

# THE REGULATIONS

Any registration to the TREG® CABO VERDE 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: RACES

The TREG® CABO VERDE TRAIL is a series of long-distance nature runs over arid or stony terrain in the mountains.

The start and finish of these events is in Cape Verde on the island of Santo Antao.

**The ULTRA CABO VERDE Trail** is an event of about 120 km, with a positive altitude difference of about 7,000 metres, which is run in one non-stop stage, in a line, self-sufficient in food, at a free pace, in a time limit of 57 hours, coupled with time barriers. The navigation is done with a GPS (provided by the organisation). A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Tuesday 2 May 2023 at 22:30.

Another race is organised in parallel to offer more accessible distances to a majority of runners:

**The LONG CABO VERDE Trail** is an event of about 80 km, with a positive altitude difference of about 4,500 metres, which is run in one non-stop stage, in a line, self-sufficient in food, at a free pace, in a time limit of 36 hours, coupled with time barriers. The navigation is done with a GPS (provided by the organisation). A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Wednesday 3 May 2023 at 09:00.

– **The CABO VERDE Trail is** about 40 km long and has a positive altitude difference of about 2500 metres. It is a non-stop, looped, self-supporting, free-paced race, with a time limit of 18 hours, coupled with time barriers. The navigation is also done with a GPS provided by the organisation. A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Thursday 4 May 2023 at 07:00.

The TREG® CABO VERDE TRAIL is organised by SAS TRAIL AFRICA ORGANIZATION in partnership with the NOBAI TREKKING agency.

### PROGRAM :

#### **Sunday 30 April :**

Departure from Paris by scheduled flight to Sao Vicente (via Lisbon) - Overnight stay in a hotel in Sao Vicente (for those who have chosen a departure from Paris).

#### **Monday 1 May :**

Acclimatisation day in Sao Vicente. Technical and medical checks. Night in hotel in Sao Vicente

#### **Tuesday 2 May :**

Early morning transfer by boat to Santo-Antao Island. Transfer by minibus to the base camp. Installation in the hotel

Technical and medical checks - GPS training - Briefing of the Ultra Cabo Verde Trail. Start at 10:30 pm - Arrival of the last competitors at the latest 57 hours after the start. Night in Tarrafal for the other competitors

**Wednesday 3 May :**

Early departure to the start of the Long Cabo Verde Trail - Start at 9.00 am - Arrival of the last runners maximum 36 hours after the start. Transfer of supporters and 40km runners to Paul. Overnight stay in Paul.

**Thursday 4 May :**

Early start for the 40km - Start of the Cabo Verde Trail at 8am - Arrival of the last ones at the latest 18 hours after the start. - Night in Paul

**Friday 5 May :**

Arrival of the last of the 120km at 7.30am - Recovery or day hike and/or visits and/or lazing around in San Antao. Festive evening.

**Saturday 6 May :**

Day hike and/or visit and/or relax in Paul - Return by boat to Sao Vicente at the end of the day.

**Sunday 7 May :**

Free day in Mindelo at the beach and/or sightseeing – Award ceremony evening - Night in hotel

**Monday 8 May :**

Free day in Mindelo at the beach and/or sightseeing - Overnight in hotel

**Tuesday 9 May:** Return flight via Lisbon with TAP - Arrival in Paris in the evening.

## 1.2: PARTICIPATION

The ULTRA CABO VERDE Trail is open to any person, man or woman, born in 2005 or before, licensed or not, with a long distance trailrunning experience (> 60 km) strongly advised.

The LONG CABO VERDE Trail is open to any person, man or woman, born in 2005 or before, licensed or not, with a long distance trailrunning experience (> 40 km) strongly advised.

The CABO VERDE Trail is open to any person, male or female, born in 2005 or before, licensed or not, with experience in endurance running (> 20 km) strongly advised.

