



6 Jours de France - Gérard CAIN
28 April - 4 May 2025
ULTRA RUNNING ORGANISATION



6-day Rules

We're doing everything we can to provide ideal conditions for all participants and accompany everyone throughout the event

Article 1: THE RACE

Free-paced individual race for runners and walkers.

DEPARTURE: **28 April 2025 at 12:00** and arrival: 4 May 2025 at 12:00.

LOCATION: Vallon Pont d'Arc (07) France at Camping Nature Parc l'Ardéchois.

Article 2: REGISTRATION

Entries must be made by post using the official entry form or online registration. Registrations will not be taken on site.

CATEGORIES: Reserved for seniors and masters (men and women) only.

"In application of the law of 2 March 2022 aimed at democratising sport in France and its implementing decree of 22 June 2022, the French Athletics Federation, on the advice of its Medical Commission, has decided to replace the requirement to provide a medical certificate stating that there are no contraindications, by

an educational and information trail on the health risks associated with athletics, called "The Athletics Trail". The "Health Prevention Pathway" (or "PPS"). Direct internet link [HERE](#)

Already applicable to all FFA adult licence holders since September 2023, this obligation now applies to all adult runners wishing to register for a race, who will have to complete the Health Prevention Plan (PPS) three months before the event in question. This PPS will be available on the FFA's online platform.

RATES :

Refer to the price list

Closing date for entries: 31 March 2025

A registration will be considered complete if it includes all of the following documents:

- The official entry form, duly completed and signed
- The health prevention course or a copy of your valid sports licence
- Payment of the entry fee by cheque made payable to "Ultra Running Organisation" or by bank transfer.

Bank: Crédit Agricole

Association ULTRA RUNNING ORGANISATION

IBAN: FR76 1390 6000 7385 0494 8215 431

BIC: AGRIFRPP839

Registration will take effect on the date of receipt of all the information in the file. Places reserved in a bungalow will ONLY be taken into account if the file is COMPLETE.

Entries must be sent **before 31 March 2025**, the closing date for entries, by e-mail to ultrarunning.organisationmail.com or by post to **ULTRA RUNNING ORGANISATION - 117 Route du Pont Louis XIII - 07000 PRIVAS - FRANCE.**

Article 3: CANCELLATION OF ENTRIES

All commitments are personal and in order to avoid any disputes, requests to cancel commitments must be made before 15 March 2025.

IMPORTANT: After this deadline, no further applications will be considered, including deferrals for the following year.

For a registered withdrawal:

- Before 31 December 2024: 10% of the registration fee will be retained.
- From 1^{er} January to 15 March 2025: 50% of the registration fee will be retained, after which no further applications will be accepted.
- Refunds will be processed as quickly as possible, no later than 3 months after the event.

Article 4: INSURANCE

The civil liability of the organisers is covered by an insurance policy in accordance with the Charter for off-stadia races. FFA licence holders are covered by the personal accident insurance linked to their licence. It is the responsibility of other participants to take out their own insurance. The organisers decline all responsibility in the event of an accident or disability resulting from poor health. Any theft will not be covered by the organisers. We advise you to take out cancellation insurance with certain specialist organisations.

Article 5: DOSSARDS

Race numbers can be collected at the race venue on Sunday 27 April 2025 from 4.00 pm to 7.00 pm and on Monday 28 April 2025 from 8.00 am to 9.00 am.

At the same time, you will be issued with a wristband that must be worn throughout the event, including by accompanying persons.

Race numbers must be worn in front and not folded for the duration of the event. Numbers will only be issued if the registration form is complete.

The official race T-shirt must be worn at the start during the first full lap.

The race briefing will take place on Monday 28 April 2025 at 10.00 am. All participants must be present and the oral information given must be respected throughout the race.

Article 6: TIMING

Timing will be carried out by an approved timekeeper, JMG Chrono, using an electronic timing system (electronic chip in the ankle).

All entrants will receive 1 electronic chip, which will be automatically initialised at the start line and used to check the regularity of the race at various points along the route. A competitor who does not follow the entire route will not be classified at the finish.

