

VI Edition of CAF-Caracas Marathon 2017¹

REGULATION²

Article 1. The Event

The “VI Edition of the CAF-Caracas Marathon” (the “Event”) will take place on March 26th, 2017. The organization of the event is in charge of an Organizing Committee (the "Organization"), and the event will be governed by the dispositions established in this Regulation.

Article 2. Route

The route of the Event is supported by the Venezuelan Athletics Association (FVA, for its acronym in Spanish) and the Association of International Marathons and Distance Runners (AIMS), and has been measured and certified by the International Athletics Association of Athletics Federations (IAAF). The Event has been adopted as a National Marathon Championship of Venezuela by the FVA:

- Marathon: distance of 42,195 meters
- Half Marathon: distance of 21,097 meters

Both competitions will start and end at the Parque Los Caobos, and their distances will be marked in each kilometer.

Article 3. About the Organization

The Organization is made up by five members: three (3) representatives named by the Corporación Andina de Fomento, Development Bank of Latin America (“CAF”), one (1) representative from the FVA, and one (1) representative of the company in charge of the route’s logistics.

The Organization is authorized to:

- Develop these Regulations and approve any changes to it.
- Change the makeup of the Organization.
- Interpret the dispositions of this Regulation and decide on the issues that are not expressly included in it.
- Appoint the judges of the Event, the race Director, the members of the jury of appeals, as well as any sports or organization authority for the Event.

¹ The CAF-Caracas Marathon is the exclusive property of the Corporación Andina de Fomento. The logotype and other designs associated to the CAF-Caracas Marathon belong to CAF and may not be used without prior authorization in writing by CAF. The control and right to use the CAF-Caracas Marathon logo belongs to CAF and the Institution, at its sole discretion and in keeping its institutional image, reserves the right to restrict its use without being forced to pay for damages under any concept.

² The present Regulation is subject to possible changes in compliance with the procedure established in it.

- Approve, fix, and/or modify the race's route at any time, as well as the date of the Event, the starting and finishing time of the Event, the starting and finishing points, the deadlines for registration, and any other aspect related to the development of the Event.
- Organize and establish any type of measure that is necessary to ensure the Event's monitoring and safety.
- Organize and establish the location of all hydration stands according to the established circuit.
- Establish any other measures that are necessary for the Event's organization and implementation.

Article 4. Participants' responsibilities

- 4.1 All participants must go through **all** the route's control points, from the starting point to the finish line, to formalize and validate the time registry.
- 4.2 All participants must be able to complete the distance in the registered modality, from the start to the finish line, within the maximum times established:
 - Marathon (42,195 m): 6 hours.
 - Half Marathon (21,097 m): 3 hours.
- 4.3 When registering, all participants accept the present Regulation, declare to be in good physical conditions to participate in the Event, and releases the Organization and sponsors of this competition of any responsibility in case of accident, action, or omission regarding any subject included in this Regulation.
- 4.4 The Organization recommends all participants to submit to a medical check-up before the competition. Each participant accepts the risks resulting from the physical and sports activity demanded by the Marathon and Half Marathon.
- 4.5 All participants, when formalizing the registration, accept the publication of their name in the communications media and/or internet, authorize the Organization to supply their data to the organizers of other races, as well as the use and publication of their pictures, movies, videos and recordings, or any other type of registry or information supplied to the Organization's data base during their participation in the race, and allow their image to be used in the promotion and dissemination of the CAF-Caracas Marathon.
- 4.6 All participants must run with the official number of the Event visibly placed in the front part of their t-shirt and, if not, they will be disqualified and not allowed to enter the finish funnel.
- 4.7 Anyone not complying with the aforementioned requirements or with any of the dispositions of this Regulation, will be disqualified without any of the prerogatives granted to the officially registered participants.

Article 5. Registration

5.1 General requirements:

- (i) Participants must be 18 years old on the day of the Event.
- (ii) The registration process for the Marathon and Half Marathon will be carried out only on-

line through the Event's web page: <http://maraton.caf.com/>, which will contain all the necessary information for the athletes who wish to participate ,

- (iii) Registration will be open until 28/02/2017 or until there are no more available spaces, whichever comes first.

5.2 Additional requirements:

Participants must show that they are in good condition to run the Marathon distance in less than 6 hours and the Half Marathon in less than 3 hours.

