

## LG TRAIL 2019

### RULES OF ENGAGEMENT

#### 1. ORGANISATION

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The LG Trail association is constituted under the official statutes and deposited according to the rules of use.

#### 2. RACE FORMATS

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7 different race formats are proposed :

1. **LG** : about 120 km and 4000 meters of elevation gain.  
Start : Lausanne / Finish : Geneva
2. **LG Relay 2** (team of 2 runners) : 2 sections of 67 and 53 km and respectively 2400 and 1600 meters of elevation gain  
Start : Lausanne / Finish : Geneva
3. **LG Relay 4** (team of 4 runners) : 4 sections of about 18 to 39 km and 200 to 1800 meters of elevation gain.  
Start : Lausanne / Finish : Geneva
4. **LG Half** : about 53 km and 1600 meters of elevation gain  
Start : Saint-Cergue / Finish : Geneva
5. **LG Urban Trail** : about 18 km et 450 meters of elevation gain in Lausanne intra muros  
Start : Lausanne / Finish : Lausanne
6. **LG Express** : about 18 km and 200 meters of elevation gain  
Start : Chavannes-des-Bois / Finish : Geneva
7. **LG Walking** : about 18 km and 200 meters of elevation gain (no ranking)  
Start : Chavannes-des-Bois / Finish : Geneva
8. **LG Kids** : races of 1 to 3 km for children in the heart of the Park Pré Vert Signal Bougy

LG, LG Half, LG Urban Trail, LG Express, LG Walking are individual races and done in one step, at a free pace, but in a limited time. LG Relay 2 is a two runners race with one relay point in Saint-Cergue. LG Relay 4 is a four runners race with relay points in Signal de Bougy, Saint-Cergue and Chavannes-des-Bois.

The organizer of the LG Trail reserves the right to modify the routes and the time barriers according to the weather conditions. It also reserves the right to cancel or stop the race in case of dangerous conditions that could threaten the safety of participants in terms of courses, weather or unforeseen events.



### 3. CONDITIONS OF PARTICIPATION

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- LG, LG Half, LG Relay 4 (*3<sup>rd</sup> runner*), LG Relay 2 (*2<sup>nd</sup> runner*) are open to any person, man or woman, born in 2001 or before, without any mandatory license except for people living in France (**mandatory medical certificate or license for people residing in France**)
- LG Relais 4 (*except 3<sup>rd</sup> runner*), LG Relais 2 (*1<sup>st</sup> runner*), LG Urban Trail, LG Express, LG Walking are open to any person, man or woman, born in 2001 or before, without any mandatory license or medical certificate
- The LG Kids is open to anyone, girl or boy, born between 2008 and 2013.

LG, LG Half, LG Relay 4 and LG Relay 2 take place partly in altitude and the conditions can be very difficult (night, wind, cold, rain or snow). These events are reserved for trained people, in good physical condition and with a good capacity of personal autonomy.

By registering for one of the events the rider must:

- Be fully aware of the length and difficulty of the race and be perfectly trained for that
- To know how to face difficulties, without external help, difficult climatic conditions due to the altitude
- To be able to deal with physical or mental problems resulting from extreme fatigue, digestive problems, muscle or joint pains, small wounds ...
- Be in good physical shape and not suffer from any contraindications to the practice of endurance sport.
- Be fully aware that the main role of the organization is not to help a runner to manage these problems
- Be fully aware that for such a wilderness activity safety depends on the rider's ability to adapt to problems encountered or foreseeable

The participation in any of the races implies the unreserved acceptance of these rules and the ethics of the race.



## 4. CATEGORIES (MEN / WOMEN)

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### **LG, LG Half, LG Urban Trail et LG Express**

- Hopes
- Seniors
- Veterans 1
- Veterans 2
- Veterans 3

**LG Relay 4** : scratch only

**LG Relay 2** : scratch only

## 5. SUPPLY & SEMI SELF-SUFFICIENCY

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Rules of LG Trail follow the principle of individual race in semi-autonomy.

Semi-autonomy is defined as the ability to be autonomous between two food supply points, both in terms of food and clothing and safety equipment, in particular to adapt to problems encountered or foreseeable (bad weather, physical problems, injury ...).