The electronic chip must be handed in by each competitor to the organisers at the finish of the race. In the event of withdrawal, the chip must be returned to the organisers on the day of the stop or start.

PLEASE NOTE: Any chip not collected by the end of the 6-day race will be billed at €50 and will result in immediate disqualification from the event.

The company offers participants turn-by-turn tracking and a personalised messaging system on their mobile phone.

No personal message published on paper.

4 May 2025:

- There will be no lunch, but a snack will be served from 11.00am.

After the awards ceremony, an aperitif-style meal will be offered to participants and accompanying persons.

You can indicate directly on the registration form (or register online) the type of special diet you have chosen: vegetarian, vegan, gluten-free, halal, lactose-free, etc.

If you are accompanying someone in a tent or camper van, you will be able to take part in the meals offered by the organisers.

For those staying in a bungalow, all meals are included.

Article 11 : FUELLING

1. Refreshment area ORGANISATION

A refreshment area will be available 24 hours a day for the duration of the event, with a variety of food on offer every 4 hours: hot, cold, sweet and savoury. Nutritional requirements will be covered for this type of event. Energy drinks will also be available.

2. Refuelling area STAFF

A specific area for personal refreshments with tables and chairs will be set out in the feed zone. It will be up to each competitor to bring his or her own food, according to his or her tastes.

3. Sustainable development

In keeping with our commitment to sustainable development, no plastic cups will be used at the refreshment table. You will be given 2 cups when you collect your number. **Competitors should bring their own cutlery.**

Containers will be provided during the night shift and must be returned to the organisers.

Article 12: RACE PROCEDURE

Accompanying persons on foot or bicycle are strictly forbidden on the circuit for the duration of the event.

Walking sticks are not permitted on the course.

Competitors entered in the "Race Walking" category must comply with the FFA rules relating to this discipline. Race walk judges will be present on the circuit to enforce these rules.

Article 13: FACILITIES

Showers and WCs (campsite facilities)

Accompanying vehicles will not have access to the campsite and must park in the outside car park.

Article 14 : MEDICAL SURVEILLANCE

Participants and accompanying persons must inform the organisers of any known illnesses, disabilities or food allergies.

A medical team (doctor, nurse, physiotherapist and reflexologist) will be on hand throughout the event to help participants and those accompanying them.

Article 15: AWARDS CEREMONY

The prize-giving ceremony will take place **on Sunday 4 May at 6pm** near the catering tent. Registered participants and accompanying persons are invited to an aperitif after the ceremony.

Article 16: DISPUTES

In the event of a dispute, the Race Director alone will settle any problems.

Article 17: BEHAVIOUR AND DRESS

We expect competitors and accompanying persons to behave impeccably throughout the event. We will be vigilant on this point given the welcome we receive at the campsite. Participants and accompanying persons are expressly requested to show the utmost respect for the sanitary facilities provided by the campsite.

The organisers reserve the right to impose penalties in the event of inappropriate behaviour.

Article 18: CANCELLATION OF A RACE

If the event is cancelled due to force majeure or for any other reason beyond the control of the organisers, no reimbursement of entry fees will be made and no compensation will be paid.

Article 19: USE OF IMAGES

On entering the event, each competitor expressly authorises the Ultra Running Organisation (*or its assignees*) to use or have used or reproduce or have reproduced his or her name, image, voice and sporting performance in connection with the event, with a view to any direct or derivative use of the event, on any medium, throughout the world, by all means known or unknown to date, and for the entire duration of the protection currently granted to these direct or derivative uses by the legislative or regulatory provisions, the judicial and/or arbitration decisions of any country as well as by current or future international conventions, including for any extensions that may be made to this duration.

CNIL: In accordance with the French Data Protection Act of 6 January 1978, you have the right to access and correct your personal data. Through us, you may receive offers from other companies or associations. If you do not wish to receive such offers, simply write to us stating your full name and address.

Article 20: ACCEPTANCE

Each competitor registered and taking part in the "6 jours de France" declares that he or she has read these regulations and accepts all their clauses without restriction.