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

## 1.3: FOOD SELF-SUFFICIENCY TRAIL

The principle of self-sufficiency is the rule for all TREG races®. On the course, refreshment zones located every 20 to 30 kilometres or so are supplied with water for filling water bottles or water bags up to a limit of 3 to 4 litres/person depending on the refreshment zone. Each runner must ensure that he/she has at his/her disposal at the start of the race :

- the amount of food needed to reach the finish line self-sufficiently over the chosen race distance:
  - The ULTRA CABO VERDE Trail: 57 hours maximum, i.e. 5,000 compulsory calories;
  - The LONG CABO VERDE Trail: 36 hours maximum, i.e. 3,500 calories mandatory;
  - The CABO VERDE Trail: 18 hours maximum, or 1000 calories mandatory;
- 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 outside the control points (PC's) provided for this purpose. It is strictly forbidden to be accompanied on the course by anyone other than a competitor who has been regularly registered.

## 1.4 : CONDITIONS OF REGISTRATION

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

To register for the ULTRA CABO VERDE Trail, it is strongly recommended to have already completed at least one long distance trail of 60 km.

To register for the LONG CABO VERDE Trail, it is strongly recommended to have already completed at least one long distance trail of 40 km.

To register for the CABO VERDE Trail, it is strongly recommended to have already completed at least one endurance race of at least 20 km.

**A medical certificate (TREG model) less than one year old** is required for all runners as well as :

- **A resting ECG less than two years old** at the start of the race for all runners registered for the 120km or 80km race who are under 40 years old;
- **An effort test of less than three years** at the start of the race for all runners registered for the 120km or 80km race 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 31 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 TREG® CABO VERDE TRAIL entails de facto the unreserved acceptance of the present rules published by the organisation, which can be consulted in the "Terms and Conditions" section on the website and included in your "Registration" pack.

## 1.6: MAXIMUM NUMBER OF PARTICIPANTS

For its 2nd edition, the number of competitors engaged in the TREG® CABO VERDE TRAIL is limited to 100 people, including runners and supporters.

## 1.7: REGISTRATION

Runners can register individually for the three races of 40km, 80km and 120km and supporters can also register. It is specified that the event will only take place if there are at least 20 competitors registered at the start in Paris.

The registration fee is variable depending on the date of entry according to the information below:

### **INDIVIDUAL REGISTRATION - departure from PARIS**

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

**TOTAL PRICE: €2,850** (a "Travel" package of € 650 and a "Stay & Race" package of € 2,200).

**Timeline :**

On registration : 750 € Transfer bank to Trail Africa Organization  
As of 31st October 2022 : 750 € Transfer bank to Trail Africa Organization  
As of 31st January 2023 : 750 € Transfer bank to Trail Africa Organization  
As of 31st March 2023 : 600 € Transfer bank to Trail Africa Organization

#### **Registration from 1st November 2022 to 31st March 2023 (standard rate)**

**TOTAL PRICE: €3 000** ( travel package of 650 € and a "Stay & Run" package of 2 350 €).

**Timeline :**

On registration : 800€ Transfer bank to Trail Africa Organization  
On registration: 1 200 € Transfer bank to Trail Africa Organization  
On 31st March 2023: 1,000 € Transfer bank to Trail Africa Organization

### **INDIVIDUAL REGISTRATION - departure from SAO VICENTE**

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

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

**Timeline :**

On registration : 800 € Transfer bank to Trail Africa Organization  
As of 31st January 2023 : 800 € Transfer bank to Trail Africa Organization  
As of 31st March 2023 : 700 € Transfer bank to Trail Africa Organization

#### **Registration from 1st November 2022 to 31st March 2023 (standard rate)**

**TOTAL PRICE: €2 450** (Stay & Run package of 2 450€).

**Timeline :**

At registration: 1 250 € Transfer bank to Trail Africa Organization  
On 31st March 2023: 1 200 € Transfer bank to Trail Africa Organization

