



GENERAL INFORMATION SHEET

**5th IAU Trail World
Championships 2015**

Saturday, May 30th

Maxi-Race –Annecy (France)



GENERAL INFORMATION SHEET

TABLE OF CONTENTS

1. NATIONAL ATHLETICS FEDERATION
2. LOC
3. IAU
4. GENERAL COMPETITION INFORMATION
5. CENTRAL MEETING POINT – HEADQUARTERS LOC
6. PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS
7. VISA
8. TRANSPORTATION
9. ACCOMMODATION
10. HOTEL SHUTTLE
11. TECHNICAL MEETING
12. TRAVEL GRANTS
13. OPENING CEREMONY
14. RACE INFO
15. AWARD/CLOSING CEREMONY
16. WEATHER CONDITIONS
17. GENERAL TIME SCHEDULE
18. PREVENTION ACTION CONCERNING HEALTH POLICY



1. FRENCH ATHLETICS FEDERATION

CONTACT DETAILS

Address 33 avenue Pierre de Coubertin
75 640 Paris Cedex 13
Tel (+33) 1 53 80 70 00
Fax (+33) 1 45 81 44 66
Email international@athle.fr
Website www.athle.fr

2. LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS

RACE DIRECTOR

Name **Stéphane AGNOLI**
Tel (+33) **660183815**
Email stephmaxirace@gmail.com
Club **dsn74**
Email infodsn74@gmail.com

PRESIDENT

Name **Will GROSSEUVRE**
Tel (+33) **642648812**
Email w.grossoeuvre@live.fr

PROTOCOL DIRECTOR

Name **Laurent BLONDEEL**
Tel (+33) **660185799**
Email laurentmaxirace@gmail.com

TRANSPORTATION DIRECTOR

Name **Cyril COINTRE**
Tel (+33) **644831675**
Email cyrilmaxirace@gmail.com

ACCOMMODATION DIRECTOR

Name **Laurent BLONDEEL**
Tel (+33) **660185799**
booking.annecy2015@gmail.com



COMMUNICATIONS DIRECTOR

Name **Audrey HUBE**
Tel **(+33) 631042399**
Email audreymaxirace@gmail.com

MEDICAL DIRECTOR

Name **Anne AGNOLI**
Tel **(+33) 608996508**
Email aagnoli@ch-annecygenevois.fr

3. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

WEBSITE www.iau-ultramarathon.org

IAU PRESIDENT

Name Dirk Strumane
Tel +32 57 36 69 45 (home)
+32 50 22 12 33 (office)
Mobile +32 474 266 952
Email dirk.strumane@iau-ultramarathon.org

IAU SECRETARY

Name Hilary Walker
Mobile +44 7884 473 336
Email secretary@iau-ultramarathon.org

VICE PRESIDENT

Name Liesbeth Jansen
Tel +31 59 7432972
Mobile +31 62 2490053
Email liesbeth.Jansen@iau-ultramarathon.org

ORGANISATIONS & COMPETITIONS DIRECTOR (+ Travel Grant information)

Name Jan Vandendriessche
Tel +32 59 27 60 43
Mobile +32 495 26 78 84
Email jan.vandendriessche@iau-ultramarathon.org



TECHNICAL DELEGATE & DIRECTOR OF PROTOCOL

Name Paco Rico
Tel +34 616 50 82 28
Email paco.rico@iau-ultramarathon.org

COMMUNICATIONS DIRECTOR

Name Nadeem Khan
Tel +1 716 392 6657
Email nadeem.khan@iau-ultramarathon.org

4. GENERAL COMPETITION INFORMATION

WEBSITE : <http://www.worldtrail2015.com>

Film section on the web site : <http://www.worldtrail2015.com>

OFFICIAL COMPETITION

- Men's individual competition
- Women's individual competition
- Men's team competition
- Women's team competition

Only athletes and teams entered by their National Federation can take part in the official competition.

Federations can select up to 9 athletes per gender (maximum 9 men and maximum 9 women), 6 of whom can take part in the team competition. The 3 other athletes will be entered for the individual competition only.

