

ARTICLE 1 : ALPSMAN

The AlpsMan is a Triathlon organised by the AlpsMan association. Competitors shall be subject to the rules presented here in.

IRONMAN Triathlon distance: 3.8k of swimming, 180k of cycling, and a full 26.2 mile marathon. The three disciplines follow one after the other with no clock stoppage. Individual challenge only.

ARTICLE 2: ELIGIBILITY

Alpsman is an extreme triathlon event open to everyone, with or without a license, of minimum 20 years of age in this calendar year (born at latest in 2000).

Those who hold a license with the Fédération Française de Triathlon, validated in 2020, that allows for competition (excluding recreational licenses and managers) are required to attach it to their registration. The license will use as a medical certificate.

Those who hold a ITU License, it's mandatory to present a medical certificate attesting the ability of the triathlon practice in competition, less than a year.

Those who do not hold a license are required to present a medical certificate, issued less than 1 year before the day of the event, attesting the ability to perform competitive triathlons.

ARTICLE 3: GENERAL RULES OF RACE

1. The event is overseen by the **agents appointed by the organisation.**
2. The race order is **swim, bike, run.**
3. **A race briefing will be held on Friday, June 5 at 6.30 p.m.** before the Pasta Party on the **Lake Saint-Jorioz Esplanade.** All participants must attend the briefing.
4. Racers must collect their bibs within the times provided for this (see Article 8).
5. Racers **must show proof of ID to collect their bib.**
6. The race is limited to **510** participants.
7. **Any outside help or support** during the race (food and water supplies, bike repair, etc.) is prohibited other than the personal supplies described in Article 5 and the designated supporter for the final climb at Semnoz (see. Article: Final Semnoz climb supporter).
8. **It is forbidden to provide support over a long distance (>100m) throughout the entire race except for the final climb at Semnoz for the "Top Finishers".**
9. If a participant is given support in an unauthorised segment he/she will be disqualified.
10. The organiser provides a swimming cap (**mandatory**), 1 bib, 1 adhesive numbered plate (bike, helmet, etc.), 3 bags and 2 transition boxes for holding any race equipment. **Transponders can be borrowed in exchange for a bond** (either €80, a driver's licence or proof of ID) **and must be handed back after the finish, when the bond will be returned. The transition boxes must be returned at the same time as the transponder.**
11. **Bibs must be worn with the bib number visible from behind during the bike segment and from in front during the run,** without any part hidden or removed. If no bib is worn at the finish line the participant will not be given a placing.
12. **Cut-off times** are set by the organiser for everyone's safety (see Article 9). **Any participant that exceeds this time limit will be taken out of the race by an agent and must hand over their bib them.**
13. Any participant wanting to **pull out** of the race must **bring their bib to the nearest flagman.**
14. The **organiser's liability** for theft or damage only covers bicycles kept inside the bicycle station. The organiser may not be held liable in any manner for small equipment and gear.

15. **Respect the "clean zones" around the feed stations.** Any participant seen deliberately throwing trash on the ground outside of these areas will be immediately disqualified.
16. **Nudity** is prohibited throughout the event, it is forbidden to be **topless** during the bike and run sections.

Swim

1. If the water temperature is below 16°C on the day of the event, wetsuits will be compulsory for all swimmers. If it exceeds 24.5°C, wetsuits will be prohibited.
2. **The only gear authorised for the swim:** goggles, neoprene wetsuit (see above), cap and nose plug.
3. **Participants must swim in the direction indicated by the buoys**, as indicated during the briefing. Failure to do so will mean disqualification.

Bike

1. All participants must wear a **hard shell helmet** with an adjustable chinstrap that is attached.
2. **It is forbidden to** overtake another competitor at crossroads and on bridges.
3. **The road code must be** respected, failure to do so will mean disqualification by red card. The bicycle section is on the open road.
4. The **bicycle must only be propelled** forward by the use of the leg muscles (lower muscle chain) in a circular movement by pushing on a peddle without any electric or other form of help. Equipment checks may be carried out.
5. **Drafting behind or beside another competitor or any other vehicle is prohibited.** Riders must keep a distance of 12m from behind another participant and 1.5m on the side. 35m behind a car and 2.5m from the side. The agents and organisers will be extremely vigilant about this point and penalise any competitors who do not respect this rule with a **blue card**. The rider in question must take a 5 minute **break** in the Penalty Box during the run. If they fail to do so they will be **disqualified**. The Penalty Box is located near the "Lake" finish line on the Esplanade.
6. Competitors must **only walk** when **inside the bike station**. Bikes will be held up by the back wheel in the bike station.
7. A line running from the exit of the bike station to the bike finish line will indicate the area up to which and within which competitors must respect the **requirement to keep their bike in their hand while still wearing their helmet**.