### **INDIVIDUAL REGISTRATION - Single Race**

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

**TOTAL PRICE: €500** ("Race" package).

**Timeline :**

On registration : 500 € Transfer bank to Trail Africa Organization

#### **Registration from 1st November 2022 to 31st March 2023 (standard rate)**

**TOTAL PRICE: €750** ("Race" package).

**Timeline :**

On registration : 750 € 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 31st October 2022.*

THE REGISTRATION FEE INCLUDES :

- flights from Paris to Sao Vicente and back for those registered from Paris;
- no flights for those registered for the Sao Vicente departure and the race only;
- participation in one of the TREG races® CABO VERDE TRAIL;
- all meals during the week except for your food during the race (unless you are registered for the race only);
- all sea or road transfers during the trip to Cape Verde (except for those registered for the race only)
- Accommodation during the transfers and in Cape Verde (except for those registered for the race only);
- site visits or race monitoring when the competitor is no longer in the race (except for those registered for the race only);
- all the activities planned during the stay (except for those registered for the race only)
- security tags ;
- GPS for navigation and the paper Roadbook for additional information;
- in Santo Antao, transfers to the start of the race by minibus (except for those registered for the race only);
- Adhesion to the convention subscribed by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26);
- Civil liability insurance for the organisation;
- a special prize for all finishers of one of the TREG races® CABO VERDE TRAIL
- a souvenir prize for all participants in the event (except those registered for the race only)

THIS PRICE DOES NOT INCLUDE :

- the entry tax to be paid to enter Cape Verde
- the necessary COVID tests for the outward and return journeys, if applicable
- 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 fees and conditions of registration for accompanying persons.

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

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

**TOTAL PRICE: €2,350** (a "Travel" package of € 650 and a "Stay & Run" package of € 1,700).

**Timeline :**

On registration : 850 € Transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> October 2022 : 700 € Transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> March 2023 : 800 € Transfer bank to Trail Africa Organization

#### **Registration from 1<sup>st</sup> November 2022 to 31<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: €2,500** (a "Travel" package of 650 € and a "Stay & Race" package of 1 850 €).

**Timeline :**

On registration : 800€ Transfer bank to Trail Africa Organization  
At registration: 700 € Transfer bank to Trail Africa Organization  
By 31<sup>st</sup> March 2023: € 1 000 € Transfer bank to Trail Africa Organization

### **SUPPORTER REGISTRATION - departure from SAO VICENTE**

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

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

**Timeline :**

On registration : 600 € Transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> October 2022 : 600 € Transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> March 2023 : 600 € Transfer bank to Trail Africa Organization

#### **Registration from 1<sup>st</sup> November 2022 to 31<sup>st</sup> March 2023 (standard rate)**

**TOTAL PRICE: €1 950** ("Stay & Run" package ).

**Timeline :**

On registration: 1 000 € Transfer bank to Trail Africa Organization  
As of 31<sup>st</sup> March 2023: 950 € Transfer bank to Trail Africa Organization

**THE REGISTRATION FEE INCLUDES :**

- the flight from Paris to Sao Vicente and back for those registered from Paris;
- no flights for those registered from Sao Vicente ;
- all transfers by sea or road during the trip to Cape Verde
- all meals during the week
- Accommodation during transfers in Cape Verde;
- site visits or race monitoring;
- all the activities planned during the stay
- Adhesion to the convention subscribed 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 :**

- taxes to enter Cape Verde
- the necessary 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> June 2022 on the event website [www.le-treg.com](http://www.le-treg.com) and registration will close on 31st 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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<i>c/étab</i>	<i>c/guichet</i>	<i>n/compte</i>	<i>c/ric</i>	<i>domiciliation</i>

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**BIC**

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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

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.

Sponsorships are cumulative but do not apply in the case of a discount made to a specific group.

## 1.9 : CANCELLATION OF AN ENTRY

If you find yourself obliged to cancel your participation in one of the events of the TREG® CABO VERDE 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>er</sup> November 2022 and 30 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 A TREG RACE® CABO VERDE 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 ;



- compass ;
- signal mirror 6 cm in diameter ;
- a whistle ;
- headlamp and spare battery ;
- 5,000, 3,500 or 1,000 calories of food depending on the race.

