

THE REGULATIONS

Registration for the TREG® 2025 implies tacit acceptance of the following rules.

All competitors are also invited to carefully read the general terms and conditions of sale and our privacy policy, which can be accessed at www.le-treg.com.

1.1: RACES

The **TREG®** is a long-distance nature run over a wide variety of sandy and stony desert terrain. The event's main distance is around 180 km, with a positive altitude difference of around 2,400 metres. The start and finish are in the Ennedi region of Chad.

The **TREG®** takes place in a single non-stop stage, in a loop, self-sufficient in food, at a free pace, in a time limited to 72 hours, coupled with time barriers. Navigation is by GPS (provided by the organisers). A roadbook is also provided, including satellite and illustrative maps, which can under no circumstances be used for navigation by competitors.

The start will be given on Tuesday 18 February 2025 at 07:00.

Two other races are being organised alongside the **TREG®** to offer more accessible distances to a majority of runners:

- The **Half TREG®, which covers a** distance of around 90 km and a positive altitude difference of around 1,200 metres, is run in a single non-stop loop, self-sufficient in food, at a free pace, in a time limit of 35 hours, coupled with time barriers. Navigation is also carried out using a GPS provided by the organisers. A roadbook is also provided, including satellite and illustrative maps, which can under no circumstances be used for navigation by competitors.

The start will be given on Tuesday 18 February 2025 at 07:00.

- The **TREG® Marathon, which covers a** distance of around 54km, with a positive altitude difference of around 600 metres, is run in a single non-stop loop, self-sufficient in food, at a free pace, in a time limit of 18 hours, coupled with time barriers. The route is also navigated using a GPS provided by the organisers. A roadbook is also provided, including satellite and illustrative maps, which can under no circumstances be used for navigation by competitors.

The start will be given on Tuesday 18 February 2025 at 07:00.

The **TREG®** is organised by SAS TRAIL AFRICA ORGANIZATION, in charge of the "Stay & Race" and "Travel" sections.

PROGRAMME :

Programme (subject to availability of Air France flights and domestic flights):

- Saturday 15 February: Departure from Paris on a scheduled flight to N'Djaména and overnight in a hotel (for those who have chosen to depart from Paris).
- Sunday 16 February: Early departure by domestic flight to Ennedi. Reception by the authorities. Transfer by 4x4 to the TREG® base camp. Arrival in the afternoon - Settling in and overnight at the TREG® base camp.
- Monday 17 February: Technical and medical checks - Beacon and GPS training - Race briefing.
- Tuesday 18 to Saturday 22 February: Races: the TREG®, the Half TREG® and the TREG® Marathon. Runners who have already arrived from these races will be able to follow the other competitors or visit natural sites thanks to the vehicles and guides provided.
- Saturday 22 February: Free day - Various visits (Guelta Archeï, Rock paintings...)

- Sunday 23 February: Free day - Various visits (Guelta Archeï, Rock paintings, etc.) - Prize-giving ceremony - Closing evening.
- Monday 24 February: Early departure by 4x4 to the airport for the return domestic flight to N'Djaména. Group dinner in N'Djaména - Transfer to the airport at around 9pm - Scheduled overnight flight to Paris (for those who have chosen to depart from Paris).
- Tuesday 25 February: Arrival in Paris at Roissy Charles de Gaulle at around 6.00 am.

1.2 : PARTICIPATION

The **TREG®** is open to anyone, male or female, born in 2007 or earlier, licence holder or not, with experience of long-distance trail running (> 80 km) strongly recommended.

The **Half TREG®** is open to anyone, male or female, born in 2007 or before, licence holder or not, with trail experience (> 40 km) strongly recommended.

The **TREG® Marathon** is open to anyone, male or female, born in 2007 or before, licensed or not, with experience of endurance running (> 21 km) strongly recommended.

By way of derogation, persons born in 2009 or 2008 will be authorised to take part in the event subject to the parents signing a waiver expressly stating that they take full responsibility for the under-age competitor's participation in the race and that they undertake to accompany him or her throughout the event.