The 'team members' need to be identified before the start of the competition by the Technical Meeting at the latest. The first 3 athletes per country will determine the team score which is based on the accumulated finishing times.

Date	May 30th
Start time	3.30 am
Max time	14.30 Hrs (official race ends at 6.00 pm)
Course	Trail
Distance	85km
Total of height	5200m of vertical gain

OPEN RACE

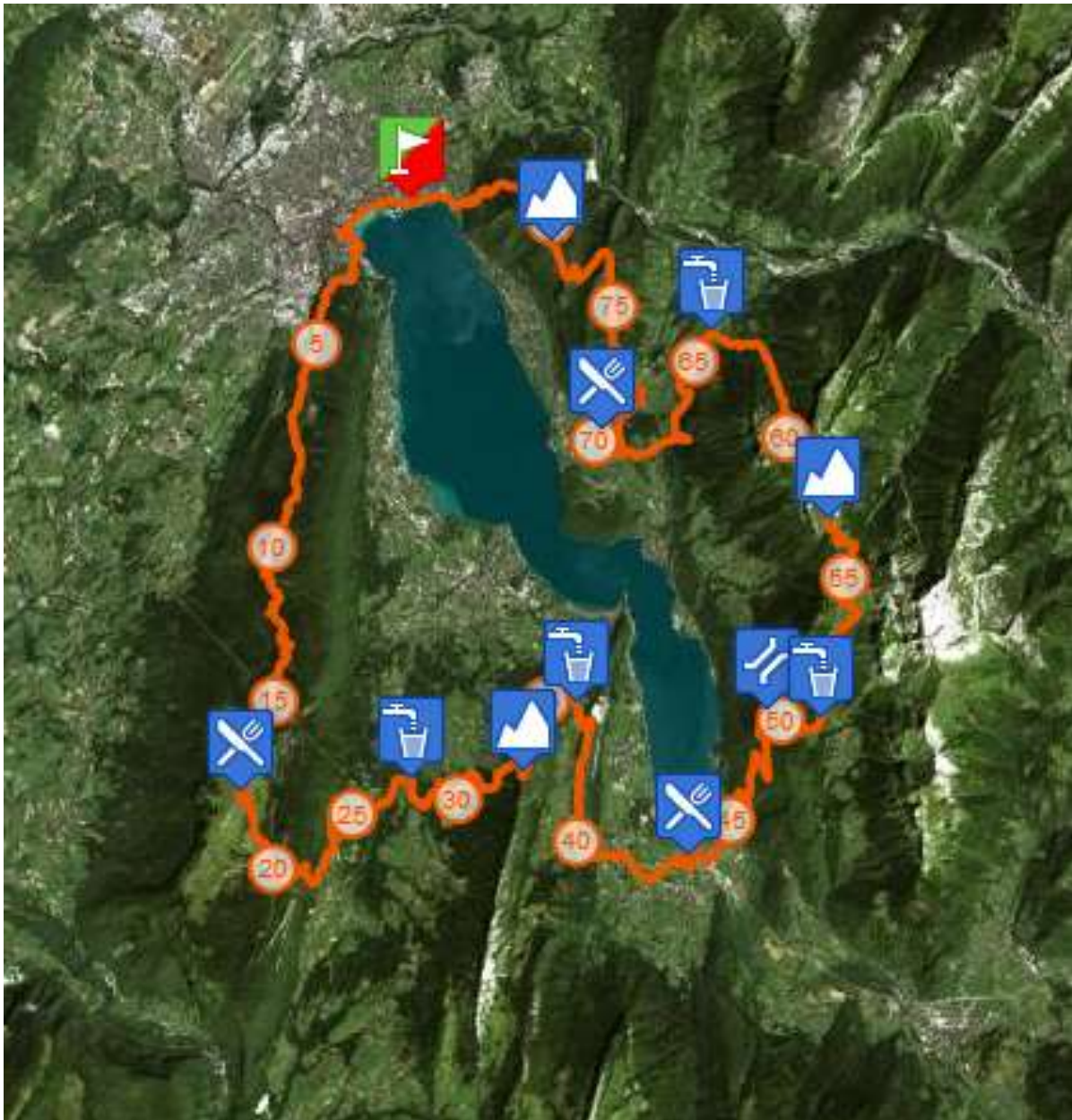
Starts at 5.00 am (not pm) for the 85 km- limited to 2000 runners