Refueling stations are supplied with drinks and food. The organization provides water and energy drink for filling cans or water bags. The rider must make sure that he has enough water and food from each refueling station to reach the next refueling point.

**Personal assistance** will only be allowed at official refueling points. You will have to follow the planned route inside the refueling station even if you do not want to stop there.

**The accompaniment of a rider during all or part of the course is forbidden**, except on the zones of tolerance clearly indicated near the filling stations, that is to say 300 meters upstream and 300 meters downstream of these stations of refueling. No pets are allowed.

## 6. REGISTRATION

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Registrations are made exclusively by Internet thanks to a secure payment with credit card.

### **Until January 31, 2019:**

- LG: CHF 100
- LG Half: CHF 60
- LG Relay 2: CHF 150 per team
- LG Relay 4: CHF 200 per team



- LG Urban Trail: CHF 40
- LG Express: CHF 30
- LG Walking: CHF 30
- LG Kids: CHF 15

**From February 1 to June 30, 2019:**

- LG: CHF 125
- LG Half: CHF 80
- LG Relay 2: CHF 175 per team
- LG Relay 4: CHF 250 per team
- LG Urban Trail: CHF 45
- LG Express: CHF 35
- LG Walking: CHF 35
- LG Kids: CHF 15

**July 1 to September 21, 2019**

- LG: CHF 150
- LG Half: CHF 100
- LG Relay 2: CHF 200 per team
- LG Relay 4: CHF 300 per team
- LG Urban Trail: CHF 50
- LG Express: CHF 40
- LG Walking: CHF 40
- LG Kids: CHF 15

The registration fee includes all the services described in this document. The change of registration to switch to a shorter distance can only be done until September 19, 2019. No change will be allowed after this date. No refund will be taken into account during these exchanges.

**Abandonment of a relay runner**

If one of the participants in the LG Relay 4 or Relay 2 has to give up before starting, he may be replaced by a person of your choice, but this must be announced before September 19th.

**7. ENGAGEMENT**

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Any personal, firm and final commitment can not be refund for any reason. In case of no participation, no refund and no bank transfer will be made.



## 8. CANCELLATION INSURANCE

An optional cancellation insurance is available when processing to the online registration. This insurance allows the refund of registration fees in case of situations covered by the general conditions available [HERE](#)

**No refund will be granted if the participant has not subscribed to this cancellation insurance.**

## 9. EQUIPEMENT

| Equipements   | LG                 | Relay 4                                  | Relay 2                                  | LG Half            | LG Urban | LG Express |
|---|--------------------|--|--|--------------------|----------|------------|
| Hydration bag or belt                                   | ✓                  | ✓  | ✓  | ✓                  |          |            |
| Water reserve, minimum 1 liter                          | ✓                  | ✓  | ✓  | ✓                  |          |            |
| Water reserve minimum 0,5 liter                         |                    |  |  |                    | ✓        | ✓          |
| Waterproof jacket with hood                             | ✓                  | ✓  | ✓  | ✓                  | Advised  | Advised    |
| Underwear top with long sleeves                         | ✓                  | ✓  | ✓  | ✓                  | Advised  |            |
| Head lamp (with spare battery) *                        | ✓                  | ✓  | ✓  |                    | ✓        |            |
| Personal cup or glass                                   | ✓                  | ✓  | ✓  | ✓                  | ✓        | ✓          |
| Survival blanket  | ✓                  | ✓  | ✓  | ✓                  |          |            |
| Whistle   | ✓                  | ✓  | ✓  | ✓                  |          |            |
| Sticks **   | Optionnal          | Optionnal                                | Optionnal                                | Optionnal          |          | Optionnal  |
| Adhesive elastic band or strapping (mini 80cm x 3 cm)   | ✓                  | ✓  | ✓  | ✓                  | Advised  | Advised    |
| Food reserve  | ✓                  | ✓  | ✓  | ✓                  |          |            |
| Cell phone  | ✓                  | ✓  | ✓  | ✓                  | ✓        | ✓          |
| Cap or bandana  | Advised            | Advised                                  | Advised                                  | Advised            |          | Advised    |
| Sunglasses  | Advised            | Advised                                  | Advised                                  | Advised            |          |            |
| Solar cream   | Advised            | Advised                                  | Advised                                  | Advised            |          |            |
| Identity document (required by customs administrations) | ✓                  | ✓<br>(Pour le 3 <sup>ème</sup> relayeur) | ✓<br>(Pour le 2 <sup>ème</sup> relayeur) | ✓                  |          |            |
| A minimum sum of CHF 30                                 | Highly recommended | Highly recommended                       | Highly recommended                       | Highly recommended | Advised  | Advised    |

✓ = matériel obligatoire

\* We strongly recommend LG (120 km) runners to get a 2<sup>nd</sup> head lamp or a head lamp with spare battery



Head lamps for LG, LG Relay and LG Urban Trail can be tested when collecting your bib.

