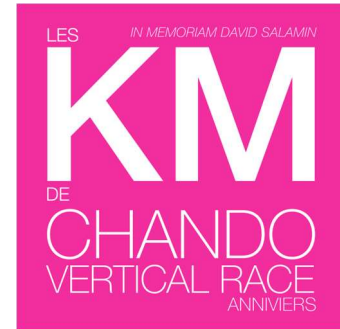


**Annviers, August 2023**



## **Race regulations**

### **« LES KM DE CHANDO »**

#### **Article 1 – Organization**

The CO of the « Les KM de Chando » event – constituted under official statutes and registered in accordance with the usual rules – organizes a mountain running competition.

#### **Article 2 – Events**

An open-air foot race, the majority of which follows hiking trails. It should be noted that this route is exposed to a maximum altitude of 2716 m and that the participant takes full responsibility for it.

The race offers a choice of 4 routes :

- Short route from La Rèche to the Illhorn (2716m.)  
= *1000 meters of positive vertical drop*
- Long route from STEP (Fang) to L'illhorn (2716m.)  
= *2000 meters of positive vertical drop*
- Relay: from STEP (Fang) to L'illhorn (2716m.) with a relay at La Rèche (1700m)  
= *2x1000 meters positive altitude difference*
- The children's race from La Rèche to Chandolin (2000m.)  
= *300 meters of positive vertical drop*

The races will take place in a single stage, at a free pace, in a limited time (see article 13).

*Start times are published on our website.*

#### **Article 3 – Environment**

Because we love nature, let's respect it. It is imperative to follow the paths as they are marked, without cutting them. Cutting a path causes major disturbance to wildlife and irreversible erosion of the site, irreparably damaging it. Don't throw away bar wrappers or tissues. A few grams in your pocket won't delay you, and will allow everyone to enjoy this superb region to the full, and to come back again. Each participant undertakes to respect these instructions. Any competitor found to be in breach will be immediately disqualified.

#### **Article 4 – Conditions of participation**

These races, with the exception of the children's race, are open to all persons, male or female, **aged 13 and over**, (junior to veteran categories), with or without a licence. Each participant undertakes to have sufficient training and to be in a state of health enabling him/her to take part in the event for which he/she has registered. Participation in the "KM DE CHANDO" implies unreserved acceptance of the present rules and race ethics.

#### **Article 5 – Categories**

***\* It is absolutely forbidden for juniors to start on the long route!***

**Vertical KM** = junior and popular races

Juniors: 13 to 19 years old

Populaires: 20 to 99 years old

#### **Double KM**

Elite: 20 to 39 years old

Veterans: 40 to 99 years old

#### **Relay pairs**

Mixed, men, women : 18 to 99 years old

#### **Kids vertical**

Children: 5 to 12 years

#### **Article 6 – Registrations**

Registrations can be made via the internet at [www.kmdc.ch](http://www.kmdc.ch) and via the MSO-Chrono timing site. Each registration method involves certain transaction and security fees. Please choose the payment method that suits you best. Online registration is open until midnight Wednesday before the race.

***By registering, each participant accepts these rules without reserve.***

The registration fee, paid in advance, is CHF 50.00 for the long course, CHF 40.00 for the short course and CHF 45.00 per person for the relay race. The children's race is free.

The registration fee includes the meal, shower, massage, transport to the start and back to the parking, chairlift return for the long course, as well as the souvenir prize for each participant.

### **Article 7 – Cancellation of registration**

Registration for the race is final. Cancellation of registration and refund is not possible. An optional cancellation insurance policy is offered at the time of registration. In the event of accident or illness, the insurance will refund the registration fee. If the race has to be cancelled due to force majeure, the organization will not refund registrations.

### **Article 8 – Bib distribution**

Bibs will be distributed from **7.00 to 8.15 (for all categories) in Vissoie** at the school canteen. Then, from **9.15 to 10.15 (for the Popular and Juniors single KM categories) in Chandolin**, at the Tsapé chairlift parking. And, from **12.00 to 13.30 (for children) in Chandolin**, at the race office in the municipal building in Chandolin. Every bibs are distributed to each runner on presentation of photo. *Guest runners must announce themselves !*

**The bib must be worn on the chest or stomach and must be visible in its entirety at all times throughout the race.** It must therefore always be worn above any clothing and may not be attached to a bag or leg. Partners' names and logos must not be altered or hidden. A gift is given to each runner when they receive their number.

Timing is by electronic chip supplied by MSO-Chrono. The chip is attached to the bib. It must not be removed from the bib. The chip is disposable.

It is strictly forbidden to park or drive to La Rèche or to the start of the Step. Runners must collect their numbers in Vissoie or Chandolin.

### **Article 9 – Equipment**

- **Highly recommended** : Drinks, gloves, warm clothing in case of bad weather, cap or bandana, sunglasses. Sticks authorized.

Poles are permitted, but must be carried from start to finish.

Various checks will be carried out at the start and finish.

- **Obligatory: personal cup for refreshments (see point 11)**

### **Article 10 – Runners bags - Transport**

Each competitor may leave a bag containing the items of his choice at the various start points.