1.3: FOOD SELF-SUFFICIENCY TRAIL

The principle of individual self-sufficiency is the rule for all **TREG®-type** races. Along the route, refreshment areas are located at approximately every 20 to 30 kilometres and 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 area.

Each runner must have :

- at the start of the race, of the quantity of food he or she needs to reach the finish in self-sufficiency over the chosen race distance:
 - **TREG®**: 72 hours maximum, i.e. 6,000 compulsory calories;
 - **Half TREG®**: 35 hours maximum, i.e. 3,000 compulsory calories;
 - **TREG® Marathon**: 18 hours maximum, i.e. 1,500 compulsory calories;
- 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 permitted on the course outside the control points (PC's) set aside for this purpose. It is strictly forbidden to be accompanied on the course by anyone other than a competitor who has duly registered.

1.4 : REGISTRATION CONDITIONS

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

To register for the **TREG®**, **you are** strongly advised to have already completed at least one 80km long-distance trail.

To register for the **Half TREG®**, **you are** strongly advised to have already completed at least one 40km trail.

To register for the **TREG® Marathon**, **you are** strongly advised to have already completed at least one endurance race of at least 20 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 (for all runners under 40 and for all local runners, regardless of age) ;
- stress test less than three years old for all runners over 40.

The medical certificate and ECG (electrocardiogram) must be sent to Isabelle Paucot by e-mail to **i.paucot@le-treg.com** by 31 December 2024.

After this date, registration will be cancelled and entry fees forfeited. In addition, runners must take the originals or a FULL copy of the documents (ECG / stress test) with them to the individual medical briefing.

1.5: ACCEPTANCE OF THE REGULATIONS

Participation in the various **TREG®** type races implies *de facto* unreserved acceptance of the present rules published by the organisation, which can be consulted on the www.le-treg.com website and sent to your personal e-mail address.

1.6: MAXIMUM NUMBER OF PARTICIPANTS

For its 7th edition, the number of competitors taking part in the **TREG®** events is limited to 100 people, including runners and supporters.

1.7 : REGISTRATION

Runners, hikers and supporters can also register.

The event can only take place if there are at least 30 competitors (runners + hikers) registered to start in Paris.

Payment of the 1^{ère} instalment guarantees reservation of the race number for the chosen race.

In the event of cancellation by us for any reason whatsoever, the sums paid will be refunded in full to the registered competitor.

Competitors entered as hikers will be classified separately (on the basis of kilometres covered) and will have the option of completing all or only some of the sections of the **TREG®** (from PC to PC, for example) each day. The organisation of the sections to be covered by the hikers will be determined each evening before the 3 days of racing between the hikers and the organisers.

The cost of registration is shown below and depends on whether you are leaving from Paris or joining the team in N'Djaména:

RUNNER OR HIKER REGISTRATION

Departure from PARIS

TOTAL PRICE: €3,600 ("Travel" package €850 and a "Stay & Race" package €2,750).

Timetable :

On registration:	€ 1 000	By cheque or bank transfer to Trail Africa Organization
At 30 September 2024:	€ 1 350	By cheque or bank transfer to Trail Africa Organization
At 31 December 2024:	€ 1 250	By cheque or bank transfer to Trail Africa Organization

Departure from N'DJAMENA

TOTAL PRICE: €2,750(€2,750 'Stay & Race' package).

Timetable :

On registration:	€ 750	By cheque or bank transfer to Trail Africa Organization
At 30 September 2024:	€ 1 000	By cheque or bank transfer to Trail Africa Organization
At 31 December 2024:	€ 1 000	By cheque or bank transfer to Trail Africa Organization

NB: Special payment conditions are available on request from the organisers at concurrents@le-treg.com for entries received before 30 June 2024.