- 5.2.1 Any runner who has participated in any of the last three editions of the CAF-Caracas Marathon or Half Marathon, who has complied with the aforementioned maximum times, and who has not been disqualified due to any of the reasons mentioned in numeral 16.2 of this Regulation, complies with this additional requirement and must only complete the information required by the online form.
- 5.2.2 Any runner who has participated in any of the races mentioned in Annex "A" of this Regulation, who has complied with the requirements stated in numeral 5.2.4, and has not been disqualified in any of them, complies with this additional requirement and must only complete the information required by the online form.
- 5.2.3 Runners who do not comply with the conditions stated in numerals 5.2.1 and 5.2.2, must show compliance with the requirements stated in numeral 5.2.4. The online registration process will indicate the steps to follow.
- 5.2.4 Validation of required times:

The information on required race times must be easily accessible in the official web sites of the corresponding races.

- **Marathon Modality:**

Participant must comply with **at least one** of the following requirements:

- Show that between 2014 and 2016 they have participated **in one (1) Marathon**, and achieved a time equal or less than 6:00 hours.
- Show that between 2014 and 2016 they have participated **in one (1) Half Marathon**, and achieved a time equal or less than 3:00 hours.
- Show that between 2014 and 2016 they have participated **in three (3) 10K races** and achieved an average time of 01:15 hours in the three races.

▪ **Half Marathon Modality:**

Participants must comply with **at least one** of the following requirements:

- Show that between 2014 and 2016 they have participated in **one (1) Marathon**, and achieved a time equal or less than 6:00 hours.
- Show that between 2014 and 2016 they have participated in **one (1) Half Marathon**, and achieved a time equal or less than 3:00 hours.
- Show that between 2014 and 2016 they participated in **two (2) 10 K Races**, achieving an average time of 1:15 hrs. in the two races.

5.3 Requirements: Elite Athletes

The elite category is only applied to the Marathon modality (42K). To formalize registration, these athletes must present the support of the Athletics Federation of the country they represent to the FVA. The FVA must send the sponsor certificate to the Organization of the CAF-Caracas Marathon to start the registration process and organize the logistic participation of the athlete through the corresponding Federation.

5.4 Requirements: Athletes of the National Bolivarian Armed Forces (FANB, for its acronym in Spanish) and from police and security organizations.

Athletes from the National Bolivarian Armed Forces (FANB) and from police and security organizations who support the Fifth Edition of the CAF-Caracas Marathon are exempt from payment of the registration fee; however, they must comply with all the aforementioned requirements mentioned in numerals 5.1 and 5.2, as well as with the following two:

- (i) To formalize their registration, authorities from the organizations must write a letter to the Organization, including a list of the participants who desire to be exempt from payment.
- (ii) Each participant must request the registration form through infomaraton@caf.com and fill out all the required information to complete the registration process.

5.5 Cost

The initial registration cost will be Bs. 5,000 or USD 50 for both modalities. These amounts may be subject to change during the registration process as decided by the Organization.

5.6 Spaces

Spaces for the VI Edition of the 2017 CAF-Caracas Marathon will be established as 5,300 participants in the Marathon and 6,700 in the Half Marathon.

5.7 Change in Modality

Changes in modality will have an additional cost equivalent to 100% of the registration cost on the date the change is requested, and may be carried out until February 28th, 2017 or until registration reaches its maximum capacity. Changes in the modality must be requested through the Event's web page: <http://maraton.caf.com/>, clicking on the option developed for this purpose.

5.8 Transfers and Reimbursements

Registration is non-transferable. The transfer, paid or free, of the participation of one person to another, will result in the disqualification of the persons involved.

There are no reimbursements of registration fees for any cause or motive that prevents participation in the Event, including, and without limitations, fortuitous cases or *force majeure* events.

Article 6. Categories

Runner categories are established according to the FVA regulation on street and cross-country races, which determines who participates in each category according to the birth date.

