



# RULES OF THE BESSO'S TRAILS 2023

The French version of the regulations is only liable for justice.

The exclusive place of jurisdiction is Anniviers

## ORGANIZATION

The "Trails du Besso" association has been officially established according to its articles of constitution which have been duly submitted.

## RACES

Two events are proposed starting from Zinal.

The Trail du Besso (TB) 48 km for 4700 m of altitude difference.

The Tour du Roc (TR) 25.5 km for 2230 m of altitude difference.

The races are individual and competitors go at their own pace but must complete the race within a set time.

## CONDITIONS

The races are open to any person, man or woman, licensed or not, at least 18 years old.

For the Tour du Roc, young people under 18 years of age must provide an authorization from their legal representative.

The races include many technical passages at high altitude (up to 3309m) and the climatic conditions can be very extrem (night, wind, cold, rain or snow).

A very good training in the mountains and a real capacity for self-suffisancey are essential to the success of this adventure.

The Trail du Besso is a very alpine course designed for runners who are used to this type of terrain.

This is why, 4 ITRA points are required to register for the Trail du Besso (Checked by the organisator after subscription). These must have been acquired in the 2 years preceding the registration, in a maximum of 2 qualifying races. All trail races validated by ITRA and giving points are qualifying.

Other races can be considered on request.

When registering for one of the events, the runner must:

- have checked with a competent doctor that he is able to participate to the races.
- be aware of the length and difficulty of the event.
- be able to deal with difficult climatic conditions due to altitude (night, wind, cold, fog, rain or snow) without external assistance.
- know how to manage physical or mental problems resulting from extreme fatigue, digestive problems, muscle or joint pain, minor injuries....
- be in good physical condition and have no contraindications to endurance sports.
- be able to orient themselves and make appropriate decisions in the event of a misplacement or marking problem.
- be aware that the organisation cannot guarantee absolute security during the race.
- be aware that the races are in the mountain and accept the risks involved (falling rocks,...).

**Participation in the Trails du Besso implies unreserved acceptance of these rules and the ethics of the race.**

## SEMI SELF-SUFFICIENCY

The principle of individual running in semi self-sufficiency is the rule. Drinks and food are provided at the control points and provisioning posts.

Only still water and syrup (excluding other beverages) are used to fill water cans or bags.

Each runner must ensure that, at the start of each refuelling station, he has the necessary quantity of water and food to reach the next refuelling point.

Personal assistance will be allowed only at official refuelling points and in an area specifically reserved for this purpose. You must follow the route planned inside the control point even if you do not want to stop there.

The accompaniment of a runner during all or part of the course is prohibited, except for the first 500 metres after a checkpoint.

It is not allowed to be accompanied by a dog or any other animal.

## CATEGORIES

Trail du Besso & Tour du Roc

Senior Men (SE H) 18 to 39 years old

Senior Women (SE F) 18 to 39 years old

Veterans 1 Male (VH1) 40 to 49 years old

Veterans 1 Women (VF1) 40 to 49 years old

Veterans 2 Men (H2V) 50 to 59 years old

Veterans 2 Women (VF2) 50 to 59 years old

Veterans 3 Men (VH3) 60 years and over

Veterans 3 Women (VF3) 60 years and over

## SUBSCRIPTIONS

Registration exclusively on the Internet and secure payment by credit card on MSO-Chrono:

Normal rate increased rate

From 4th of January 2023 to 30th of may 2023

Trail du Besso CHF 90.00

Tour du Roc CHF 50.00

From 1<sup>st</sup> of Juny 2023 to 31<sup>th</sup> of July 2023

Trail du Besso CHF 100.00

Tour du Roc CHF 60.00

From 1<sup>st</sup> of August 2023 to 31<sup>th</sup> of August 2023

Trail du Besso CHF 120.00

Tour du Roc CHF 80.00

No registration on site

### ***Limit on the number of participants:***

Trail du Besso: 300 runners per start

Tour du Roc: 1000 runners

The commitment fees include all the services described in these regulations. The change of registration to switch to another course can only be made until August 30 2023 within the limits of the available places. No changes will be accepted after this date. No refund will be taken into account during these changes.

