

# the commitment form

I the undersigned .....

declare that I have taken good note of the regulations of le TREG® organized by TRAIL AFRICA ORGANIZATION from January 28<sup>th</sup> until February 5<sup>th</sup> 2018 and that I unconditionally accept their terms.

## Registration

CHOICE OF THE RACE :

☐ Le TREG® 180 km ☐ Le Half TREG® 90 km ☐ Le TREG® Marathon 45 km

if registered in a group, NAME OF THE GROUP : .....

☐ Reg. from April 1<sup>st</sup> until Sept. 30<sup>th</sup> 2017 – departure from PARIS

*preferential tariff*

**TOTAL PRICE : € 3 150** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 2 450).

### Deadlines:

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To September 30 <sup>th</sup> 2017:	<b>€ 800</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

☐ Reg. from Oct. 1<sup>st</sup> 2017 until Jan. 7<sup>th</sup> 2018 – departure from PARIS

*normal tariff*

**TOTAL PRICE : € 3 350** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 2 650).

### Deadlines:

To registration:	<b>€ 1 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

*Please turn the page >*

☐ Reg. from April 1<sup>st</sup> until Sept. 30<sup>st</sup> 2017 – departure from N'DJAMÉNA

*preferential tariff*

**TOTAL PRICE : € 2 450** ("Living & Race" package).

**Deadlines:**

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 800</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

☐ Reg. from Oct. 1<sup>st</sup> 2017 until Jan. 7<sup>th</sup> 2018 – departure from N'DJAMÉNA

*normal tariff*

**TOTAL PRICE : € 2 650** ("Living & Race" package).

**Deadlines:**

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 1 000</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

I declare that I am willing to participate in le TREG® in the full knowledge and understanding of the risks that le TREG® may present.

For my registration, I agree to pay the enrolment fee before January 7<sup>th</sup> 2018 at midnight (see regulations Art. 1.7).

In case of cancellation of my hand, I have taken note that cancellation fees will be recognized me using the following scale (see regulations Art 1.9):

- before October 1<sup>st</sup> 2017, cancellation fees will be € 80
- between October 1<sup>st</sup> 2017 and January 7<sup>th</sup> 2018, cancellation fees will be € 580
- between 30 and 21 days from the start, cancellation fees will be 35 % of the registration fee
- between 20 and 14 days from the start, cancellation fees will be 50 % of the registration fee
- between 13 and 5 days from the Start, cancellation fees will be 75 % of the registration fee
- less than 5 days from the start, cancellation fees will be 100 % of the registration fee

I also agree to present the certificate of medical fitness for le TREG® completed by a doctor and an electrocardiogram report made at rest, dated less than two years before January 7<sup>th</sup> 2018.

I also certify, under penalty of perjury, that the information given in the personal information are correct.

Done at ..... on (date) .....

Write "read and approved"

Signature :

# the **medical certificate**

I the undersigned, Dr .....

(adress: .....),

certify that Miss / Mrs / Mr .....

born on .....

is in good health, and presents no medical indication against running non-stop in desert surroundings, in a competition over a distance of:

☐ **Le TREG® 180 km**   ☐ **Le HalfTREG® 90 km**   ☐ **Le TREG® Marathon 45 km**

Weight: .....   Height: .....

Resting blood pressure: .....

Heart rate: ...../min.

## Medical and surgical history

.....  
.....

## Usual medical treatment or in progress

.....

## Allergies

.....  
.....

*Please turn the page >*



### Cardio-vascular risk factors – ask your MD to tick if yes or not

- ☐ Heart attack before age 55 yo in father and/or 65 yo in mother
- ☐ ACV in your family before age 45 yo
- ☐ Family history of sudden death before age 45 yo
- ☐ Tobacco consumption / smoking
- ☐ Diabetes
- ☐ High blood pressure
- ☐ Hypercholesterolemia
- ☐ Obesity (body mass index / BMI > 30) or overweight (BMI = 25-30)

Miss / Mrs / Mr .....

has provided a resting electrocardiogram no older than two years before the start of the race, which showed no abnormality.

Done at ....., date: .....

Doctor .....

*Doctor's stamp and signature >*



# the sponsorship sheet

I the undersigned, Miss / Mrs / Mr .....,  
registered regularly in the 4<sup>rd</sup> edition of le TREG® since .....,  
would like to sponsor Miss / Mrs / Mr .....,  
who would also like to take part in the 4<sup>rd</sup> edition of le TREG®.

