

INSTRUCTIONS FOR COMPETITORS
48H ULTRA INDOOR NORMAND (UIN) 2010

From Thursday 2nd December 15h to Saturday 4th December 2010 à 15h

GENERAL CONDITIONS

ORGANISERS : Association RNA number: W273001749

RACE

Individual 48Hour Indoor Race .No teams.

VENUE INFORMATION

La Halle des expositions à Evreux Avenue FOCH

RACING CIRCUIT

150 meter running track Official measure IAFF (N° 18/03567/01).

REGISTRATION CONDITIONS

Athletes should have a FFA Licence or a medical certificate.

We need a copy of your medical certificate.

No fee.

COMPETITORS

There will be no more than 20 athletes.

WELCOMING / PASTA PARTY

All athletes arriving early will be welcomed Wednesday afternoon. Please let us know if you need a lift from the Railway Station to the hotel and afterwards to the Halle for the Pasta-Party at 7 pm.

ACCOMODATIONS

Athletes may stay at the Hotel Campanile from Wednesday the 1st December to Saturday the 4th. The rooms should be vacated Thursday the 2nd by 11:30 and Sunday morning by 12:00 at the latest.

Luggage may be checked at the hotel in a secure area.

ATHLETE'S STANDS (Personal facilities)

Every athlete will get a table and a chair (and a mattress if needed) nearby the track.

RESTING

It will be possible to rest in a personal space nearby the track (Please, bring a sleeping bag).

CREW

Athletes may have a crew composed of 1 or more assistants. Only one person will be entitled to have free food (badge and tickets will be provided) .

A small contribution will be requested for any extra persons.

The assistants have to remain unobtrusive, moreover must not walk or run with the competitor, nor provide food outside of a specified zone.

PHOTOS, pictures or videos

Each competitor gives his/her authorisation to the organizers, partners and sponsors, to use photos or videos on which they appear, with out restriction in time.

Data protection and Privacy statement

You have the right to look at your personal electronic data.

RESPONSABILITIES

The organizers have contracted an insurance ...AXA

If you have a licence, you benefit from all the benefits included. If not, please make sure you have proper insurance.

- Everybody competes at his/her own risk.

DOPING CONTROL

Official control will be in place at the end of the race

▪ **CONDITIONS OF THE RACE**

NUMBERS They will be given on Thursday from 11 to 12/30. in the Halle des expositions d'Evreux, venue of the race.

Numbers will obviously have to be worn.

Cloth numbers should be worn during the first, 24th and 48th hour periods.

DIRECTION

Running direction will be reversed every 4 hours.

PRESENTATION OF THE ATHLETES

The athletes will have to be ready 15 minutes before the starting time for a presentation.

TIMEKEEPING AND RESULTS

The results will be updated on <http://www.marchons.com> as well as photos, and videos.

The electronic number must be worn during the entire race.

- ▶ The results will be checked and posted every hour. They will become official 30 minutes later. During the event, it is possible to follow the results, since positions will be updated on the internet every hour.

Athletes should inform race officials whenever they intend to have a break (more than 15 minutes) and stop right after the check point. They will restart at the same point.

Etiquette and courtesy

- ▶ Etiquette does *not* require lone athletes to yield the inside lane to athletes wanting to pass, however, we invite you to show common courtesy, and that most of us run for the enjoyment and thrill of the experience

Any athlete walking or running very slowly (less than 4km/h) should stay on the outside lane

RANKING

There will be a initial ranking at 24 hours and another ranking at 48 hour.

The final kilometrage will be from the latest completed lap; moreover, any athlete pointing at 47h59'59'' will have to go for one more lap.

FOOD A full aid station will be provided Water (still and sparkling) coffee, tea coca, soup, macaroni (noodles), potatoes, semolina and rice with milk, ham, honey, yoghurts, bread, biscuits (both sweet and salted) cheese, raisins and dried fruits, sugar, bananas, oranges.

We allow personal food .

TOILETS

Toilets are located very close to the running track. They will be cleaned several times during the event.

MEDICAL AID There will be medical care a staff of physiotherapists and podiatry set in a special room.(any athlete needing it will have to inform the organization)

ANIMATION

During the whole event.

Between midnight and 8 am the music will be moderated.

PRIZES

A thankful award will be offered to each athlete

- ▶ A meal will be offered to all the athletes and their crew (1 person free and contribution for the others) after the race, before the Prizegiving Ceremony

- **INFORMATION/CONTACTS**

Names and addresses of the organizers

Marc Noury 3 Rue des néfliers 27930 Angerville la Campagne

Mikaël Gilbrin Rue Bottelier 27000 Evreux

- Christine DAVID chrydavid@aliceadsl.fr

- **SCHEDULE**

Wednesday

Welcoming

Transport to the hotel

16:30/45 "Séance Dédicacesé in Evreux Transport in Limousine !

19h Pasta (Halle)

Thursday

Welcoming and breakfast

11:30/12:30 Lunch and presentation of the runners

Pre-race meeting :12:30

Meeting on the starting line 14:30

15: L'Ultra Indoor Normand

Saturday

15: End of the race !

Photos

Transport to the hotel

Back to the Halle for the ceremony 17:30

Dinner

Sunday

Transport to the station if needed(tell us please)