RACE REGULATION 2027 (October 25, 2026)

The RESTONICA TRAIL association
(Association according to law 1901 since September 2009 - FFA Club n° 202022) organizes the RESTONICA TRAIL BY UTMB® event from Tuesday July 6 to Sunday July 11, 2027

- **100M M* UTC Ultra-Trail® di Corsica 110Km 7200m D+**
- **UTCR Ultra-Trail® di Corsica relay of 2 or 4***
- **100K M* RT Restonica Trail 69Km 4000 D+**
- **50K M* PM Pianu Maiò 52Km 2900m D+**
- **50K M* TT Tavignanu Trail 33 Km 2400 D+**
- **20K M* GT Giru di Tumbone 17 Km 650m D+**

M* : Mile-effort soit 160 Kilometers-effort, K= Kilometer-effort, Relay : conditions specific to relays

- **Andata, a sports and solidarity walk leaving on Saturday at 8:30 a.m.**

Article 1. Registration conditions

These races are open to any person, woman or man, **aged 20 and over during the year**, whether licensed or not. For the Giru di Tumbone race, the age limit is lowered to **18 years**, meaning it is also accessible to juniors.

To register, you must go to the website **restonica.utmb.world**. There you will find an "**Online Registration**" link which will direct you to the registration site which allows **registration and online payment**.
Your participation, to be validated, is submitted to the presentation:

- your Athlé Compétition, Athlé Entreprise, Athlé Running licence or a "J'aime Courir Pass" issued by the FFA and completed by the doctor, valid on the date of the competition,
- **a certificate stating that you have completed the Health Prevention Course (PPS) set up by the FFA on its dedicated platform pps.athle.fr in English, French, Italian or Spanish within the 12 months preceding the race.**

In both cases, you will find a field on the registration form to enter the license number or **PPS attestation number** that will validate your participation.

Regarding relays, the "team captain" registers the 2 or 4 runners on the registration site and pays for the team. For the team's registration to be valid, each of the 4 runners must have entered his license number or **PPS attestation number**.
The registration deadline for the 5 races and the relays is Tuesday June 29, 2026 at 11:59 p.m., beyond this date, no registration will be recorded, not even on site.

Article 2. Elite Runners

Having an international elite status opens up rights and duties for the athletes concerned. Here they are:

Rights :

In the interest of fair recognition of high-level athletes and fair management of registrations, we reserve places for elites, according to precise criteria and based on their UTMB Index. To benefit from this, elite runners must register during the registration period. Any request outside of these dates will not be considered.

	Gentleman			Lady		
	50K M	100K M	100M M	50K M	100K M	100M M
Free direct entry	853	841	818	714	703	662
Paid direct entry	800	770	720	650	610	560

Or Top 3 runners by country

Elite runners will have the opportunity to use the UTMB World Series circuit to enter the UTMB MontBlanc. The first 3 men and women on the UTMB® World Series Events i.e. UTC 100M, RT 100K and TT 50K will be directly qualified for the HOKA UTMB® Mont Blanc.

The runners concerned can contact the organization by email inscription@restonicatrail.fr in order to obtain their registration priority.

When starting, elite athletes are invited to place themselves at the front according to their bib numbers.

Duties :

In return, elite runners commit to:

- be present at press conferences and official ceremonies to which they are invited;
- be present at the awards ceremony if they are concerned;
- be present at the starting line no later than 20 minutes before the start of the event.

Article 3. Delivery of bibs and allocation at Tuffelli village

The delivery of bibs will take place, upon presentation of an identity document, on Tuesday from 2:00 pm to 7:00 pm for PM 50K, on Thursday from 10:00 a.m. to 7:30 p.m. for the UTC 100M solo or relay, on Friday from 9:00 a.m. to 3:00 p.m. for GT 20K, on Friday from 9:00 a.m. to 7:30 p.m. for RT 100K and TT 50K.
This will be followed by the delivery of an allocation, a t-shirt as well as a “souvenir basket” (subject to availability).