I undertake to inform the runner whom I am sponsoring of my name and first name on  
their information sheet.

Date: .....

Competitor's signature:

*For this sponsorship, if it is confirmed, that you are the initiator, a deduction of € 100 on your next date will be applied or a refund of € 100 will be made if you have already paid everything at the time of this sponsorship.*

# the regulations

Any registration for le **TREG®** - Ennedi Trail 2018 implies tacit acceptance of the following regulations:

## 1.1: EVENT

Le **TREG®** is a long-distance cross-country race over very varied sandy or rocky desert terrain of about 180 km across the Ennedi plateau in the North of Chad. This region, unspoilt, is quite simply, exceptionally beautiful with authentic natural locations which exude a serenity conducive to the practice of Trail.

This will be a non-stop race, in self-sufficiency and auto navigation thanks to a GPS and a paper road book. The ascent will be around 2 400m D+. The race course is a large circuit. The Start and Finish will be at the same camp built especially for the occasion. The race will start at 7:00 am Wednesday, January 31<sup>th</sup> 2018 and the maximum time allowed is 72 hours.

Two other races are organized to offer other distances to all interested competitors:

- The **Half TREG®** is also a non-stop, in self-sufficiency and auto navigation thanks to a GPS race of about 90 km with ascent around 1 200m D+. The Start and Finish will be at the same camp built especially for the occasion. The race will start at 7:00 am January 31<sup>th</sup> 2018 and the maximum time allowed is 35 hours.
- The **TREG® Marathon** is also a non-stop, in self-sufficiency and auto navigation thanks to a GPS race of about 45 km with ascent around 600m D+. The Start and Finish will be at the same camp built especially for the occasion. The race will start at 7:00 am January 31<sup>th</sup> 2018 and the maximum time allowed is 15 hours.

Le **TREG®** is organised by the SAS TRAIL AFRICA ORGANIZATION, in charge of the "Living & Race" part, in partnership with the SAS POINT AFRIQUE VOYAGES in charge of the "Travel" part.

Programme :

- **Sunday, January 28<sup>th</sup>**: regular flight from Paris to N'Djaména, night in a modest hotel (for those who choose the departure from Paris).
- **Monday, January 29<sup>th</sup>**: early flight to Fada. Meeting with the authorities. Transfer by 4x4 to the basecamp. Arrival in the afternoon, night spent at the basecamp.
- **Tuesday, January 30<sup>th</sup>**: a rest day for competitors devoted to preparations of their bags and the training in the use of GPS, satellite tags and the road book will be provided as well as debriefings about the race and about the medical team will also take place before the last meal before the race.

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- **Wednesday January 31<sup>th</sup> to Saturday, February 3<sup>th</sup>:** start of all the races at 7:00 am, just before dawn so avoiding the midday heat around a large circuit so passing the Guelta de Bachikélé, the Lyre Arch, the Aloba Arch and finally the Guelta d'Archei. These majestic places punctuate the progress of the runners as well as the eight control points (CP) towards which each runner must head so as to refill their water reserve but also rest. If the weather permits, all competitors will enjoy a beautiful night under a full moon. Arrivals will be spread over a maximum of 72 hours that is to say, until Saturday, February 3<sup>th</sup>, 2018 at 6:59 am. The competitors who have already arrived will have 4x4 cars to visit the natural sites of Ennedi or follow the remaining competitors of the long races.
- **Saturday, February 3<sup>th</sup>:** a day dedicated to the recovery of the competitors and visits of the natural vistas around our basecamp with 4x4 vehicles, drivers and guides. In the evening, we will present the trophies to the winners in the categories listed and then meet up for a convivial closing dinner party.
- **Sunday, February 4<sup>th</sup>:** early transfer by 4x4 to Fada, flight to N'Djaména. Dinner in N'Djaména, transfer to the airport at 9:00 pm. Flight back to Paris (for those who choose the departure from Paris).
- **Monday, February 5<sup>th</sup>:** early arrival at Paris Charles de Gaulle (6:00 am).

## 1.2: PARTICIPATION

Le **TREG®** is open to any person, man or woman, born in 2000 or before, licensed or not, with an experience of long distance trail race (> 80 km) strongly advised.

Le **HalfTREG®** is open to any person, man or woman, born in 2000 or before, licensed or not, with an experience of trail race (> 40 km) strongly advised.