Run

1. **All runners must wear a headlamp after 8 p.m.** whichever final race course taken.
2. It is **forbidden to use batons**, whichever final course taken. This also applies any supporters running the final climb.

Supporters for the Semnoz final climb

1. Supporters are authorised for the final Semnoz climb but are not mandatory. They must be named in the registration, providing: first and last names, birth date (min. 20 years old), telephone number, email, medical certificate of aptitude to compete in a running race or a FFA, FFTRI or FFCO competition licence. The appointed supporter will be identified by a supporter's bib for the athlete he/she is following.
2. **The supporter is not allowed to run in front of the competing participant. He/she may only run beside or behind the participant without offering any physical assistance.** The supporter is present for the athlete's safety and must be physical able to do so.
3. The supporter is not authorised to provide the competing participant with food or water. He/she is only present to offer moral support and safety to the athlete. Under no circumstances may the supporter carry any of the athlete's mandatory equipment.

ARTICLE 4: “LE TOURNANT” (TURNING POINT) OF THE 25TH KM OF THE RUN SEGMENT

There is a line on the 25th km of the run segment called “Le Tournant”. Competitors who cross this line before 5:30pm may continue the race with the climb up the Semnoz where the “Sommet” (Summit) finishing line awaits them, to earn their places as “Top Finishers”.

Whoever crosses the line after 5:30pm must continue across the lake and those who cross the “Lac” finishing line before midnight (as measured by the stopwatch) become “Lake Finishers”.

If a competitor who crosses the line before 5:30pm chooses not to take the “Ascension” (climb) route, he/she will be penalised (the size of the penalty depends on how much time remains from the moment the competitor decides to proceed without climbing the Semnoz to the closing time of the “Tournant”, 5:30pm).

Conversely, the Semnoz climb is prohibited to all competitors going through the “Tournant” line after 5:30pm for security reasons on pain of being disqualified.

Competitors can descend from the “Sommet” by cars or bus of the organization. It’s not mandatory.

NB: The organization allows itself to advance the cut off at “Le Tournant” due to weather conditions the day of the event. The possible evolution of this schedule will be announced at the morning briefing, or, at the input / output of the Bike Park by visually highlighted.

ARTICLE 5: PROVISION OF FOOD, DRINK AND SUPPLIES

1.Swim:

There will be 1 supply of food and drink in place at the water exit, at the entrance to the transition area.

2. Cycle:

10 items of food, drink and personal supplies are prescribed during the course of the bike segment, of which:

- o km 13 - au Col de Leschaux - liquide
- o km 29 - au Sommet du Semnoz, crêt du Châtillon - solide + liquide
- o km 58 - à Lescheraines - solide + liquide + personnel
- o km 70 - au Col de Plainpalais - solide + liquide
- o km 91 - au Col des Près - liquide
- o km 107 - Coopérative à Lescheraines - solide + liquide + personnel
- o km 118 - au Col de Plainpalais - solide + liquide
- o km 139 - au Col des Près - liquide
- o km 158 – au village du Châtelard - solide + liquide
- o km 172 - au Col de Leschaux – liquide

3.Run:

3.Run

10 items of food, drink and personal supplies are prescribed during each run segment. The personal supplies bag will be situated at UCPA. You can access at each run lap. This point is situated 350m before ‘Le Tournant’.

TOP FINISHER			
Lap 1	KM 3.5	Duingt Eglise	Solid + liquid
	KM 9	Champs Fleuris	Solid + liquid
	KM 12	UCPA	Solid + liquid + personnel

Lap 2	KM 15.5	Duingt Eglise	Solid + liquid
	KM 21	Champs Fleuris	Solid + liquid
	KM 24.5	UCPA / TOURNANT	Solid + liquid + personnel
Semnoz Climb	KM 30.5	Entredozon	Solid + liquid
	KM 34	La Bauche/La Touvière	Solid + liquid
	KM 38.5	Parking Nord station	Liquid
	KM 42	Semnoz Summit	Solid + liquid + personnel