Half Marathon Category

	<u>Birth date</u>	<u>Age</u>
Juvenile	(1997 – 1998)	18 - 19 years
Free	(1987 – 1996)	20 – 29 years
Sub Master	(1977 – 1986)	30 – 39 years
Master A	(1972 – 1976)	40 – 44 years
Master B	(1967 – 1971)	45 – 49 years
Master C	(1962 – 1966)	50 – 54 years
Master D	(1957 – 1961)	55 – 59 years
Master E	(up to– 1956)	60 years or more

Handicapped athletes, wheel chair modality ³

Marathon Category

	<u>Birth date</u>	<u>Age</u>
Juvenile	(1997 – 1998)	18 - 19 years
Free	(1987 – 1996)	20 – 29 years
Sub Master	(1977 – 1986)	30 – 39 years
Master A	(1972 – 1976)	40 – 44 years
Master B	(1967 – 1971)	45 – 49 years
Master C	(1962 – 1966)	50 – 54 years
Master D	(1957 – 1961)	55 – 59 years
Master E	(up to - 1956)	60 years or more

Article 7. Delivery of the runner kit

Every duly registered competitor must pick up the runner kit in a timely manner, in the place established by the Organization as stated in the Event’s web page.

The kit will include a t-shirt with the CAF-Caracas Marathon logo; the official runner number **must** be placed in the front of the shirt on the day of the race, with the tag (for time control) attached to the back of the numbers to register time on the day of the race.

The Organization is not responsible if the tag fails to work properly, as an external company provides these devices.

To pick up the kit, participants must know their runner number and go to the corresponding stand to identify themselves, without exemption, by presenting an identity document (laminated identity card or passport) and the registration receipt⁴, which they will have received by e-mail once the registration is confirmed.

When picking up the kit, each runner must sign the *Liability Disclaimer and the Data Protection Forms, and the Warning on Established Race Times Form*, which will be provided by representatives of the Organization when picking up the kit, and are reproduced in Annexes “A” and “C” of this Regulation, respectively.

³ Registration and participation of handicapped athletes will only be allowed in the Half Marathon modality. To participate, they must comply with the 21,097 meters distance in three (3) hours or less.

⁴ The registration receipt may also be downloaded from <http://maraton.caf.com/>

In case a registered participant cannot personally pick up the kit, it may be given to a person who presents the following documentation:

- Written authorization given by the runner.
- Registration receipt.
- Copy of the runner's identity card or passport.
- Copy of the identity card or passport of the person authorized to pick up the kit.
- The authorized person must be of legal age and must sign the Liability Disclaimer and the Data Protection Forms in the name of the participant, and the Warning on Established Race Times Form, signed by **the runner**.

IMPORTANT:

- The runner kit will only be available on the days and times announced by the Organization in the web page <http://maraton.caf.com/>.
- If for any reason the kit gets lost after it has been picked up, the runner will not get another one.
- Each participant is responsible for verifying the working condition of the tag to register time (located on the back of the runner number), at the Chronotrack stand, intended for that purpose, on the day of the delivery of materials.

Article 8. Schedule

- Starting times in the different categories of the Event are as follows:
 - Half Marathon, handicapped athletes 5:55 a.m.
 - Marathon 6:00 a.m.
 - Half Marathon 6:30 a.m.
- Maximum duration of the Marathon will be (6) six hours, so the closing at the finish line will be at 12:00.
- The maximum time for the Half Marathon will be (3) hours, so the closing at the finish line will be at 9:30 a.m.

The reopening of the streets will be progressive, as authorized by the rearguard security. As each circuit or road segment is reopened, control points will be lifted and vehicular traffic will be restored. The reopening of circuits or road segments will be carried out by a race judge in an Organization vehicle in coordination with security authorities; at this time, all runners who are still in the circuit will be invited to abandon the race and walk on the sidewalks, and transportation will be offered to the finish line for all athletes who so desire.

Note: the race judge in charge of the rearguard has the authority to demand that a runner withdraw from the Event when it is evident that he/she is not able to comply with the minimum average speed required, or if he/she exceeds the maximum time stipulated in this Regulation.

Article 9. Judges and Timekeeping

Control of the Marathon and Half Marathon will be in charge of the judges appointed by the Organization. They will comply and execute this Regulation and will be the only ones authorized to validate the classification, arrival times at the finish line, and timekeeping of participants, as well as point out the faults that have been committed and consequent disqualifications during the development of the Event.

Timekeeping will be carried out with an electronic system –tag– attached to the runner number, so its use is mandatory. There will be starting and finishing controls for the Half Marathon and the Marathon, as well as at other points throughout the race; all runners must pass through all the control points corresponding to their modality.