Le **TREG® Marathon** is open to any person, man or woman, born in 2000 or before, licensed or not, with an experience of endurance race (> 21 km) strongly advised.

By way of derogation, those born between 2001 and 2002, will be allowed to participate in one of the races after the signing by the parents of a discharge expressly mentioning that they take full responsibility to register their minor to one of these races and they undertake to accompany the minor during all the race.

## 1.3: TRAIL IN FOOD SELF SUFFICIENCY

The individual food self-sufficiency race principle is the rule for all races of le **TREG®**. Along the course, refreshment zones at intervals of 20 to 30 km have been provisioned with drinking water for filling up canisters or water pouches of up to 3 or 4 liters per person.

Each rider must ensure that they have:

- at the start of the event, the amount of food it needs to reach the Finish in food self-sufficiency on the distance of the chosen race:
  - le **TREG®** : max 72 h is 6 000 calories required ;
  - le **HalfTREG®** : max 35 h is 3 000 calories required;
  - le **TREG® Marathon** : max 15 h is 1 500 calories required;

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- from each refreshment post, the amount of water which is required to reach the point of the next refreshment post and this with a minimum of 2 liters of water taken away.

No personal assistance is allowed on the course outside of Control Points (CP's) planned for that purpose. It is forbidden to be accompanied on the course by a person other than a duly registered competitor.

## 1.4: REGISTRATION CONDITIONS

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

Medical check-up less than one year is mandatory for any runner, including an EKG or stress cardiac test, depending on the following rules:

- EKG less than 2 years for all runners aged under 35 years and for all locals runners
- stress cardiac test less than 2 years for all runners aged over 35 years

The medical certificate check-up and EKG must be sent by email to Isabelle Paucot before the 1<sup>st</sup> January 2018, at [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com).

After that date, race registration will be canceled and registration fees will be lost and not reimbursable.

In addition, runners will have to come to the race with original and hard copy of ALL medical documentation: medical check-up + EKG + cardiac stress tests + etc. These documents will be presented to medical staff before the race.

## 1.5: ACCEPTANCE OF THE REGULATIONS

Participation in **TREG®** automatically entails the unconditional acceptance of the present regulations published by the organization, which can be consulted in the "Documents & Procedures" section on the website and are included in your "Registration" pack.

## 1.6: MAXIMUM NUMBER OF PARTICIPANTS

For this third edition, le **TREG®** is limited to 100 people, runners and supporters included.



## 1.7: REGISTRATIONS

Registrations are only possible for individual runners. Supporters registrations are also available.

The registration fee is variable based on the date of the following undertaking in the following tables:

### Individual registration – departure from PARIS

#### REG. FROM APRIL 1<sup>ST</sup> UNTIL SEPT. 30<sup>TH</sup> 2017 (preferential tariff)

**TOTAL PRICE : € 3 150** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 2 450).

##### Deadlines:

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To September 30 <sup>th</sup> 2017:	<b>€ 800</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

#### REG. FROM OCTOBER 1<sup>ST</sup> UNTIL JANUARY 7<sup>TH</sup> 2018 (normal tariff)

**TOTAL PRICE : € 3 350** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 2 650).

##### Deadlines:

To registration:	<b>€ 1 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

### Individual registration – departure from N'DJAMÉNA

#### REG. FROM APRIL 1<sup>ST</sup> UNTIL SEPTEMBER 30<sup>TH</sup> 2017 (preferential tariff)

**TOTAL PRICE : € 2 450** ("Living & Race" package).

##### Deadlines:

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 850</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 700</b>	By transfer bank to Trail Africa Organization

#### REG. FROM OCTOBRE 1<sup>ST</sup> 2017 UNTIL JANUARY 7<sup>TH</sup> 2018 (normal tariff)

**TOTAL PRICE : € 2 650** ("Living & Race" package).

##### Deadlines:

To registration:	<b>€ 900</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 1 000</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 750</b>	By transfer bank to Trail Africa Organization

*NB : Special payment conditions are possible on demand from the organisation at [concurrents@le-treg.com](mailto:concurrents@le-treg.com) for registrations before the September 1<sup>st</sup> 2017.*

Organized by T.A.O. (Trail Africa Organization), 5 Avenue Marmontel 92500 RUEIL MALMAISON, FRANCE



This price includes:

- the flights Paris – N'Djaména (and back) with the regular flight of Air France (*only for competitors registered on a departure from Paris*);
- participation in le **TREG®** Ennedi Trail;
- all meals during the week except your nutrition during the race;
- accommodation in traditionnal tents in the village camp in the Ennedi;
- all visits to natural sites or race tracking with 4x4 when the competitor has stopped its race;
- satellite security tags;
- GPS and paper roadbook for navigation;
- transfers from N'Djaména to the Start of the race (and back) by airplane, or bus and 4x4;
- membership in the insurance agreement signed by the race organizer for a "repatriation and medical assistance" insurance (see Section 1.26);
- the liability insurance of the organization;
- a special allocation for all finishers of the **TREG®**;
- film event in mp4 file format.

