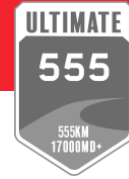




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Rules & regulation « ULTIMATES »

Version June 2023



Any participating athlete (hereinafter participant, competitor) in the *Ultimates* routes of “Le Tour des Stations” undertakes to respect the regulations following their registration.

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Article 1 : Preface

The Tour des Stations is a cycle sporting (“Cyclosporitive”) event organized by the Association du Tour des Stations (hereinafter the Organizer) offering the following courses :

- Ultimate 1000 : individual or duo
- Ultimate 555 : individual or duo

It will take place from Tuesday 1st to Sunday 6th August 2023 on roads open to traffic. Accordingly, participants must comply with Federal Road Traffic Laws ([LCR](#) in French) as well as follow instructions from directors, managers and personnel of the race.

This regulation is subject to change up until the day of the event in the interest of the riders and their security. If needed, participants will be informed by electronic means (e-mail, Organizer’s website and social networks) of significant changes.

Article 2 : Participation terms

Participation is open to all, licensed and non-licensed, provided you are at least 18 years old at the time of the race for the Ultimate 1000 and Ultimate 555 courses.

Participants must be in good health and properly trained. A license and/or the medical certificate is not required to participate in cyclosporitives events in Switzerland. However, the Organizer strongly recommends participants to consult a doctor to confirm their ability of being able to perform this type of effort.

By entering an ultra-cycling event, riders accept the extreme risk that comes with it. Riders are responsible for their own safety and must ensure that they get adequate rest and sleep. Safety depends solely on the rider's ability to adapt to storms, bad weather, mechanical problems, bad phone signal. Riders agree to always wear a GPS.

The demands of the distance and elevation gain mean that physical preparation is required. Choose the distance and your challenge and plan your preparation to achieve your goal.

Participation in the Tour des Stations implies unreserved acceptance by each competitor of this regulation.

Article 3 : Compulsory assurance

Each participant must take out personal health, accident and liability insurance. Rescue and repatriation insurance are also compulsory.

A minor may not participate in the event. The organisation will not provide any kind of insurance for the event and will not be held responsible for any damage whatsoever that may occur directly and/or indirectly to participants or other parties.

Article 4 : Safety & Liability

Respect the rules of the road, drive on the right side of the road, stop at red lights and stop signs. Treat other road users with respect : give way to pedestrians on cycle paths and pedestrian streets. Be respectful of other cyclists and motorists. The best way forward is to reduce the sources and risks of accidents. For more information on the law in Switzerland and night/day lighting : [Règles de base \(admin.ch\)](#).

The rule of autonomy between reboost stations is a common sense principle that relates to the very philosophy of bikepacking. The same applies to solidarity when accidents occur.

Rescue of participants in an emergency situation is mandatory when you are faced with such a situation. Help for others must be given and reported immediately to the race headquarters. If the health and life of others is in danger, call the national emergency number 144 immediately.

The time taken to provide assistance (accidents and serious life-threatening dangers) is deducted from the race time, if explicitly reported to the organiser directly at the finish.

The organisation does not provide repatriation or medical care.

By registering for the event, each participant confirms having read all the information, particularly those relating to security, and undertakes to comply.

Article 5 : Start

The start is allowed under the following conditions :

- Having submitted your entry and having been accepted by the organisers
- To physically attend the pre-race briefing
- Collect your bib number and tracker at the bib number collection desk
- Pass the technical inspection of the compulsory equipment

The peloton will be launched in groups of 6 riders at regular intervals. The starting order will be established by the organiser and cannot be changed.

Article 6 : Drafting

It is permitted to ride behind another rider to take advantage of his wake and suction. This facility is only permitted between riders participating in the event and within the same distance. Any other assistance by a rider from outside the race or a vehicle is prohibited. Random checks are carried out throughout the race.

Groups of more than 6 riders are not permitted, in order to ensure the smooth and safe overtaking by vehicles.

Article 7 : Course

A route map in GPX format will be sent to participants. Riders must strictly follow the course from start to finish. In the event that a rider leaves the course (loses the track, forgets to stop for refreshments, mechanical assistance, shop, etc.), the rider must resume to the course from the point where he left it.

