



THE EVENT REGULATIONS

Any registration to the TREG® ALGERIA TRAIL 2023 implies the tacit acceptance of the following rules.

All competitors are also invited to carefully read the general terms and conditions and our privacy policy available at www.le-treg.com/en

1.1: THE RACES

The TREG® ALGERIA TRAIL is a series of long distance trail running races over a variety of sandy or stony desert terrain. The start and finish of these events is in Timimoum, Algeria, in the Gourara region.

The Ultra Algerian Trail is an event of about 182 km, with about 1,000 meters of positive altitude difference, which takes place in one non-stop stage, in a loop, in self-sufficiency, at a free pace, in a time limited to 72 hours, coupled with time barriers. The navigation is done with a GPS (provided by the organisation). A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Tuesday 28 November 2023 at 09:00.

Two other races are organised in parallel to the TREG® in order to offer more accessible distances to a majority of runners:

– **The Algérie Trail**, which is about 106 km long and has a positive altitude difference of about 500 metres, takes place in one non-stop stage, in a loop, self-sufficient in food, at a free pace, in a time limit of 42 hours, coupled with time barriers. The navigation is also done with a GPS provided by the organisation. A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Tuesday 28 November 2023 at 09:00.

– **The Algeria Marathon**, which is about 50 km long and has a positive altitude difference of about 250 metres, takes place in one non-stop stage, in a loop, self-sufficient in food, at a free pace, in a time limit of 18 hours, coupled with time barriers. The navigation is also done with a GPS provided by the organisation. A roadbook is also provided, including satellite and illustration maps, which cannot be used for navigation by the competitors. The start will be given on Tuesday 28 November 2023 at 09:00.

The Ultra Algerian Trail can be run in "solo" or "6-person relay" mode, in the latter case, each competitor running a part of the course between 2 PC's. The start will be given on Tuesday 28 November 2023 at 09h00.

The Algeria Trail can be run in "solo" or "4-way relay" mode, in the latter case, each competitor running a part of the course between 2 PC's. The start will be given on Tuesday 28 November at 09h00.

The TREG® ALGERIA TRAIL is organised by SAS TRAIL AFRICA ORGANIZATION, in charge of the "Stay & Race" and "Travel" parts.



PROGRAM :

- Saturday 25 November: departure from Paris by scheduled flight to Algiers and overnight in hotel (for those who have chosen a departure from Paris).
- Sunday 26 November: Early departure by domestic flight to Timimoun. Transfer by minibus to the base camp of the TREG® ALGERIA TRAIL, then installation and night.
- Monday 27 November: Technical and medical checks - Beacon and GPS training - Race briefing
- Tuesday 28 November to Thursday 30 November: Races: 182 km, 106 km, 50 km and relay. Runners who have already arrived from these races will be able to follow the other competitors or visit sites thanks to the vehicles and guides made available to them.
- Friday 1 December: Relaxation and tourist day in Timimoun – Award ceremony. Closing evening.
- Saturday 2 December: Early departure by minibus for the airport. Return flight from Timimoun to Algiers and then to Paris.

1.2: PARTICIPATION

The Ultra Algerian Trail is open to any person, man or woman, born in 2005 or before, licensed or not, with a long distance trail experience (> 80 km) strongly advised.

The Algerian Trail is open to any person, man or woman, born in 2005 or before, licensed or not, with a trail experience (> 40 km) strongly advised.

The Algerian Marathon and the Algerian Relay are open to any person, man or woman, born in 2005 or before, licensed or not, with an experience of endurance running (> 21 km) strongly advised.

By way of derogation, persons born between 2006 and 2007 will be authorised to take part in any of the events subject to the parents signing a waiver expressly stating that they take full responsibility for the minor competitor's participation in one of the races and that they undertake to accompany the minor throughout the event.

1.3: FOOD SELF-SUFFICIENCY

The principle of self-sufficiency is the rule for all TREG races®. On the course, refreshment zones located every 20 to 30 kilometres or so are supplied with water for filling water bottles or water bags up to a limit of 3 to 4 litres/person depending on the refreshment zone. Each runner must ensure that he/she has at his/her disposal

- at the start of the race the amount of food needed to reach the finish line self-sufficiently over the chosen race distance:
 - The Ultra Algerian Trail: 72 hours maximum, that is to say 6,000 compulsory calories;
 - The Algeria Trail: 42 hours maximum, i.e. 3,000 calories mandatory;
 - The Algeria Marathon: 18 hours maximum, i.e. 1,500 compulsory calories;
 - The Algeria 182km Relay: 72h max and 750 calories mandatory per runner
 - The Algeria 106km Relay: 42h max and 750 calories mandatory per runner
- at the start of each feed zone, the quantity of water required to reach the next feed point, with a minimum of 2 litres of water on board.