**\*\*** If you decide to use sticks, this is for the entire race. You cannot start without sticks and get some during the race.

We will not accept any stick into the drop bag that you can find at the km 40.

**Attention** : Sticks are not authorized on LG Urban Trail

For your own safety, we can control the mandatory equipment before the start of each race and at any moment of the race.

**For LG (120 km)** : the list might be reviewed some days before the race depending on the weather forecasts

## 10. BIB

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The bibs are given individually to each rider on presentation of an ID document, after having his mandatory equipment checked. The bib must be worn on the chest or stomach and must be fully visible at all times during the race. It must always be positioned above all clothing and can not be fixed on the bag or leg. The name and logo of the partners must not be modified or hidden. Except in case of refusal to obey a decision made by a race official, the bib is never removed, but in case of abandonment it is deactivated.

## 11. RUNNERS BAGS

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When picking up the bibs, each competitor (*except runners of LG Relay 4, LG Relay 2, LG Urban Trail*) can deposit a personal bag on which he will stick a tag with the bib number provided by the organization of LG Trail. Each runner will deposit this bag at the start, to find it at the finish line in Geneva.

**Attention** : Only one bag (maximum 10 kg) per competitor will be accepted. We thank you in advance not to leave a too big bag.

Bags are not verified with their content. We suggest you not to leave any valuable belongings inside as we will not be responsible for any theft or loss.

Runners of LG 120 km (solo) will receive a drop bag. This bag will be available to the runners at the km 40 in Longirod. You can leave personal things such as shoes, socks, additional jersey or jacket... this is interesting especially for people who want to run the 1<sup>st</sup> part of the race with running shoes as the route is rather flat and not technical. Trail running shoes can be put before the climb of the Jura mountains. The capacity of the bag is around 20 liters.

**Attention** : Sticks are not allowed in the drop bag



For LG Relay 4 and LG Relay 2, the transportation of the runners' bags is different. The LG Trail organisation will only carry the bags that are likely to be collected at the finish line in Geneva (not on the intermediary relay points).

**Transportation of RELAY 4's bags :**

- Before the race, runner 1 leaves his bag to runner 2 who brings it to the relay point in Signal de Bougy and gives it to runner 1 before running his own section
- Runner 2 leaves his bag to runner 3 who brings it to Saint-Cergue
- Runner 3 leaves his bag to runner 4 who brings it to Chavannes-des-Bois
- Runner 4 can ask runner 1 to leave his bag at the start in Lausanne. The organisation will then carry the bag to the finish line in Geneva

**Transportation of RELAY 2's bags :**

- Before the race, runner 1 leaves his bag to runner 2 who brings it to the relay point in Saint-Cergue
- Before 8h30, runner 2 can leave his bag to the organisation in Saint-Cergue and collect it at the finish line in Geneva or after 8h30 he can leave his bag to runner 1 who will bring him at the finish line in Geneva

**12. SAFETY AND MEDICAL ASSISTANCE**

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Security posts (doctors, ambulances, rescue workers) are located at various points along the track. These posts are in radio communication or with the director of the race. Security posts are available to anyone in danger with the means specific to the organization or agreements.

A runner calling for a medical check submits to the security staff's authority and agrees to accept its decisions :

Rescuers, official doctors and course directors have the right to :

- To disqualify (invalid bib) any competitor unable to continue the event.
- To evacuate by any means at their convenience the riders they believe to be in danger.

In cases of necessity, for reasons always in the interest of the participant, we can call the mountain rescuers, and at this time they will manage the operations and will implement all appropriate means, including helicopter. The cost of using these exceptional means will be taken by the participant who must also ensure his return from the point where he was evacuated.

