



Rules & Terms of Sale

Triathlon Evergreen 228 (XXL)

Triathlon Evergreen 118 (L)

Triathlon Evergreen 58 (M)



1. Schedule, distances & categories:

15th September 2018 - 6h45: TRIATHLON DISTANCE XXL (EVERGREEN 228)

- a. Age categories:
 - ⇒ Senior (birth year: 1979 à 1998)
 - ⇒ Veterans (birth year: 1919 à 1978),
- b. Participation: Individual and/or Relay
- c. Distance:
 - ⇒ Swim: 4000 m
 - ⇒ Bike: 190 km
 - ⇒ Run: 41.6 km
- d. Schedule
 - ⇒ Registration: Thursday, September 13th 2018 from 14h00 to 18h00
 - ⇒ Registration: Friday, September 14th 2018 from 9h00 to 12h00 and from 13h00 to 18h00
 - ⇒ Bike drop-off at T2: Friday, September 14th 2018 from 11h00 to 18h00
 - ⇒ Opening of transition area (T1): Saturday, September 15th 2018 at 05h15
 - ⇒ **Race start: Saturday, September 15th 2018 at 06h45**
 - ⇒ Awards: Sunday, September 16th 2018 from 11h00 to 15h00
- e. Time cut-offs (individual and/or relay) - to be strictly enforced by the organisers and/or marshals:
 - ⇒ Time cut-off 1 (Swim – Lac de Montriond): September 15th 2018 at 08h45
(= 2h00 of racing time)
 - ⇒ Time cut-off 2 (Bike – Col de la Croix Fry – km 115): Saturday, September 15th 2018 at 16h45
(= 10h00 of racing time)
 - ⇒ Time cut-off 3 (Bike – Megève – km 145): Saturday, September 15th 2018 at 18h15
(= 11h30 of racing time)
 - ⇒ Time cut-off 4 (Arrival at T2 – Chamonix Mont-Blanc): Saturday, September 15th 2018 at 20h00
(= 13h15 of racing time)
 - ⇒ Time cut-off 5 (End of 1st lap on run – T2): Sunday, September 16th 2018 at 02h00
(= 19h15 of racing time)
Note that if the time is > 19h15 but < 20h15, the athlete will be re-routed on a shorter run loop for his second lap and will the “I will return” t-shirt.
 - ⇒ Time cut-off 6 (Swim + Bike + 1st lap on run): Sunday, September 16th 2018 at 03h00
(>20h15 of racing time). The athlete will be stopped and will not be ranked in results.
 - ⇒ Closing of the race: Sunday, September 16th 2018 at **10h00**
(= 27h15 of racing time).
- f. Relay participation
 - ⇒ It is allowed to race in the relay format with a team composed of only 2 athletes. However, in such case, the athlete that competes in 2 of the 3 disciplines must imperatively be a senior or veteran (age category).
 - ⇒ Condition of exemption of a medical certificate
 - i. SWIMMER, only a valid 2018 FFN (swimming) or 2018 FFTri or 2018 ITU licenses will exempt the swimming athlete from presenting a medical certificate.

- ii. CYCLIST, only a valid 2018 FFC (cycling) or 2018 FFTri or 2018 ITU licenses will exempt the cycling athlete from presenting a medical certificate.
- iii. RUNNER, only a valid 2018 FFA (athletics) or 2018 FFTri or 2017 ITU licenses will exempt the running athlete from presenting a medical certificate.

15th September 2018 - 7h30: TRIATHLON DISTANCE L (EVERGREEN 118)

a. Age categories:

- ⇒ Senior (birth year: 1979 to 1998)
- ⇒ Veterans (birth year: 1919 to 1978)
- ⇒ From junior (born in 2000 and before) for Relay teams

b. Participation: Individual and/or Relay

c. Distance:

- ⇒ Swim: 2000 m
- ⇒ Bike: 95.5 km
- ⇒ Run: 21.4 km

d. Schedule

- ⇒ Registration: Thursday, September 13th 2018 from 14h00 to 18h00
- ⇒ Registration: Friday, September 14th 2018 from 9h00 to 12h00 and from 13h00 to 18h00
- ⇒ Bike drop-off at T2: Friday, September 14th 2017 from 11h00 to 18h00
- ⇒ Opening of transition area (T1): Saturday, September 15th 2018 at 06h00
- ⇒ **Race start: Saturday, September 15th 2018 at 07h30**
- ⇒ Awards: Sunday, September 16th 2018 from 11h00 to 15h00

e. Time cut-offs: Closing of the race: Sunday, September 16th 2018 at 22h30

f. Relay participation

- ⇒ It is allowed to race in the relay format with a team composed of only 2 athletes. However, in such case, the athlete that competes in 2 of the 3 disciplines must imperatively be a senior or veteran (age category).
- ⇒ Condition of exemption of a medical certificate
 - i. SWIMMER, only a valid 2018 FFN (swimming) or 2018 FFTri or 2018 ITU licenses will exempt the swimming athlete from presenting a medical certificate.
 - ii. CYCLIST, only a valid 2018 FFC (cycling) or 2018 FFTri or 2018 ITU licenses will exempt the cycling athlete from presenting a medical certificate.
 - iii. RUNNER, only a valid 2018 FFA (athletics) or 2018 FFTri or 2018 ITU licenses will exempt the running athlete from presenting a medical certificate.

15th September 2018 - 9h00: TRIATHLON DISTANCE M (EVERGREEN 58)

a. Age categories:

- ⇒ Junior (birth year: 1999 to 2000)
- ⇒ Senior (birth year: 1979 to 1998)

- ⇒ Veterans (birth year: 1919 to 1978),
- b. Participation: Individual only
- c. Distance:
 - ⇒ Swim: 1500 m
 - ⇒ Bike: 50.9 km
 - ⇒ Run: 13.1 km
- d. Schedule
 - ⇒ Registration: Thursday, September 13th 2018 from 14h00 to 18h00
 - ⇒ Registration: Friday, September 14th 2018 from 9h00 to 12h00 and from 13h00 to 18h00
 - ⇒ Bike drop-off at T2: Friday, September 14^h 2017 from 11h00 to 18h00
 - ⇒ Opening of transition area (T1): Saturday, September 15th 2018 at 07h45
 - ⇒ **Race start: Saturday, September 15th 2018 at 09h00**
 - ⇒ Awards: Sunday, September 16th 2018 from 11h00 to 15h00
- e. Time cut-offs: Closing of the race: Saturday, September 15th 2018 at 18h00

2. Rules & regulations for all three races:

- ⇒ Race order: swim, then bike, and then run.
- ⇒ Evergreen 228, Evergreen 118 and Evergreen 58 Triathlons will be governed by the French Triathlon Federation (FFTri) rules, under the control of official FFTri marshals. The official FFTri rules & regulations are available on the FFTri website, or by contacting the organiser, CHAM'ECO ENDURANCE, located at 29 Route des Montets, 74400 Argentière, France (the "Organiser"). The competitors promise to abide by those rules.
- ⇒ The race briefing is **mandatory for all competitors**.
- ⇒ Each competitor noticing an abnormality on the race course that could undermine the safety of competitors (whatever it might be) must report it to the Organiser immediately.
- ⇒ Competitors are required to comply with any directive or instruction given by the Organiser.
- ⇒ Any violation of the present rules & regulations may result in disqualification of the competitor or any other penalty / sanction as prescribed by the regulations of the FFTri.
- ⇒ **Swim:**
 - Wetsuits are mandatory if the water temperature is below 16 ° C and prohibited if the temperature is above 24 ° C.
 - The swim cap provided by the organiser, to the exclusion of any other, is also mandatory.
 - The use of neoprene hat, booties and gloves (non webbed) will be exceptionally allowed by the Organizer depending on the water temperature.

Note: in the exceptional case where the water temperature is below the minimum allowed (12 degrees C.), the Organizer reserves the right to replace the swim with a run or to cancel the swim and start the

competition by the cycling leg of the event.

⇒ **Bike:**

- The roads will be opened to the traffic therefore **competitors are required to respect Road Regulation**; they are especially required to ride on the right side of the road.
- Wearing a rigid helmet, with tightened chinstrap (on the course and in the transition bike park) is also mandatory.
- No drafting is allowed: the organiser and the marshals will sanction the competitors that do not respect this rule.
- During the cycling leg, competitors must wear the bib given by the organiser. This bib can under no circumstances be folded or masked in whole or in part. It must be placed behind during the cycling event and remain visible..
- **No assistance and support are allowed (supply, bicycle repair, massage...). It is prohibited for competitors to be followed by any vehicle of any kind that is not part of the Organisation. Any violation of this rule may cause the disqualification of the athlete.**