### ***Departure times for the Trail du Besso: 03h00 & 05h00***

The riders of the Trail du Besso choose their starting time according to their estimated level.

We strongly advise people with less than 600 ITRA points to leave at 03:00 to avoid being stopped by the first time limit.

**Runners with more than 600 ITRA points will start at 05:00.**

**The 1st refuelling station (col de Sorebois) does not open until 05:00 a.m.**

The organization reserves the right to control and if necessary modify the participants' departure time with justification by email.

### ***Departure time for the Tour du Roc***

The runners will start at 08h30. In case of strong affluence, several departures will be scheduled.

## **REGISTRATION CANCELLATION GUARANTEE**

Any person may subscribe to the cancellation insurance at the time of registration, provided that payment is made by credit card via the Internet, the amount is to be added to the registration fees on the same payment. No form of reimbursement can be considered in the absence of this guarantee.

The purpose of the guarantee is to allow reimbursement of expenses incurred for registration in one of the races in the event that a runner requests to cancel his registration due to one of the following events:

- an accident, serious illness or death of the runner himself,
- a serious illness requiring hospitalisation or death affecting his or her notorious spouse or partner, ascendants or descendants in the first degree, within 30 days of the event.

In the event of an accident or serious illness of the rider, it is necessary to provide a medical certificate attesting to the contraindication to participate in the race.

Any other reason for cancellation must be justified by a certificate issued by the competent authority.

Conditions of compensation: any request for reimbursement must be received by us, accompanied by the necessary certificate, at the latest within 10 days following the event. Applications are processed within two months of the event.

In the event of cancellation, of all or part of the event, no refund request received after the cancellation announcement will be taken into account. The date of sending the e-mail being taken as proof.

Only refund requests sent by e-mail to [organisation@traildubesso.com](mailto:organisation@traildubesso.com).

Even without subscribing to the cancellation guarantee, as soon as a race has reached the limit of available places, it is possible, up to 2 weeks before the race, to exchange or put on sale your race number by informing the registration body in writing.

No other form of exchange of bibs is possible and for security reasons, a strict control will be carried out.

## **EQUIPMENT**

### ***Mandatory on the whole race, for the Besso Trail (control on the race):***

- backpack or lap belt of similar capacity to carry all the required equipment;
- water reserve, minimum 1 litre;
- a light in good working order;
- survival blanket;
- whistle;
- adhesive elastic tape allowing to make a bandage (mini 80cm x 3 cm);
- waterproof jacket to resisting bad weather conditions;
- second layer: long sleeve sweater (combination T-shirt + sleeves not enough);
- long leg running pants or tights or a combination of running tights and socks fully covering the legs;

- a pair of gloves (latex, plastic or similar gloves are not allowed);
- a hat;
- sunglasses;
- personal cup for supplies;
- mobile phone in working order and turn on;
- identity card;
- min.10CHF.

- **Trail running ice crampons. For the glacier of Moiry**

***Mandatory equipment for the Tour du Roc: (controls on the race)***

- backpack or lap belt of similar capacity to carry all the required equipment;
- water reserve, minimum 1 litre;
- survival blanket;
- whistle;
- adhesive elastic tape allowing to make a bandage (mini 80cm x 3 cm);
- waterproof jacket to withstand bad weather in the mountains;
- second layer: long sleeve sweater (combination T-shirt + sleeves not enough);
- long leg running pants or tights or a combination of running tights and socks fully covering the legs;
- a pair of gloves (latex, plastic or similar gloves are not allowed);
- personal cup for supplies;
- mobile phone in working order and turn on;
- identity card;
- min.10CHF.

***Recommended for the Tour du Roc:***

- a hat;
- sunglasses.

For all races, if you choose to take sticks, you must carry them throughout the race. Race officials will also be authorized to check your bag at any location on the course.