It is the unique responsibility of the runner to build and to present a file to his personal insurance within the right timing.

The care that can be provided at the highest altitudes of the race is limited to people with a severe problem. Care for minor issues, especially the ones caused by the trail, can be provided on some access



points more within the limits of the medical staff availability. Access to medical care and its nature are left to the discretion of the medial staff.

It is up to the participant in a difficult medical situation to call for assistance :

- Come to the closest security post
- Call the race director (phone number written on the bib)
- Ask another runner to call for assistance
- If it is impossible to reach the director or any of the staff members, you can call the emergency services and only in the event of a vital emergency (144 from Switzerland, 112 from France)

### 13. CHECKPOINTS AND REFUELING STATIONS

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Only runners wearing a visible bib and duly controlled have access to the refueling stations. "Flying" checkpoints are set up in places, on a different location than the emergency and refueling stations. Their location is not communicated by the organization.

### 14. TIME LIMITS AND BARRIERS

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Time limits for the races are available here below :

| LG    | LG Relay<br>4 or 2 | LG Half | LG Urban<br>Trail | LG Express |
|-------|--------------------|---------|-------------------|------------|
| 24h00 | 24h00              | 11 h    | 3 h               | 3 h        |

Time limits are calculated to allow participants to reach the finish line in the maximum time imposed, while making possible stops (rest, meal ...). To be allowed to continue the event, competitors must leave the checkpoint before the deadline (regardless of the time of arrival at the checkpoint).





Detailed time limits and barriers are available here below :

| Location             | Indicative topographical data |            |          |          |          |          |          | Time limits LG, LG Relay 2 & 4 |             |                      | Supplies |
|----------------------|-------------------------------|------------|----------|----------|----------|----------|----------|--------------------------------|-------------|----------------------|----------|
|                      | Dist cumul                    | Dist inter | Altitude | D+ cumul | D- cumul | D+ inter | D- inter | hour limite                    | time limite | speed mini / section |          |
| Lausanne             | 0                             |            |          |          |          |          |          | 02:00                          | -           | -                    |          |
| Morges               | 10                            | 10         | 375      | 29       | 30       | 29       | 30       | -                              | -           | -                    | Liquid   |
| Signal de Bougy      | 27.4                          | 17.3       | 719      | 647      | 304      | 618      | 274      | 07:00                          | 05:00       | 5.5 km/h             | complete |
| Longirod             | 43.8                          | 16.3       | 1355     | 1570     | 590      | 923      | 286      | -                              | -           | -                    | complete |
| Oujon                | 54.1                          | 10.3       | 1073     | 1870     | 1174     | 300      | 584      | -                              | -           | -                    | drink    |
| Saint-Cergue         | 65.4                          | 11.3       | 1039     | 2349     | 1686     | 479      | 512      | 15:00                          | 13:00       | 4.9 km/h             | complete |
| Châlet Ski Club Nyon | 72.1                          | 6.6        | 1557     | 2966     | 1785     | 617      | 99       | -                              | -           | -                    | drink    |
| La Rippe             | 83.4                          | 11.3       | 574      | 3201     | 3003     | 235      | 1218     | 19:00                          | 17:00       | 4.5 km/h             | complete |
| Vesancy (FR)         | 91.5                          | 8.1        | 746      | 3591     | 3221     | 390      | 218      | -                              | -           | -                    | drink    |
| Chavannes des Bois   | 101.1                         | 9.5        | 472      | 3731     | 3634     | 140      | 413      | 23:00                          | 21:00       | 4.4 km/h             | complete |
| Collex-Bossy         | 109.1                         | 8          | 425      | 3841     | 3792     | 110      | 158      | -                              | -           | -                    | drink    |
| Chateau de Penthes   | 114.9                         | 5.7        | 454      | 3939     | 3862     | 98       | 70       | -                              | -           | -                    | complete |
| Genève               | 118.1                         | 3.1        | 372      | 3947     | 3950     | 8        | 88       | 02:00                          | 24:00       | 5.6 km/h             | complete |