Article 10. Services for runners

- In the Paseo Colón, west direction, north lane, two starting areas will be established: blue for the 42K runners, and green for the 21K. All runners are to go to their corresponding area according to the registered modality; otherwise, the system will not register the official time.
- In the Parque Los Caobos, there will be an area exclusively for runners, with massage services, hydration, bathrooms, stretching areas, and elite area, among others.
- Starting on the second kilometer, there will be hydration stands every two (2) kilometers.
- There will be sanitary service stands every two (2) kilometers throughout the route, always close to the hydration stands.
- There will be ambulance services or paramedic assistance stands every five (5) kilometers, and a medical service area at the start and end of the race.
- In the start and finish area athletes will have a cloakroom service. Please do not leave valuables, as the organization is not responsible for lost objects.

Article 11. Authorized vehicles

The circuit will be completely closed to traffic and the only vehicles that can accompany the runners are those assigned by the Organization.

Circulation is prohibited for all other vehicles, bicycles, motorcycles, skates, skateboards, or others that are not authorized and identified. Accompanying a runner in any vehicle would result in runner disqualification.

Article 12. Insurance

All registered participants are covered by an Insurance Policy contracted by the Organization, which

will only cover accidents that happen during the Event as a direct consequence of the runner's effective participation in the Event, and of its physical development, and never as a result of a latent pathology, pregnancy, lesion, recklessness, negligence, or not observing or complying with the laws and regulations of Venezuela and the articles in this regulation, or those produced during the trip to and from the Parque Los Caobos.

Article 13. Results

13.1 General Result

At the conclusion of the Event, the Organization will publish only the list of the preliminary results of the first five (5) finalists of the Marathon and Half Marathon, both males and females, on a poster located close to the award platform. The **preliminary** results of all participants will be posted on the web page within 30 hours after the Event ends. The **preliminary** results will be verified by the Organization before being published as **official** results on the CAF-Caracas Marathon web page, in order to review the possible existence of irregularities that could disqualify any participants.

13.2 Participation certificate

Certificates will be available at the CAF-Caracas 2016 Marathon web page, once the official results are published.

Article 14. Awards

14.1 General

Every participant of the Marathon and Half Marathon will receive a medal for crossing the finish line.

14.2 General Marathon (42k) and Half Marathon (21k)

Similar cash awards and medals or recognitions will be given to the first five (5) male and female finalists in the general category, both for the Marathon and Half Marathon, as well as to the first three (3) finalists, females and males, in the wheel chair handicapped athletes category in the Half Marathon.

14.3 By Category

For the award by category in the Marathon and Half Marathon, medals or a similar recognition will be given to the first three (3) finalists in each official category.

14.4 Cash awards

14.4.1 Awards for handicapped athletes (in wheel chairs)

<u>Place</u>	<u>Males</u>	<u>Females</u>
1st	USD 300.00	USD 300.00
2nd	USD 200.00	USD 200.00
3rd	USD 100.00	USD 100.00

14.4.2 General Marathon Awards (42,195 meters)⁵

General Classification

<u>Place</u>	<u>Males</u>	<u>Females</u>
1 st	USD 5,000.00	USD 5,000.00
2 nd	USD 4,000.00	USD 4,000.00
3 rd	USD 3,000.00	USD 3,000.00
4 th	USD 2,000.00	USD 2,000.00
5 th	USD 1,000.00	USD 1,000.00

14.4.3 General Awards, Half Marathon (21,097 meters)⁶

General Classification

<u>Place</u>	<u>Males</u>	<u>Females</u>
1 st	USD 1,000.00	USD 1,000.00
2 nd	USD 800.00	USD 800.00
3 rd	USD 600.00	USD 600.00

⁵ Cash prizes for the Marathon and Half Marathon modalities will only be awarded once the negative results of the doping tests conducted by the FVA are received.

⁶ The delivery of cash prizes could be subject to doping tests at the request of the Organization. Prizes will be awarded on June 1st of 2017, based on the order of arrival validated by the FVA, once the negative results of the doping tests are received.