As well as the **compulsory competing medical pack** consisting of :

- dressings (Mefix, or Elasto, or Uργο-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 ;

It is advisable but not compulsory to bring the following materials with you:

- 1 pack of 5 sterile compresses;
- 1 pipette of Eosin ;
- 1 pair of scissors ;
- 1 tube of burn cream (moisturiser) ;
- 1 tube of Vaseline or Bepanthene (for irritated areas) ;
- 1 tube of VIT A (for dry mucous membranes, lips, nose) ;
- 5 pipettes of saline solution

**MATERIAL PROVIDED BY THE ORGANISATION :**

- A portable GPS with spare batteries (to be returned after the event);
- a safety beacon (to be returned after the event) with warning functions;
- a paper roadbook ;
- hot water provided on the bivouac and PC's;
- mattress at each PC

Very strongly recommended:

- wind protection scarf;

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

THESE MATERIALS ARE TO BE PROVIDED BY THE RUNNER:

- headlamp ;
- wind protection scarf ;
- sun cream ;

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

### 1.11: MEDICAL CERTIFICATE

Participation in one of the events of the TREG® CABO VERDE TRAIL, an event in an unusual and extreme environment, requires, in addition to suitable training, good health at the time of your participation.

**A medical certificate (TREG model) less than one year old** is required for all runners as well as :

- **A resting ECG less than two years old** at the start of the race for all runners registered for the 120km or 80km race who are under 40 years old;
- **An effort test of less than three years** at the start of the race for all runners registered for the 120km or 80km race 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 31<sup>st</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.

It is important that you start the TREG® CABO VERDE Trail events in perfect physical condition, as a latent illness can become very serious in the extreme conditions of the event, making it even more difficult to provide help. The competitor undertakes to inform the medical team of any health problem, even if minor, that he/she has encountered.

### 1.12: TECHNICAL AND MEDICAL CHECKS

The technical and medical checks will take place on Monday 1<sup>st</sup> May 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 bib 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: TIMING AND SAFETY BEACON

At the time of the race number handover, each runner will be given an individual beacon for timing and personal safety. This must be placed as stipulated in the technical instructions. Each runner is responsible for the correct use of the beacon. The runner cannot be followed or timed in the following cases:

- not wearing the tag ;
- no lighting of the beacon
- loss of the tag ;
- degradation of the tag ;
- wearing the wrong beacon.

The competitor undertakes to attend the briefing on the use of the beacon and to carry with him during the race, the beacon permanently lit and in his bag, the memo on the use of the beacon given by the organiser. The competitor is

also fully aware that his or her position cannot be known by the organisation if he or she remains in a cave, a cavern or a narrow canyon for a long period of time. In order to be located, the competitor must be in visibility under a widely visible sky.

### 1.15: 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.

### 1.16: CONTROL AND EMERGENCY STATIONS

On the course, runners must pass through the control points (PC's) located every 20 to 30 minutes.

Approximately 30 km on the course.

These control posts will have several functions:

- they will allow the competitors to refuel with water (within the limit of 3 or 4 L/person);
- they will allow the competitors to rest with mattresses to rest on;
- they will provide minor assistance to competitors if necessary.

### 1.17: 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 PC'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 consider to be in danger by any means they see fit.

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 inconsequential decisions by the competitor.

### 1.18: CLIMATIC CONDITIONS

Average temperatures in May: 26°C during the day, 20°C at night.

### 1.19: MAXIMUM TIME ALLOWED AND TIME BARRIERS

A maximum time for completing the entire course is set for each TREG® CABO VERDE TRAIL event. Thus the maximum times allowed are :

- for the ULTRA CABO VERDE Trail 120 km : 57 hours ;
- for the LONG CABO VERDE Trail 80 km : 36 hours ;
- for the CABO VERDE Trail: 18 hours ;

The starting times (time limits) of the PC's will be defined and communicated in the RoadBook. These time limits are calculated to allow 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 PC before the set time limit (regardless of the time of arrival at the PC).