Max time : 19.30 Hrs

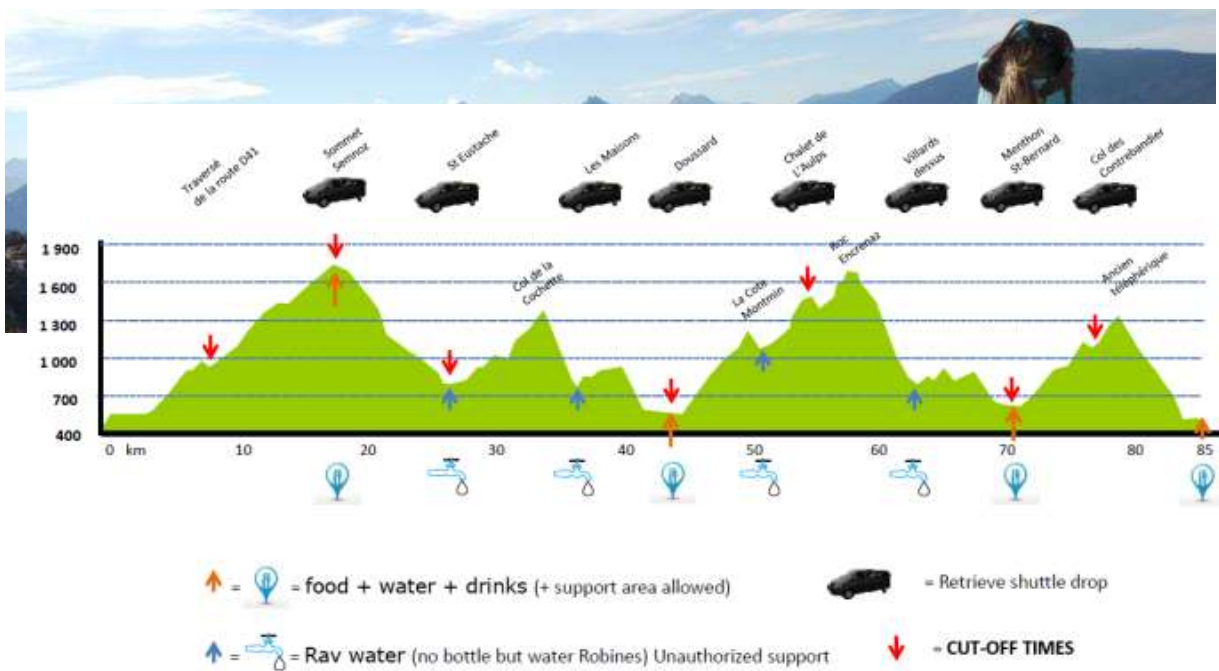
7 other open race with 6000 runners.

Information via the maxi Race website : www.maxi-race.org

RACE :



PROFILE :



REFRESHMENTS AND AID STATIONS:

- **AS/Rav 1** food + water + drinks--> 17,6 km (Semnoz aid station)
- AS/Rav water --> 27,5 km (St Eustache)
- AS/Rav water --> 36.6 km (Les Maisons)

- **AS/Rav 2** food + water + drinks--> 43,6 km (Doussard, "Salle des Fetes")
 - AS/Rav water --> 51 km (La Côte-Montmin)
 - AS/Rav water --> 64,3 km (Villard-dessus)

- **AS/Rav 3** food + water + drinks--> 70,2 km (Menthon-St-Bernard gymnasium)

- **AS/Rav Finish Line** --> 85 km (Annecy-le-Vieux beach)

Plan to carry enough water and food to be self-sufficient between each aid station.