THE REGISTRATION FEE INCLUDES :

- Scheduled return flights between Paris and N'Djaména and domestic return flights for those registered for flights departing from Paris;
- domestic return flights for those registered from N'Djaména ;
- participation in the **TREG®**;
- all meals during the week, except your food during the race;
- all road transfers during the trip to Chad
- accommodation during transfers in Chad ;
- site visits or race monitoring when the competitor is no longer racing;
- GPS for navigation;
- 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 **TREG®** finishers
- a souvenir prize for all event participants

THIS PRICE DOES NOT INCLUDE :

- personal expenses ;
- transporting the competitor to the departure airport in Paris;
- which is not included in the registration fee.

Entries for runners' companions are also possible under specific conditions. They can choose to follow the race or visit the sites along the route. The following pages set out the registration fees and conditions for supporters.

SUPPORTER REGISTRATION

Departure from PARIS

TOTAL PRICE: €2,650 ("Travel" package of €850 and a "Stay" package of €1,800).

Timetable :

On registration:	€ 1 000	By cheque or bank transfer to Trail Africa Organization
By 30 September 2024:	€ 850	By cheque or bank transfer to Trail Africa Organization
At 31 December 2024:	€ 800	By cheque or bank transfer to Trail Africa Organization

Departure from N'DJAMENA

TOTAL PRICE: €1,800(€1,800 'Stay & Race' package).

Timetable :

On registration:	€ 600	By cheque or bank transfer to Trail Africa Organization
At 30 September 2024:	€ 600	By cheque or bank transfer to Trail Africa Organization
At 31 December 2024:	€ 600	By cheque or bank transfer to Trail Africa Organization

THE REGISTRATION FEE INCLUDES :

- Paris - N'Djaména return flight and domestic return flights for those registered from Paris;
- domestic return flights for those booked from N'Djaména;
- all road transfers during the trip to Chad
- all meals during the week
- accommodation during transfers in Chad ;
- 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 :

- personal expenses ;
- transporting the competitor to the departure airport in Paris;
- which is not included in the registration fee.

Pre-registrations can be made online from 1^{er} January 2024 on the event's website www.le-treg.com and entries will close on 31 December 2024 if the maximum number of participants has not been reached.

The documents required for the registration you have chosen (runner 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

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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Intitulé du compte TAO

RUEIL MALMAISON CENTRE

5 AV MARMONTEL

8 BIS RUE DE MAUREPAS

92500 RUEIL MALMAISON

92500 RUEIL MALMAISON

TEL : 01.71.09.61.21

or by cheque, sent by post to the following address

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 Rueil Malmaison

The medical certificate must be sent to the organisers by 31 December 2024 at the latest to the following e-mail address: i.paucot@le-treg.com

or to the postal address :

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 RUEIL MALMAISON

All incomplete entries will be rejected. The entry fee includes all the services described in these regulations. Confirmation that your entry has been accepted will be sent to you by e-mail, as will confirmation that your entry has been accepted once all the payment deadlines have been met.

We invite you to consult our general terms and conditions of sale available at www.le-treg.com .

1.8 : SPONSORSHIP

It is possible to sponsor other competitors by getting them to register thanks to you. For each confirmed referral you initiate, €100 will be deducted from your next payment (or €100 will be refunded if you have paid in full at the time of referral).

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 A REGISTRATION

If you find yourself obliged to cancel your participation in the **TREG®**, 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 **TREG®** will be used as the cancellation date for calculating cancellation fees.

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

- before 30 September 2024, the cancellation fee will be €80
- between 1^{er} October 2024 and 15 January 2025, the cancellation fee will be €850
- 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. Bib numbers cannot be exchanged.

1.10: TRAIL EQUIPMENT

1.10.a: FOR **TREG®** PARTICIPANTS

THESE MATERIALS ARE TO BE PROVIDED BY THE RUNNER:

Compulsory (unannounced checks along the route) :

- rucksack ;
- water bag and/or water bottle ;
- sunglasses ;
- Headgear (caps, bandanas, etc.)
- windbreaker in the runner's size ;
- compass
- lighter
- knife with a minimum 5cm blade
- 6 cm diameter signal mirror ;
- a whistle ;
- headlamp and spare battery ;
- 6,000, 3,000 or 1,500 calories depending on the race.