Article 8 : Equipment

The route is on roads and paths with gravel sections. It is recommended to use classic road bikes with a tyre section of 28mm or wider. Below that (25mm, 23mm), the risk of punctures is increased, and comfort is greatly affected. Concerning the gear ratio, due to the significant difference gain in altitude and some segments that can touch 15% of the slope (7-8km/h), it is recommended to opt for a 50x34 gear, 11-34 derailleur or equivalent.

List of compulsory equipment, checked at the race numbers check :

- Approved helmet
- Light device with recharge + reflectors (wheels and frame, red at the back/white at the front)
- GPS meter with course map
- Permanently charged phone (powerbank)
- Survival blanket
- Minimum permanent food supply : 3 bars or ~400 kcal
- Hydration : 1,5L capacity
- Jacket and rain jacket, at least 1 long sleeve layer
- Money (or card) and ID
- Mechanics (spare brake pads – pump and repair kit – multi-tool – inner tube)

List of equipment provided by the TDS :

- Reflective pack (chasuble, bike and bike stickers)
- GPS tracker

List of recommended equipment :

- Overnight equipment (mattress – sleeping bag)
- Warm clothes
- Waterproof clothing

Article 9 : Base camp (reboost station) and assistance

The reboost stations provide a safe place to sleep, shower, eat and drink. The entourage (friends, family) is accepted in the reboost station and can provide support and comfort.

When you receive your race number, you will be asked to leave your bags at the reboost stations. Think about it and take advantage of the opportunity to strategically drop off the necessary items at different times during the race. For the Ultimate1000, 8 reboost stations are open during the race, so you can drop off 8 bags. For the ultimate555, 3 reboost stations, 3 bags. Bag pick-ups are planned on the last day in Le Châble, August 6th.

Please note: The volume of the bags is limited to 10L per reboost station.

The *reboost stations* are the only places where assistance is allowed by the participants' entourage.

Each reboost station will include :

A Refuel zone ;

- Cold refreshments :
"Enervit" energy bars
Dried fruit and oilseeds
Biberli and more substantial snacks
Seasonal fruit
- Hot and savoury food (pasta, risotto, polenta, etc.) on most stations
- Hot drinks (coffee - tea)
- Cold drinks ("Iris" juice - Coke - Redbull, etc.)

A Relax area

- Floor mats/camp mattresses

A Sanitary area

- WC
- Shower where possible
- Towels available

A Reload/Repair area

- Multi-plug/USB ports
- Standard toolbox:

Please note: there is no spare equipment provided (no inner tubes, no tyres, no chains etc...)

Outside the reboost stations, any assistance whatsoever is forbidden (e.g.: follow car, refreshments and meetings planned with your entourage outside a reboost station, etc.).

Outside of the reboost stations, make sure you rest and get enough supplies, if necessary, find accommodation (camping, B&B, hotel) and shops (restaurants, bakeries, supermarkets) to optimise the management of your effort.

Please respect the law on bivouacking in Switzerland and in the natural parks crossed: Further information : [Camper et bivouaquer | Club Alpin Suisse CAS \(sac-cas.ch\)](http://Camper et bivouaquer | Club Alpin Suisse CAS (sac-cas.ch))

Article 10 : Individual responsibility

By registering for the start of the event, the participant is fully aware that :

- Ultra-Distance cycling is an extreme sporting activity that requires perfect health and proper training.
- Ultra-distance cycling can involve high risks, particularly since the race takes place on open roads.
- He or she may be confronted with difficult climatic conditions (rain, storms, hail, cold, heat wave, etc.).
- The organisation does not provide any help or assistance of any kind outside the posts provided for this purpose, even in the event of technical damage or physical or mental problems.