CUT-OFF TIMES

Km 7,8: Road crossing, Route du Semnoz = 8.00 am - we recommend you pass through before 6.00 am to remain well within subsequent cut-off times

Km 17,6: Semnoz summit (Aid Station 1) = 10.00 am - we recommend you pass through before 8.30 am to remain well within subsequent cut-off times

Km 36,6 : the "Les Maisons" water station = 2.00 pm - we recommend you pass through before 11.10 am to remain well within subsequent cut-off times

Km 43,6: Doussard (Aid Station 2) = 3.30 pm - we recommend you pass through before 12.30 pm to remain well within subsequent cut-off times

Km 54,5 : Ascent to Chalet de l'Aulps = 6.00 pm - we recommend you pass through before 4.00 pm to remain well within subsequent cut-off times

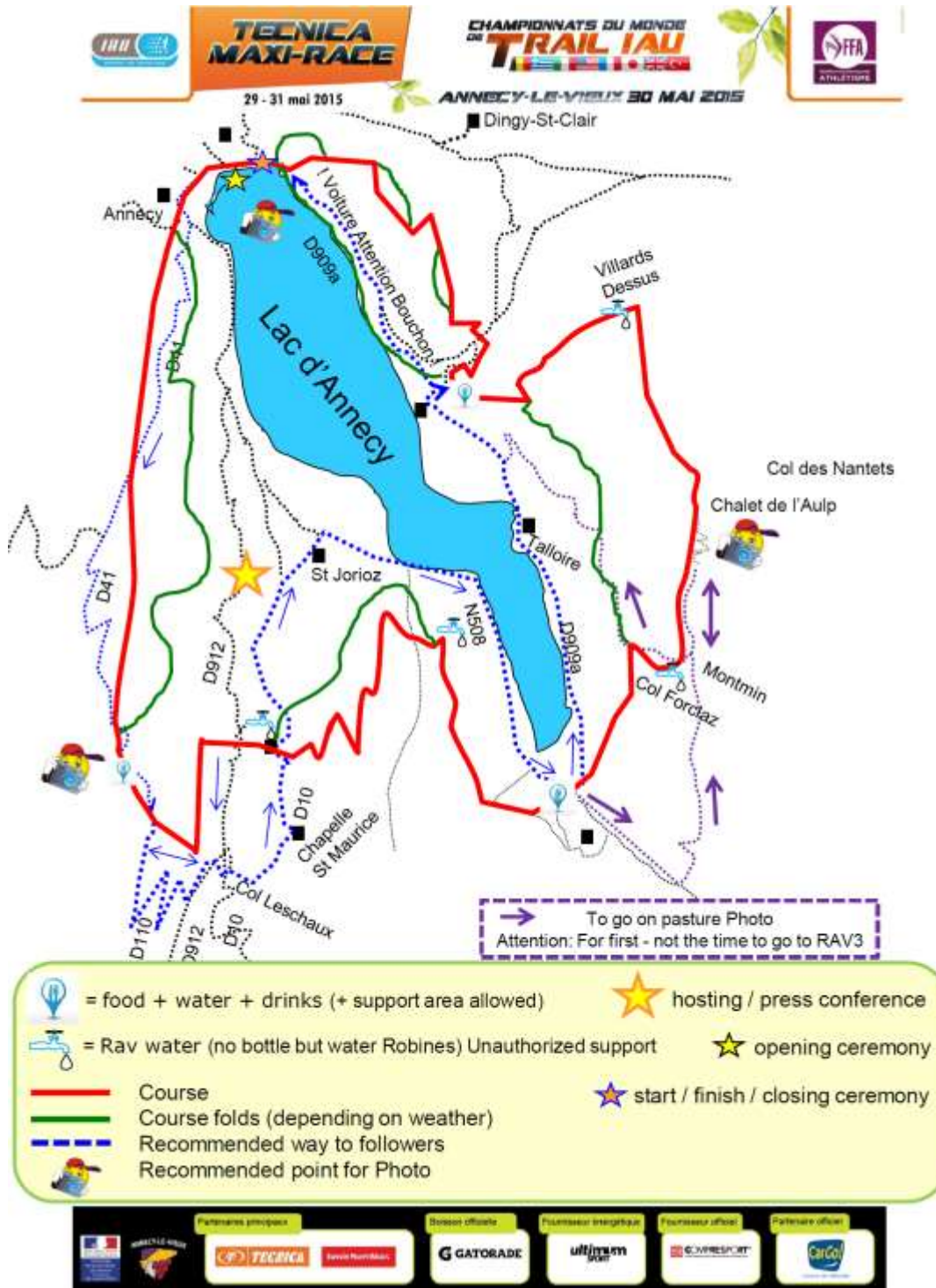
Km 70,2 : Menthon-St-Bernard (Aid Station 3) = 8.00 pm - we recommend you pass through before 4.00 pm to remain well within subsequent cut-off times

