

# RACE RULES LES GÉANTS

Les GÉANTS is an ultra-distance cycling race starting from Annecy in full autonomy.

Three formats are available:

300km

500km

1000km

The different routes follow the most beautiful Alpine passes and are marked out by checkpoints. As the event takes place on open roads, participants are required to strictly follow the traffic regulations

## I. ORGANISATION

Les GEANTS is organised by the association "La Brigade Matchy". Association loi 1901 registered on April 28, 2019, residing 39 avenue des Romains, 74000 Annecy.

## II. ROUTES

Les GEANTS consists in a route to follow divided by multiple checkpoints from the start to the finish. All riders must go through these checkpoints, failing which they will be disqualified.

## III. AUTONOMY

Participants take part in the event in full autonomy.

They must be able to engage in a demanding event and its associated difficulties. They must be physically self-sufficient, both in terms of equipment and food. They must also be able to deal with unforeseen circumstances (lack of food, mechanical problems) and know how to find their way around on their own.

Total autonomy implies :

The obligation to carry one's own equipment throughout the event, and to accept the organisation's controls.

No outside assistance on the course, or being accompanied for all or part of the race by a non-participant.

If necessary, participants may obtain supplies from shops along the route. They can also sleep in hotels or with local people.

## IV. PARTICIPATION

### Physical abilities

Les GEANTS is an ultra-long-distance event reserved for well-trained cyclists. Participants must be able to ride long distances in difficult conditions.

### Risk acceptance

Participants are fully aware that ultra-cycling is a dangerous activity due to :

- Traffic on open roads
- Physically demanding routes
- Hostile weather conditions, especially in the mountains
- Night time and lack of sleep

They must :

- Be well trained
- Know how to handle difficulties linked to physical effort and conditions on their own
- Be able to solve mechanical problems

Their safety depends on themselves and their ability to solve their own problems. Participants unreservedly accept all risks to which they expose themselves during the event, including the risk of traffic

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accidents, the risk of falls and trauma, the risk of injury, and the risk of experiencing symptoms of extreme fatigue. They take part in the event at their own risk. They agree to hold the organiser fully responsible for any damage that may occur during the event. No recourse will be possible.

## **Minimum age**

Les GEANTS is an event open to all participants who have reached the age of majority on the event start date.

## **V. EQUIPMENT**

### **Mandatory :**

GPS tracker supplied by the organiser

Helmet

Waterproof jacket

High-visibility reflective tape OR reflective vest

Front and rear bike light with battery and recharge to last the duration of the course

Wrench (multitool type)

Bike pump (no CO2 cartridge)

2 inner tubes min.

Telephone + charging cord + charging device

survival blanket

Minimum 1.5-liter water supply  
ID card or passport + photocopy

### **Recommended:**

Debit / credit card

Chain oil

Brake pads

First-aid kit

Self-medication with

Anti-Inflammatory-Non-Steroidal drugs is strongly discouraged.

## **VI. BIBS**

Bib numbers will be issued upon presentation of the following:

- Identification
- Compulsory equipment

Numbers must be visible throughout the event.

Pick up: - Monday 12th of August (from 2 to 7pm)

- Tuesday 13th of August 2024 (from 10am to 7pm).

Mandatory briefing: Tuesday 13th of August 2024 (7:30pm).

## **VII. SAFETY**

Les GEANTS is first and foremost a personal challenge and a race for those who want it. Indeed cyclists cannot replace the need to respect the traffic regulations. Cycling on open roads is dangerous because of drivers, motorcyclists, other cyclists and even animals. It is the responsibility of each participant to render assistance or help to any person he/she encounters in danger, and to notify emergency services if necessary. Participants are aware that, in the event of an accident during the event, emergency services may be late in arriving or may be insufficient. In all cases, they must inform the organiser.

## **VIII. TIME LIMITS AND RANKING**

In order to ensure the logistical management of the event, including the presence of volunteers at the various checkpoints and a rescue team, a time limit has been set for completing the various courses:

300km: 24h

500km: 60h

1000km : 120h

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As participants are riding on open roads, they must comply with the traffic regulations. Any participant who jeopardises his or her own safety or that of other cyclists and/or road users will be disqualified from the event.

Each finisher will receive a finishing time calculated by the GPS tracker. A ranking will be established at the end of the race but the organiser insists on the event's goal: to reach the end of the course in full physical and mental health.

## **IX. WITHDRAWAL**

Participants abandoning the event must notify the organiser and return home or to the finish by their own means. It is strongly recommended to anticipate this eventuality and the possible repatriation options.

In the event of withdrawal, participants must return the equipment loaned (GPS Tracker) to the race organiser's address:

5 avenue du Stand, 74000 ANNECY (before September 15, 2024 maximum).

In the case of injury during the race, the assistance of a first-aider is possible and

recommended. Participants are required to listen to the advice of professionals.

Any costs arising from the use of rescue or evacuation services, even of an exceptional nature, will be borne by the participants assisted. The organiser reserves the right to disqualify any participant showing signs of advanced fatigue or excessive injury.

## **X. PENALTIES DISQUALIFICATION**

Conduct subject to penalty:

- Littering
- Disrespect for others
- Failure to assist a participant in difficulty
- Invisible bib
- Non-compliance with local rules of the road
- Failure to respect the course

Conduct subject to disqualification:

- Cheating
- Absence of compulsory equipment
- Prohibited assistance
- Refusal to obey an order from the organiser

- Absence of GPS tracker signal for more than 24 hours
- Failure to pass through a checkpoint
- Use of doping products
- Driving on roads prohibited

## **XI. INSURANCE**

The organiser would like to draw participants' attention to the importance of taking out personal insurance to cover bodily injury incurred as a result of sporting activities. Participants should contact their insurer to find out about suitable insurance. For participants who wish, "cancellation" insurance is offered at the time of registration on the registration platform. This option must be taken out before the order is validated and, under certain conditions established by the insurer chosen by the organiser, enables the registration fees paid to be reimbursed. If the rider has not taken out cancellation insurance, he/she will not be able to claim a refund from the organisation.

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## **XII. IMAGE RIGHTS**

In accordance with provisions relating to image rights, participants allow the organiser and its technical service providers to take photos, videos or digital recordings during the event. The images may be exploited and used directly by the organisation in any form and on any medium, for an unlimited territory, without time limit, in full or in excerpts, and in particular: press, books, digital media, exhibitions, advertising, public screenings, competitions, websites, social networks.

The organiser expressly refrains from using the photos in any way that might infringe on privacy or reputation, and from using the photos, videos or digital recordings in any way that might be prejudicial. All disputes arising from the interpretation or execution of the present contract shall be submitted to the exclusive jurisdiction of the French courts.

## **XIII. EXPLOITATION RIGHTS**

The organiser owns the exploitation rights to the event it organises under the legally

registered "Les Géants" brand. All still or filmed images of the event are therefore the exclusive property of the organiser. Any communication about the event or use of the event in any form or medium whatsoever must respect the name of the event, the registered trademark and the express agreement of the organiser. Any commercial use of the event's name and/or images is subject to a written contract with the organiser.