4 th	USD 400.00	USD 400.00
5 th	USD 200.00	USD 200.00

14.4.4 Special bonuses for participants in the Marathon modality (42,195 meters)

(i) General special bonus: A special additional USD 1,000 award will be given to participants that obtain marks that are better or equal to:

- Males	(2:15:00)	USD 1,000.00
- Females	(2:40:00)	USD 1,000.00

(ii) Special bonus for participants from CAF member countries: An additional award of USD 5,000 will be given to the first place winner (male and female) in the Marathon modality if they are citizens from any CAF member country; Argentina, Barbados, Bolivia, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, Jamaica, Mexico, Panama, Paraguay, Peru, Portugal, Spain, Trinidad & Tobago, Uruguay and Venezuela, if they achieve marks that are equal to or less than those mentioned in the previous paragraph (i). **This bonus excludes the general special bonus indicated in the previous paragraph (i).**

14.4.5 Forms of payment

- (i) Cash payments will only be presented to the awardee with the presentation of an identity document, without exceptions.
- (ii) Payments by transfer may only be done to accounts in the name of the participant or to the Athletics Federation of the country that he/she represents.

All awards may be paid in cash or transfer, in USD or Bolivares (Bs), at the discretion of the Organization, at the official exchange rate on the day of the Event.

Article 15. Presentation of awards

The award ceremony, which will take place in the finish area of the Event, will include the five (5) first finalists, females and males in the Marathon category (42K) and Half Marathon (21K), and the three

(3) first finalists in the handicapped athletes in wheel chair category. The ceremony will start after the times recorded by the participants and/or athletes are reviewed and are in accordance with the official electronic watch, and the judges have delivered the form with the recorded times, duly approved by the Event's inspector, including the athletes' pass by all the control points located throughout the route.

Within a period of time determined by the Organization, after reviewing the official results, medals or similar recognitions will be awarded by Marathon and Half Marathon category, in a private act, at a place and time defined by the Organization. Runners who are not present may pick up their medals or similar recognitions at a place and time indicated in a timely manner by the Organization.

Article 16. Control /Disqualifications

16.1 Participants who do not comply with the maximum times established by this Regulation will be automatically disqualified. However, this disqualification will not prevent them from registering in future editions of the Event if they comply with the requirements that are applicable in agreement with this Regulation.

16.2 When the Organization considers that a participant has had a dishonest, fraudulent, or unsportsmanlike behavior during the participation in the race, he/she will be automatically disqualified from this competition and the following edition. This includes, *without limitations*, the following cases:

- They do not complete the established route with a deceitful or fraudulent intention.
- They obtain the results by using transportation of any kind, or any type of support to finish the race, or through the support of third parties using any type of vehicle.
- Deception by impersonating the identity of a participant, either during the race or at the award ceremony.
- They use another runner's number and tag (time control device).
- Unsportsmanlike behavior (insults to personnel, judges, participants, etc.).
- They do not have the runner number in the front part of the body to make it possible for the Event's judges to see.
- They do not follow the instructions of the Organization's judges and/or personnel.
- They do not comply with any of the dispositions of this Regulation.

Article 17. Liability Disclaimer and Data Protection

When registering online, all runners who want to participate in the Event must accept the following documents: **Annex "B" Liability Disclaimer and Data Protection, and Annex "C" Warning on Established Race Times.**

In this regard, at the time participants are formally registered, they automatically declare that they have read and accepted the terms and conditions.

Article 18. Suspension or Cancellation

Given that the Event requires favorable conditions that allow for the maintenance of its quality, the safety of the participants, and free circulation throughout the defined route, participants acknowledge and accept that the Organization reserves the right to postpone or suspend the Event, temporarily or definitively, as a result of the occurrence of a fortuitous or force majeure event such as acts of nature, war, revolution, work stoppage, strike, fire, governmental acts or omissions including, without limitation, the revocation or refusal to grant the required permits or licenses, unforeseen and significant obstruction of the route that prevents the development of the Event, or any other unforeseen cause beyond the reach and control of the Organization, in which case the Organization will not be held liable and will be exempted of its obligations.