Article 4. Mandatory equipment for races

For ULTRA-TRAIL® DI CORSICA :

- Trail bag to carry the required equipment throughout the race;
- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.85.51.91.25**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1.5 liters until the first aid station (PC 1 Aleri), and 1 liter for the remainder of the course;
- Personal collapsible cup 15 cl/5oz minimum;
- 2 headlamps with spare batteries;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains (waterproof jacket with integrated hood or attached to the jacket by the original system designed for this purpose by the manufacturer for bad weather. The jacket must consist of a waterproof membrane (recommended RET greater than 10,000 Schmerber) and breathable (e.g. Outdry). The seams must be waterproof. The jacket must not include non-waterproof fabric parts, but the ventilation provided by the manufacturer (under the arms, on the back), as long as they do not obviously harm waterproofing, are accepted. The runner must judge whether, according to the criteria mentioned, the jacket complies with the regulations and therefore suitable for bad weather in the mountains;
- Whistle ;
- Food reserve (recommendation of 800kcal (2 gels + 2 power bars);
- Adhesive elastic band minimum 80cm for bandaging or strapping;
- Cap or bandana or equivalent.

For RESTONICA TRAIL :

- Trail bag to carry the required equipment throughout the race;
- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.85.51.91.25**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1.5 liters until the first aid station (PC 1 Aleri), and 1 liter for the remainder of the course;
- Personal collapsible cup 15 cl/5oz minimum;
- Headlamps ;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains (waterproof jacket with integrated hood or attached to the jacket by the original system designed for this purpose by the manufacturer for bad weather. The jacket must consist of a waterproof membrane (recommended RET greater than 10,000 Schmerber) and breathable (e.g. Outdry). The seams must be waterproof. The jacket must not include non-waterproof fabric parts, but the ventilation provided by the manufacturer (under the arms, on the back), as long as they do not obviously harm waterproofing, are accepted. The runner must judge whether, according to the criteria mentioned, the jacket complies with the regulations and therefore suitable for bad weather in the mountains;
- Whistle ;
- Food reserve (recommendation of 800kcal (2 gels + 2 power bars);
- Adhesive elastic band minimum 80cm for bandaging or strapping;
- Cap or bandana or equivalent.

For TAVIGNANU TRAIL :

- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.85.51.91.25**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1.5 liters until the first aid station (PC 1 Aleri), and 1 liter for the remainder of the course;
- Personal collapsible cup 15 cl/5oz minimum;
- Headlamps;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains ;
- Whistle ;
- Cap or bandana or equivalent.

For PIANU MAIO :

- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.85.51.91.25**, keep your phone on in active mode, do not hide your number and don't forget to leave with a battery fully charged);
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Waterproof jacket at the runner's waist to withstand bad weather in the mountains ;
- Whistle ;
- Cap or bandana or equivalent.

For GIRU DI TUMBONE :

- Smartphone (LiveTrail application installed and activated, have the organization's safety phone number in your directory: **06.85.51.91.25**, keep your phone on in active mode, do not hide your number and do not forget to leave with a battery charged) ;
- Minimum water supply of 1 liter;
- Personal collapsible cup 15 cl/5oz minimum;
- Headlamps;
- Survival blanket (1.4 x 2m minimum / 55 inches x 80 inches);
- Whistle;
- Cap or bandana or equivalent.

Depending on the weather conditions, the organization may ask to add a **BAD WEATHER KIT** (gloves + hat + leg warmer + warm long-sleeved top) or a **HEAT WEATHER KIT** (sunglasses + sun protection + minimum water supply increased to 2 liters).

To respect the natural environment, the refreshment stations are not equipped with cups or other containers, but only with bottles with a minimum capacity of 1.5L. Each runner who wishes to be supplied must present their personal cup of at least 15cl/5oz

Checks will be carried out on the route to verify compliance with these regulations.

Article 5. Departure arrangements

Cours Paoli - Corte

- ✓ Pianu Maiò (PM 50K): Tuesday 5:00 a.m.
- ✓ Ultra-Trail® di Corsica (UTC 100M), solo and relay: Thursday 11:00 p.m.
- ✓ U Giru di Tumbone (GT 20K): Friday 6:00 p.m.
- ✓ Restonica Trail (RT 100K): Saturday 2:00 a.m.
- ✓ Tavignanu Trail (TT 50K): Saturday 5:30 a.m.
- ✓ Andata Walk: Saturday 8:30 a.m.

All competitors will be gathered ½ hour before the start in the "call room" for the "pre-race briefing" and the mandatory equipment check. The start of the Restonica Trail, Pianu Maiò, Tavignanu Trail and Giru di Tumbone races will take place in waves spaced 15 minutes apart.