This price does not include:

- the entry visa for Chad (about € 70);
- taking the competitor to Roissy - Charles de Gaulle airport;
- personal expenses;
- cancellation insurance;
- anything not included in the registration.

Organized by T.A.O. (Trail Africa Organization), 5 Avenue Marmontel 92500 RUEIL MALMAISON, FRANCE

## Supporter registration – departure from PARIS

### REG. FROM APRIL 1<sup>ST</sup> UNTIL SEPTEMBER 30<sup>TH</sup> 2017 (preferential tariff)

**TOTAL PRICE : € 2 150** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 1 450).

#### Deadlines:

To registration:	<b>€ 750</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017:	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 700</b>	By transfer bank to Trail Africa Organization

### REG. FROM OCTOBER 1<sup>ST</sup> 2017 UNTIL JANUARY 7<sup>TH</sup> 2018 (normal tariff)

**TOTAL PRICE : € 2 350** (broken down into a "Travel" package of € 700 and a "Living & Race" package of € 1 650).

#### Deadlines:

To registration:	<b>€ 1 150</b>	By transfer bank to Trail Africa Organization
To November 30 <sup>th</sup> 2017	<b>€ 700</b>	By transfer bank to Point-Voyages
To January 7 <sup>th</sup> 2018:	<b>€ 500</b>	By transfer bank to Trail Africa Organization

## Supporter registration – departure from N'DJAMÉNA

### REG. FROM APRIL 1<sup>ST</sup> UNTIL SEPTEMBER 30<sup>TH</sup> 2017 (normal tariff)

**TOTAL PRICE : € 1 450** ("Living & Race" package).

#### Deadlines:

To registration:	<b>€ 750</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 700</b>	By transfer bank to Trail Africa Organization

### REG. FROM OCTOBER 1<sup>ST</sup> 2017 UNTIL JANUARY 7<sup>TH</sup> 2018 (normal tariff)

**TOTAL PRICE : € 1 650** ("Living & Race" package).

#### Deadlines:

To registration:	<b>€ 1 150</b>	By transfer bank to Trail Africa Organization
To January 7 <sup>th</sup> 2018:	<b>€ 500</b>	By transfer bank to Trail Africa Organization



This price includes:

- the flights Paris – N'Djaména (and back) with the regular flight of Air France (*only for supporters registered on a departure from Paris*);
- all meals during the week;
- accommodation in traditionnal tents in the village camp in the Ennedi;
- all visits to natural sites or race tracking with 4x4;
- transfers from N'Djaména to the Start of the race (and back) by airplane, or bus and 4x4;
- membership in the insurance agreement signed by the race organizer for a "repatriation and medical assistance" insurance (see Section 1.26);
- the liability insurance of the organization;

This price does not include:

- the entry visa for Chad (about € 70);
- taking the competitor to Roissy - Charles de Gaulle airport;
- personal expenses;
- cancellation insurance;
- anything not included in the registration.

Registrations are made on line at the event website [www.le-treg.com](http://www.le-treg.com), and the end of the registrations is fixed at January 7<sup>th</sup> 2018 if the maximum number of participants has not already been reached.

The documents included in the "Registration" pack that you have chosen (Individual, Duo, Supporter) must be completed and sent back by letter to the address:


TRAIL AFRICA ORGANIZATION  
5 Avenue Marmontel  
92500 RUEIL MALMAISON  
FRANCE

Organized by T.A.O. (Trail Africa Organization), 5 Avenue Marmontel 92500 RUEIL MALMAISON, FRANCE

They can be downloaded on [www.le-treg.com/en/inscription/documents-formalites.html](http://www.le-treg.com/en/inscription/documents-formalites.html)

Payment is transfer bank with the following informations:

