

RULES 2024

LA MONTÉE DU NID D'AIGLE

GENERAL CONDITIONS:

The Montée du Nid d'Aigle is run in accordance with the following regulations. Each competitor acknowledges that he/she has read the regulations and accepts them at the start of the race. All participants agree to abide by these rules by the mere fact of their registration, and release the organizers from any liability for any incident or accident that may occur as a result of non-compliance with these rules.

Article 1: ORGANIZATION

The event is open to licensed and non-licensed athletes of all nationalities. It is organized on Saturday July 20, 2024 by the commune of Saint-Gervais.

Article 2: DEFINITION OF THE EVENT

The ^{37ème} montée du Nid d'Aigle, open only to runners born in 2002 and before (from the Espoirs category upwards), is a timed race counting towards the **Challenge des Coupes de France de Course en Montagne** and the **Circuit Coupe du Monde de Course en Montagne**. The use of poles and spiked shoes is forbidden during the race, under penalty of disqualification. Poles are tolerated for the non-timed hike.

Article 2.1 : Starting times

- 7:00 am: start of the hike, from the Parc Thermal du Fayet
- 9:00 am: start of the Montée du Nid d'Aigle race from the Parc Thermal du Fayet.

Article 2.2: Time barriers

The cut-off time is **10.40 a.m. at Champel** and **11.30 a.m. at Miage**. Minibuses will be provided to bring down people in difficulty. Anyone arriving after this time will have their number withdrawn by the controller and will have to take the shuttle bus back down.

Article 3: REGISTRATION

Registrations must be made before Friday, July 5, 2024 at 8:00 p.m., exclusively online at <https://www.saintgervais.com/jai-envie/evenement-et-animation/la-montee-du-nid-daigle/>.

The event is limited to 500 participants. If this limit is reached before Monday July 1, 2024, registration will be closed.

! NO ON-SITE REGISTRATION!

REGISTRATION PRICE

42€ for the timed race and the non-timed hike.

Registration includes :

- Participation in the race
- Runner's gift
- Descent on the Mont-Blanc Tramway
- Local post-race meal - Festivities and entertainment

CANCELLATION OF REGISTRATION

Registrations may be reimbursed in full up to **2 weeks before the race (until Friday, July 5, 8:00 p.m.)**, subject to **proof of a medical certificate stating that the participant is not fit to take part in a competitive mountain race.**

The organizers reserve the right to prohibit any further participation in the Montée du Nid d'Aigle by anyone who has transferred their number to a third party.

Article 4 : RANDO NID D'AIGLE

Rules and registration are identical to those for the timed race.

Participants in the hike also have access to refreshments along the route, at the finish and at the runners' meal after the race in the center of Saint-Gervais.

TIME BARRIERS:

The cut-off times are **10.40 a.m. at Champel** and **11.30 a.m. at Miage**. Minibuses will be available to bring down people in difficulty. Anyone arriving after this time will have their number withdrawn by the controller and will have to take the shuttle bus back down.

Article 5: PUBLICITY OF RULES

The organizers reserve the right, for any reason whatsoever, to modify, suspend or cancel the race without incurring any liability.

Any such changes will be notified in advance by any appropriate means and will form an integral part of the present regulations, to which they will be appended.

> A BRIEFING will be sent by e-mail on the Monday before the race, to inform participants of the important elements and times to be respected. This briefing will also be posted on the "Montée du Nid d'Aigle" page of the website.

Article 6 : MEDICAL CERTIFICATE and LICENCE

To take part in any competition, participants must present the following to the organizer:

- An Athlé Compétition, Athlé Entreprise, Athlé Running license issued by the FFA, or a "Pass' J'aime Courir" issued by the FFA and completed by the doctor, valid on the date of the event. (Please note: other FFA licenses (Health, Supervision and Discovery) are not accepted).
- Or a sports license, valid on the date of the event, on which must appear, by any means, the non-contraindication to the practice of sport in competition, athletics in competition or running in competition and issued by one of the following federations:

- Fédération des clubs de la défense (FCD)
- Fédération française du sport adapté (FFSA)
- Fédération française handisport (FFH)
- French National Police Sports Federation (FSPN)
- Fédération sportive des ASPTT
- Fédération sportive et culturelle de France (FSCF)
- Fédération sportive et gymnique du travail (FSGT)
- Union française des œuvres laïques d'éducation physique (UFOLEP)
 - Or a medical certificate of no contraindication to the practice of competitive sport or competitive athletics or competitive running, dated less than one year before the date of the competition, or a copy thereof. No other document can be accepted as proof of possession of the medical certificate.
 - Foreign participants are required to provide a medical certificate of no contraindication to the practice of athletics or running in competition written in the French language dated and signed with the name and references of the doctor (or with the translation if it is not written in French) and this even if they are holders of a competition license issued by an IAFF-affiliated federation.