Article 6. Controls

To be timed and classified, passage on the line at the time of departure and arrival is mandatory, as well as passage through the numerous checkpoints positioned throughout the course, within the time limits imposed by the organizer (cut-off times) in order to ensure perfect regularity of the race. All these checks will then be verified on arrival before any results are promulgated.
Wearing the bib in front and visible throughout the duration of the race
Scrupulous respect of the marked route, each runner must remain on the marked path, even to sleep. Any runner who voluntarily strays from the marked path is no longer under the responsibility of the organization.
Refueling only in areas provided for this purpose. The use of poles is permitted, except in certain marked areas. Keep your small waste on you.
No accompaniment during all or part of the race by a person without a bib except for safety reasons ("pacers" are not authorized)
Compliance with the health protocol in force.

If you drop out, go to the nearest PC and return your bib to avoid unnecessary searches. It is also possible to indicate your withdrawal by sending an SMS to **06.85.51.91.25** using the telephone number indicated in the registration, indicating your bib number and the location of the withdrawal or using the Livetrail app.

Article 7. Anti-Doping Control

Any competitor may be subject to an anti-doping control before, during or upon arrival of the event. In the event of refusal or abstention, the athlete will be sanctioned in the same way as if he or she had been convicted of doping.
You will find further details on the website restonica.utmb.world/runners/rules-regulation under the *Anti-Doping Policy* section.

Article 8. The route and cut-off times

The cut-off times of the main checkpoints are the following:

Ultra-Trail® di Corsica solo or relais:

- ✓ Calacuccia, Friday at 9:00 a.m.
- ✓ Ballone, Friday at 5:00 p.m.
- ✓ Ciattarinu, Friday at 11:00 p.m.
- ✓ Tragone by César, Saturday at 11:00 a.m.

Restonica Trail :

- ✓ Aleri, Saturday at 7:05 a.m.
- ✓ Inzecche, Saturday at 10:45 p.m.
- ✓ Tragone by César, Saturday at 5:05 p.m.

Pianu Maiò :

- ✓ Sermano, Wednesday at 11:15 a.m. if 2 waves, 11:30 a.m. if 3 waves
- ✓ Tralonca, Wednesday at 6:15 p.m. if 2 waves, 6:30 p.m. if 3 waves

Tavignanu Trail :

- ✓ Aleri, Saturday at 10:35 a.m.

Giru di Tumbone :

- ✓ Stadium, Friday at 8:45 p.m.

These cut-off times are calculated to allow participants, while making possible stops (rest, meals, etc.), to reach the finish line within a reasonable time, imposed by security requirements and availability of the actors present on the site. **To be allowed to continue the event, competitors must leave the checkpoint before the set deadline** (regardless of the time of arrival at the checkpoint).

Any competitor excluded from the race and wishing to continue their journey will only be able to do so after having returned their bib, under their own responsibility and in complete autonomy.

At any time, the organization reserves the right to modify the route, the location of the “PCs”, the cut-off times and/or the schedules. It also reserves the right to cancel events for any reason that would endanger a runner or any case of force majeure.

Article 9. Medical assistance and safety

First aid stations are set up on the course throughout the duration of the events, in radio and/or telephone contact with the TUFFELLI race PC where a medical control team is present throughout the duration of the events. First-aid stations are intended to provide assistance to anyone in need of medical help.

It is the responsibility of a runner in difficulty or seriously injured to call for help:

- ✓ by going to an aid station on the route;
- ✓ by calling the TUFFELLI race PC tel: **06.85.51.91.25**;
- ✓ by asking another runner to notify the nearest PC and/or emergency services;
- ✓ by using the SOS functionality of the LiveRun application.

It is the responsibility of each runner to provide assistance to anyone in danger and to notify emergency services.

If you are unable to reach the race control center—and only in the event of an absolute emergency—you may call emergency services directly by dialing 112 (this is particularly relevant if you are in an area where only emergency calls can be made).

Unforeseen circumstances related to the environment or the race may result in a longer wait for rescue services than anticipated. In such cases, your safety will depend on the quality of the equipment you have packed in your bag.

All medical and paramedical staff, rescue personnel, official guides, and any other individuals designated by the race management team are authorized to:

- ✓ remove any competitor from the race if they are deemed unfit to continue;
- ✓ require any competitor to use specific items from the mandatory equipment list;
- ✓ arrange for the evacuation—by any means necessary—of runners deemed to be in danger;
- ✓ direct patients to the most appropriate medical facility.

Any runner who seeks assistance from a doctor or rescue worker effectively submits to their authority and agrees to abide by their decisions.

Should a runner's health condition require treatment via an intravenous (IV) drip, they will be mandatorily removed from the race.

A medical station will be available at the finish line for runners with serious medical issues. The provision of non-urgent, comfort-related care is at the discretion of the medical staff and subject to their availability.