The bags will be delivered to the Salle Communale on the Place des Planpras in Chandolin. As the contents of the bags will not be checked, no complaints will be accepted on arrival. It is recommended not to place valuables in the bags.

All competitors go to Vissoie or Chandolin, depending on their category, where parking is available.

Numbers are collected from the Centre Scolaire canteen in Vissoie and from the Tsapé chairlift parking in Chandolin. A bus service then takes runners to the Step for the Double and Relay. Single runners and the 2nd relay runner walk from the Tsapé parking lot to the start in La Rèche (approx. 15-20min to the start). On arrival at the Illhorn, runners can take the chairlift back down to the village of Chandolin. From Chandolin, regular shuttle buses will take participants back to Vissoie (normal bus "La Poste" timetable).

### **Article 11 – Refreshments**

The principle of individual semi-self-sufficiency is the rule. Food and beverage stations are provided:

Long route : 2 solids et liquids (La Rèche and Cabane Illhorn)

Short route : 1 solids et liquid (La Rèche)

Unauthorized refuelling: any refuelling by a competitor outside the official stations is strictly forbidden and will result in elimination.

### **Article 12 – Companions and animals**

Bicycles, mountain bikes and motorized vehicles are strictly forbidden on the course. Personal assistance outside the official refreshment zones is forbidden, as is accompaniment during the race. It is forbidden to run with a dog, even on a leash. Accompanying persons are forbidden to use cars or motorized vehicles on alpine roads.

### **Article 13 – Time barriers - race interruption**

The maximum race time is 3h30 for the long course and 2h30 for the Chandolin route. The finish line at the Illhorn closes at 1.00 pm.

Any competitor wishing to continue the race after this time may do so only after returning his or her race bib, under his or her own responsibility and in complete autonomy.

In the event of bad weather conditions or for safety reasons, the organization reserves the right to stop the race in progress and/or modify the route and/or change the time limits.

### **Article 14 - Surrender and repatriation**

In the case of abandonment for reasons other than injury, the competitor **must notify the person** in charge at the nearest refreshment post or checkpoint and hand in his or her number. He/she must return to Chandolin village by his/her own means. When the refreshment posts are closed, the organization may, within the limits of available resources, repatriate runners who have abandoned and are still present at the post.

In the event of unfavorable weather conditions justifying the partial or total suspension of the race, the organization will ensure the repatriation of runners who have stopped as soon as possible, from the refreshment posts.

### **Article 15 - Assistance - Safety**

Safety posts will be set up at several points along the course. These posts will be in radio contact with race HQ. Samaritan teams will be present throughout the event. They will be able to respond to any emergency on the course within a reasonable timeframe, if necessary calling on Air Glacier. Health personnel will be empowered to remove the race bib of any competitor unfit to continue the race.

### **Article 16 - Rankings and awards**

Prizes will be awarded to the top 3 finishers on each course, as well as to the winner of each category. A special prize will be awarded to the best team on each course (time of the 3 best combined).

### **Article 17 - Disqualification - penalties**

Competitors refusing to conform to these rules will be eliminated, in particular for :

- Absence - falsification of race bib
- Late arrival at the start of the competition
- Any point contrary to the present regulations
- Pollution or degradation of the sites crossed (cutting paths, littering)
- Refusal to be examined by health personnel.
- Any person not in possession of the mandatory equipment listed in article 9 of the present regulations will be subject to a penalty of a minimum of 15 minutes, a start ban or disqualification.

Anyone wishing to file a complaint must do so in writing to the Race Committee on arrival.

### **Article 18 - After the race**

A meal, included in the entry fee for runners, is organized at the finish, in the center of the village of Chandolin. Non-runners can eat at their own charge, according to the price list.

### **Article 19 - Data protection**

By registering, the competitor authorizes the publication of his or her surname, first name, year of birth, place of residence, bib number, race time and ranking in the registration and results lists. This authorization extends to the publication of this information in the written and electronic media, as well as for the sound broadcast made by the race speakers. This authorization also applies to competitors registered by third parties. Photographs and films taken during the event may be used for print and electronic media, as well as for promotional material or books. They do not confer any right to compensation. The organizer has the right to transfer participants for commercial purposes.

### **Article 20 - Liability insurance**

The organizer takes out civil liability insurance for the duration of the event. This insurance covers the financial consequences of liability for the organizer, his employees and participants.

**Each competitor must be in possession of personal accident insurance covering any search and evacuation costs.** Such insurance may be purchased from any organization of the competitor's choice.

**The organizing committee reserves the right to modify, delay or cancel the competition in the event of danger.**

*Please note: helicopter evacuations in Switzerland are not free of charge.*

### **Article 21 - Anti-doping**

By registering and taking part in this competition, athletes agree to accept **Swiss Olympic's** anti-doping regulations and recognize the exclusive authority of its "Disciplinary Chamber for Doping Cases" and that of the Court of Arbitration for Sport (Lausanne), to the exclusion of any other ordinary court. They must also accept the consequences (suspension and/or denunciation).

Anniviers, August 2023

CO President  
Mélanie Beney