CAUTION for people passing through Aid Station 3 after 6.00 pm - you will run the remaining part of the course on technical single-track trails AT NIGHT! Be sure to bring a powerful headlamp!

KM77,5 : Col des Contrebandiers Pass = 9.30 pm

Open Race ends at **11 pm**

SITE PLAN



5. CENTRAL MEETING POINT – HEADQUARTERS LOC

During the entire Championship, LOC headquarters will be located at the Balcons du Lac d'Annecy - 1487 Route de Cessenaz, 74320 Sévrier

HOTLINE ACCOMMODATION & TRANSPORTATION & COMPETITION

Name **Cyril COINTRE**
Tel **(+33) 644831675**
Email [**cyrilmaxirace@gmail.com**](mailto:cyrilmaxirace@gmail.com)



6. PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

PEF and FEFs shall be completed and sent before the following deadlines :

PEF : February, 15th

FEFs : April 30th

All forms must be sent in digital format to these both email addresses:

international@athle.fr

secretary@iau-ultramarathon.org

Preliminary Entry Form (PEF)

In order to book the accommodation, each Federation shall send the PEF form with the expected number of athletes and officials as well as the arrival day and the departure day. Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

Final Entry Forms (FEFs)

With the final entry forms, each Federation will send the final list with the names of their athletes, dates of birth, sex and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms).

Please note that the travel and accommodation offers made by the LOC are conditional on the return of the entry forms within the deadline.



7. VISA

The invited teams are divided in three categories

DON'T NEED A VISA

ALB* - AND - ARG - AUS - AUT - BEL - BRA - BRU - BUL - CAN - CRC - CRO - CZE - DEN - ESP - EST - FIN - GBR - GIB - GRE - HKG - HUN - IRL - ISL - ISR - ITA - JPN - KOR - LAT - LTU - LUX - MEX - MKD* - MON - NED - NOR - NZL - POL - POR - ROU - RSA - SLO - SRB* - SUI - SVK - SWE - TPE - TUR - URU - USA (* with biometric passport)

NEED A VISA AND HAVE A FRENCH EMBASSY IN THE COUNTRY

ALG - AND - BDI - BLR - CGO - CMR - COD - CPV - KEN - LIB - MAD - MGL - NAM - NEP - NGR - NIG - PHI - RUS - SLE - SRI - UKR - ZIM



NEED A VISA AND DON'T HAVE A FRENCH EMBASSY IN THE COUNTRY

- . GAM: to apply at the Senegalese Embassy
- . KGZ: to apply at the German Embassy
- . LES: to apply at the South African Embassy

The FFA is ready to help all those who could face a problem of obtaining their visa.
Contact (very early and not very late): international@athle.fr



8. TRANSPORTATION

Teams arrival :

The only official Airport is **Geneve**. Teams will be met there by representatives of the LOC through a welcome desk located at the **EXIT FRANCE (don't exit the airport through the Swiss side!)**

Transfer to Annecy

Teams will be transported from the French exit of the Geneva airport to their hotel by buses or mini-bus. The ride is of about 60km and will last about 1 hour. The welcome desk will be open from May 26, 2015.