⇒ **Run:**

- During the run leg of the competition, competitors must wear the bib given by the organiser. This bib can under no circumstances be folded or masked in whole or in part. It must be placed in front of during the foot race event and remain visible.
- Mandatory equipment for run leg: note that in the interest of safety, the event staff may proceed with random checks of this compulsory equipment at any points throughout the race. A failure to comply or to provide the equipment detailed below may lead to a disqualification from the event.
 - Mobile Phone in working order with a current subscription allowing to make and receive phone calls - must have sufficient battery life to last until the end of the race (Evergreen 58, 118 et 228).
 - Phone No. of the organisation security in phone repertoire, telephone kept on, unmasked number and do not forget to leave with a charged battery (Evergreen 58, 118 et 228).
 - A lamp in good working order (fully charged or with new batteries) with extra batteries and/or a spare lamp (Evergreen 118 et 228).
 - Survival blanket 1.40m x 2m minimum (Evergreen 58, 118 et 228).
 - Whistle (Evergreen 58, 118 et 228).
 - Waterproof jacket with hood to withstand bad weather in the mountains (Evergreen 118 et 228). For Evergreen 58, the decision will be taken based on weather forecasts and will be announced at race briefing the day before the race.
 - Pants or over-pants or long running tights or a combination of socks and tights fully covering the leg (Evergreen 118 et 228). For Evergreen 58, the decision will be taken based on weather forecasts and will be announced at race briefing the day before the race.
- Authorized and/or recommended equipment:
 - Walking poles, telescopic or not, especially in case of rain and/or snow, for safety.
 - Spare warm clothes in case of cold and rainy weather or in case of injury.
 - Sun cream, Vaseline or anti-chafing cream
 - Gloves and hat

Note: depending on the weather conditions and following the safety meeting taking place in Chamonix town hall on the eve of the races, some of the optional equipment may become mandatory (eg. gloves and hat in bad weather conditions). If applicable, this instruction will be announced to the athletes during the compulsory race briefing.

3. Registration:

- ⇒ All registration to one of Evergreen Endurance events (Triathlon XXL Evergreen 228, Triathlon L Evergreen 118 or Triathlon M Evergreen 58) implies that the participant has read and understood the current rules & regulations and that he/she promises to abide by them.
- ⇒ Registration to the 2018 edition is only available online on our website: www.evergreen-endurance.com and payment can be made by wire transfer, PayLib or bank card (a bank charge of about 1% will be charged on top of the registration price).
- ⇒ An **athlete registration is personal. It cannot be transferred nor sold to someone else.** Anyone in violation of this rule will be immediately disqualified.

4. Licenses and medical certificate

- ⇒ Our individual events are open to holders of a valid 2018 FFTRI license (or equivalent foreign license, issued by another national triathlon federation affiliated to the ITU).
- ⇒ Our individual events are open also to unlicensed athletes: **unlicensed athletes must submit to the Organiser a medical certificate no older than 1 year prior to race date stating that the athlete is fit for the practice of competitive long distance triathlon.** They must also buy a Competition Pass (FFTRI insurance) the cost of which is set by the FFTRI (and paid back to the FFTRI) depending on the race (this pass is purchased online at the time of registration).
- ⇒ The same rules apply for the Relay teams. Additionally to the valid FFTRI and ITU licenses will also be accepted the FFN (swimming) license for the swimming athlete, the FFC (Cycling) for the cycling athlete and the FFA (Athletics) for the running athlete. A relay team will be considered non-licensed if at least one of its athletes does not hold a valid license. In this case, the team must purchase a Competition Pass (FFTRI insurance), the cost of which is set by the FFTRI (and paid back to the FFTRI).

5. Race pre-registration procedure

- ⇒ A pre-registration procedure will take place before the registration closing date of the current edition. **This procedure is mandatory.** It is intended to confirm to the Organizer whether or not the athlete will use a number of services provided by the Organizer.
- ⇒ This procedure must be done through the athlete account provided at the time of registration. **It can be done at any time after registration and imperatively before the registration closing date of the current edition.**
- ⇒ The Organizer will send a reminder by email about the obligation to carry out this pre-registration procedure.
- ⇒ This procedure will contain the following:
 - The athlete must confirm whether he/she will use the bike transportation service (from Chamonix to T1) provided by the Organizer
 - The athlete will have to confirm if he/she will use the shuttle service (from Chamonix to T1) provided by the Organizer

- The athlete must confirm if he/she will be present at the Pasta Party on Thursday, September 13, 2018.
- The athlete will have to confirm if he/she will be present at the Awards ceremony on Sunday 16th September 2018.
- The athlete will have to calculate his/her carbon footprint and record it in his/her athlete's account via the carbon footprint calculator developed by the Organizer and available on the www.evergreen-endurance.com website.