Identification nationale							
17515		00600		08000891719		39	
Domiciliation						BIC	
CE ILE-DE-FRANCE						CEPAFRPP751	
Identification internationale (IBAN)							
FR76		1751		5006		0008	9171   939
Intitulé du compte							
TAO							
42 RUE ÉMILE LEBLOND							
92500 RUEIL MALMAISON							
RUEIL MALMAISON CENTRE							
0000648							

			
RELEVÉ D'IDENTITÉ BANCAIRE			
Titulaire du compte : <b>POINT VOYAGES</b>			
Domiciliation : <b>CREDITCOOP NANTERRE</b>			
42559	00009	41000022457	94
Code Banque	Code Guichet	Numéro de Compte	Cle RIB
Numéro de compte bancaire International (IBAN)			
FR76	4255	9000	0941 0000 2245 794
CODE BIC : <b>CCOPFRPPXXX</b>			

The medical certificate must be addressed to the organisation at the latest by the January 1<sup>st</sup> 2018 by mail on [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com) or to the following address:

TRAIL AFRICA ORGANIZATION  
5 Avenue Marmontel  
92500 RUEIL MALMAISON  
FRANCE

Any incomplete registration file will be rejected. The entry fees include all services described in this regulation. Confirmation of proper consideration of your registration will be sent you by email as well as the proper consideration of this when you will have met all payment deadlines.

We invite you to read the particular sale conditions of our partner POINT-VOYAGES concerning the aspects "Travel Packages".



## 1.8: SPONSORSHIP

You can sponsor other competitors by making them register thanks to you. Confirmed that for each referral you are the initiator, a deduction of € 100 on your next payment date will be applied (or a refund of € 100 will be made 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 their registration.

You can sponsor as many competitors as you want and this deduction is cumulative.

Each sponsor will be formalized by a sponsorship form.

## 1.9: CANCELLATION OF A REGISTRATION

If you find yourself obliged to cancel your participation in le **TREG®**, you must inform TRAIL AFRICA ORGANIZATION by registered letter requiring receipt to the following address:

TRAIL AFRICA ORGANIZATION  
5 Avenue Marmontel  
92500 RUEIL MALMAISON  
FRANCE

The reception date of the letter by TRAIL AFRICA ORGANIZATION will be retained as cancellation date to calculate cancellation fees.

In case of cancellation, the cancellation fee will be recorded using the following scale:

- before October 1<sup>st</sup> 2017, cancellation fees will be € 80
- between October 1<sup>st</sup> 2017 and December 28<sup>th</sup> 2017, cancellation fees will be € 580
- between 30 and 21 days from the start, cancellation fees will be 35 % of the registration fee
- between 20 and 14 days from the start, cancellation fees will be 50 % of the registration fee
- between 13 and 5 days from the Start, cancellation fees will be 75 % of the registration fee
- less than 5 days from the start, cancellation fees will be 100 % of the registration fee

Race bibs are personalised and not transferable. No exchange of race bibs is possible.

## 1.10: EQUIPMENT FOR THE TRAIL

### 1.10.a: FOR COMPETITORS FOR ONE OF THE TREG® RACES

#### Equipment provided by the runner:

**Obligatory** (surprise control all around the course):

- rucksack;
- water pouch and/or gourd;
- solar protective shade;
- headgear (hats, bandanas...);
- windbreaker to the size of the runner;
- compass;
- lighter;
- knife with a 5 cm minimum metal blade;
- signaling mirror 6cm diameter;
- a whistle;
- 2 headlamps and batteries;
- 6 000, 3 000 or 1 500 calories of nutrition according to the race.

As well as the competitor's **mandatory** medical pack including:

- dressings (Mefix or Elasto or Urgo-type adhesive bandage);
- skin antiseptic;
- adhesive bandage in case of sprain, 1.50 meter to 6 or 8 cm;
- Paracetamol : 5 tablets 1 g;
- anti spasmodic: 6 tablets;
- anti diarrheal : 10 capsules;
- anti emetic (Primperan or Vogalene or Motylioc) : 6 tablets;
- sunscreen;
- 1 survival blanket 2.20 m x 1.40 m;
- salt tablets : 1 box.

Although we will have these materials to each PC, it is also advisable to bring with you:

- 1 syringe 2 mL;
- 1 subcutaneous needle;
- 1 package of 5 sterile gauze;
- 1 pair of scissors;
- 1 pipette Eosin;
- cream against sunburn;
- 1 Vaseline or Bépanthène tube;
- 1 VIT A tube;
- 5 pipette physiological saline.