Please note:

To finalize your registration, you **MUST** attach the following documents online (at the time of registration):

- Either a medical certificate dated less than one year before the day of the race
- Or a copy of their current license

No other license or license certificate will be accepted **after Saturday, July 6, 2024**. Once this document has been validated by the organization, a confirmation email will be sent to confirm the definitive registration.

If the document is forgotten or not received by July 6, 2024, the registered runner must present it directly at the number pick-up on Saturday, July 20, 2024.

No race numbers will be issued unless a valid medical certificate has been provided to the organizer.

Article 7: NUMBER and RUNNER'S BAG WITHDRAWAL

Bib numbers and runners' bags can be collected on **presentation of proof of identity**.

This year, as part of our drive to run a "responsible" event, we are asking all participants to **hand in their runners' bags the day before the race when they collect their numbers**. In terms of logistics,

this will enable us to take the bags up on the Mont-Blanc tramway and avoid using the helicopter!
Thank you for your understanding.

- Friday, July 19, 2024 from **5:00 pm to 7:00 pm** on the Esplanade Marie Paradis (Saint-Gervais Centre)
- **For participants not staying in Saint-Gervais, a tolerance will be accepted on the morning of the race between 6.30am and 8.15am to collect race numbers and drop off runners' bags at the saint-gervais/le bettex gondola.**

NUMBERS

Race numbers must be pinned to the chest and kept legible throughout the race. Anyone not wearing a number will be disqualified from the race. No bib may be given or exchanged with another runner.

RUNNERS' BAGS

Runner bags will be transported by the organization from the start to the finish.

>> Runners' bags will be labelled with their race number.

What to put in your runner's bag :

- A water bottle for the train descent (45min): **NO PLASTIC BOTTLES WILL BE HANDED OUT AT THE FINISH!**
- Warm clothing to cover up
- No valuables in your runner's bag!

The finish is in the mountains, at an altitude of 1,800 metres, so this bag is essential for your safety at the finish. That's why you need to take everything you need to cover up and keep properly hydrated.

You'll find your bag at the finish site. You will then have to respect the Tramway timetable which will be given to you at the finish for the descent.

Article 8: PARKING

Work in progress in Saint-Gervais during this period makes it impossible to envisage a single parking area reserved for the race. Parking is therefore preferable in the following areas:

- **Parking at the Saint-Gervais/Le Bettex Télécabine (follow the signs).**
- **Ice rink parking lot**
- **Underground parking lot 2KM3**

Parking is not permitted around the Parc Thermal, so you'll have to walk down to the Parc Thermal to reach the start of the race (approx. 15-30 minutes on foot).

Article 9: PROGRAMME

FRIDAY JULY 19, 2024

5:00 pm to 7:00 pm -Number pick-up and **bag drop-off** on Esplanade Marie Paradis (Saint-Gervais Centre)

18H00 - Athletes' presentation on the Promenade du Mont-Blanc (Saint-Gervais Centre)

SATURDAY, JULY 20, 2024

7H00 - Start of the ride

9H00 - Start of the race

11H00 - Finish 1st MEN

11:15 am - Finish 1st WOMAN

13H to 16H00- Lunch at Esplanade Marie Paradis (Saint-Gervais Centre)

16H00 - Podium on Esplanade Marie Paradis (Saint-Gervais Centre)

RACE DATA SHEET

- **Name of race** : La Montée du Nid d'Aigle
- **Date of the 36th edition**: Saturday, July 20, 2024
- **Location** : Saint-Gervais Les-Bains, 74170
- **Start**: Parc Thermal du Fayet - Altitude 504 m
- **Finish** : Bellevue - Altitude 1800 m
- **Distance** : 20 KM
- **Difference in altitude** : 1850 D+.
- **Refreshment points on the course**: 3 food / 3 water refreshment points - Containers (trail bag, water bottle) are tolerated.
- **Assistance**: Tolerated at aid stations only - 10m before - 10m after. If refuelling outside the refuelling zone > disqualification.
- **Compulsory equipment**: Sticks forbidden (except trekking).
- **Number of runners**: 500
- **Time barriers** : 10:40 am at CHAMPEL / 11:30 am at MIAGE maximum at the "PONT DES PLACES" feed station.
- **Marking**: The route is marked. On tarmac sections, with markers or markings on the ground "Montée du Nid d'Aigle". Trail markings will be identified by flags on the ground.
- **Downhill by TMB**: take the Mont Blanc tramway at the times indicated on arrival by the organizers. In order to improve your descent, please respect the time indicated on your ticket.

Article 10: GENERAL SERVICES

Race safety is ensured by the municipal police and marshals.

Medical services are provided by the Mountain Rescue Society and an emergency doctor (Jacques CHAMPAGNE). They may decide to withdraw a competitor from the race for medical reasons. They will immediately notify the race director of the competitor's inability to continue the race. The competitor's number will be withdrawn, signifying without appeal that he or she is out of the race.

Any runner disqualified who decides to continue the race does so at his or her own risk, and the organization cannot be held responsible in the event of an accident.