LAKE FINISHER			
Lap 1	KM 3.5	Duingt Eglise	Solid + liquid
	KM 9	Champs Fleuris	Solid + liquid
	KM 12	UCPA	Solid + liquid + personnel
Lap 2	KM 15.5	Duingt Eglise	Solid + liquid
	KM 21	Champs Fleuris	Solid + liquid
	KM 24.5	UCPA	Solid + liquid + personnel
Lap 3 of 6 km at 5 :30pm	KM 27	Champs Fleuris	Solid + liquid
	KM 30	UCPA	Solid + liquid + personnel
Lap 4	KM 33.5	Duingt Eglise	Solid + liquid
	KM 39	Champs Fleuris	Solid + liquid
	KM 42	Finish – Esplanade du lac	Solid + liquid + personnel

4. Personal supplies:

For any personal food and water, depending on where these are kept, participants must:

- Leave their personal belongings (food and water + clothing + gear) with the organisers in the bags and boxes provided for this purpose.
- Or have them dropped off by their supporters on the day of the event in the places provided for each personal feed station.
- CAP/RUN and SEMNOZ bags can be picked up on Saturday from 7 p.m. until 12:30 a.m. or on Sunday from 9 a.m. to 11 a.m.
- Bike bags can only be collected after the race
- Any CAP/RUN or SEMNOZ personal food and water bags not collected at the end of the event will be destroyed.

**You can drop off T1 boxes the morning of the race in the T1 area:
between 3:45 a.m. and 4:00 a.m. on Saturday**

You can drop off T2 boxes on Friday night or Saturday morning in the T2 area:

- between 4 p.m. and 6 p.m. on Friday
- between 3:30 a.m. and 4:00 a.m. on Saturday

You can drop off your personal *Bike and CAP bags* on Friday night or Saturday morning in the *UCPA-Consignes building*:

- between 4 p.m. and 6 p.m. on Friday
- between 3:30 a.m. and 4:00 a.m. on Saturday

5.Composition of supplies:

Supplies are to be composed of the following:

- **Liquid:** water, energy drink, soft drink (eg. Coca Cola)
- **Solid:**
 - Fruits: fresh (oranges, bananas, apples) and dry (apricots, raisins, prunes)
 - Energy products: bar, gel
 - Various sources of sugar: pound cake, chocolate, gingerbread
 - Salty: Tome des Bauges (salty cheese), salami, chips

ARTICLE 6: RANKING AND PRIZES

Top ranking will be given to the competitors who cross the “**Top**” finishing line, in the order of their finishing times. Next in the ranking come **the competitors** who cross the “**Lake**” finishing line, even if they have achieved shorter times than some of those crossing the “**Top**” finishing line.

There will therefore be only one ranking, with the last to the “**Top**” preceding the first to the “**Lac**”.

Note: Only “**Top Finishers**” will receive prizes; a competitor finishing in the top 5 and not reaching the finishing line at the summit of the Semnoz cannot receive a prize. Competitors who are not present at the awards ceremony on Sunday 7th June, starting at 12.30pm, will also forfeit their prizes. Below is the prize table:

GRILLE DE PRIX ALPSMAN		
CLT	SCRATCH HOMMES	SCRATCH DAMES
1^{ER}	3 000 €	3 000 €
2^{ÈME}	1 500 €	1 500 €
3^{ÈME}	1 000 €	1 000 €
4^{ÈME}	800 €	800 €
5^{ÈME}	500 €	500 €

ARTICLE 7: CATEGORIES

The categories are as follows. Those to receive prizes at the awards ceremony:

- The top 5 men in the general ranking
- The top 5 women in the general ranking
- And the 3 top achievers in each age category.
- In case of absence during the ceremonial ceremony, the prizes will be lost.

