general classification will be based on the total time taken on each stage and the winner will be the one with the lowest total time. A competitor who does not finish (or who is out of time) will be allowed to start the next stage but will be given the maximum time allowed to complete the stage plus a one hour penalty for each stage not completed.

## 1.28: IMAGE RIGHTS

By participating in the CUBA MOUNTAIN TRAIL, each competitor authorises the organisation (or its assignees) to use or have used or to reproduce or have reproduced :

- its name,
- its image,
- his voice
- and its sporting performance

in the context of the race with a view to any direct or derivative exploitation of the event, including but not limited to

- paper (prints of photographs),
- catalogues and various editions, CDROM/DVDROM and other known and unknown digital media,
- any audiovisual medium, in particular cinema, TV and by all means inherent to this mode of communication, internet (including Intranet, Extranet, Blogs, social networks), all reception vectors combined (smartphones, tablets, etc.),
- press media (TV commercials, film commercials),
- internal communication materials,
- promotional materials (POS, ILV, display campaigns in all places, all sizes and on all media (urban, airports, stations, public transport, etc.),
- sales aids (merchandising products: postcards, posters, T-shirts, etc.),
- integration into another work / multimedia work.

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Each competitor guarantees that he/she is not bound by any agreement with a third party, of any nature whatsoever, the purpose or effect of which is to limit or prevent the implementation of this authorisation.

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TRAIL AFRICA ORGANIZATION

5 Avenue Marmontel

92500 RUEIL MALMAISON

or e-mail to: [jph.allaire@le-treg.com](mailto:jph.allaire@le-treg.com) .

## 1.29 : C.N.I.L.

The information you provide is necessary for your participation in the CUBA MOUNTAIN TRAIL event (registration).



They are subject to computer processing and are intended for the secretariat of SAS TRAIL AFRICA ORGANIZATION.

In accordance with article 34 of law 78-17 of 6 January 1978 relating to information technology, files and freedoms, you have the right to access and rectify any personal data concerning you.

If you wish to exercise this right and obtain information about yourself, please contact

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