No personal assistance is allowed on the course outside the control points (PC's) provided for this purpose. It is strictly forbidden to be accompanied on the course by anyone other than a competitor who has been regularly registered.



1.4 : CONDITIONS OF REGISTRATION

The climatic conditions of the event can be difficult (night, heat, sandy wind...). A very good training and a real capacity of personal autonomy are essential to the success of such an individual adventure.

To register for the Ultra Algerian Trail, it is strongly advised to have already completed at least one long distance trail of 80 km.

To register for the Algeria Trail, it is strongly recommended to have already completed at least one 40 km trail.

To register for the Algeria Marathon or Algeria Relay, it is strongly advised to have already completed at least one endurance race of at least 20 km.

A medical certificate less than one year old is required for all runners as well as an ECG (electrocardiogram) at rest or a stress test (effort test) according to the following rules:

- ECG at rest less than two years old at the start of the race for all runners entered in the 50 km race or relays or under 40 years old and for all local runners, regardless of age;
- an stress test (effort test) less than three years old for all runners registered for the 106 km or 182 km races who are over 40 years old.

The medical certificate and the ECG (electrocardiogram) must be sent to Isabelle Paucot by 15 November 2023, by e-mail to i.paucot@le-treg.com. After this date, the registration will be cancelled and the registration fee forfeited.

In addition, riders must bring the originals or a FULL copy of the documents (ECG / stress test) with them to the individual medical briefing.

1.5 : ACCEPTANCE OF THE REGULATION

Participation in the various races of the TREG® ALGERIA TRAIL implies de facto the unreserved acceptance of the present regulations published by the organisation, which can be consulted on the website.

1.6: MAXIMUM NUMBER OF PARTICIPANTS

For its 2nd edition, the number of competitors engaged in the TREG® ALGERIA TRAIL is limited to 150 people, including runners and accompanying persons.

1.7: REGISTRATION

Runners can register individually for the 3 "solo" races and as a team for the 2 "relay" races. Registration for supporter persons is also possible.

It is specified that the event can only be held if there are 25 competitors registered for the event from Paris. The registration fee is variable depending on the date of entry according to the information below:

**INDIVIDUAL REGISTRATION - departure from PARIS****Registration from 1st January 2023 to 31st May 2023 (preferential rate)****TOTAL PRICE: €2,700** (a "Travel" package of €500 and a "Stay & Run" package of €2,200).**Timeline :**

On registration :	800 € By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	800 € By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	600 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)**TOTAL PRICE: 2 850** (travel package of 500 € and a "Stay & Run" package of 2 350 €).**Timeline :**

At registration:	1 500 € By transfer bank to Trail Africa Organization
As of 31 st June 2023:	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	850 € By transfer bank to Trail Africa Organization

INDIVIDUAL REGISTRATION - departure from ALGIERS**Registration from 1st January 2023 to 31st May 2023 (preferential rate)****TOTAL PRICE: €2,450** (Travel package of 250 € and a Stay & Run package of 2,200 €).**Timeline :**

At registration:	600 € By transfer bank to Trail Africa Organization
As of 31 st May 2023:	600 € By transfer bank to Trail Africa Organization
As of 31 st August 2023:	600 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	650 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)**TOTAL PRICE: €2,600** (travel package of 250 € and a stay & race package of 2 350 €).**Timeline :**

At registration :	1 500 € By transfer bank to Trail Africa Organization
As of 31 st August 2023:	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	850 € By transfer bank to Trail Africa Organization

**INDIVIDUAL REGISTRATION - departure from TIMIMOUN****Registration from 1st January 2023 to 31st May 2023 (preferential rate)****TOTAL PRICE: 2 200** (Stay & Run package).**Timeline :**

At registration:	600 € By transfer bank to Trail Africa Organization
As of 31 st May 2023:	600 € By transfer bank to Trail Africa Organization
As of 31 st August 2023:	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	500 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)**TOTAL PRICE: 2 350** (Stay & Run package).**Timeline :**

At registration:	1 200 € By transfer bank to Trail Africa Organization
As of 31 st August 2023:	650 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	500 € By transfer bank to Trail Africa Organization

NB: special payment conditions are available on request from the organisation at concurrents@le-treg.com for entries before 31 May 2023.

THE REGISTRATION FEE INCLUDE

- the flight from Paris to Algiers and Algiers to Timimoun, round trip for those registered from Paris;
- the regular flight Algiers - Timimoun, round trip for those registered from Algiers;
- no flights for those registered from Timimoun;
- participation in one of the races of the TREG® ALGERIA TRAIL;
- all meals during the week except your food during the race;
- Accommodation during the transfers and in Timimoun;
- Visits to natural sites or following the race in a 4x4 vehicle when the competitor is no longer in the race;
- security tags ;
- GPS for navigation and the paper Roadbook for additional information;
- in Timimoun, transfers to the start of the event by minibus;
- Membership of the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26);
- Civil liability insurance for the organisation;
- a special prize for all finishers of one of the races of the TREG® ALGERIA TRAIL
- a souvenir prize for all participants in the event

THIS PRICE DOES NOT INCLUDE :

- the visa to enter Algeria (110€)
- personal expenses ;
- transport of the competitor to the departure airport in Paris;
- which is not included in the registration.