6. Qualification criteria for Evergreen 228

- ⇒ Acceptance criteria for registration to the Triathlon Evergreen XXL 228 (individual race): selection criteria have been defined and must be entered during the registration process. **These criteria apply to races carried out in the last 5 years.** They are:
 - Finisher Evergreen 228 or Evergreen 118
 - And/or have completed another XXL extreme triathlon (ex: Norseman, Embrunman, Celtman, Swissman, Alpsman, Altriman, Austria Extreme, Inferno triathlon or similar)
 - And/or have completed a long distance XXL triathlon in a time no greater than 13h or an XL triathlon in a time no greater than 8h
 - And/or have completed 2 L triathlons within a maximum time of 6h15
 - And/or have completed at least 3 endurance races of a minimum duration of 8h
- ⇒ Each registration entry remains subject to the accuracy of all the information provided during the registration process, particularly the information related to the qualification criteria.
- ⇒ The Organiser reserves the right to review and validate and/or cancel each entry into the Evergreen 228 race.

7. Conditions for registration modification and cancellation:

- ⇒ All entries are **final and binding**. Anyone who validated their registration accepts the present terms and conditions.
- ⇒ The registration being for a recreational activity on a specific date, the athlete waives any right of withdrawal (Art. L221-28 of the French Consumer Code).
- ⇒ In case of cancellation of registration or non-participation in the event, the participant will not be entitled to a refund of the registration fee (except in case of subscription to the cancellation insurance – i.e. conditions below).
- ⇒ If an athlete has to cancel his/her participation for health reasons or injury, the registration will be automatically deferred and guaranteed for the same race of the next edition after reception by the Organiser of the following document(s): **Sending a medical file including a certificate of medical contraindication as well as an examination report justifying the medical contraindication (type of**

report Ultrasound, MRI, Blood analysis).

Only one postponement will be allowed.

- Deferral of 75% of the registration fee until 31st July 2018 inclusive
- Deferral of 50% of the registration fee until 31st August 2018 inclusive
- Deferral of 25% of the registration fee from 01st September 2018 to 12 September 2018 inclusive
- No Deferral on the day of race registration (13th September 2018)

- ⇒ For a modification of a registration (change of race), an application must be made to the Organiser **only by email** at one of the following addresses: info@evergreen-endurance.com. This demand must be submitted at the latest by the closing date for registration to the current edition. In this specific case, the additional cost (or reimbursement depending on case) will be calculated on the basis of the current registration rate on the day of the request.
- ⇒ A transfer of registration to a third person will only be considered for exceptional reason (to be considered at the full discretion of the Organiser). Such an application will have to be made to the Organiser **only by email** at one of the following addresses: info@evergreen-endurance.com and submitted at the latest by the closing date for registration to the current edition. In this specific case, the Organiser will process the reimbursement of the initial registration (minus banking fees, cost of the subscribed insurance and an admin fee of € 25) after the payment validation of the final registration of the third person. The applicable price in this case will be the current registration rate on the day of the request.
- ⇒ After the closing date for registration to the current edition, no further modification will be permitted.

8. Cancellation insurance:

- ⇒ A "cancellation insurance" is available for an amount of twenty-five euros (€ 25) **at the time of registration**. This insurance gives you the opportunity to cancel your registration until August 14th 2018, without any justification (see below). **If you do not purchase this insurance, the normal conditions of cancellation apply** (see above). For the calculation of the refund, the date of request is taken into account.
- ⇒ Any request for reimbursement by activation of the cancellation insurance must be made to the Organizer **only by e-mail** to the following address: info@evergreen-endurance.com.
- ⇒ In order to calculate the reimbursement amount, the refund request date will be taken into account (as stipulated in the received email as indicated above).
- ⇒ Conditions for refund:
 - Until 31/03/2018: full refund (excluding costs of insurance and bank charges)
 - From 01/04/2018 to 30/06/2018: 75% refund of registration fee (excluding costs of insurance and bank charges)
 - From 01/07/2018 to 14/08/2018: 50% refund of registration fee (excluding costs of insurance and bank charges)
 - From 15/08/2018 to the closing date for registration to the current edition: no more refund. Only a deferral of the registration will be possible for health reasons confirmed by a medical certificate (see above)