Every runner must remain on the marked trail, including when sleeping. Any runner who intentionally strays from the marked trail is no longer under the responsibility of the race organization.

Article 10. Insurance

The organization benefits from civil liability insurance through the French Athletics Federation, the FFA.

Licensees normally benefit from the guarantees granted by their license.

It falls upon the other participants to personally insure themselves.

Competitors participate under their own responsibility, mainly in the event of an accident or failure resulting from their state of health.

Article 11. Racing conditions

Drop bag, only for solo Ultra-Trail® di Corsica

After having filled it with the items of their choice, having closed it and labeled it with their bib number, each UTC competitor can leave it just before the start of the race at the place provided for this purpose near the appeals chamber. This bag is sent by the organization to PC7 Ciattarinu (km 60). When the competitor leaves the PC, he drops off his bag himself which will be repatriated to Corte.

Collection of bags in Corte: The bags are given either to the competitor or to relatives, exclusively on presentation of the bib. Bags must be collected no later than 2 hours after the race closes. Beyond that, the runner will contact the organization **06.84.76.25.33** or **contact@restonicatrail.fr** and must come and collect their bag themselves, at their own expense, from the organization in Corte.

The organization ensures the repatriation to Corte of the bags of runners who have abandoned, on the condition that their abandonment has been recorded.

The repatriation time depends on logistical constraints and the organization cannot guarantee complete repatriation of the bags before the end of the race.

The poles are not allowed in these bags. As the contents of the bags are not checked, no dispute over the contents on arrival is admissible. The organization is in no way responsible for the failure to return competitors' bags and/or personal belongings. It is recommended not to put valuable items there.

Relay-specific conditions

The required equipment is that of the Ultra-Trail di Corsica.

Relay of 4	**Distance**	**Elevation gain +**	**Elevation gain –**
Corte – Calacuccia	33 km	2400 m	1950 m
Calacuccia – Ciattarinu	27 km	2550 m	2100 m
Ciattarinu – E Grotelle	28,5 km	1350 m	1300 m
ou Ciattarinu – Tragone	34 km	1450 m	1750 m
E Grotelle – Corte	22 km	900 m	1850 m
ou Tragone – Corte	16,5 km	800 m	1400 m
Relais of 2	**Distance**	**Elevation gain +**	**Elevation gain -**
Corte – Ciattarinu	60 km	4950 m	4050 m
Ciattarinu – Corte	50,5 km	2250 m	3150 m

The relays therefore take place in Calacuccia, Ciattarinu, 2 points of the route accessible by car and and E Grotelle or Tragone accessible by shuttle plus walk of approximately 1h½ for E Grotelle. The 4th relay is a little less demanding than the first 3, the second seems the most difficult, the first relay is at night, for the third and the last, it depends on the first relayers.

Relay runners will be identified by a differentiated bib (fuschia reverse colors on a white background).

At each relay, the arriving runner, once badged, will give his bib and his rear marker to the runner who is about to leave, the latter will go to be badged before leaving. In the event of abandonment or non-compliance with the time limits, the next relay runner will be able to leave with a bib and a rear marker which will be assigned to them by the PC. The runner will start just in front of the queue stopper after being badged.

The relays have been planned at locations accessible by car, so each team will have to organize themselves to get to the relay location by their own means.

Article 12. Rewards

Whenever possible, each competitor who completes the Ultra-Trail® di Corsica and the Restonica Trail will be rewarded with a “Special Finisher” gift.
In addition, will be rewarded:

	UTC 100M	RT 100K	PM 50K	TT 50K	GT 20K
Men's Scratch ranking	Top 5	Top 5	Top 5	Top 5	Top 5
Women's Scratch ranking	Top 5	Top 5	Top 5	Top 5	Top 5
Relay of 4	Top 3				
Relay of 2	Top 3				
Masters 10	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 9	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 8	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 7	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 6	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 5	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 4	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 3	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 2	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 1	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Masters 0	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Seniors	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Espoirs	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F	1 H + 1 F
Juniors					1 H + 1 F

Trophies and awards are only distributed at the awards ceremony. It is therefore mandatory to go there to receive them.

Article 13. Race jury

It is composed of:

- ✓ the president of the organizing committee (or his representative),
- ✓ the race director,
- ✓ 3 people chosen from club leaders or race organizers.

The jury is empowered to rule within a time limit compatible with the requirements of the race on all complaints made during the event. Its decisions are without appeal.