The organiser reserves the right to derogate exceptionally from these rules in the event of a particular situation (delay of a competitor following assistance given to another competitor, specific race conditions, etc.).

Any competitor who is excluded from the race will be repatriated by vehicle to the base camp within a time limit that the organisation cannot guarantee. He/she will not be considered as a "Finisher" under any circumstances. In case of bad weather conditions and/or for safety reasons, the organisation reserves the right to cancel and/or stop the race in progress, or to modify the time limits.

## 1.20: 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 a compulsory withdrawal between 2 PC's due to the competitor's physical or mental condition, the competitor (or another competitor helping him/her) must use the "Help Request" function of his/her beacon to inform the race organisers.

## 1.21: 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 ;
- no lighting of the beacon ;
- voluntary extinction of the beacon ;
- 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.

## 1.22: 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.

## 1.23: DOPING CONTROL

Any competitor may be subject to a doping control during or at the finish of one of the TREG® CABO VERDE TRAIL events. Refusal to submit to this test will result in immediate disqualification.

## 1.24 : EVALUATION JURY

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.

## 1.25: 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.

## 1.26 : INSURANCE

The organiser shall take out civil liability insurance to cover the financial consequences of his liability, that of his employees and of the participants.

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.

## 1.27 : 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 cut-off times, 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 Monday 1<sup>er</sup> and Tuesday 2 May 2023 in and around the accommodation. The competitor acknowledges that he/she knows the principles of using a GPS navigation system adapted to trekking and undertakes to take part in the training course given on the bivouac. 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 course integrated in the GPS and in particular not to take shortcuts. This could jeopardize his safety.

A tracking beacon with an emergency call will also be provided to each runner for their safety. The runner agrees to leave it on at all times, to make sure during the event that it is positioned at the top of his bag and he understands that it is activated by a long press of 3 seconds on one of the call buttons. The runner is also aware that the beacon signal cannot be emitted inside a cave or under a rock or near a large rock. Similarly, the runner agrees to turn on his GPS and not to rely on other competitors to guide him.

The portable GPS and the beacon must be returned to the organiser at the end of the event. A deposit cheque of 500 € will be requested to guarantee the good return of these materials and will be cashed if they are not returned at the end of the event.

## 1.28: RANKING AND AWARDS

Only runners who cross the finish line of the races in which they participate will be ranked. No cash prizes will be awarded; all "Finisher" runners will receive the same specific prize money. A general classification for men and women and a classification for each category 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 0 to Master 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 reaches the finish line before the time barrier:

- from 7.30 am on Friday 5 May 2023 for the ULTRA CABO VERDE Trail,
- from 17:00 on Thursday 4 May 2023 for the LONG CABO VERDE trail
- of 1 hour on Friday 5 May 2023 for the CABO VERDE Trail.

## 1.29 : IMAGE RIGHTS

By participating in the TREG® CABO VERDE 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 sports 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.

This authorisation is valid for the entire duration of the protection currently granted to these direct or derivative works by the legislative or regulatory provisions, the judicial and/or arbitration decisions of any country, as well as by current or future international conventions, including for any extensions that may be made to this duration.

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.

The present authorisation to use the image rights is granted free of charge by each competitor who has duly registered.

Any competitor who does not wish to grant the organisation the above-mentioned image rights may express his or her refusal in a simple letter to the address :

TRAIL AFRICA ORGANIZATION

5 Avenue Marmontel

92500 RUEIL MALMAISON

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

## 1.30 : C.N.I.L.

The information you provide is necessary for your participation in the TREG® CABO VERDE TRAIL, (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

SAS TRAIL AFRICA ORGANIZATION

5 avenue Marmontel

92500 RUEIL MALMAISON