Any damage, cheating or injury to a volunteer may result in disqualification.

All runners authorize the organization to provide medical care and hospitalization in the event of accident or emergency.

Article 11: INSURANCE

It is expressly stated that riders take part in the competition under their own and exclusive responsibility. The organization declines all responsibility in the event of accident or theft to competitors or third parties during the event.

License holders are covered by the insurance linked to their license. Other participants are responsible for their own insurance. The organizers are covered by civil liability insurance.

Article 12: IMAGE RIGHTS

Each runner expressly authorizes the organizers and their assignees, such as partners and the media, to use images taken during his or her participation on any media on which he or she may appear, for an unlimited period, for any direct or derivative use of the event. This authorization is valid worldwide.

Article 13: CLASSIFICATION AND AWARDS

Each competitor's time will be broken down into hours and minutes. The organization's stopwatch will be the only official reference.

The organization will award podiums in the following categories:

- SCRATCH MEN from 1 to 10
- SCRATCH WOMEN from 1 to 10
- RECORD MEN AND WOMEN
- ESPOIRS MEN from 1 to 3
- ESPOIRS WOMEN from 1 to 3
- MASTERS 50 years MEN from 1 to 3
- MASTERS 50 years WOMEN from 1 to 3
- MASTERS 60 years MEN from 1 to 3
- MASTERS 60 years WOMEN from 1 to 3
- MASTERS 70 years MEN from 1 to 3
- MASTERS 70 years WOMEN from 1 to 3

Article 14: CLAIMS

The organization declines all responsibility in the event of loss, theft or damage to runners' bags before, during or after the event.

Article 15: DOPING CONTROLS

Any competitor may be subject to doping control before, during or at the finish of the event. In the event of refusal or abstention, the athlete will be sanctioned in the same way as if he/she were convinced of doping.

Article 16: PARTICIPANT COMMITMENT

By entering the event, riders undertake to :

- Respect the highway code in the urban sections of the course.
- Respect the instructions of the signallers when crossing the road.
- Run on the sidewalk on the side where the course signs are located.
- Respect the places you cross.
- Follow the course without cutting the paths, as this causes irreversible erosion of the site.
- Respect the flora and fauna.
- Wear a visible number on your chest during the race, and a second tear-proof number in your runner's bag.
- Assist any runner in difficulty.
- Allow yourself to be examined by a doctor and respect his decision.
- TMB descent: take the Mont Blanc tramway at the times indicated by the organizers on arrival. Please respect the time indicated on the ticket.

BREACHES OF THE RULES LEADING TO IMMEDIATE DISQUALIFICATION

- **Deliberate littering by a competitor or a member of his/her entourage**
- **Calling for a Pacer/lips**
- **Assistance outside authorized zones**
- **Cheating**
- **Refusal to obey an order from race management, a commissaire, a station chief, a doctor or a first-aider**
- **Refusing a doping control**
- **Wearing of poles (tolerated only for non-timed hikes)**
- **Non-respect of persons (organization or runners)**

Participants whose supporters show incivility and/or refuse to respect the organizer's instructions will be penalized.

The race marshals present on the course and the station managers at the various checkpoints and refreshment posts are empowered to enforce compliance with the rules and to **immediately** apply a **disqualification in the event of non-compliance**.

Article 17: EXCEPTIONAL CONDITIONS

If circumstances so require, the organisers reserve the right to modify at any time the course, start times, time barriers, the position of refreshment and aid stations, and any other aspect linked to the smooth running of the event.

In the event of force majeure, adverse weather conditions or any other circumstance endangering the safety of competitors, the organization reserves the right to :

- Postpone the start
- Modify time limits
- Postpone the start date
- Adapt the race itinerary
- Cancel the event
- Stop event in progress

Article 18: ENVIRONMENT

A global reflection has been made at all levels of the organization of the race to engage an **ethical, sustainable and ecological** approach. It's up to us, the organizers, to put the tools in place to take this approach, and to you, the participants, to respect the actions put in place so that we can perpetuate our leisure activities in this incredible playground!

THANK YOU FOR YOUR INVOLVEMENT AND UNDERSTANDING

- Drop off your runner's bag and pick up your number the day before the race to facilitate the logistics of transporting runner's bags to the finish.
- Respect selective sorting
- Do not litter
- Make cutlery and crockery reusable after the meal.
- Encourage the use of public transport. SNCF station at Saint-Gervais and free shuttles available!
- Carry a cup to refuel during the race.

Article 19: RUNNERS' SUPPLIES AND MEALS

REFRESHMENTS

- **On-course refreshments:** 4 food / 3 water refreshments
- **Assistance:** Tolerated at refreshment posts only - 10m before - 10m after. If refuelling outside the refuelling zone > disqualification.

RUNNER'S MEAL

The runners' meal will be served in the center of Saint-Gervais from 1:00 pm to 4:00 pm. Self-service meal provided by a local chef.