#### **Material provided by the organisation:**

- portable GPS with spare batteries (about 150 g);
- satellite tag (about 150 g);
- paper roadbook;
- hot water at each PC;
- tent and mattress for resting at each PC.

#### **Highly recommended:**

- protective scarf against wind-blown sand;
- protective leggings against the sand in shoes.

### **1.10.b: FOR ALL PARTICIPANT OF THE TRAVEL IN ENNEDI**

#### **Equipment provided by the participant:**

- sleeping bag or duvet or aluminium pack;
- head lamp;
- set of table set cutlery and bowl;
- protective scarf against wind-blown sand;
- sunscreen;
- sunglasses;
- headgear (hats, bandanas...);
- a polar vest.

### **1.11: MEDICAL CERTIFICATE**

Participation in le **TREG®**, an event in unusual and extreme surroundings requires, in addition to suitable training, good health at the time of participation.

The medical check-up certificate will be filled and signed by a physician, including conclusion of EKG and/or stress cardiac test according the rules:

- EKG less than 2 years for all runners aged under 35 years and for all locals runners
- stress cardiac test less than 2 years for all runners aged over 35 years

The medical certificate check-up and EKG must be sent by email to Isabelle Paucot before the 1<sup>st</sup> January 2018, at [i.paucot@le-treg.com](mailto:i.paucot@le-treg.com).

In addition, runners will have to come to the race with original and hard copy of ALL medical documentation: medical check-up + EKG + cardiac stress tests + etc.

These documents will be presented to medical staff before the race.

A good medical health condition is important before taking place to any races of the **TREG®**. Any chronic and/or latent diseases may get worse during the race and make difficult the care. All runners will inform medical staff of any recent or past medical history.



## 1.12: TECHNICAL AND MEDICAL CHECKS

The checks will be held Tuesday, January 30<sup>th</sup> 2018 at the start bivouac in the Ennedi. Each competitor must present the organization with his obligatory equipment for the race and his medical kit.

Any runner who is not in possession of the totality of his obligatory equipment will be immediately disqualified, without any possibility of appeal against this decision and without reimbursement of expenses.

## 1.13: RACE BIBS

The race bib must be worn on the chest or stomach and must always be visible throughout the race. It must always be positioned over any garment and can in no way be attached to the bag or leg. The name and logo of the partners must neither be modified nor hidden.

## 1.14: SATELLITE TAG for timing and safety

During race bib distribution, a satellite tag is given to each runner to provide timing and personal safety. This should be placed as specified in the Technical Instructions. Each runner is responsible for the proper use of the tag. The runner cannot be monitored by satellite or timed in the following cases:

- not wearing a tag;
- loss of the tag;
- damage to the tag;
- improper wearing of the tag;
- voluntary extinction of the tag.

Runners commit to be there at the briefing about the tag emergency use, and to carry in their bags the tag manual during all the race.

## 1.15: RUNNERS' BAGS

Each participant brings their own travel bag for personal belongings (clothes, toiletries...) and if need be the bag for the race.

The total weight of your baggage must not exceed 15kg for your main bag and 5 kg for your handbag. It is recommended not to put valuables.

The bags are the responsibility of the participants throughout the duration of the stay. The Start/Finish bivouac will be guarded for the duration of the event.

## 1.16: POSITION CONTROL AND RESCUE POST

On the races, runners must necessarily pass through max 8 Checkpoints (PC's) situated at intervals of approximately 20 to 30 km along the course.

These checkpoints have several functions:

- they enable the water supply to the competitors (in the limit of 3 or 4 liters/person);
- they allow the competitors to rest on mattresses under cover;
- they will provide rescue and care for competitors thanks to medical equipment.

Organized by T.A.O. (Trail Africa Organization), 5 Avenue Marmontel 92500 RUEIL MALMAISON, FRANCE



## 1.17: SAFETY AND MEDICAL AID

A medical team specialized in this type of event in a desert surroundings will be present throughout the duration.

On the course, every 20 to 30 km, the checkpoints will each have a First Aid and nursing back-up if necessary.

These posts are connected to Race Control by satellite. A medical coordinator is present throughout the duration of the race.

Emergency stations are intended to provide assistance to any person in danger within the organisation's means. The official doctors are entitled to disqualify (by invalidating the bib) any competitor unable to continue the race. Rescuers are entitled to evacuate by any means at their disposal runners they deem to be in danger.