As well as the compulsory competing medical pack comprising :

- dressings (Mefix, or Elasto, or Urgo-type adhesive dressings);
- a disinfectant (such as Biseptine or Betadine Dermique);
- 1 elastic strapping band of 1.50 metres by 6 or 8 cm ;
- paracetamol (Doliprane type): 5 x 1g tablets;
- antispasmodic (Spasfon type): 6 tablets;
- antidiarrhoeal (Tiorfan type): 6 capsules ;
- anti vomiting: (Primpéran or Vogalène or Motylioc): 6 tablets
- sun cream ;
- 1 survival blanket 2.20 m x 1.40 m ;
- salt tablets (20 grams): 1 box.

It is also advisable to equip yourself with :

- 1 syringe of 2 mL ;
- 1 subcutaneous needle ;
- 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 Bépanthène (for irritated areas) ;
- 1 tube of VIT A (for dry mucous membranes, lips, nose, etc.) ;
- 5 pipettes of physiological saline (for sand in the eyes).

EQUIPMENT PROVIDED BY THE ORGANISERS :

- a portable GPS with spare batteries (to be returned after the test) ;
- a satellite beacon (to be returned after the test) with alert functions ;
- hot water provided on the bivouac and PC's ;
- tent and mattress for each PC

HIGHLY RECOMMENDED:

- sand wind protection scarf ;
- gaiters to protect shoes from sand

1.10.b: FOR ALL PARTICIPANTS IN THE ENNEDI JOURNEY**THESE MATERIALS ARE TO BE SUPPLIED BY THE PARTICIPANTS:**

- sleeping bag
- headlamp ;
- sun cream ;
- sunglasses ;
- Headgear (caps, bandanas, etc.)
- a fleece or equivalent.

1.11 : MEDICAL CERTIFICATE

Taking part in one of the **TREG®** events in an unusual environment requires, in addition to suitable 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:

- **a resting electrocardiogram** dated less than two years before the start of the race and showing no abnormalities for runners entered in the **54 km** race **or as hikers or who are under 40 years of age**
- **a stress test** carried out less than two years before the start of the race, with no abnormalities, for runners entered in the **90 or 180 km** race who are **over 40 years of age**,

The medical certificate and ECG (electrocardiogram) must be sent to Isabelle Paucot by e-mail to i.paucot@le-treg.com by 31 December 2024. After this date, registration will be cancelled and the registration fee forfeited.

In addition, runners must take 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 **TREG®** in perfect physical condition, as a latent ailment can worsen considerably in the extreme conditions of the event, making rescue even more difficult. The competitor undertakes to inform the medical team of any health problem, however minor, that he or she has encountered.

1.12: TECHNICAL AND MEDICAL CHECKS

Technical and medical checks will take place on Monday 17 February 2025 at the accommodation venue. Each competitor must present his compulsory equipment to the organisers, i.e. his race gear and 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 any expenses incurred.

1.13: NUMBER BIBS

The race number must be worn on the chest or stomach and must be visible at all times throughout the race. It must therefore always be worn above any item of clothing and under no circumstances may it be attached to a bag or a leg. Partners' names and logos must not be altered or hidden.

1.14 : SATELLITE BEACONS FOR SAFETY AND TIMEKEEPING

When the race numbers are handed out, a satellite beacon is given individually to each runner for timing purposes and personal safety. The beacon must be placed as stipulated in the technical instructions. Each runner is responsible for the correct use of the beacon. A runner cannot be tracked by satellite, nor timed, in the following cases:

- tag not carried ;
- beacon not lit
- loss of beacon ;
- degradation of the beacon ;
- beacon not worn correctly.

The competitor undertakes:

- to attend the briefing on the use of the satellite beacon.
- to carry with them during the race, with the satellite beacon permanently switched on and in their bag,
- to take with them the memo on how to use the beacon provided by the organiser.

Competitors are also fully aware that their position will not be known to the organisers if they remain in a cave, cavern or narrow canyon for any length of time. In order to be located, the competitor must be visible to satellites under a widely visible sky.