CATEGORIE ALPSMAN 2020					
CATÉGORIE	AGE	ANNÉES	CATÉGORIE	AGE	ANNÉES
ESPOIR HOMME	DE 20 À 24 ANS	1996 À 2000	ESPOIR DAME	DE 20 À 24 ANS	1996 À 2000
SENIOR 1 HOMME	DE 25 À 29 ANS	1991 À 1995	SENIOR 1 DAME	DE 25 À 29 ANS	1991 À 1995
SENIOR 2 HOMME	DE 30 À 34 ANS	1986 À 1990	SENIOR 2 DAME	DE 30 À 34 ANS	1986 À 1990
SENIOR 3 HOMME	DE 35 À 39 ANS	1981 À 1985	SENIOR 3 DAME	DE 35 À 39 ANS	1981 À 1985
VÉTÉRAN 1 HOMME	DE 40 À 44 ANS	1976 À 1980	VÉTÉRAN 1 DAME	DE 40 À 49 ANS	1971 À 1980
VÉTÉRAN 2 HOMME	DE 45 À 49 ANS	1971 À 1975	VÉTÉRAN 2 DAME	DE 50 À 59 ANS	1961 À 1970
VÉTÉRAN 3 HOMME	DE 50 À 54 ANS	1966 À 1970	VÉTÉRAN 3 DAME	60 ANS ET PLUS	1960 ET AVANT
VÉTÉRAN 4 HOMME	DE 55 À 59 ANS	1961 À 1965			

VÉTÉRAN 5 HOMME	60 ANS ET PLUS	1960 ET AVANT			
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ARTICLE 8: EVENT SCHEDULE

FRIDAY 5TH JUNE	
1 pm – 6 pm	Opening of partners' village and race bibs distribution at Esplanade du lac in St. Jorioz
1 pm – 1:45 pm	Bib withdrawal 1 to 100
1:45 pm – 2:30 pm	Bib withdrawal 101 to 200
2:30 pm – 3:15 pm	Bib withdrawal 201 to 300
3:15 pm - 4:00 pm	Bib withdrawal 301 to 400
4:00 pm – 4:45 pm	Bib withdrawal 401 to 510
4 pm – 7 pm	Opening of transition area (tennis area closed to the beach in St. Jorioz) – Bikes are required before 18pm
6 :30 pm	General briefing on the event segments at Esplanade du lac in St. Jorioz
7 pm – 8:30 pm	Pasta Party at Esplanade du lac in St. Jorioz
SATURDAY 6TH JUNE	
3 :45 am – 4 :15 am	Opening of Bike Parking Area – Transition: no bike drops the morning . Only check acces.
4 am & 4 :30 am	Participants board boats
5 :15 am	Boats arrive at the starting line and participants go into the water
5 :30 am	Race starts
5 pm	Estimated time of 1 st arrival at the summit
5 :30 pm	The "Tournant" closes, competitors may no longer climb up the Semnoz
Midnight	Timing stops
7 pm – 1 am	Transition area is open for competitors to pick up their stuff
SUNDAY 7TH JUNE	
9 am – 11 am	Transition area is open for competitors to pick up their stuff
12 :30 pm	lunch and prize-giving at Esplanade du lac in St. Jorioz

ARTICLE 9: CUT-OFF TIMES

There are prescribed cut-off times, after which competitors will be disqualified. It is in the interest of all that these cut-off times are enforced, as they are of utmost importance to the health and safety of the participants. The cut-off times are as follows:

7:30am: Cut-off time for swim – competitors arriving after this time are not permitted to mount their bikes and go on to the cycle segment of the race

1.00pm: Cut-off time for Col des Près (km 91) bike section – competitors arriving after this time must go back to St. Jorioz directly without performing the 2nd section to Lescheraines.

6pm: Cut-off time for cycle finish – competitors arriving after this time are not permitted to continue onto the run segment of the race.

Midnight: Timing stops – the finish line will be closed from this moment on and competitors must halt their efforts and withdraw from the race.

One of the organisation's referees will be present at the disqualification area for each cut-off time. Competitors arriving after the cut-off times are required to hand their number bibs in to this referee and will be considered disqualified from that moment on. They are then responsible for reaching the finish line by their own means.

The Semnoz climb may be closed in the event of poor weather conditions. Competitors will be informed about this on Friday at the race Briefing. The organisation reserves the right to modify cut-off times according to weather conditions.

ARTICLE 10 : AN ENVIRONMENTALLY RESPONSIBLE TRIATHLON

AlpsMan takes place in an exceptional natural setting. We are counting on you to respect the places that welcome you, by not throwing debris on the ground outside the clean-up areas.

Any competitor caught throwing rubbish on the ground intentionally will be disqualified immediately.

ARTICLE 11: EVENT CHANGES OR CANCELLATION

Cancellation:

If there is an event's cancellation at the initiative of the organizer, the organizer undertakes to refund to 70% of the participants' registration fees. Refunds will be made by bank transfer.

No additional costs incurred to participate in the event will be refund.

