

Trail du Saint Jacques by UTMB®

RACE REGULATIONS

ORGANIZATION

UTMB Group organizes the Trail du Saint Jacques by UTMB® in association with the Association du Grand Trail du Saint Jacques and the support of the Auvergne Rhône Alpes region, the Haute-Loire department, the agglomeration, and the town of Le Puy-en-Velay as well as all the municipalities crossed.

DEFINITION OF THE RACES

The Trail du Saint Jacques by UTMB® is an event which includes several races in the open country, passing through hiking routes. Each event takes place in one single stage, at each runner's own pace and within a time limit.

100M CATEGORY

- **Ultra:** around 126 km and 5 250 meters of elevation gains, starting from Saugues, in semi-autonomy. The cut-off time for finishing is 27h.

100K CATEGORY

- **Grand Trail du Saint Jacques:** around 75 km and 3 100 meters of elevation gains, starting from Monistrol d'Allier, in semi-autonomy. The cut-off time for finishing is 17h30.

50K CATEGORY

- **Maratrail:** around 46 km and 1 450 meters of elevation gains, starting from Saint-Privat d'Allier, in semi-autonomy. The cut-off time for finishing is 10h00.

20K CATEGORY

- **Les Chibottes:** around 18 km and 600 meters of elevation gains, starting from Bar, in semi-autonomy. The cut-off time for finishing is 7h00.

RUNNER'S COMMITMENT

To participate in Trail du Saint Jacques by UTMB®, in particular in the Ultra and Grand Trail du Saint Jacques, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.

- To have acquired, before the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain, or snow).
 - Know how to manage, including when one is isolated, physical, or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds...
- To be totally conscious that the organization's role is not to help a runner manage these problems.
- To be totally aware that for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.
- To inform and to sensitize the members of the runner's entourage towards the respect of nature, people, and the regulations of the race.

SEMI-AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The Trail du Saint-Jacques by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principal implies the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment. They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humor, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on site. The organization only supplies still water or energizing drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post.
3. A personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts. It is not allowed to be accompanied by a dog or any other animal.

5. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorized to penalize the participants to guarantee the spirit of trail-running events.

(*) The posts where personal assistance is tolerated are indicated in the race description on the website.

EQUIPMENT

In order to ensure their security and the smooth running of each event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below). And take all the equipment with them during the race even if the runner is not using it.

The “hot-weather” and the “cold-weather” kits are part of the mandatory equipment.

According to the weather conditions, the organization might require one of those three additional kits and inform each participant before the opening of the race-pack collection. Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind and snow, and therefore better safety and performance.

Ultra et Grand Trail du Saint Jacques mandatory equipment checklist

Basic kit

- Running pack to carry mandatory gear throughout the race
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - A mobile phone (load into its memory the organization's security numbers, don't mask your number and don't forget to take the start of your race with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
 - An external battery is highly recommended.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 1 working headlamps with spare cells/batteries for each headlamp Recommendation: 200 lumens or more.
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
- Jacket with hood for bad weather in the mountains
- Cap or bandana or Buff®

- ID – passport/ID card

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium-M) and a windproof jacket with durable water-repellent protection (DWR protection)
- Warm hat
- Warm and waterproof gloves
- Waterproof overpants
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses).

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during race-pack collection and must not be changed during the race.

Other recommended equipment (including but not limited to)

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- At least 40EUR cash
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage.
- Emergency sewing kit

If you choose to take hiking poles with you, you must carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the race. No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

Maratrail et Chibottes: mandatory equipment checklist

Basic kit

- Running pack to carry mandatory gear throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - A mobile phone (load into its memory the organization's security numbers, don't mask your number, and don't forget to take the start of your race with the battery fully charged)
 - Keep the phone on, airplane mode is forbidden and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
 - An external battery is highly recommended.
- Personal soft cup 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: 1 liter
- 1 working headlamps with spare cells/batteries for each headlamp Recommendation: 200 lumens or more.
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve Recommendation: 800kcal (2 gels + 2 power bars each of 65g)
- Jacket with hood for bad weather in the mountains
- Cap or bandana or Buff®

Hot weather kit (may be required by the organization, depending on weather conditions)

- Sunglasses ***
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sunscreen Recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters Cold weather kit (may be required by the organization, depending on weather conditions)
- Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket* with durable water-repellent protection (DWR protection)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 3rd warm layer (intermediary layer between the 2nd layer and the waterproof jacket) Recommendation: fleece or compressible down jacket
- Warm hat
- Warm and waterproof gloves
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes excluded)

Other recommended equipment (non-exhaustive checklist)

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury.
- Poles in case of rain or snow for your safety on slippery ground
- Vaseline or anti-heat cream
- at least 40EUR cash (just in case...).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elastic bandage.
- Emergency sewing kit

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during race-pack collection and must not be changed during the race.

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the course of the race. No poles are authorized in the spare bags.

For safety or environmental reasons, poles are forbidden in certain zones along the route. These areas are marked by specific signs.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs.

*Music : Listening music during the race with headphones is tolerated as long as it is safe to do so. Headphones **MUST** be removed when crossing roads, approaching, and passing through checkpoints, and when approaching and passing through security team members.*

BIBS COLLECTION

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo
- Your race pack and all items on the mandatory equipment checklist

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible during the whole race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the shuttles, buses, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

DROP BAGS / SPARE BAGS

At the race-pack collection, each participant receives a 30-liter bag. After filling them with the items of their choice and closing them, they can drop them off the start.

L'endroit où les sacs de dépôt seront disponibles sera précisé sur le site internet.

How to get your bags in Puy-en-Velay: The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 2 hours after the end of the race.

The organization will take to Puy-en-Velay the bags of runners who drop out, on condition that their withdrawal is registered. Because of logistical factors, the organization cannot guarantee that all bags are brought to Puy-en-Velay before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, we will accept no claims on that matter. We recommend not to put any valuable items in the bags. We advise you to keep toiletries and spare clothes in Puy-en-Velay.

AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consuming in situ. The organization supplies still water and energizing drinks for filling water bottles/hydration packs and personal soft cups are mandatory.

The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station. For further information concerning aid stations, visit the page "aid stations".

To enter the aid stations, runners must wear their race-bib.

The race guide and the relevant pages on our web-site provide an exhaustive list of aid stations and what kind of food/drinks runners may find there.

CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points. **Unexpected check points are set up along the route.** Their location is kept a secret.

WAY-MARKING

Way markers are made of a reflective material that catches the light from your headlamp, so that you can easily spot them even at night.

WARNING: if you can't see any way marker, turn back!

Because we respect the environment, we do not use any paint on the trails.

SECURITY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the race security HQ. There is medical staff at the race security HQ in Puy-en-Velay during the events. Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the SOS app LiveRun

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): 112

Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- exclude from the race any participant who is deemed to be unable to continue the event.
- demand to any competitor to use any item of the mandatory equipment.
- evacuate by any means the runners they deem to be in danger.
- refer patients to the most appropriate care structure A runner who contacts a doctor or search, and rescue staff submits to their authority and agrees to accept their decisions.

If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical base in Puy-en-Velay available for runners with severe medical problems.

Comfort care is based on decision of the medical staff within the limits of the availability. Runners must stay on the marked path, even when they sleep.

If you need to sleep along the way, you are highly recommended to use the "sleep bib" supplied by the organization. This bib clarifies that you need to take a little nap without being disturbed.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

The cut-off time for finishing each race is:

- Ultra : 27h00
- Grand Trail du Saint Jacques : 17h00
- Maratrail : 10h00
- Chibottes : 7h00

You may find the time limit (cut-off times) for leaving the main aid stations on our web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

All participants excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveRun app and inform the race HQ.

If a runner wishes to withdraw while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their withdrawal.

Runners who withdraw must keep their race bib because it is the pass to access shuttles, buses, meals, treatment rooms...

Repatriation works as follow:

- Buses are available at some aid stations - marked by a pictogram «bus» on time charts - to take runners who drop out back to Puy-en-Velay.
- Runners who abandon at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- As for aid stations or security points accessible by car or 4x4:
 - o after the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.
 - o in the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are repatriated as soon as possible.

FINISH

When you finish your race, you will receive the finisher's gift.

Finishers will have access to a final aid station located in Puy-en-Velay with restricted access to runners.

SHOWERS

Runners may take a shower only at the end of the race. Runners need to show their race bib to enter the shower.

During the race, showers - when available - are only accessible on medical advice.

REST

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

RANKING AND AWARDS

For each race, there is a general ranking - men and women - and a category ranking - men and women - (see below further details for each category).

The first 5 men and the first 5 women in the general ranking, as well as the first runners men and women in each category receive a trophy and a prize.

All results on www.utmbworld.com.

Catégories d'Age UTMB® World Series
20-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

PENALTIES - DISQUALIFICATION

If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

Ultra et Grand Trail du Saint Jacques

BREACH OF REGULATION	PÉNALTIES (*) DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, soft cup)	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minutes penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification

Not assisting a person in difficulty (in need of care)	Disqualification
Assistance	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	15 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race bib, ...)	Mise hors course immédiate et à vie.
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried from the beginning of the race	1 hour penalty

Maratrail et Chibottes

INFRACTION AU RÈGLEMENT	PÉNALITÉS (*) DISQUALIFICATION
Short-cutting the route	A la discrétion du directeur de course
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, soft cup)	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minutes penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance	Pénalité de 1 heure
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station	15 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race bib, ...)	Mise hors course immédiate et à vie.
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried from the beginning of the race	1 hour penalty

(*) The time penalties are immediately applicable in situ, that's to say that the runner must interrupt their race for the duration of the penalty time.

(*) Any other breach of the rules will be subject to a penalty decided by the Race Directors.

COMPLAINTS

Any complaint must be sent by email, within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- modify the cut-off times
- change the start date
- adapt the race's course
- cancel the event
- neutralize the event
- stop the race in progress

If a race is cancelled or if the event needs to be organized differently (e.g. one or more races need to be cancelled), for any reason beyond the control of UTMB International, more than 30 days before the start, runners will be partially refunded the entry fees. The amount of the refund will be decided as to allow the organization to deal with the irremediable expenses incurred as of the date of the cancellation. Runners will be refunded as follows:

	% of refund
Up to 4 months before the event	60 %.
Up to 2 months before the event	30 %.
Less than 2 months before the event	No reimbursement

If a race is cancelled less than 30 days before the start or if a race in progress is interrupted, for any reason beyond the control of UTMB International, entry fees will not be refunded.

INSURANCE

Civil liability

The organization takes out a third party insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and that of the participants.

CLAIMS

Any claim arising from the runner's registration for one of the WILDSTRBEL by UTMB races must be emailed at: info@trailsaintjacques.com or mailed to 31 rue du Lyret 74400 Chamonix-Mont-Blanc, France.

Any complaint that cannot be resolved within two (2) months of sending UTMB Group a registered letter may also be brought to the attention of UTMB Group's ombudsman, whose contact details are:

MCP Médiation

12 square Desnouettes

75015 PARIS

<http://mcpmediation.org>

Any dispute concerning the registration (e.g. if a runner is not selected via the lottery) or relating to sporting management and rules (e.g. if a runner abandons a race) cannot be considered a valid reason for a claim.