| Location             | Indicative topographical data |            |          |          |          |          |          | Time limits LG HALF |             |                      | Supplies |
|----------------------|-------------------------------|------------|----------|----------|----------|----------|----------|---------------------|-------------|----------------------|----------|
|                      | Dist cumul                    | Dist inter | Altitude | D+ cumul | D- cumul | D+ inter | D- inter | hour limite         | time limite | speed mini / section |          |
| Saint-Cergue         | 0                             | 0          | 1039     | 0        | 0        | 0        | 0        | 08:30               | -           | -                    |          |
| Châlet Ski Club Nyon | 6.6                           | 6.6        | 1557     | 617      | 99       | 617      | 99       | -                   | -           | -                    | drink    |
| La Rippe             | 18                            | 11.3       | 571      | 852      | 1320     | 235      | 1221     | 12:30               | 04:00       | 4.5 km/h             | complete |
| Vesancy (FR)         | 26                            | 8          | 747      | 1242     | 1532     | 390      | 212      | -                   | -           | -                    | drink    |
| Chavannes des Bois   | 35.6                          | 9.6        | 472      | 1382     | 1948     | 140      | 416      | 16:30               | 08:00       | 4.4 km/h             | complete |
| Collex-Bossy         | 43.7                          | 8          | 424      | 1492     | 2106     | 110      | 158      | -                   | -           | -                    | drink    |
| Chateau de Penthes   | 49.4                          | 5.7        | 454      | 1590     | 2176     | 98       | 70       | -                   | -           | -                    | complete |
| Genève               | 52.6                          | 3.1        | 372      | 1598     | 2264     | 8        | 88       | 19:30               | 11:00       | 5.6 km/h             | complete |

The LG Trail organisation can modify any time the track and the time limits depending on the weather conditions.

Any competitor out of the time limits and disqualified of the race who would insist to continue his way will be able to do so only after having restored his bib to the LG Trail organisation, and will do it under its own responsibility and in complete autonomy.

The out of time participant has the responsibility to find a personal or public transport solution to reach back his final destination. If it is impossible for him to do so, the organisation could find a transport solution as much as it is possible at this moment to carry the participant to a station, a bus stop or to the start or the finish location of the race.



## 15. ABANDONMENT AND REPATRIATION

Unless seriously injured, a runner must not abandon anywhere other than at a refueling point. **He must then inform the refueling point manager and at the same time send a SMS to the race director on the number disclosed on the BIB. This SMS permanently invalidates the bib.** The rider keeps his invalid bib because it is his pass to access repatriation shuttles, meals, treatment rooms ...

Anyone who has left the race before having finished it and without informing the organization will have to assume the possible expenses of search engendered by its disappearance.

The participant who decides to abandon has the responsibility to find a personal or public transport solution to reach back his final destination. If it is impossible for him to do so, the organisation could find a transport solution as much as it is possible at this moment to carry the participant to a station, a bus stop or to the start or the finish location of the race.

In the event of bad weather conditions justifying the partial or total stopping of the race, the organization ensures the repatriation of the riders stopped as soon as possible, from the refueling stations.

## 16. PENALTIES - DISQUALIFICATION

LG Trail staff members located along the route as well as the managers of the various control and refueling points are entitled to enforce the rules and immediately apply a penalty in case of non-compliance with the rules.

| Failure to comply  | Penalty                                      |
|--|--|
| Mandatory equipment incomplete   | 15 min penalty to immediate disqualification |
| Non-respect of volunteers/organisation or other runners  | immediate disqualification                   |
| Refusal of mandatory equipment check, refusal to obey an order from the race director, a checkpoint or refueling manager, a doctor or a member of the medical and security staff | immediate disqualification                   |
| Non-respect of the route, shortcut   | immediate disqualification                   |
| Transfer of the race bib to someone without having informed the organisation   | immediate disqualification                   |
| Rubbish throw (voluntary) by a competitor or a member of his entourage   | immediate disqualification                   |
| Assistance outside of authorized areas   | 1 hour penalty                               |
| Non-assistance to another competitor in distress   | 1 hour penalty                               |
| Be accompanied by a pacer outside of the race (without bib)  | 30 min penalty                               |
| Wear of bid non-compliant  | 15 min penalty                               |
| No passage to a checkpoint   | Race director's discretionary decision       |



Any other breach of the rules will be sanctioned by the race jury.