Article 14. Reasons for disqualification or penalization

Please refer to the "Time penalties and disqualification" section on the website restonica.utmb.world/runners/rules-regulation.

Article 15. Image Rights:

Any competitor expressly waives the right to use their image rights during the event, as they waive any recourse against the organizer and its approved partners for the use made of their image. Only the organization may grant these image rights to any media outlet, via accreditation or an appropriate license.
We inform all participants that remotely piloted aircraft (drones) by certified remote pilots will be used by the organization to produce images and content related to the event.

Photographers/videographers will be present across all distances throughout the event to produce content, even at night. We invite you to be receptive and understanding with them.

Article 16. Political Expression

Any proclamation, display, or exhibition of political or religious messages—as well as associated imagery—during the event is prohibited.

Article 17. Registration cancellation

You may cancel your registration at any time via your runner's dashboard.

Registration cancellation insurance: The purpose of this insurance is to allow runners to be reimbursed for their registration fees should they choose to cancel their registration for reasons outlined in the insurance terms and conditions. Cancellation insurance must be purchased at the time of registration.
If you have purchased cancellation insurance, you may be eligible for a refund, depending on the reason for cancellation (please refer to the General Terms and Conditions). To proceed, access your registration by logging into your MyUTMB account, click on "Request a refund" to cancel your registration, and complete the refund request form.

Please note that no refunds will be issued by the organizer.

Article 18. Personal data protection

According to the information technology and freedom law of August 6, 1978 (French law), and in accordance with the new General Data Protection Regulation (GDPR EU 2016/679), any competitor has a right of access and rectification of data which concern him.

Information is collected as part of a registration for one of the Restonica Trail by UTMB® races, for the purposes of the organization, and in particular that of individually identifying each competitor in order to communicate to them before, during or after the event any information related to their participation.

All of the runner's data is kept for a period of 10 years, renewable for each registration, corresponding to the legal retention period of the medical certificate of no contraindication to the practice of athletics or running in competition, or sports license. Beyond these 10 years, and unless explicitly authorized by the runner, all data is deleted except name, first name, date of birth, gender and nationality to maintain rankings.

Any request to modify data can be made by email to the following address: nscription@restonicatrail.fr

Any request for access or modification of personal data will be processed as quickly as possible from receipt of the request, within a maximum period of 1 month.

Participation in the events (Ultra-Trail® di Corsica solo or relay, Restonica Trail, Pianu Maiò, Tavignanu Trail, Giru di Tumbone, Andata), implies the express acceptance by each competitor of these regulations. He undertakes on his honor not to anticipate the departure, to cover the full distance before crossing the finish line and to respect the trailer charter as well as the health protocol. Taking the bib by the competitor automatically entails acceptance of the regulations in their entirety.

Trailer Charter, Trail values

- **Runner's commitment**

To participate, it is essential:

- ✓ To be completely aware of the length and difficulty of the event and to be adequately prepared for it.
- ✓ To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:
    - Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
    - Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
    - Aware that the organization's role is not to help a runner manage these problems and that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
    - To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

- **Semi-autonomy**

Participants are expected to demonstrate the principles of semi-autonomy. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

- ✓ Throughout the duration of the race each runner must have with them all their mandatory equipment. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.
- ✓ The aid stations provide drinks and food to be consumed on site.
- ✓ The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.

- **Authenticity**

Authenticity is the first value of trail running. At its origins, trail running was born from the motivation of runners to practice their sport in contact with preserved nature, in order to feel the beauty of the landscapes and to learn to evolve without artifice in a demanding environment for body and mind. Trail running is an authentic sport, because it makes the confrontation between the practitioner and a natural environment as intact as possible, a source of inspiration, of surpassing oneself, but also of harmony.

As a social activity, **trail running promotes human relationships based on simplicity, conviviality, sharing and respect for differences. The trail community attaches as much importance to these authentic values as to those of performance and competition**.

- **Humility**

In trail running, an outdoor activity, **humility is a behavior adapted both in a natural environment and for oneself**.

In nature, it is based on taking into account existing natural hazards, whatever the relevance and quality of the measures taken by the organization of a race to ensure the safety of its participants. Humility in the face of nature presupposes being able to exercise caution and can go as far as giving up on the race or planned project.

With regard to oneself, humility is based on awareness and knowledge of one's limits so as not to call into question one's physical or mental integrity.

Behaviors of humility are inseparable from an attitude of listening and learning allowing us to better understand the principles that govern natural environments or the fundamentals of practicing an intensive sport in nature.