If necessary, for reasons in the interests of the person rescued, Control will use all appropriate means for their evacuation. The costs resulting from the use of these exceptional measures will be borne by the person rescued. They will then be able to present a case to their separate personal accident insurance.

Any rider calling on a doctor, nurse or rescuer submits to their authority, and agrees to accept their decisions.

## 1.18: CLIMATE

Average temperatures for February: 28 °C day, 13 °C night.

Exceptional climate phenomena of extreme heat (> 40 °C) may occur.

## 1.19: MAXIMUM AUTHORISED TIME AND HOUR BARRIERS

The maximum time of the event for the entire course, is depend of the race:

- for the **TREG®**: 72 hours;
- for the **Half TREG®**: 35 hours;
- for the **TREG® Marathon**: 15 hours;

Hour limits starting (time restrictions) for leaving from the checkpoints will be defined and communicated in the roadbook.

These times are calculated restrictions so that participants reach the Finish inside the maximum time imposed while making any stops (rest, care...). To be allowed to continue the race, competitors must leave the PC before the time limit (regardless of their time of arrival at the PC). Organization reserves the right to waive exceptionally these rules if special circumstances appear (runner out of time due to support to another runners, specific race conditions, etc.)

Any competitor out of the race will be repatriated by 4x4 vehicle to the Finish bivouac. Thereafter they can no longer be regarded under any circumstances as "Finisher".

In case of bad weather conditions and/or for security reasons, the organization reserves the right to cancel and/or stop event underway, or to modify the time barriers.

## 1.20: RETIREMENT AND REPATRIATION

Except for injury, a runner must not retire except at a checkpoint. He must inform the checkpoint head, who will then be in charge of organizing the repatriation 4x4 vehicle to the finish bivouac.

In case of adverse weather conditions justifying the partial or total shutdown of the race, the organization ensures repatriation as soon as possible of the runners halted.

In the case of unavoidable retirement between 2 checkpoints due to the failing physical or mental condition of the competitor, they (or another competitor to help them) will use the function "Help" of their satellite tag to inform the race organisers.

## 1.21: PENALISATION - DISQUALIFICATION

Controllers on the course are entitled to check the required equipment and, more generally, compliance with the regulations (respect for the sites, ethics, illegal help from supporters, the race bib not constantly visible...).

Any rider who is not in possession, during a course control, all of the required equipment will be immediately disqualified, without any possibility to appeal against this decision.

A minimum penalty of 6 hours is applied to any breach of the rules. The controller informs Race Control and can demand, depending on the severity of the action and the behaviour of the runner, their disqualification. The event jury may disqualify a competitor for any serious breach of the rules, especially if:

- not wearing the race bib in conformity;
- non submission of proof of identity;
- failure to follow instructions given by the PC;
- no switch on the tag
- voluntary switch off the tag
- no switch on the GPS
- voluntary switch off the GPS
- use of a means of transport;
- start from the checkpoint beyond the time limit;
- not turning up at the checkpoints;
- failure to assist a competitor in difficulty;
- personal assistance outside the official refreshment areas;
- non-compliance with the ban to be accompanied on the course;
- pollution or degradation of sites by the competitor or a member of his entourage;
- insults, rudeness or threats made against any member of the organization and any inhabitant of the region;
- refusal to be examined by a doctor of the organization at any time during the event;
- doping or refusal to submit to anti-doping control.



### 1.22: CLAIMS

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

### 1.23: DOPING CONTROL

Any competitor may be subject to doping control during or at the arrival of le **TREG®**. The refusal to submit will result in immediate disqualification.

### 1.24: RACE JURY

This comprises:

- the organizer;
- the director of the race;
- coordinator responsible for the safety;
- the head of the medical team;
- checkpoint officials concerned;
- and any competent person at the discretion of the Organizing Committee.

The jury is empowered to act in time consistent with the requirements of the race for all disputes or disqualifications occurred during the test. Decisions are final.

### 1.25: MODIFICATIONS to the course or to the time limits RACE CANCELLATION

The organization reserves the right to modify at any time the route and location of checkpoints, relief and supply without notice. If too unfavourable weather conditions (sandstorm...) the start may be postponed for twenty four hours maximum, after which, the race is cancelled.

In case of bad weather, and for safety reasons, the organization reserves the right to cancel and/or stop the current event, or modify the time barriers.

The cancellation, postponement or modifications of the race are eligible for a refund of registration.