**RACE NUMBERS**

Each bib is given individually to each runner upon presentation of a photo ID. The bib must be worn on the chest or belly and must be permanently visible in its entirety throughout the race. In the event of refusal to comply with a decision taken by a race official, the race number is withdrawn and the organisation is released from any duty and responsibility towards the rider in question.

**RUNNER BAGS AND FOUND ITEMS**

The association declines all responsibility in the event of loss or theft.

Objects found during the event can be recovered during the event or on the Monday following the event, by contacting a member of the organization. No items will be sent by post.

**SAFETY AND MEDICAL ASSISTANCE**

There are rescue posts in various strategic locations. The rescue posts are entitled to assist any in danger with the appropriate and conventional medical measures as set out by the organization. Runners must be aware that rescuers might need some hours to reach you in certain places and thus they must have the necessary material to endure such a delay. Rescuers and medical staff are authorised to disqualify (by invalidating the bib) any competitor who is unable to continue the event. Competitors deemed to be at risk are evacuated at the discretion of the Rescue Staff. If deemed necessary, and for the sole interest of the safety of the rescued person, an official mountain rescue

organization will be called upon which, from that moment on, will direct the operation and will put into action any suitable measures, e.g. a helicopter rescue. The cost arising from such an exceptional rescue operation will be borne by the rescued person who will also have to ensure his/her return trip from the place where he/she has been evacuated to. It is of the competitor's entire responsibility to constitute and present a dossier to his personal insurance within the given deadline. A runner calling upon a doctor or first-aid attendant effectively submits to his authority and undertakes to accept his decisions.

In addition to the emergency system, medical staff will be present at certain stations to assist you in the event of a severe medical problem. The care that can be provided at the highest points of the route is necessarily limited to people with a severe problem. Care for minor problems, resulting in particular from illnesses caused by the event, may be provided on certain workstations located lower down and within the limits of the availability of medical staff. Access to care and its nature are left to the discretion of the nursing staff.

## CHECKPOINTS AND PROVISIONING POSTS

Only runners wearing a visible bib have access to the provisioning post.

"Flying" checkpoints are being set up ON location not communicated by the organization.

## MAXIMUM TIME ALLOWED AND TIME BARRIERS

**All competitors must have crossed the finish line before nightfall (21:00) regardless of the start time and the chosen race.**

- Trail of the Besso (03h00): max = 18 hours
- Trail of the Besso (05h00): max = 16 hours
- Tour du Roc: max = 10 hours

The departure deadlines (time barriers) for every checkpoints are defined as follows:

| Trail du Besso [TB]       |   | [03h00] | [05h00] |
|---------------------------|---|---------|---------|
| - Châteaupré              | = | 08h30   | 10h00   |
| - Cabane du Petit Mountet | = | 11h00   | 12h00   |
| - Pont de l'Arpitettaz    | = | 16h00   | 16h30   |

### Tour du Roc [TR]

|                   |   |       |
|-------------------|---|-------|
| - Tsirouc         | = | 11h30 |
| - Cab. Pt-Mountet | = | 14h00 |

These time barriers are calculated to allow participants to reach the finish within the maximum time limit imposed. To be allowed to continue the race, competitors must leave the checkpoint before the set deadline (regardless of the arrival time at the checkpoint).

No runner may leave after the time limit.

## WITHDRAWAL AND REPATRIATION

Except in case of injury, a runner must not withdraw elsewhere than at a checkpoint. He must then inform the person in charge of the post, who definitively invalidates his bib. The runner must return to Zinal by his own (except injury) and report to the race center. Any person who left the race before

having finished it and without notifying the organization will have to assume any research costs incurred as a result of his disappearance.

Repatriation will be decided with the head of the post office, according to the following general rules:

- Buses are available, in the timetables published in advance, from Moiry dam to repatriate runners who have abandoned. A last repatriation will take place 1 hour after the post closes. Beyond this time, the organisation is no longer required to take charge of repatriations.
- The organisation does not take charge of and is not obliged to organise the repatriation of runners whose state of health does not require evacuation, leaving them at another rescue or refuelling station.