Registration for runners' companions is also possible under specific conditions. They can choose to follow the race or visit the natural sites along the route.

The following pages present the fees and conditions of registration for accompanying persons.

ACCOMPANYING REGISTRATION - departure from PARIS

Registration from 1st January 2023 to 31 May 2023 (preferential rate)

TOTAL PRICE: €1,800 (a "Travel" package of €500 and a "Stay & Run" package of €1,300).

Timeline :

On registration :	700 € By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	600 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)

TOTAL PRICE: €1,950 (Travel package of €500 and a Stay & Run package of €1,450).

Timeline :

On registration :	750 € By transfer bank to Trail Africa Organization
As of 31 st August 2023:	500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	700 € By transfer bank to Trail Africa Organization

ACCOMPANYING REGISTRATION - departure from ALGIERS

Registration from 1st January 2023 to 31 May 2023 (preferential rate)

TOTAL PRICE: €1,550 (Travel package of €250 and a Stay & Run package of €1,300).

Timeline :

At registration :	600 € By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	250 € By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	700 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)

TOTAL PRICE: €1,700 (travel package of 250 € and a stay & run package of 1,450 €).

Timeline :

On registration :	750 € By transfer bank to Trail Africa Organization
As of 31 st June 2023 :	250 € By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	700 € By transfer bank to Trail Africa Organization

**ACCOMPANYING REGISTRATION - departure from TIMIMOUN****Registration from 1st January 2023 to 31 May 2023 (preferential rate)****TOTAL PRICE: €1,300** ("Stay" package of €1,300).**Timeline :**

On registration : 500 € By transfer bank to Trail Africa Organization
As of 31st May 2023 : 500 € By transfer bank to Trail Africa Organization
As of 31st October 2023 : 300 € By transfer bank to Trail Africa Organization

Registration from 1st June to 31st October 2023 (standard rate)**TOTAL PRICE: €1,450** ("Stay" package of €1,450).**Timeline :**

On registration: 500 € By transfer bank to Trail Africa Organization
As of 31st August 2023: 500 € By transfer bank to Trail Africa Organization
As of 31st October 2023: 450 € By transfer bank to Trail Africa Organization

THE REGISTRATION FEE INCLUDES :

- the flight from Paris to Algiers and Algiers to Timimoun, round trip for those registered from Paris;
- the regular flight Algiers - Timimoun, round trip for those registered from Algiers;
- no flights for those registered from Timimoun;
- all meals during the week
- Accommodation during the transfers and in Timimoun;
- visits to natural sites or following the race in a 4x4 vehicle;
- Membership of the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26);
- Civil liability insurance for the organisation;
- a special prize for all participants

THIS PRICE DOES NOT INCLUDE :

- visa to enter Algeria (110 €)
- personal expenses ;
- transport of the competitor to the departure airport in Paris;
- which is not included in the registration.

It is also possible to register teams for the relay races proposed in the framework of the TREG® ALGERIA TRAIL. The 182 km Ultra Algerian Trail can be done in teams of 6 competitors and the Algerian Trail in teams of 4 competitors. Each competitor will complete a section of the course of approximately 25 km from one PC to another PC and will pass the relay to a member of his team for the next section of the course.



REGISTRATION IN RELAY 182KM - departure from PARIS

Registration from 1st January to 31st October 2023

TOTAL PRICE: €14,400 (a "Travel" package of €3000 and a "Stay & Run" package of €11,400).

Timeline :

On registration :	3800 € By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	3800 € By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	3000 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	3800 € By transfer bank to Trail Africa Organization

REGISTRATION IN RELAY 182KM - departure from ALGIERS

Registration from 1st January to 31st October 2023

TOTAL PRICE: €12,900 (Travel package of 1500 € and a Stay & Run package of 11 400 €).

Timeline :

On registration :	3800 € By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	3800 € By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	1500 € By transfer bank to Trail Africa Organization
As of 31 st October 2023:	3800 € By transfer bank to Trail Africa Organization

REGISTRATION IN RELAY 182KM - departure from TIMIMOUN

Registration from 1st January to 31st October 2023

TOTAL PRICE: 11 500 (Stay & Run package).

Timeline :

On registration :	3750 € By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	3750 € By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	4000 € By transfer bank to Trail Africa Organization

THE REGISTRATION FEE INCLUDES :

- The flight from Paris to Algiers and Algiers to Timimoun, round trip for the participants of the team of 6 runners registered from Paris;
- the regular flight Algiers - Timimoun, round trip for the participants of the team of 6 runners registered at the departure of Algiers;
- no flights for the participants of the 6-rider team registered at the start of Timimoun;
- the participation of the 6 team members in the 182km relay race;
- all meals during the week except food during the race for the 6 team members;
- Accommodation during the transfers and in Timimoun for the 6 team members;
- Visits to natural sites or following the race in a 4x4 vehicle when the competitors of the team of 6 are no longer in the race;
- safety markers for the 6 team members;
- a paper roadbook for additional information;



- In Timimoun, transfers to the start of each relay by minibus for the 6 team members;
- Adhesion to the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26) for the 6 team members;
- Civil liability insurance for the organisation;
- a special prize for the 6 finishers of the team;
- a souvenir prize for the 6 participants of the team at the event.

THIS PRICE DOES NOT INCLUDE :

- visas to enter Algeria (110€) for each member of the team;
- personal expenses of the 6 team members;
- Transport of the team of 6 to the airport of departure in Paris;
- which is not included in the registration.

REGISTRATION IN RELAY 106KM - departure from PARIS

Registration from 1st January to 31 October 2023

TOTAL PRICE: €9,800 (a "Travel" package of 2000 € and a "Stay & Race" package of 7 800 €).

Timeline :

On registration :	2600€ By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	2600€ By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	2000€ By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	2600€ By transfer bank to Trail Africa Organization

REGISTRATION IN RELAY 106KM - departure from ALGIERS

Registration from 1st January to 31st October 2023

TOTAL PRICE: €8,800 (Travel package of € 1000 and a Stay & Run package of € 7 800).

Timeline :

On registration :	2600€ By transfer bank to Trail Africa Organization
As of 31 st May 2023 :	2600€ By transfer bank to Trail Africa Organization
As of 31 st August 2023 :	1000€ By transfer bank to Trail Africa Organization
As of 31 st October 2023 :	2600€ By transfer bank to Trail Africa Organization

REGISTRATION IN RELAY 106KM - departure from TIMIMOUN

Registration from 1st January to 31st October 2023

TOTAL PRICE: € 7 800 (Stay & Run package).

Timeline :

On registration :	2600€ By transfer bank to Trail Africa Organization
As of 31 st August 2023:	2600€ By transfer bank to Trail Africa Organization
As of 31 st October 2023:	2600€ By transfer bank to Trail Africa Organization



THE REGISTRATION FEE INCLUDES :

- The flight from Paris to Algiers and Algiers to Timimoun and back for the participants of the team of 4 runners registered from Paris;
- the regular flight Algiers - Timimoun, round trip for the participants of the team of 4 runners registered at the departure of Algiers;
- no flight for the participants of the 4 runners team registered at the departure of Timimoun;
- the participation of the 4 team members in the "106km relay" race;
- all meals during the week except food during the race for the 4 team members;
- Accommodation during the transfers and in Timimoun for the 4 members of the team;
- Visits to natural sites or following the race in a 4x4 when the competitors of the team of 4 are no longer racing;
- safety markers for the 4 team members;
- Paper roadbooks for additional information;
- In Timimoun, transfers to the start of each relay by minibus for the 4 team members;
- Adherence to the insurance agreement taken out by the organiser for "Repatriation & Medical Assistance" insurance (see Art. 26) for the 4 team members;
- Civil liability insurance for the organisation;
- a special prize for the 4 finishers of the team
- a souvenir prize for the 4 participants of the team in the event

THIS PRICE DOES NOT INCLUDE :

- visa to enter Algeria (110€);
- the personal expenses of each team member;
- transport of the competitor to the departure airport in Paris;
- which is not included in the registration.

Pre-registration is possible from 1st January 2023 on the event website www.le-treg.com/en and registration closes on 31 October 2023 if the maximum number of participants is not reached.

The documents included in the "registration pack" you have chosen (individual, accompanying or relay) must be duly completed and returned by post to the address

TRAIL AFRICA ORGANIZATION

5 avenue Marmontel

92500 RUEIL MALMAISON

They can be downloaded from www.le-treg.com

Payments for the "Stay & Run" and "Travel" packages must be made by bank transfer to the following bank details



CAISSE D'ÉPARGNE

CE ILE DE FRANCE

Relevé d'Identité Caisse d'Épargne

Ce relevé est destiné à être remis, sur leur demande, à vos créanciers ou débiteurs appelés à faire inscrire des opérations à votre compte (virement, paiement de quittance, etc.).

Son utilisation vous garantit le bon enregistrement des opérations en cause et vous évite ainsi des réclamations pour erreurs ou retards d'imputation.

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BIC

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Intitulé du compte TAO

RUEIL MALMAISON CENTRE
8 BIS RUE DE MAUREPAS
92500 RUEIL MALMAISON
TEL : 01.71.09.61.21

5 AV MARMONTEL
92500 RUEIL MALMAISON

The medical certificate must be sent to the organisation by 15 November 2023 at the latest to the following e-mail address: i.paucot@le-treg.com

Incomplete entries will be rejected. The entry fee includes all the services described in these rules. A confirmation of your registration will be sent to you by e-mail as well as the final acceptance of your registration when you have paid all the fees.

We invite you to consult our special conditions of sale available at www.le-treg.com/en.

1.8: SPONSORSHIP

It is possible to sponsor other competitors by getting them to register through you. For each confirmed sponsorship you initiate, a deduction of €100 will be applied to your next payment (or a refund of €100 will be given if you have paid everything at the time of sponsorship).

A confirmed sponsorship is acquired when the sponsored competitor has paid the first instalment of his/her registration. You can sponsor as many competitors as you wish and this deduction is cumulative. Each sponsorship must be formalised by a sponsorship form filled in and signed by the sponsored runner.

1.9 : CANCELLATION OF AN ENTRY

If you find yourself obliged to cancel your participation in one of the events of the TREG® ALGERIA TRAIL, you must inform TRAIL AFRICA ORGANIZATION by registered letter with acknowledgement of receipt to the following address

TRAIL AFRICA ORGANIZATION

5 avenue Marmontel

92500 RUEIL MALMAISON

The date of receipt of the letter by TRAIL AFRICA ORGANIZATION will be taken as the date of cancellation for the calculation of the cancellation fee.



In case of cancellation, a cancellation fee will be charged according to the following scale:

- before 31 May 2023, the cancellation fee will be €80
- between 1^{er} June 2023 and 25 October 2023, the cancellation fee will be €600
- between 30 and 21 days before departure, the cancellation fee will be 35% of the registration fee
- between 20 and 14 days before departure, the cancellation fee will be 50% of the registration fee
- between 13 and 5 days before departure, the cancellation fee will be 75% of the registration fee
- less than 5 days before departure, the cancellation fee will be 100% of the registration fee

Race bibs are personalised and non-transferable. No exchange of bibs is possible.

1.10: TRAIL EQUIPMENT

1.10.a: FOR PARTICIPANTS IN A TREG RACE® ALGERIA TRAIL

THESE MATERIALS ARE TO BE PROVIDED BY THE COMPETITOR

Compulsory (unannounced checks along the route) :

- backpack ;
- water bag and/or water bottle;
- sunglasses ;
- headgear (cap, bandana...)
- windbreaker in the rider's size ;
- compass ;
- lighter ;
- knife with a minimum metal blade of 5 cm
- signal mirror 6 cm in diameter ;
- a whistle ;
- headlamp and spare battery ;
- 6,000, 3,000, 1,500 or 750 calories of food depending on the race.

As well as the compulsory competing medical pack consisting of :

- dressings (Mefix, or Elasto, or Urgo-type adhesive dressings);
- a disinfectant (such as Biseptine or Betadine Dermique);
- 1 elastic band for strapping of 1.50 meter by 6 or 8 cm;
- paracetamol (Doliprane type): 5 tablets of 1 g ;
- antispasmodic (Spasfon type): 6 tablets;
- antidiarrheal (Tiorfan type): 6 capsules;
- Antivomical: (Primperan or Vogalene or Motylioc): 6 tablets
- sun cream ;
- 1 survival blanket 2.20 m x 1.40 m ;



While we will have these materials at each PC, it is also advisable to have :

- 1 syringe of 2 mL ;
- 1 subcutaneous needle ;
- 1 pack of 5 sterile compresses;
- 1 pipette of Eosin ;
- 1 pair of scissors ;
- 1 tube of burn cream (moisturiser) ;
- 1 tube of Vaseline or Bépanthène (for irritated areas);
- 1 tube of VIT A (for dry mucous membranes, lips, nose) ;
- 5 pipettes of saline (for sand in the eyes).

MATERIAL PROVIDED BY THE ORGANISATION :

- A portable GPS with spare batteries (to be returned after the event);
- a safety beacon (to be returned after the event) with warning functions;
- a paper roadbook ;
- hot water provided on the bivouac and PC's;
- tent and mattress at each PC

Very strongly recommended:

- scarf for protection against sand wind ;
- sand gaiters on the shoes.

1.10.b: FOR ALL PARTICIPANTS IN THE TIMIMIMOUN TRIP

- headlamp ;
- scarf for protection against sand wind ;
- sun cream ;
- sunglasses ;
- headgear (cap, bandana...)
- a light fleece or equivalent.

1.11: MEDICAL CERTIFICATE

Participation in one of the events of the TREG® ALGERIA TRAIL, an event in an unusual and extreme environment, requires, in addition to appropriate training, good health at the time of your participation.

A medical certificate less than one year old is required for all runners as well as an ECG (electrocardiogram) or a stress test (effort test) according to the following rules:

- ECG at rest less than two years old at the start of the race for all runners entered in the 50 km race or relays or under 40 years old and for all local runners, regardless of age;
- A stress test (effort test) less than three years old for all runners registered for the 106km or 182km races who are over 40 years old.

The medical certificate and the ECG (electrocardiogram) must be sent to Isabelle Paucot by 15 November 2023, by email to i.paucot@le-treg.com . After this date, the registration will be cancelled and the registration fee forfeited.



In addition, riders must bring the originals or a FULL copy of the documents (ECG / stress test) with them to the individual medical briefing.

It is important that you take the start of the TREG® Algeria Trail events in perfect physical condition, as a latent illness can become much worse in the extreme conditions of the event and make rescue even more difficult. The competitor commits himself to inform the medical team of any health problem, even benign, that he has encountered.

1.12: TECHNICAL AND MEDICAL CHECKS

The technical and medical checks will take place on Monday 27 November 2023 at the accommodation site. Each competitor will have to present to the organisation his compulsory equipment, i.e. his race material and his medical kit.

Any competitor who is not in possession of all his compulsory equipment will be immediately disqualified, without any possibility of appealing against this decision and without reimbursement of the costs incurred.

1.13: BIBS

The number must be worn on the chest or stomach and must be visible at all times and in its entirety throughout the race. It must therefore always be worn above any clothing and may not be attached to a bag or a leg under any circumstances. The name and logo of the partners must not be modified or hidden.

1.14: TIMING AND SAFETY BEACON

At the time of the race number handover, each runner will be given an individual beacon for timing and personal safety. This must be placed as stipulated in the technical instructions. Each runner is responsible for the correct use of the beacon. The runner cannot be followed or timed in the following cases:

- not wearing the beacon ;
- no lighting of the beacon
- loss of the beacon ;
- degradation of the beacon ;
- wearing the wrong beacon.

The competitor undertakes to attend the briefing on the use of the beacon and to carry with him during the race, the beacon permanently lit and in his bag, the memo on the use of the beacon given by the organiser. The competitor is also fully aware that his or her position cannot be known by the organisation if he or she remains in a cave, a cavern or a narrow canyon for a long period of time. In order to be located, the competitor must be in visibility under a widely visible sky.

1.15: RIDERS' LUGGAGE

Each competitor must bring his or her own travel bag for personal items (change of clothes, toiletries, etc.) and, if necessary, a bag for the race. The total weight of your luggage may not exceed 20 kg for your main bag and 5 kg for your hand luggage. It is recommended not to put valuables in it. Luggage is the responsibility of the participants for the duration of the stay. It is recommended not to leave anything visible in your room, especially mobile phones.

1.16: CONTROL AND EMERGENCY STATION

On the course, competitors must pass through the control points (PC's) located every 20 to 30 minutes.

Approximately 30 km on the course.



These control posts will have several functions:

- they will allow the competitors to refuel with water (within the limit of 3 or 4 L/person);
- they will allow the competitors to rest on mattresses.
- they will provide medical assistance to competitors.

1.17: SAFETY AND MEDICAL ASSISTANCE

A medical team specialised in this type of event in a desert environment will be present throughout the event.

Every 20 to 30 km or so along the route, the PC's will each have a first-aid attendant and medical facilities if necessary.

These posts are linked to the race HQ. A medical coordinator is present at race headquarters throughout the event.

The aid stations are intended to provide assistance to any person in danger using the organisation's own resources. The official doctors are authorised to withdraw from the race (by invalidating the number) any competitor who is unfit to continue the event. The first aiders are authorised to evacuate any runner they consider to be in danger by any means they see fit.

If necessary, for reasons which are always in the interest of the rescued person, the management of the operation will use all appropriate means for the evacuation. The costs resulting from the use of these exceptional means will be borne by the rescued person. The rescued person may then submit a file to his/her personal accident insurance.

Any competitor who calls upon the services of a doctor, nurse or paramedic submits to their authority and agrees to accept their decisions.

The competitor is aware that in the case of extreme fatigue, his/her behaviour and decisions may be altered. It is the competitor's responsibility not to reach this state. The organisation cannot be held responsible for the consequences of absurd or inconsistent decisions by the competitor.

1.18: CLIMATIC CONDITIONS

Average temperatures in November: 25°C during the day, 8°C at night.

1.19: MAXIMUM TIME ALLOWED AND TIME BARRIERS

A maximum time to complete the entire course is set for each event of the TREG® ALGERIA TRAIL. Thus the maximum times allowed are :

- for the Ultra Algerian Trail and the 182 km Algerian Relay: 72 hours;
- for the Algeria Trail and the Algeria Relay 106 km: 42 hours;
- for the Algeria Marathon: 18 hours.

The starting times (time limits) of the PC's will be defined and communicated in the RoadBook. These time limits are calculated to allow participants to reach the finish within the maximum time limit, while making any stops (rest, treatment, etc.). To be authorised to continue the event, competitors must leave a PC before the set time limit (regardless of the time of arrival at the PC).

The organiser reserves the right to exceptionally depart from these rules in the event of a particular situation (delay of a competitor due to assistance given to another competitor, specific race conditions, etc.).



Any competitor who is excluded from the race will be repatriated to the base camp in a 4x4 vehicle within a time limit that the organisation cannot guarantee. He/she will not be considered as a "Finisher" under any circumstances. In case of bad weather conditions and/or for safety reasons, the organisation reserves the right to cancel and/or stop the race in progress, or to modify the time limits.

1.20: ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon anywhere other than a PC. He must then inform the person in charge of the PC, who will be responsible for organising his repatriation by 4x4 vehicle to the base camp when this is possible.

In the event of unfavourable weather conditions justifying the partial or total stoppage of the race, the organisation will ensure the repatriation of the stopped runners as soon as possible.

In the event of a compulsory withdrawal between 2 PC's due to the competitor's physical or mental condition, the competitor (or another competitor helping him/her) must use the "Help Request" function of his/her beacon to inform the race organisers.

1.21: PENALIZATION - DISQUALIFICATION

Controllers on the course are authorised to check the compulsory equipment and, more generally, compliance with the regulations (respect for the sites, ethics, illegal assistance or accompaniment, number not visible on the front at all times, etc.).

Any rider who is not in possession of all his compulsory equipment at a checkpoint on the course will be immediately disqualified, without any possibility of appealing against this decision.

A minimum penalty of 6 hours will be applied for any other breach of the rules.

The controller shall inform the race headquarters and may request, depending on the seriousness of the act and the behaviour of the rider, the disqualification of the competitor. The race jury may disqualify a competitor for any serious breach of the regulations, in particular in the event of :

- wearing the wrong number ;
- no identity document ;
- no lighting of the beacon ;
- voluntary extinction of the beacon ;
- GPS not turned on ;
- voluntary shutdown of the GPS ;
- failure to comply with the instructions given by the PC ;
- use of a means of transport ;
- departure of a PC after the deadline ;
- non-scoring at the PC's ;
- failure to assist a competitor in difficulty ;
- personal assistance outside the official supply areas;
- failure to comply with the ban on being accompanied on the course;
- pollution or degradation of the sites by the competitor or a member of his/her entourage;
- insults, rudeness or threats against members of the organisation or local residents;
- refusal to be examined by a doctor of the organisation at any time during the event;
- doping or refusal to submit to doping control.



1.22: COMPLAINTS

Any complaint by a competitor must be made in writing and addressed to the Race Director within 12 hours of the posting of the provisional results.

1.23: DOPING CONTROL

Any competitor may be subject to a doping control during or at the finish of one of the events of the TREG® ALGERIA TRAIL. Refusal to submit to this test will result in immediate disqualification.

1.24 : EVALUATION JURY

CONSISTS OF :

- of the organiser ;
- of the race director ;
- the coordinator responsible for safety ;
- the head of the medical team;
- of those responsible for the PC's concerned;
- as well as any competent person at the discretion of the Organising Committee.

The jury is empowered to rule within a time limit compatible with the requirements of the race on all disputes or disqualifications arising during the event. Decisions are final.

1.25: CHANGES TO THE COURSE OR TIME LIMITS- CANCELLATION OF THE RACE

The organisation reserves the right to change the course and the location of checkpoints, aid stations and refreshment posts at any time without prior notice.

In the event of excessively unfavourable weather conditions (sand wind, etc.), the starts may or may not be postponed depending on the race concerned. The organisation will do its utmost to organise the starts of each event, even if it is shortened, in order to ensure the safety of the competitors, even if it means moving the runners from one event to another. If no solution is found, the races may be cancelled.

In the event of bad weather conditions, and for safety reasons, the organisation reserves the right to cancel and/or stop the events in progress, or to modify the time limits.

Cancellation, postponement or modification of the race does not entitle the participant to a refund.

Any decision will be taken by a jury comprising at least the race director, the organiser and the coordinator responsible for safety, as well as any other competent person at the discretion of the Organising Committee.

1.26 : INSURANCE

The organiser shall take out civil liability insurance with an Algerian company for the duration of the event. This civil liability insurance covers the financial consequences of its responsibility, that of its employees and participants.

The organiser will provide each runner or accompanying person with repatriation and medical assistance insurance taken out with an organisation such as Mondial Assistance.

The above-mentioned insurance agreement will be provided to each competitor upon request once registration has been confirmed.



1.27 : ROADBOOK AND ORIENTATION ON THE COURSE

A detailed description of the course will be provided at the time of registration.

It includes practical information such as cut-off times, PC's (refreshment points, rest areas, first aid posts). Only one copy of this booklet will be given to each participant.

A portable GPS (with spare batteries) will be provided to each runner with integrated waypoints of the course to be followed. Training in the use of this GPS will be given on Monday 27 November 2023 in and around the event base camp. The competitor acknowledges that he/she knows the principles of using a GPS navigation system adapted to trekking and undertakes to participate in the training session given on the bivouac. Competitors must turn on their GPS before the start of the race and undertake not to turn it off during the race. The competitor undertakes not to voluntarily leave the race course integrated in the GPS and in particular not to take shortcuts. This could jeopardize his safety.

A tracking beacon with an emergency call will also be provided to each runner for their safety. The runner agrees to leave it on at all times, to ensure during the event that it is positioned at the top of his bag and he understands that it is activated by pressing one of the call buttons for 3 seconds. The runner is also aware that the beacon signal cannot be emitted inside a cave or under a rock or near a large rock. Similarly, the runner agrees to turn on his GPS and not to rely on other competitors to guide him.

The portable GPS and the beacon must be returned to the organiser at the end of the event. A deposit cheque of 500 € will be requested to guarantee the good return of these materials and will be cashed if they are not returned at the end of the event.

1.28: RANKING AND AWARDS

Only runners who cross the finish line of the races in which they participate will be ranked. No cash prizes are awarded; all "Finisher" runners will receive the same specific prize money. A general classification for men and women and a classification for each category of men and women will be established for each event. The male and female winners of each race will receive a trophy and/or a prize.

The categories classified are :

- Espoir M & F
- Senior M & F
- Master 1 to 10 M & F

Details of the prizes can be provided on request at the time of the race number distribution.

A "finisher" is defined as any participant who reaches the finish line before the time barrier:

- from 8.59 am on Friday 1^{er} December 2023 for the Ultra Algerian Trail and the 182 km Algerian Relay;
- from 02:59 on Thursday 30 November 2023 for the Algeria Trail and the Algeria Relay 106 km;
- from 02:59 on Wednesday November 2023 for the Algeria Marathon.

1.29 : IMAGE RIGHTS

By participating in the TREG® ALGERIA TRAIL, each competitor authorizes the organization (or its assignees) to use or have used or reproduce or have reproduced:

- its name,
- its image,



- his voice
- and its sports performance

in the context of the race with a view to any direct or derivative exploitation of the event, including but not limited to

- paper (prints of photographs),
- catalogues and various editions, CDROM/DVDROM and other known and unknown digital media,
- any audiovisual medium, in particular cinema, TV and by all means inherent to this mode of communication, internet (including Intranet, Extranet, Blogs, social networks), all reception vectors combined (smartphones, tablets, etc.),
- press media (TV commercials, film commercials),
- internal communication materials,
- promotional materials (POS, ILV, display campaigns in all places, all sizes and on all media (urban, airports, stations, public transport, etc.),
- sales aids (merchandising products: postcards, posters, T-shirts, etc.),
- integration into another work / multimedia work.

This authorisation is valid for the entire duration of the protection currently granted to these direct or derivative works by the legislative or regulatory provisions, the judicial and/or arbitration decisions of any country, as well as by current or future international conventions, including for any extensions that may be made to this duration.

Each competitor guarantees that he/she is not bound by any agreement with a third party, of any nature whatsoever, the purpose or effect of which is to limit or prevent the implementation of this authorisation.

The present authorisation to use the image rights is granted free of charge by each competitor who has duly registered.

Each competitor who does not wish to grant the organisation the above-mentioned right to the image, may express his refusal by simple letter to the address :

TRAIL AFRICA ORGANIZATION

5 Avenue Marmontel

92500 RUEIL MALMAISON

or e-mail to: jph.allaire@le-treg.com .

1.30 : C.N.I.L.

The information you provide is necessary for your participation in the TREG® ALGERIA TRAIL events (registration).

They are subject to computer processing and are intended for the secretariat of SAS TRAIL AFRICA ORGANIZATION

In accordance with article 34 of law 78-17 of 6 January 1978 relating to information technology, files and freedoms, you have the right to access and rectify any personal data concerning you.

If you wish to exercise this right and obtain information about yourself, please contact :

SAS TRAIL AFRICA ORGANIZATION

5 avenue Marmontel

92500 RUEIL MALMAISON