



THE EVENT

St Lary Patou Trail is organized by COURANT AIR EVENEMENTS (CAE). It allows runners to discover the French Pyrenees the best way : through your passion : running!

This race will take you on both amazing and scenic tracks, and you'll get to enjoy every aspect of these magnificent mountains.

Steep ascends, technical descends, fun and corky trails, surrounded by breathtaking panoramas.

After the races, we planned as well several activities and moments typical of this region and surroundings – sports doesn't exclude conviviality ! Nothing too strenuous (we want to keep you in shape) but the way for you to get familiar with our way of life !

St Lary Patou Trail is A Stage Race in the french Pyrenees.
5 stages – 100k

FRENCH PYRENEES PATOU TRAIL IS LIMITED TO 40 ATHLETES !

JOIN US NOW!

French Pyrenees Patou Trail Entry

Participants have to pay a 200 € entry fee (non-refundable) upon registration. The rest must be paid until 31/03/2015.

Before 31/03/2015: 1550 € athletes (supporters 1450 €)

From 01/04/2014 to 31/07/2014: 1700 € athletes (supporters 1600 €) : Full amount has to be paid at the time of the registration. Extra night: 90 €

*Supplement for single room: 450 €

The total cost includes:

- Race pack (bib and dotations), 6 nights accomodation in double rooms (breakfast included), Transportation, management of 5 stages, dinners (Monday to Saturday).

RULES

1/ FRENCH PYRENEES PATOU TRAIL is organized by CAE. It is a trail running race in 5 stages

2/ The event is open to every runner, who already performed a stage race or not, as long as an adequate preparation for the distances (and elevations) to cover and to overcome are required. The whole course is in complete safety, but training and extra caution are still necessary.

The final ranking will be drawn up on the basis of the sum of the five times of the five stages. Then in sequence, the athletes who will withdraw in one or more stages will be ranked on the basis of the km covered.

It is also foreseen a so-called “3x10” ranking, for the athletes willing to run 3 times 10k, and spend more time enjoying many other appealing aspects of the Pyrenées.

3/ The race is open to athletes, turned 18 before June 22nd, 2015. Participants will be divided in 2 categories : Male / Female (no category of age)

4/ Licensed participants will provide a copy of their license, **for which is required a medical clearance to compete in running races, signed by your National Federation (make sure it is valid at the time of the competition).**

Non-licensed participants must provide a certificate established by their General Practitioner, attesting the athlete’s fitness to trail running – long distance and in competition, been issued for less than a year.

Copies of Clearance will not be given back.

5/ Courant Air Evenements has subscribed a civil liability insurance (policy can be consulted on request) whose coverage includes a third Party and the competitors against damages and repatriation, as long as they are in the race, that is as long as they are not disqualified, withdrawn or after the cut-off time. Athletes are recommended to subscribe an individual insurance policy.

6/ Competitors must be semi-self-sufficient. At each single stage, any participant **MUST** carry (**on pain of disqualification**):

- Personal bib number given by the Organization, always perfectly and entirely visible and attached to the front of the shirt or jacket.

- Flasks or Camelbak containing water, as listed below :

500ml for stages Under 15k

1l for stages between 15 and 25k

1,5 l for the Skymarathon

- Wind Jacket

- Food supplies according to each one's need

- Survival blanket

- Whistle

- Trail shoes

- Cell phone (with organization number memorized)

Optional : Hiking sticks, sunblock

*** According to weather conditions we might have to ask you to wear long pants, beanie or buff, gloves**

Athletes' equipment will be checked at the start and end of each stage.

Athletes must be semi self-sufficient, and will take care of their own food supplies for each single stage. (One can bring supply for the longest stages from one's own country, or shop there). There will be one supply point at stage 3 (20k) and several ones at stage 5 (SkyMarathon).

7/ There will also be checkpoints and passage points, also surprise ones, where the competitors must have their bib stamped and must sign the transit card.

8/ The organizers reserve the right to make rule, course and start times changes at any time.

9/ The participants grant press and the organizing committee permission to use and publish the pictures taken during the race.

10/ Race bag pick up will be on Monday 22nd at hotel during the general briefing. Briefings will be also held before each single stage.

11/ Courses will be marked with colourful tapes and/or directional arrows.

12/ Participants are fully aware of the risks connected with this competition and voluntarily assume full responsibility in taking part in this event. Organization will not be liable for any losses, damages, illness, injuries, including death.

13/ Participants can be disqualified if they:

- Miss the check at the start or in one of the checkpoints over the courses
- Do not have one of the mandatory pieces of equipment (see article 6)
- Use a means of transport
- Receive non-authorized aid
- Throw rubbish out of the aid stations
- Refuse to be visited by the race doctors in any time of the race

- Are tested positive for doping. Any athlete can be drawn at random to undergo drug testing, during or after each single stage
- Use threats or verbal abuses to the Organizing Committee or behave improperly. The Organizing committee have the ultimate and final authority to disqualify athletes.

14/ Upon registration, athletes acknowledge that they have read and understood the contents of these Rules and they have agreed to the terms.

The Organizing Committee is composed by:

- Director and Manager of Courant Air Evenements : Jean-Christophe Conton
- Organization Sports Director and Responsible for logistics : Daniel Novion Ducassou
- Logistics and courses : Luc Cabellan
- Logistics and courses : Alberto Rovera
- Communication and coordination athlètes / sponsors / media: Virginie Conton

AID STATIONS:

You'll find on aid stations (1 about half of the course at stage 3, and 5 out of 7 at stage 5*) : water, coke, dried fruits, oranges, bananas, cereal bars, biscuits, salted goods (crackers, cheese, sandwiches).

(*2 more aid stations with water only on stage 5 as well)

At these aid stations, all participants **MUST fill in** their flasks.

It is strictly forbidden to throw rubbish all over the course, **ON PAIN OF DISQUALIFICATION** (see art. 13). Rubbish must be thrown at the aid stations.

ASSISTANCE:

Medical assistance will be provided at the start and end of each single stage and

over the course, thanks to an off-road vehicle which will follow the whole competition. Moreover, a medical off-road vehicle or ambulance will always be on the tracks. A runner choosing to abandon will do so only on aid stations, so that to be taken in charge by organization asap.

There will be a “sweep” service by one of our vehicles when possible.

PRIZES will be awarded to:

- the first three athletes of the overall male and female rankings.
- the first three athletes of the overall ranking 3x10.

PROGRAM

Monday, June 22nd

Welcoming of competitors from all countries.

Tuesday, June 23rd

10 a.m.1st STAGE

Mountain trail in the AulonValley.

Wednesday, June 24th

10.30 a.m.2nd STAGE (also 3x10)

Spain, Ainsa Area/ stunning race in an ancient an quaint village (discovery of its fortress, and tapas way of life).

Thursday, June 25th

10:00 a.m.3rd STAGE (also 3x10)

Rioumajou Valley. Dirt roads and tracks

Friday, June 26th

9:00 p.m.4th STAGE Vertical KM (4,5k – 1000mD+)

Start from Vignec townhall, on dirt road; tracks only. Finish line in the Pla d'Adet.

Saturday, June 27th

Rest – free time

Sunday, June 28th

7:00a.m. 5th STAGE / 5th STAGE SKY MARATHON 45k (3300D+ / 3300D-)

Open to any runner

(also 3x10) Open to any runner, too.

Around St Lary Village and abouts. Quite flat, trails and roads.

Awarding ceremony in the finish line area at 6 :00p.m

Departure and Transfers to the airport.