## 17. LG TRAIL CHARTER

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Les différentes épreuves de la LG Trail se déroulent dans un cadre unique mais fragile. Il est de notre responsabilité de promouvoir, auprès du plus grand nombre, les valeurs du trail : respect des personnes et de l'environnement, entraide, solidarité, fair-play, humilité...

Ainsi, afin de sensibiliser toutes les personnes qui participent à la LG Trail (coureurs, partenaires, bénévoles, organisateurs, autorités locales...) et de les guider dans leurs comportements et actions, nous avons élaboré la charte de la LG Trail.

LG Trail races take place in a unique but fragile environment. It is our responsibility to promote, among the greatest number, the values of trail running: respect for people and the environment, mutual help, solidarity, fair play, humility ... Thus, in order to raise awareness among everyone who participates to LG Trail races (runners, partners, volunteers, organizers, local authorities ...) and to guide them in their behaviors and actions, we have drawn up the following charter of LG Trail.

### By joining the LG Trail community , I pledge to :

- Respect the values of trail running and sport : mutual aid, solidarity, sharing and conviviality
- Be aware that I am evolving in a fragile natural environment that we need to protect
- Respect and preserve the fauna and flora by staying only on the tracks of the race, in closing the gates behind you (for cows), bypassing the herds of animals you can cross in the Jura
- Do not throw any waste on the course
- Respect the work of the winemakers, do not touch the tools used for the grape harvest that can be near the vineyards.
- Use public transport and carsharing as much as possible to get to and leave the event
- Help a competitor in a difficult situation
- Respect all volunteers that are give some of their time for you that day
- Enjoy yourself at the maximum!!!!!!

## 18. DOPING

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In terms of doping, the regulations of Swiss Olympic apply to the event. Any competitor may be subject to an anti-doping test during or at the finish of the event. In case of refusal or abstention, the competitor will be punished in the same way as if he was guilty of doping.



## 19. RACE JURY

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It consists of :

- the race director
- the vice-president of the organization
- the coordinator
- as well as any competent person at the discretion of the President of the Organizing Committee.

The jury is entitled to make decisions on all disputes or disqualifications which have occurred during the race. The decisions are irrevocable.

## 20. CHANGES OF ROUTE OR TIME LIMITS AND BARRIERS, CANCELLATION OF THE RACE

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The organization of the LG Trail reserves the right to change at any time the route and locations of emergency and refueling stations, without notice. In case of unfavorable weather conditions (significant amounts of rain and snow at high altitude, high risk of storms ...) the start can be postponed for a few hours or simply canceled. No refund will be made in this type of situation. In case of bad weather, and for security reasons, the organization reserves the right to stop the event in progress or to change the time barriers. All decisions will be taken by a jury that will include at least the race director and the coordinator responsible for safety as well as any other competent person at the discretion of the President of the Organizing Committee. In such cases, no refund will be made.

## 21. INSURANCE

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### **Public liability insurance**

The organizer subscribes to public liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its own liability or of its volunteers and participants.

### **Accident insurance**

Each competitor must be in possession of an individual accident insurance covering possible search and evacuation expenses. Such insurance can be taken out with any organization chosen by the competitor.

**NB : Competitors have to pay helicopter evacuations in Switzerland**



## 22. RANKING AND AWARDS

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- For LG, LG Half, LG Express, LG Urban Trail and the LG Kids a men's and women's overall ranking as well as a ranking for each category will be established.
- For LG Relay 4 and LG Relay 2 a general ranking will be established (scratch only)
- For the LG Walking, the riders will not be classified but will be timed.

All riders will receive a souvenir prize.

## 23. RIGHT TO IMAGE

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Any competitor participating in one of the races of the LG Trail expressly waives the right to the image during the event, as he waives any appeals against the organizer and his authorized partners for the use made of his image.

## 24. DATA PROTECTION

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In accordance with the Federal Data Protection Act of 19 June 1992, you have the right to access and rectify your personal data. By registering for one of the LG Trail races, competitors agree that their name, address and bib number can be passed on to the photographers. The competitor's data can also be known by the publication of the list of registrations / departures and results. The organizer is prohibited from transferring the participant file for commercial purposes. However, the organizer reserves the right to use participant data to promote a next edition of the event. In case of disagreement with any of the above conditions, the participant will notify the organizer in writing no later than 10 days before the event.