## PENALISATION - DISQUALIFICATION

Race official present on the course, and the chief of checkpoints are authorised to enforce the rules and immediately apply a penalty in the event of non-compliance, according to the following table:

|   |   |
|---|---|
| Taking a considerable shortcut.   | 1 hour penalty for disqualification                             |
| No mandatory equipment Penalty  | ¼ h to immediate disqualification                               |
| Refusal of a mandatory equipment check  | Immediate disqualification                                      |
| Throwing garbage by a competitor or a member of his entourage   | Penalty 1 hour  |
| Non-respect of persons (organization or runners)  | Penalty 1 hour  |
| Failure to assist a person in difficulty  | Penalty 1 hour  |
| Assistance outside the authorized areas   | Penalty 1 hour  |
| Cheating (e.g. using a means of transport, sharing bibs, removing markings, etc.)   | Immediate disqualification                                      |
| Non-compliant bib wearing   | Penalty ¼ of hour   |
| Absence of an electronic chip   | According to the decision of the race jury                      |
| No crossing at a checkpoint   | According to the decision of the race jury                      |
| Refusal to comply with an order from the race management, a race steward, a head of post, a doctor or a first-aid attendant | Disqualification  |
| Departure from a checkpoint after the cut-off time  | Disqualification  |
| Refusal of anti-doping control  | The rider shall be sanctioned as if he were convinced of doping |
| Any other breach of the rules will be subject to a sanction decided by the Race Jury.                                       |   |

## ANTI-DOPING

Trails du Besso actively supports the practice of clean sport without doping. Doping controls may be carried out. By registering and/or participating in this competition, athletes submit to the anti-doping rules of Swiss Olympic and acknowledge the exclusive competence of the Disciplinary Chamber for doping cases of Swiss Olympic and that of the Court of Arbitration for Sport in Lausanne, to the exclusion of any other ordinary court

## COMPLAINTS

They are admissible in writing until 1 hour before the prize ceremony.

## RACE JURY

It is composed of:

- of the race director
- the technical director
- the heads of the posts concerned
- as well as any competent person at the discretion of the Organising Committee.

The jury is authorised to give a ruling in the time compatible with the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

## MODIFICATIONS OF THE ROUTE OR TIME BARRIERS; CANCELLATION OF THE RACE

In the event of bad weather conditions, or for safety reasons, the organisation reserves the right to stop or neutralise the current event, to modify time barriers, routes and first aid or refuelling stations.

In case of too unfavourable weather conditions (large quantities of rain and snow at altitude, high risk of storms...) the departure can be postponed by a few hours.

In the event of cancellation of an event, for any reason whatsoever, decided more than 15 days before the start date, a partial refund of the registration fees will be made. The amount of this reimbursement will be set in such a way as to enable the organization to cover all irrecoverable costs incurred at the date of cancellation.

In the event of a cancellation decided less than 15 days before the start or in the event of an interruption of the race, for any reason whatsoever, no registration refund will be made.

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

## INSURANCE

### **Liability (civil responsibility) :**

The organiser has taken out a liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

### **Individual accident insurance**

Each competitor must be in the possession of an individual insurance covering possible costs for search and rescue services. Such insurance can be taken with any organisation of the competitor's choice. The organization does not take in charge any costs due to an evacuation.

NB: rescue services in Switzerland are not free of charge

## RANKINGS AND AWARDS

The first 5 in each race scratch category will be rewarded.

## IMAGE RIGHTS

Every competitor gives up his/her copyright of all photos and images taken of him/her during the event. He/she also gives up the right to take action against any use the organizers or sponsors make of the photos or images. Trail du Besso is a legal trademark. Any communication about the event or use of pictures of the event must be made with the official agreement of the event organisation and respecting the name of the event and its trademark