Any decision will be taken by a panel comprising at least the race director, organizer and coordinator responsible for the security and any competent person at the discretion of the Organizing Committee.

## 1.26: INSURANCE

The organizer has taken out civil liability insurance for the duration of the event with chadian insurance company STAR Nationale. This liability insurance guarantees the financial consequences of his responsibility, that of its employees and participants.

The organizer will benefit every runner or supporter a "repatriation and medical assistance" insurance agreement, signed with a company like Mondial Assistance.

The insurance agreement mentioned above will be provided to each participant at the registration is confirmed.

## 1.27: ROADBOOK AND ORIENTATION ON THE COURSE

A detailed description of the course is provided at the time of registration. It includes practical information such as the hour barriers, checkpoints (places of refreshment, rest, aid stations)... The book will be given in a single copy, only to registrants.

A portable GPS (with spare batteries) will be provided to each runner with the course waypoints integrated which would be best to follow. Training in the use of this GPS will be given on Tuesday, January 30<sup>th</sup> 2018 at the bivouac. Runners certify knowing the principles of a trekking GPS use, and commit to be there at the briefing on the bivouac. Runners must mandatory switch on their GPS before the start of the race and commit to not switch off it during the race. The runner commit to not voluntary go out the track of the race. He could be unsecure.

A satellite tracking tag with emergency call will also be provided to each runner for their safety. The runner commit :

- to let the tag switch on during the race,
- to be sure that the tag is correctly placed at the top of their bag
- he knows that the emergency call is done by three second press on one of the call button.

The runners also knows that the signal tag could not send inside a cave or under a rock or close to a big rocks.

Then, the runners commit to switch on his GPS and do not count on others runners to find their track..

The portable GPS and satellite tag must be handed back to the organizer at the Finish of the race. A security deposit of 500 € will be required to ensure good condition of these materials and will be banked if they are not returned at the end of the event.



## 1.28: RANKINGS AND REWARDS

Only runners crossing the Finish line will be ranked. No bonus money is handed out, all "Finishers" will receive the same specific lot.

An overall Male and Female and a ranking for each class man and woman will be established. The first man and the first woman on each race will receive a trophy and/or lot.

The categories (if there are runners in these) are:

- Hopeful M & F
- Senior M & F
- Veterans 1 M & F
- Veterans 2 M & F
- Veterans 3 M & F
- Veterans 4 M & F

A specific ranking will be established and each 1<sup>st</sup> team will receive a trophy and/or a lot. This ranking will be adding the final time of each team member.

The details of the awards can be provided upon request at the time of registration.

On defines by the word "Finisher" all participants reaching the Finish:

- 6:59 am time barrier on Saturday, February 3<sup>th</sup> 2018, for the **TREG®**;
- 5:59 pm time barrier on Thursday, February 1<sup>st</sup> 2018, for the **Half TREG®**;
- 9:59 pm time barrier on Wednesday, January 31<sup>th</sup> 2018, for the **TREG® Marathon**.

## 1.29: CHARITY SUPPORT

In the context of the values of solidarity of le **TREG®**, it has seemed natural to organize a project associated with the Borku Region or the Ennedi in partnership with the AFRICA RUN.

Nevertheless this project will be studied only if the event realizes profits.

## 1.30: PICTURE RIGHTS

By participating in le **TREG®**, each competitor expressly authorizes the organization (or his heirs) to use or cause to use or reproduce or have reproduced his name, image, voice and sporting performance in the race to a direct or derivative form of the test and that, in any medium, worldwide, by any means known or unknown to this day, and the duration of protection currently given to these direct operations or by legislative or regulatory provisions, judicial decisions and/or arbitration of any country as well as the current or future international agreements, including any extensions that could be made at this time.

### 1.31: C.N.I.L.

The information we are communicating to you is necessary for your participation in le **TREG®** (registration).

They are subject to computer processing and are destined for the Secretariat of the SAS TRAIL AFRICA ORGANIZATION and SAS POINT AFRIQUE VOYAGES. Pursuant to Article 34 of Law 78-17 of January 6<sup>th</sup> 1978 relating to computers, files and liberties, you have the right to access and correct personal data.

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

SAS TRAIL AFRICA ORGANIZATION  
5 Avenue Marmontel  
92500 RUEIL MALMAISON  
FRANCE

or SAS POINT AFRIQUE VOYAGES  
4 avenue Félix Chalamel  
07700 BOURG SAINT ANDÉOL  
FRANCE

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