1.15: RUNNERS' LUGGAGE

Each competitor must bring their own travel bag for their personal belongings (change of clothes, toiletries, etc.) and, if necessary, their race bag. The total weight of your luggage must not exceed 20 kg for your main bag and 5 kg for your hand luggage. We recommend that you do not put any valuables in it. Luggage is the responsibility of the participants throughout their stay. You are advised not to leave anything visible in your luggage, particularly mobile phones.

1.16: CONTROL AND EMERGENCY STATIONS

On the route, runners must pass through checkpoints (PC's) located approximately every 20 to 30 km along the route. These control stations will have several functions:

- they will allow competitors to refuel with water (up to a limit of 3 or 4 litres/person);
- They will be equipped with mattresses for competitors to rest on;
- they will provide medical assistance for competitors.

1.17: SAFETY AND MEDICAL ASSISTANCE

A doctor and an IADE nurse specialised in this type of event will be present throughout the race. 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 quickly as possible.

Emergency personnel are responsible for providing 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 race. The first aiders are empowered to evacuate any runners they deem to be in danger by any means at their disposal.

If necessary, for reasons that are always in the interests of the rescued person, the operations management will use all appropriate means to evacuate the person. The costs resulting from the use of these exceptional means will be borne by the rescued person. He or she may then submit a claim to his or her personal accident insurance.

Any runner who calls on the services of a doctor, nurse or first-aiders submits to their authority and agrees to accept their decisions.

Competitors are aware that in the event of extreme fatigue, their behaviour and decisions may be altered. It is the competitor's responsibility not to reach this state. The organisers cannot be held responsible for the consequences of any absurd or inconsistent decisions made by the competitor.

1.18: CLIMATIC CONDITIONS

Average temperatures in February: 35°C during the day, 10°C at night.

Exceptional climatic phenomena involving intense heat (> 40°C) may occur

1.19: MAXIMUM AUTHORISED TIME AND TIME BARRIERS

A maximum time for completing the entire course is set for each **TREG®** event. The maximum times allowed are :

- for **TREG®** : 72 hours ;
- for **Half TREG®** : 36 hours ;
- for the **TREG® Marathon**: 18 hours.

These maximum times will be set so that a hardy hiker can complete each race. Time limits for the start of the PC'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 necessary stops (rest, treatment, etc.). To be authorised to continue the race, competitors must leave a PC before the set time limit (whatever the time of arrival at the PC).

The organiser reserves the right to derogate from these rules in exceptional circumstances (e.g. a competitor being late because he is helping another competitor, specific race conditions, etc.).

Any competitor who abandons the race or is disqualified will be repatriated by vehicle or minibus to the finish bivouac within a time limit that the organisers cannot guarantee. Under no circumstances may they be considered as "Finishers".

In the event of adverse weather conditions and/or for safety reasons, the organisers reserve the right to cancel and/or stop the event in progress, or to modify the time limits.

1.20: ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon the race other than at a PC. In this case, he must inform the person in charge of the PC, who will be responsible for organising his repatriation by 4x4 vehicle to the finish bivouac where possible.

In the event of unfavourable weather conditions justifying the partial or total stoppage of the race, the organisers will repatriate the runners who have been stopped as quickly as possible.

If a competitor is forced to abandon between 2 PC's due to a physical or mental breakdown, he/she (or another competitor helping him/her) must use the "Help wanted" function on his/her satellite beacon to inform the race organisers.

1.21: PENALTIES - DISQUALIFICATION

Inspectors on the course are authorised to check the compulsory equipment and, more generally, compliance with the rules (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, with no possibility of appealing against this decision.

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

The scrutineer informs the race HQ and, depending on the seriousness of the act and the runner's behaviour, may request that the competitor be disqualified. The race jury may disqualify a competitor for any serious breach of the rules, in particular in the event of :

- wearing the wrong number ;
- no identity document ;
- GPS not switched on ;
- voluntary GPS shutdown ;
- failure to comply with instructions given by the PC ;
- use of a means of transport ;
- departure of a PC after the time limit ;
- no score at the PC's ;
- failure to assist a competitor in difficulty ;
- personal assistance outside the official feed zones ;
- 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 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 : CLAIMS

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

1.23: DOPING CONTROL

Any competitor may be subject to a doping control during or at the finish of one of the **TREG®** events. Refusal to undergo the test will result in immediate disqualification.

1.24 : TEST JURY

CONSISTS OF :

- of the organiser ;
- the race director ;
- the head of the medical team ;
- 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 on any disputes or disqualifications arising during the event within a time limit compatible with the imperatives of the race. All decisions are final.

1.25 : CHANGES TO THE COURSE OR TIME LIMITS

CANCELLATION OF THE RACE

The organisers reserve the right to change the route and the location of checkpoints, aid stations and refreshment posts at any time without prior notice.

In the event of excessively adverse weather conditions (wind, storm, etc.), starts may or may not be postponed, depending on the race concerned. The organisers will do their utmost to organise the start of each event, even if it is shortened, with due regard for the safety of competitors, even if it means transferring runners from one event to another. If no solution is found, the races may be cancelled.

In the event of adverse weather conditions, and for safety reasons, the organisers reserve the right to cancel and/or stop events in progress, or even to modify the time limits.

Cancellation, postponement or modification of the race does not entitle the participant to any reimbursement.

All decisions 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 has taken out Civil Liability insurance with an insurance company to cover the financial consequences of its liability and that of its employees and participants in connection with its 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 insurance agreement mentioned above will be supplied to each competitor on request as soon as registration has been confirmed.

1.27 : ROADBOOK AND ORIENTATION ON THE COURSE

A detailed description of the route is given when the bibs are handed out. It includes practical information such as cut-off times, PCs (refreshment and rest areas, first-aid posts), etc. Only one copy of this booklet will be given to registrants.

A portable GPS (with spare batteries) will be provided to each runner with the integrated waypoints of the route to be followed. Training in the use of this GPS will be given on Monday 17 February 2025 at the Bivouac. The competitor acknowledges that he/she is familiar with the principles of using a GPS navigation system suitable for trekking and undertakes to take part in the training given on the bivouac. Competitors must switch on their GPS before the start of the race and undertake not to switch it off during the race. Competitors undertake not to voluntarily leave the race route included in the GPS and in particular not to take shortcuts. Doing so could jeopardise their safety.

A satellite tracking beacon with emergency call will also be provided for the safety of each runner. They undertake to leave it switched on at all times, to make sure during the race that it is correctly positioned at the top of their bag and they understand that it is activated by pressing one of the call buttons for 3 seconds. The competitor is also aware that the beacon signal cannot be emitted inside a cave or under a rock or very close to a large rock. Similarly, the competitor undertakes to switch on his GPS and not to rely on other competitors to guide him.

The portable GPS and the satellite beacon must be returned to the organiser at the end of the event. A deposit cheque for €500 will be requested to guarantee the correct return of this equipment and will be cashed if it is not returned at the end of the event.

1.28: RANKINGS AND AWARDS

Only runners crossing the finish line of the races in which they are taking part will be classified. No cash prizes will be awarded (except for local runners) and all "Finisher" runners will receive the same specific prize.

An overall classification for men and women and a classification for each category will be drawn up 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 M & F
- Master 2 M & F
- Master 3 M & F
- Master 4 M & F

Details of the prizes can be provided on request when the numbers are handed out. Finisher" means any participant who reaches the finish line before the time barrier:

- 6.59 a.m. on Friday 21 February 2025 for the **TREG®** ;
- 6.59 p.m. on Wednesday 19 February 2025 for the **Half TREG®** ;
- 0:59 on Wednesday 19 February 2025 for the **TREG® Marathon**.

1.29 : IMAGE RIGHTS

By taking part in the **TREG®**, each competitor authorises the organisation (or its assignees) to use or have used or reproduce or have reproduced :

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

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TRAIL AFRICA ORGANIZATION

5 Avenue Marmontel
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or e-mail: jph.allaire@le-treg.com .

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5 avenue Marmontel

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