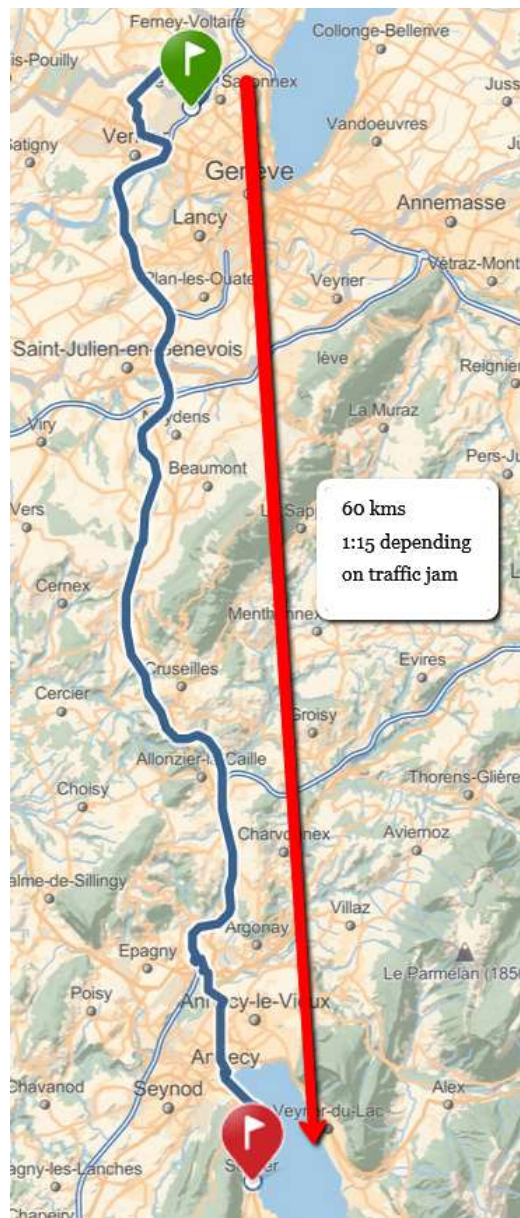
Organisers will manage the following Transportation for the delegations:

Airport arrival / Transfer to hotel
 Hotel / Opening ceremony and return
 Hotel / Start
 Finish line / Hotel
 Hotel / Closing ceremony and return
 Hotel / Transfer to airport on Sunday 31st

+ Transportation for coaches / officials from the start line to the refreshment station N°2 in Doussard and then back to the finish line – If you have 2 coaches, an other bus will offer the possibility to go to AS/Rav1 + AS/Rav3.

Additional option – car rental

For more comfort and flexibility during your stay, you have the option of renting a car through our transportation partner. See LOC website for more information



A car rental option is possible,

it will be the only solution for coaches to go to all the aid stations AS/Rav1 + AS/Rav2 + AS/Rav3 (following the speed of your different runner) →

VEHICLE	2 days 200 kms	3 days 300 kms	4 days 400 kms	Option : Delivery in Sevrier	Extra kilometers
Renault Clio 4 DCI (5 places)	80 € ttc	115 € ttc	148 € ttc	Free	0.14 € ttc
Renault Mégane DCI (5 places)	100 € ttc	140 € ttc	179 € ttc	Free	0.16 € ttc
Renault Trafic DCI Minibus (9 Places)	142 € ttc	187 € ttc	250 € ttc	Free	0.24 € ttc