ANNEX "A"
List of Races

Name of Event	Modality			Editions		
	42k	21k	10k			
National Events Sponsored by CAF						
CAF-Caracas Marathon	x			2014	2015	2016
CAF – Caracas Half Marathon		x		2014	2015	2016
Divina Pastora Half Marathon		x		2014	2015	
Automercados Plazas Half Marathon		x		2014	2015	
Valencia Half Marathon		x		2014	2015	
Caracas Rock			x	2014	2015	2016
Valencia Rock			x	2014	2015	2016
Maracaibo Rock			x	2014	2015	2016
Margarita 10k Race			x	2014	2015	
Columbia Half Marathon		x		2014		
Plumrose 10k Race			x	2014	2015	2017
1st 10 K Race XIV Gatorade Circuit			x			2016
2nd 10 K Race XIV Gatorade Circuit			x			2016
10 K Banco de Venezuela			x			2016
10 K Cargill			x			2016
1st Anniversary Race Dynamic International Airways			x			2016
Guayana City Half Marathon		x				2016

***Note 1:** The organization is making efforts to get the data bases of other races organized in Venezuela.*

***Nota 2:** Runners who have not participated in any of the listed races may present evidence of participation in other national or international races in which the results are easily accessible in the official web sites of the corresponding races*

ANNEX "B"
Liability Disclaimer and Data Protection

CAF – Caracas 2017 Marathon

LIABILITY DISCLAIMER AND DATA PROTECTION

I, _____, of legal age, runner number _____ declare that I have voluntarily decided to participate in the VI Edition of the CAF-Caracas Marathon, and I understand that participating in such a race is a risky activity, and that I am in perfect physical and health conditions, without suffering from any sickness, lesion, or affliction that could advise against my participation in the race, as well as adequately trained to participate in it.

I agree to comply with any decision coming from a judge or any other authority of the Event with respect to my capacity to complete the race safely, and will comply with the established times for each modality or any other aspect related to my participation in the race.

I assume all the risks associated to my participation in the VI Edition of the CAF-Caracas Marathon, including, without limitations, falls and other accidents, contact with other participants, effects related with the weather, including temperature and/or humidity, conditions of the roads and vehicular traffic, and any other conditions of the route that could result in any kind of damage; I know and value all the risks involved.

Having read this statement, and knowing all the facts and risks associated to my participation in the VI Edition of the CAF-Caracas Marathon, I hereby release CAF and its officials (representatives and successors, organizers, managers, and volunteers), the FVA, the companies in charge of the Event's logistics, and all sponsors, as well as their representatives and successors, jointly the "Institutions", from complaints or responsibility of any kind, and/or the payment for damages or injuries that could arise from my participation during or after the Event, even if the responsibility could arise from causes that could be attributable to any of the Institutions. In addition, I release the Institutions from any responsibility for events resulting from fortuitous or force majeure events, before or during the development of the Event, as well as from any loss or theft that a participant may suffer during the development of the Event. I hereby authorize the above mentioned people to use my pictures, films, videos, recordings, and any other type of registry or information supplied to CAF's data base during my participation in the race, and agree to have my image used for the promotion and dissemination of the CAF-Caracas Marathon in all possible ways (radio, press, video, photo, DVD, internet, posters, communications media, etc.), ceding all the right relative to the commercial and advertising exploitation that the Organization considers necessary, without any rights to receive economic compensation, for any legal purpose.

For the Participant:

Name:

Identity Card or Passport:

ANNEX "C"

Warning on Established Times for the CAF-
Caracas 2017 Marathon

Warning on established times for the CAF-Caracas 2017 Marathon

The route will be available for a limited time that the city of Caracas cedes for the use of its roads, and which is imperative to respect.

- The Marathon route (42K) will be available for runners for a period of six (6) hours: from 06:00 a.m. until 12:00 noon.
- The Half Marathon route (21K) will be available for runners for a period of three (3) hours: from 06:15 a.m. until 09:15 a.m.
- For both the 42K and the 21K, vehicular traffic will open progressively, and will start with Av. Bolívar at 07:00 a.m. and Av. San Martín at 07:30 a.m.
- A rearguard safety squad will force stragglers to evacuate the roads.

These times are calculated based on a minimum average speed of 7 km/h, equivalent to 8.5 minutes per kilometer (8:30 min:seg/km). If you cannot maintain a sustainable pace during 3 or 6 hours, according to the chosen modality, we recommend that you do not register.

We remind you that the VI Edition of the CAF-Caracas Marathon is a demanding street race; **it is not a STROLL.**

* I declare that I have read and understood this warning, that I can maintain the required average pace demanded by the organizing committee (7 km/h or 8,5 min/km) during 3 hours for the 21K or 6 hours for the 42K, and that I will strictly abide by the orders given by the rearguard safety squad.

For the participant:

Name:

Identity card or Passport: