

CORSA DI L'ORIENTE - GHISONI
SOLO TRAIL RACE REGULATIONS
corsa.oriente@gmail.com

Art 1: Participation in the « CORSA DI L'ORIENTE » events implies the express acceptance, without reserve, of the present regulations and any instructions sent by the organizer to the participants.

Art 2: « A CORSA DI L'ORIENTE » is organized by ORIENTE-GHISONI », Chez Mr Simon GIRAUD, 3 boulevard Sylvestre Marcaggi, 20 000 Ajaccio– corsa.oriente@gmail.com

Contacts: Olivier CAPPURI : +33 6 30 21 49 05

« A CORSA DI L'ORIENTE » is a mountain race open to all runners with or without athletics licenses, adults aged at least 18 years in the year of the event.

For security reasons, the organizer limits the participation to 250 runners.

Art 3: By registering for « A CORSA DI L'ORIENTE » events, participants agree to respect the environment and the natural areas they pass through in particular the paths of Regional Natural Park of Corsica (PNRC).

It is strictly forbidden to abandon your waste (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each refreshment post and it is imperative that they are used.

The organization encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin.

It is imperative that you follow the paths as they are way-marked, without short-cutting them. Actually, short-cutting a path causes erosion damaging the site.

The no respect of these instructions will result in your immediate exclusion.

Art 4: The race is open to all runners, with or without an athletics licenses adults aged at least 18 years in the year of the event.

Non-licensed runners and foreign participants must provide a medical certificate with the mention "Presents no contraindication to competing in running races" or "Presents no contra indication to competing in sport", dated from less than 6 months on the day of the race, even if they hold a competitive license issued by an IAAF affiliated federation.

A very good training and a real capacity for personal autonomy are indispensable for the success of such an individual adventure.

Art 5: The maximum time for the event, for the totality of the route is fixed at 7 hours.

The route consists of a loop whose departure and arrival take place from the GHISONI Village. Start will be given at 8:30.

Total Distance: 15 miles

The route has been temporary marked with:

- reflective color signs painted on the ground, except on the part of the GR20 which is marked in red and white,
- red or orange ranging-poles,
- Red and white boundary tapes.

Handrails of safety are installed in some parts of the course.

The organization sets up all along the route:

- Refreshments posts (water),
- Security posts (doctors, firefighters),
- Checkpoints

Each competitor has to pass 6 checkpoints and respect the following time barriers:

- Checkpoint 1 (Cardo's sheepfold): 1 h 30
- Checkpoint 2 (Oriente): 3 h 00
- Checkpoint 3 (Capanelle): 4 h 00
- Checkpoint 4 (Scarpaghjelle's sheepfold): 4 h 45
- Checkpoint 5 (Cardo's sheepfold): 5 h 30
- Arrival at Ghisoni: 7 h 00

Any competitor who does not respect these passage times will be eliminated from the competition.

Unexpected check posts are set-up. Their location is not divulged by the organization.

Art 6: Transport, lodging, meals (except those offered by the organization) are the responsibility of the competitor.

Art 7: In order to ensure their security and the good progress of the trail races, each trail-runner must have the following mandatory equipment:

- A survival blanket
- A distress whistle
- Supply of water of 1 liter minimum (75 cl)
- Food reserve (2 energy bars)

The use of walking sticks, the ends of which must be protected, is permitted.

Additional recommended equipment:

- Mobile phone (enters the safety numbers of the organization into its directory, do not hide its number and do not leave without charged batteries for the mobile phone),
- Waste bag.

It is important to note that the material imposed by the organizers is a vital minimum which each trail-runner must adapt in function to their own capacities.

Each participant must take care, when leaving each refreshment post that he has the necessary quantity of food and drink to last him to the next refreshment post.

Only runners carrying a visible race number have access to the refreshment areas.

Art 8: For safety reasons, the organization limits the number of participants to 250.

The race is open to all runners born in or before 2000. In agreement with the FFA, the age categories will give rise to a separate ranking.

- ESPOIR: ES (M,F) (before 17 years old)
- SENIOR: SE (M,F) (18/39 years old)
- MASTER 1 : V1 (M,F) (40/49 years old)
- MASTER 2 : V2 (M,F) (50/59 years old)
- MASTER 3 : V3 (M,F) (60 years old)
- MASTER 4 : V4 (M,F) (years old and more)

Art 9: The ranking of the race will be formalized after its signature by the race jury (the race director, the coordinator responsible for safety, the mayor of GHISONI, and the official timekeeper, as well as anyone considered competent by the President of the Organization Committee).
The decisions of the jury are without appeal.

Art 10: By participating in « A CORSA DI L'ORIENTE », the participant gives his express permission for the organizing company, its delegates and its successors to use and reproduce, in any medium and by any means, now and in the future, with no compensation of any kind, his name, voice, image, and, more generally, his athletic performance at the Event, in any form, in any existing or future medium, for any use including advertising and/or commercial purposes.

Art 11: The means put in place by the organization are at the gracious disposal of the competitors. They include about 100 volunteers, especially in security posts: mountain and rescue specialists, doctors, physiotherapists.

In case of accident requiring the intervention of air-rescue means, they will intervene in the fastest possible time according to the emergency of their mission.

Any runner calling for a doctor or a first-aid worker submits themselves to their authority and undertakes to accept their decisions. The choice of evacuation method depends exclusively on the organization, which will systematically put the runner's security first.

Art 12: Bibs must be collected on presentation of an identity card and a medical certificate in the Sainte-Marie church-GHISONI the day of the race from 6:30am to 8:00am.

The registration is considered to be firm and definitive. No refund or transfer of registration will be possible for any reason whatsoever.

Art 13: Except in the case of injury, a runner must not abandon outside of a check point. He must inform the person responsible for the post. In the case of the decision to abandon between two check points, the runner must go to the nearest check point.

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organization are able to exclude any competitor from the race who is judged to be unable to continue the event.

Art 14: The organizer has taken out a personal liability for the duration of the event.

Each competitor should take out an individual accident insurance. Such insurance can be taken out with any organization chosen by the competitor.

The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Expenses resulting from the use of exceptional rescue or evacuation facilities (in particular helicopter evacuations) will be support by the rescued person. It falls to the runner to create their file and present it to their personal insurance company within the stated time limit.

Art 15: The prizes-giving will take place on the day of the race starting at 3:30 p.m., after the arrival of the last runner.

CORSA DI L'ORIENTE - GHISONI
RUNNER'S AND WALKER'S CHARTER - COMMITMENT
POST COVID-19

Aware that the participation to any event must be done in the strict respect of the sanitary rules transmitted by the government and of our environmental values, as a runner of the event
A CORSA DI L'ORIENTE, I commit myself to :

1. To respect the barrier gestures in force in particular in closed, semi-open or high density areas during the event (wearing a mask, hand washing, physical distancing).
2. Strictly respect the rules of the race and the measures put in place by the organization to minimize health risks:
 - a. Wear a mask in the start area, which I keep on me during the race and put back on after the finish in the exit lane
 - b. Run with the maximum social distance from other participants and use the full width of the roadway
 - c. Do not spit on the ground
 - d. Blow my nose in a single-use tissue that I throw in a trash can
 - e. Do not throw waste on the public highway
 - f. Respect and leave public places clean
 - g. Be equipped and use my own liquid supply container (water bag, flask, bottle, cup...), ...
3. Do not physically come into contact with other participants.
4. Understand that by taking part in the event, I am participating in a gathering of people who could potentially generate the spread of the coronavirus epidemic if the barrier measures are not applied by all.
5. To accept, by taking part in the event, that this sanitary risk is potentially serious for the most fragile (over 65 years old, carrier of chronic disease, pregnant woman).
6. If I have had Covid-19 in the weeks and months preceding the race, consult a doctor before taking part in the race to find out if intense effort and participation in the competition is possible, especially in races with significant changes in altitude.
7. Do not run if I have had symptoms of Covid-19 for less than 14 days.
8. To be civic-minded by committing myself to inform the Covid-19 referent of the organization in case of declaration of the disease after the race.
9. Download if possible and register on the " StopCovid " application before coming to the event.

Name

First name

Date and Signature