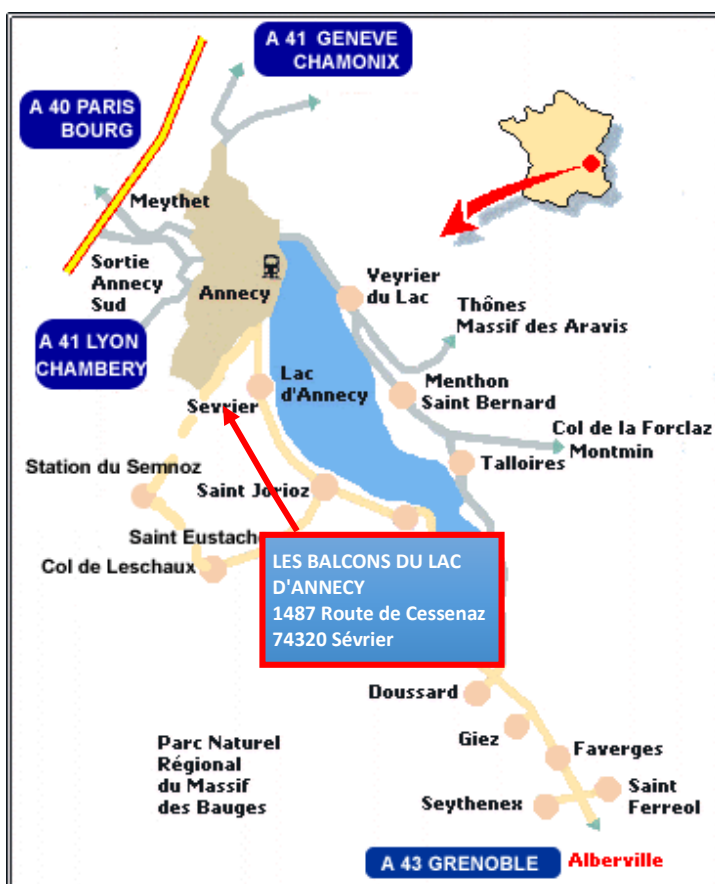
9. ACCOMMODATION

All delegations will stay at the LES BALCONS DU LAC D'ANNECY hotel in the town of Sévrier, located just 9km (an approximately 30 min drive) from the starting line.

Adresse : 1487 Route de Cessenaz, 74320 Sévrier

Téléphone : 04 50 52 61 51

Lodging will be the same for all teams and their companions in order to provide the best hospitality possible and the most favorable conditions to prepare for the race.



Hotel LES BALCONS DU LAC D'ANNECY

The organizing Committee will offer: full board accommodation, free of charge, for a maximum 3 male and 3 female athletes per delegation for a defined number of nights



. Travel of less than 4h - 3 nights

(Thursday 28, Friday 29 and Saturday May 30)

ALB – ALG – AND – AUT – BEL – BLR – BUL – CRO – CZE – DEN – ESP – EST – FIN – GBR – GER – GIB – GRE – HUN – IRL – ISL – ITA – LAT – LTU – LUX – MKD – MON – NED – NOR – POL – POR – ROM – RUS – SLO – SRB – SUI – SVK – SWE – TUR – UKR

. Travel between 4 and 9 hours - 4 nights

(Wednesday 27, Thursday 28, Friday 29 and Saturday May 30)

ANG – BDI – CAN – CGO – CMR – COD – CPV – GAM – KEN – KGZ – LIB – NGR – NIG – SLE – ZIM

. Travel of more than 9 hours - 5 nights

(Tuesday 26, Wednesday 27, Thursday 28, Friday 29 and Saturday May 30)

ARG – AUS – BRA – BRU – CRC – HKG – JPN – KOR – LES – MEX – MAD – MGL – NAM – NEP – NZL – PHI – RSA – SRI – TPE – URU – USA

The accommodation is also available for **assistants** and **coaches** as well as for additional nights (= the number of nights which exceed the free accommodation offer).

The maximum number of persons for whom the LOC should secure accommodation is for 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

Accommodation for additional athletes, official and any eventual additional nights will be charged at the following rates: 120 € per person in a twin and 135 € per person in a single.

They have the option of staying in the same hotel* as the athletes that they are accompanying. (*Limited to space available. Alternative solutions will be offered.)

LOC offers a "companion package" that includes:

- Full-board lodging at the "Les Balcons du Lac d'Annecy" hotel.
- Group transportation to key locations during the race, including:
 - Airport arrival / Transfer to hotel
 - Hotel / Opening ceremony
 - Opening ceremony / Hotel
 - Hotel / Starting line
 - Finish line / Hotel



- Hotel / Closing ceremony
- Closing ceremony / Hotel
- Hotel / Transfer to airport

10. HOTEL SHUTTLE

A bus service will be available from the accommodations. Departure will be communicated in the information flyer at arrival.