By registering for the start of the event, the participant accepts :

- Without reservation and irrevocably accepts all the extreme risks of the event, in particular the risk of a serious accident.
- To bear sole responsibility for any type of damage he or she may suffer as a result of participating in the event.
- That he or she knowingly discharges the organiser of all contractual responsibility for any damage that he or she may suffer as a result of the event and its organisation and that he or she therefore waives all claims against the organiser.
- That the organisers decline all responsibility in case of accidents. It is the responsibility of each participant to be insured against accidents and civil liability. In case of serious accidents, the organisation reserves the right to call for a helicopter or an ambulance. In this case, the costs of intervention and rescue are to be borne exclusively by the participant.

Article 11 : Autonomy / Bikepacking

Bikepacking is a way of travelling in which the rider carries with him/her everything that is necessary for his/her comfort. In a bikepacking race, this means that no outside help is allowed, except if this help is provided at the TDS re-boost stations.

All movements must be made by calf power. Vehicle assistance is not permitted during the race. If you abandon or decide to withdraw from the race, you must inform the race headquarters as soon as possible. Go to the nearest *reboost station* to announce yourself and find a way back.

Article 12 : Registrations

Until July 30, 2023, registration for the events are exclusively on the website to register online at the following address: www.tourdesstations.ch. The number of places available is a maximum of 100 participants for each of the two Ultimate courses.

The rates are presented on the event's website as well as on the online registration platform: www.mso-chrono.ch.

To ensure that you have enough experience and physical and mental capacity to tackle the challenging Ultimates courses, a comprehensive questionnaire is administered during the registration process.

The organization reserves the right to reject your participation in an Ultimate course. In this case, you will receive a 100% refund minus a processing fee of CHF 20.

Article 13 : Bibs

Each participant must come and pick up their number in person. Exceptionally, and if registration is full, group leader's (club president) or a colleague can get the bib with the confirmation of a registration letter and a copy of the identification of the person concerned. All allocations of race numbers are firm and final.

Bibs collection for the Ultimate courses :

Bibs and gifts can be collected at the Welcome Village at Espace Saint-Marc in Le Châble, Route de Mauvoisin 45 :

- Tuesday August 1st from 10 :00 a.m.
- Thursday August 3rd from 11 :00 a.m.

Neither bibs, nor gifts are withdrawn the race day or sent by post.

Article 14 : Substitutions, Cancellations or Changing route

Each participant may choose the route that is most suited to him/her and the choice must be indicated when registering.

The ULTRA FLEX option is a guarantee of flexibility in the choice of route during registration. Thanks to this option, participants can, without charge or proof, from the date of registration and until July 31, 2023 (Ultimate 1000) and August 2, 2023 (Ultimate555) :

- Defer registration to 2024 without proof
- Change bib holder
- Change route by adding any difference with the new route chosen if the fare is higher. There is no refund if the new course chosen has a lower price.

Any request made after race day will not be processed.

Without the ULTRA FLEX option, it is possible until July 15 to:

- Defer registration to 2024 upon presentation of a medical certificate for an amount of CHF 25.-
- Change the bib holder for an amount of CHF 10.-
- Change route for an amount of CHF 5.- by adding the possible difference with the new route chosen if the price is higher. There is no refund if the new course chosen has a lower price.

After this date and without the UltraFlex option, no more changes are possible. Registration fees will not be refunded and the welcome pack will not be sent.

Any registration considered valid for the following year is strictly personal and cannot be transferred to a third party. Should the cyclist fail to participate again, the registration fee will be forfeited.

Article 15 : Cut off times & withdrawals

Competitors must follow the compulsory hours of neutralization, for security reasons. These barriers correspond to the hours from which it will no longer be possible to continue the race from the relevant control post. In not passing the checkpoints before the times defined below, the competitor will be disqualified and will not appear in the ranking of the event.

Ultimate 555 km :

- Passage to Saxon (200km) in maximum 18h
- Passage to Leukerbad (330km) in maximum 40h
- Passage to Euseigne (500km) in maximum 62h
- Arrival at the Croix-de-Cœur (555km) in maximum 70h

Ultimate 1000 km :

- Passage to Aigle (200km) in maximum 16 hours
- Passage to Gstaad (350km) in maximum 30h
- Passage to Grindelwald (450km) in maximum 40h
- Passage to Andermatt (530km) in maximum 55h
- Passage to Ambri (650km) in maximum 70h
- Passage to Visp (760km) in maximum 85h
- Passage to Leukerbad (840km) in maximum 90h
- Passage to Euseigne (950km) in maximum 110 hours
- Arrival at the Croix-de-Coeur in maximum 120 hours

Article 16 : Timing & ranking

The timing is done with an electronic detection system. All registrants will have a timing chip, glued on to the back of their bib.