- **Fair play**

Fair play designates the loyal acceptance of the rules, not only of their letter but also of the spirit which presided over their definition.

For runners, being fair means respecting the race regulations, not cheating, not biasing, refusing any form of doping; but also embody in your behavior during the races the human values of trail running: mutual aid and solidarity with other runners, respect for all those present during the races.

For the organizers, respect for fair play involves implementing the necessary means to fight "against cheating, the art of trickery while respecting the rules, doping, violence (both physical and verbal) , exploitation, inequality of opportunity, excessive commercialization and corruption" (excerpt from the Council of Europe's code of sports ethics).

- **Equity**

It is the search for a fair balance, based on impartiality and equal opportunities that each runner must benefit from.

Trail races are open to all runners. The rules are designed for everyone and apply equally to everyone. All athletes are placed in the same conditions and they have the same rights and the same duties. The arrangements implemented to accommodate high-level athletes must in no way hinder the participation of other runners.

It is the responsibility of the organizers to guarantee this principle of fairness, to carry out the necessary checks and to offer the best possible racing conditions to all participants.

- **Respect**

The principle of respect covers respect for others, self-respect and respect for the environment.

Become aware that the natural environment you are crossing is based on a fragile ecological balance. Respect the fauna and flora: **do not leave ANY trash behind**.

- Each runner undertakes to adopt the most appropriate behaviors in order to minimize their impact on the environments they travel through, in particular:
- It is strictly forbidden to leave waste (tubes containing gels, paper, organic waste, plastic packaging, etc.) on the route. Bins are available at each refreshment station and must be used. The race marshals carry out flying checks on the courses.
- All participants must keep waste and packaging until they can throw it into the bins provided at the refreshment stations. The organization encourages runners to bring a waste bag to carry their waste to the next refreshment point. Plastic bags for soiled papers are given with the bib. They must be used to collect soiled papers during an urgent need near trails.
- It is imperative to follow the paths as they are marked, without cutting. In fact, cutting a path causes damaging erosion of the site.

- **Out of respect for the natural environment, the refreshment stations are not equipped with cups or other containers, but only with bottles with a minimum capacity of 1.5L. Each runner who wishes to be supplied must present their personal cup of at least 15cl.**

RESPECT FOR OTHERS

Respecting others means understanding and accepting their differences and acting in a way that does not embarrass or upset them. It also means understanding that the race takes place in a place that has its own culture and traditions; it means adopting consequently the "knowledge" necessary to respect the local population, their culture and their customs.
Each runner also undertakes to respect other people operating in the natural environment at the same time as him (other trailers, walkers, hikers, etc.). Each runner undertakes to know and accept the rules of the race in which he has chosen to participate.

SELF-RESPECT

The practice of Trail running can involve risks and the search for performance and/or pleasure in no way justifies altering one's health in the more or less long term.
Each runner will be particularly vigilant so as not to take any doping product and not to resort excessively to self-medication. He will take care not to exceed his limits to the point of harming his physical or moral integrity.

RESPECT FOR THE ENVIRONMENT

The races take place in fragile natural environments. All those involved in trail running, runners, organizers, partners, supporters, are committed to taking action to preserve them.

- ✓ We strive to do everything possible to reduce the impacts linked to the running of races. We are committed, through information and educational actions, to contributing to general awareness of the fragility of natural environments.
- ✓ With the help of local environmental protection stakeholders, we identified the environmental risks generated by our event and adapted our practices to limit them.
- ✓ With our partnership with the Chemins de Fer de la Corse, we encourage the use of public transport.
- ✓ The marking of our races is mainly made up of tape, partly reflective and reusable for night courses, and signs for the safety and orientation of the competitor. This marking is, as far as possible, removed by the organization's last men on the same day of the event or at the latest in the following week.

- **Solidarity**

Solidarity is a value practiced and shared by residents in the heart of natural environments which can become hostile and therefore require mutual help to better progress together or simply survive. **In the name of the principle of solidarity, each participant in a trail is asked to primarily come to the aid of any person in danger or in difficulty wherever and under whatever circumstances**.
More generally, those involved in trail running often demonstrate solidarity by committing to environmental, social or societal causes or by helping the most deprived. Trail organizers implement this principle of responsibility by directly supporting solidarity and sustainable development actions; Many participants "run for a cause" in order to support the projects of their choice.
Respect the markings, the only guarantee of your correct orientation and SAFETY
Respect the volunteers, without whom the race could not take place. The local population welcomes you, thank them: a smile and a little hello are enough.