9. Image rights:

Registration to one of Evergreen Endurance Triathlons includes the transfer of rights to the competitor image, to the Organiser in the context of the promotion of the event: competitors expressly authorize the Competition Organiser and their beneficiaries such as partners, sponsors and media to use any still or moving images (audio-visual) on which competitors may appear, taken on the occasion of their participation in one of our events, on all existing or future media, including promotional materials and / or advertising and / or institutional, in the world and for the longest duration foreseen by law, regulations and treaties in force, including any extensions made to this duration.

10. Insurance and liability:

- ⇒ The Organiser agrees to be fully covered by an Organiser liability insurance, which covers civil liability and that of duly registered competitors from the starting line to the finish line of the competition, for personal injury or material damages they could accidentally cause to third parties or caused between them.
- ⇒ Competitors must be duly aware of the risks inherent to this type of sporting event, which requires prior training and excellent physical condition. The Organiser shall have no liability whatsoever for any accident / injury / injury / disability / death occurring to a competitor, except for accidents directly caused as a failure by the Organiser to its legal or regulatory obligations. In addition, the Organiser shall have no liability whatsoever for any damage, loss, theft of any property / equipment / personal equipment of a competitor; competitors are advised to subscribe to as a personal insurance contract to cover, if necessary, this type of risk.

11. Responsibility towards the environment:

The XXL Triathlon Evergreen 228, the L Triathlon Evergreen 118 and the M Triathlon Evergreen 58 are held in exceptionally beautiful and natural surroundings.

The Organiser and its partners are committed to respecting an Eco-Responsible approach:

- ⇒ Jerry cans and eco- cups will be used instead of plastic water bottles at the aid stations.
- ⇒ Clean areas will be clearly identified and marked on the course where athletes will be allowed to dispose of wastage such as wrappers.
- ⇒ Wastes will be selectively sorted to be disposed

Competitors are committed to:

- ⇒ Respect the "eco-triathlete I am committed to sustainable development" charter accessible at: <https://www.evergreen-endurance.com/>
- ⇒ Limiting and sorting their waste in dedicated bins and not throwing any litter on the course (except clean areas).
- ⇒ Adopting an attitude consistent with the spirit of the organisation and showing that triathletes are sensitive to environmental concerns.
- ⇒ In accordance with the race pre-registration procedure described above, each athlete agrees to calculate and record the carbon footprint of his/her trip (using the carbon footprint calculator developed by Evergreen Endurance and available on the Organizer's website).

12. Modification or cancellation of event:

In the unlikely event of cancellation or permanent interruption of any race for any reason beyond the control of the Organiser, and, in particular, any event of force majeure, decisions of public authorities (particularly motivated by reasons of public health, safety or preservation of public order), all risk of bad weather, the Organiser shall have no liability whatsoever in respect of competitors and registration fees will not be refunded. Competitors waive any claim or demand for reimbursement of any kind in the case of cancellation or interruption.

13. Other general terms and conditions:

- ⇒ The organiser reserves the right to adapt or modify at any time the content of these general sales terms and conditions. If modified, for each registration application, the general sales terms and conditions in force at the date of application will apply.
- ⇒ Registration fees only cover the participation in the competition, to the exclusion of any other costs such as transportation, accommodation, meals or any medical expenses (on-site care, repatriation etc.), which remain the responsibility of the competitor.
- ⇒ Any registered competitor agrees to accept and respect all the Competition Regulations. All registered athletes agree to have read, understood and accepted all the provisions in this Regulation booklet.
- ⇒ Regulations are subject to French law. Any dispute arising out of or in connection with these Regulations shall be submitted to the FFTRI for arbitration and follow its rules or, failing that, to a Chamber of Arbitration of Sport under the responsibility of the French National Olympic Sports Committee, and finally settled under its rules.

14. Governing law:

This document is a translation of the French version "Règlement & Conditions de Vente". We are governed by French Law, so if there are any discrepancies in the above translation, the French version of the text prevails.

The ticking of the box "I have read and accepted the Terms of Registration" and the confirmation of the registration implies full acceptance by the registrant of the complete sales terms and conditions, including:

- **Those relating to optional cancellation insurance**
- **Those relating to waiving of the right of withdrawal**

Last revision of this document on December 2nd 2016.