This chip, detected by the different antennas arranged throughout the course of the event, will allow control of regularity of race and the results and rankings of the event.

To allow normal operation, the chip must be neither folded nor damaged. In addition, the bib must be attached to the front of the bike to ensure legibility. The electronic detection system is selected according to strict criteria of reliability. Despite tests by the manufacturers, there is a very small percentage of possible detection errors. The lack of data because of such a missed detection will not allow the Organizer to include the official time of the subject concerned in the ranking. The Organizer cannot be held responsible for this.

At the end of the event, several classifications are established :

| | |
|---------------------|---------|
| Ultimate 1000 men | Scratch |
| Ultimate 1000 women | Scratch |
| Ultimate 1000 duo | Scratch |
| Ultimate 555 men | Scratch |
| Ultimate 555 women | Scratch |
| Ultimate 555 duo | Scratch |

The first three of each category to cross the finish line are rewarded at the awards ceremony on arrival.

Article 17 : Prize-giving

The Organizer reserves the right to establish the prize board. The first three in each category must present their bib number and a piece of identification to receive the prize.

The prize must be removed on site Sunday 6, 2023.

Article 18 : Complaint and claims

Any claims may be done in writing to the race office, no later than 15 minutes after the classification is made. The complaint and/or claim must be accompanied by a justification.

This will be accompanied by a deposit of CHF 100-. This amount will be refunded if the claim is accepted. Claims will be judged by the jury of the race (Race Director, timing manager). Decisions related to claims are final.

Article 19 : Ethics

The Organizer puts a point of honor on the Olympic values of excellence, friendship and respect that are the keystone of a fair and sustainable sport. Participants must treat with respect the other competitors, the members of the Organization, volunteers and spectators. The Organizer reserves the right to exclude participants who commit acts of violent behavior or discriminating verbal abuse against anyone.

The Organizer is subject to Swiss Olympic "Doping Regulations". Anti-doping controls can be carried out. Registration and participation in this competition, participants allow themselves to be subject to the anti-doping Swiss Olympic provisions and recognize the competence of his/her "Disciplinary Chamber for doping cases" and that of the Court of Arbitration for Sport (Lausanne), to the exclusion of any other ordinary court. The participant will also have to bear the consequences of his/her behavior (suspension/termination).

Article 20 : Respect for the environment

A parking space is reserved at the time of registration. If possible, meet at the start by carpool or public transport. It is possible to store equipment at Saint-Marc in Le Châble during your race.

Do not leave any tracks, the route will take you through some of the most beautiful regions of the Swiss and Valaisan Alps. Please respect the law and do not leave any waste behind.

Article 21 : Engraved in your heart

An ultra-distance race takes riders through all sorts of moods. The borderline between euphoria and agony is often just a pedal stroke too far. It is up to you to find the resources and solutions to get through the difficult moments and to enjoy the good ones even more. One thing is certain, this race will make your Ultimate TDS ride and your adventurous experience unforgettable !

Article 22 : Media/image rights

The image rights and coverage of the event belong to the TDS organiser. Any use of the event for media purposes must be requested in writing to the organiser at least 8 weeks before the start of the event.

Article 23 : Application of the regulations

Safety officers will monitor the application of the above-mentioned regulations throughout the course. Depending on the seriousness of the offence, a disqualification may be declared immediately. In other cases, a warning will be given to the PC and a second warning will result in disqualification.

Article 24 : Acceptance of rules and regulations

Participation in the Tour des Stations implies express and unreserved acceptance by each competitor of this regulation.

In case of difference between the texts of the various versions of the regulations, the French version of the regulations is authentic.

Sion, June 2023.
Association du Tour des Stations