11. TECHNICAL MEETING

Place Les Balcons du Lac d'Annecy Hotel
Date Friday May 29th
Time 10.00 am

All teams will receive the technical guidelines and the specific rules of this Championship on arrival.

12. PAYMENT OF THE TRAVEL GRANTS

THE TRAVEL GRANTS WILL ONLY BE PAID BY BANK TRANSFER !

IAU will inform the delegations about the amount of their Travel Grant.

13. OPENING CEREMONY

Location Le Paquier in Annecy
Date Thursday May 28th
Time 7.00 pm
Transportation Buses will leave the hotel from 5.00 pm
All athletes must be present on time.



Attention : as the opening ceremony will take place on Thursday at 7 pm, so it is necessary to be at the latest, the Thursday at 5 pm on Annecy, it means at 3.30 at Geneva Airport.

The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony



14. RACE INFO

More details can be found in the Team Manual

15. AWARD CEREMONY / CLOSING

Place Plage d'Albigny – Annecy-le-Vieux
Date Saturday May 30th
Time 7.00 pm

All athletes must be present on time.

Award ceremony will be followed by the closing banquet that will take place at the Impérial Hotel which is located about 400m from the finish line.

16. WEATHER CONDITIONS

Average weather conditions during past 5 years :

Maximum temperature 19 °C
Minimum temperature 3.6 °C
Average temperature 11.3 °C

17. GENERAL PROGRAMME

Tuesday 26th / Wednesday 27th / Thursday 28th: welcome at Geneva International Airport (follow the arrows: "Exit FRANCE) and transfer to Annecy

Thursday 28th

- ✓ 5:00 pm - bus from the hotel to the opening ceremony
- ✓ 7:00 pm - opening ceremony, le Paquier - Annecy
- ✓ 7:30 pm - dinner
- ✓ 8:30 pm - bus back to the hotel

Friday 29th

- ✓ Breakfast
- ✓ 10:00 to 11:30 – Technical meeting
- ✓ 11:30 to 12:30 - Press conference
- ✓ 12:30 to 2:00 pm – Lunch
- ✓ 6:30 pm to 8:00 pm - Dinner

Saturday 30th

- ✓ 02:30 bus (15 min ride)
- ✓ 03:30 start
- ✓ The frontrunners will finish around 12:00
- ✓ The first women will finish around 01:00 pm
- ✓ The last runners will finish between 8:00 pm and 10:00 pm
- ✓ Closing ceremony: 7:00 pm --> time to be confirmed

Sunday 31st

- ✓ Departure to the Geneva Airport



18. PREVENTION ACTION CONCERNING HEALTH POLICY

This action has neither the aim nor competence to substitute itself in the place of the current national and international regulations in the anti-doping fight but is intended to strengthen the medical supervision *included in the safety-health-rescue plan put in place by the race organizer*. This action is led by the organisation's internal Medical Counsel, consisting of doctors, who can take advice from experts of its choice and who will be asked to express a consultative opinion to the race Jury on the medical state of the participants.

Each runner agrees :

To inform the Organisation's medical counsel in the case of the use of a prescription subject to a Therapeutic Use Exemption (TUE). *In this regard, one can find a procedure to follow in the health space, available free of charge to all runners, on the International Trail-Running Association's (ITRA) website: www.i-tra.org*. This information is to be declared upon the day of registration in the case of a TUE already requested or previously obtained. If not, it must be made by the 8th day following the request for a TUE and imperatively before the start of the race. *In the*



event of an emergency treatment during the race, the runner is required to ask the doctor for a TUE. The latter will then add it to the runner's ITRA health space.

To give any urinary and/or blood, and/or capillary samples and associated tests requested by the Organisation's Medical Counsel, with the understanding that expenses incurred for the collection of these samples and the associated analyses are the direct responsibility of the Organisation.

To answer to any summons which the Medical Counsel issues on the basis of the information which has been collected from them by the Medical Counsel, so as to decide upon their capacity, or not, to participate in the race for which they are registered. At the conclusion of the interview, the Medical Counsel can propose to the Race Jury, that the runner is excluded from the race.