Case of "Force majeure":

The organizer's liability cannot be incurred if, for a case of "force majeure" or beyond its control, the event had to be modified, shortened or cancelled. In this case, registration fees and ancillary costs will not be refunded.

The following are defined as cases of force majeure: security reasons, bad weather, attacks or any other unpredictable, irresistible events beyond the control of the parties, which could give rise to fears of a bad development of the event.

Any changes, including in case of "force majeure", to these rules may be published notably by advertisement on the event website. They shall be considered as annexes to this Regulation. Any participant will be deemed to have accepted the change or modification as of the date of entry into force, simply because of his/her participation in the event.

ARTICLE 12: EXPULSION

The organisers reserve the right to expel one or more competitors who fail to comply with basic sports rules, good sportsmanship rules or the safety instructions given by the organisation.

Similarly, the medical staff is authorized to suspend or expel any competitor who takes risks that can impair his health, his life or that of others.

Failure to follow the prescribed course in its entirety, taking shortcuts or using any other unfair means to gain advantage over other competitors will result in disqualification.

Deliberately throwing rubbish on the ground on the course will also result in disqualification.

ARTICLE 13 : DOPING

The participant must be available at the finish line to special authority, for an doping control.

All the rules about dopinh was establish by French legislation, (ex : Code de la Santé Publique, Chapitre 4 de la loi n°2003-708 du 1^{er} août 2003 in relation at the organization and promotion of sports and physical activity) and by International rules (cf : ITU) or other measures in this domain.

All offender can be punish and can have penal pursuit.

ARTICLE 14: REGISTRATIONS AND WITHDRAWALS

Registrations are made on the registration platform at <https://lvo-inscription.com/alpsman2019>

The registration fee of €370 (excluding management fees) applies until 23:59 p.m, December 31, 2019. After this date, registration will cost €420 (excluding management fees)

Once the event is full, a waiting list will be set up by order of registration. Bibs may not be transferred. If a place becomes free, the organisers will contact the next person registered on the waiting list who will have 48 hours to finalise their registration using the invitation link sent by email.

Online Club booking procedures to receive a discount

Discounted rates apply to clubs.

There are no quotas for club bookings. As with individual registrations, once the event is full each club can register to be on a waiting list.

Club Rates

Discounts apply for 8 athletes or more from the same club: €330 per person (excluding registration fees) until December 31, 2019.

From January 1, 2020, the rate of €380 (excluding registration fees) will apply instead of €420.

Terms:

- Proof of membership for the same club at the time of the booking (membership card or permit with name of club)

Clubs benefit from several advantages:

- Boarding on the same boat
- Bikes kept together in the bike station
- Grouped bib collection
- A discounted rate for 8 members or more enrolled for the Xtrem format

The Club registration procedure is available on the registration page of the event website.

Withdrawal

Reimbursement terms for cancellations and/or withdrawals: A registration cancellation insurance is included in your registration package upon presentation of a medical certificate or professional leave.

100% of the inscription price will be reimbursed (excluding management fees and options) for cancellations on or before April 5, 2020 and 80% (excluding management fees and options) from April 6 to June 3, 2020. No reimbursements will be made for requests received after June 3, 2020.

ARTICLE 15: INSURANCE

- Civil liability: in compliance with French law, the organisers have taken out insurance policy No. 6658245504 with Axa Insurance that covers their civil liability, those of their representatives and of all Alpsman participants. Participants can be sent a copy of this policy upon request.

- Individual accidents: an Individual accident insurance policy has been taken out with the insurance company Tokio Marine for all participants.

ARTICLE 16: IMAGE REPRODUCTION RIGHTS AND THE CNIL (FRENCH DATA PROTECTION AUTHORITY)

By participating in the Alpsman 2020, each competitor expressly authorizes the organization (or those authorized by the organisation) to use, cause to be used, reproduce or cause to be reproduced, their name, picture, voice and sporting performance for any direct, indirect or derived form of exploitation of the event and this, on all media, worldwide, by every means known or unknown to this date, and for the term of protection currently given to these direct, indirect or derived forms of exploitation by laws or regulations, judiciary decisions and / or arbitration of any country as well as by current or future international conventions including any extensions that may be made to this duration.

In compliance with the Data Protection Act of 6 January 1978, you have a right to access and rectify data that concerns you. Through us, you may receive commercial offers from other companies or organizations. If you do not wish to receive these, simply write to us stating your full name and address.