



**OFFICIAL RULES**  
**AND REGULATIONS OF THE UTHC:**  
WAIVER OF LIABILITY, TERMS AND CONDITIONS, AND COMPETITION RULES





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## **SECTION 1. GENERAL RULES**

### **Art. 1.1 Preamble**

The Ultra-Trail Harricana of Canada (hereafter “the UTHC”) is a multi-race trail running event organized by Évènements Harricana in the area of La Malbaie, Quebec. Only registered individuals in compliance with these rules (hereinafter “the Athletes”) can participate in the UTHC races. The individual(s) referred to as race director(s) (“the Race Directors) represent the UTHC and enforce these Official Rules and Regulations.

For any situation that does not fall within the terms of these Rules and Regulations that requires a decision, whether before, after or during the event, the Race Directors must contact the general management.

### **Art. 1.2 Objectives of the Rules**

- Ensure the Athletes know and understand the risks associated with trail running in general and participation in the UTHC events in particular;
- Establish the terms and types of consent connected to registration;
- Provide a coherent set of rules for all the races in the UTHC event.

### **Art. 1.3 Intellectual Property and Copyrights**

The UTHC retains all the rights associated with the events it organizes, including and without limitation, the rights to organize, use, broadcast and publish the photos and videos taken during the events. These rights pertain to, without limitation, all digital content (photo, audio, video) captured or produced during an event organized by the UTHC, regardless of the owner of the recording device. All personal information provided by the Athletes, all data recorded by spectators during the event and any other data that is made public (including, but not limited to, the results) may be used by the UTHC for any reasonable purpose, in order to assess, execute or market a UTHC event.

Upon registration, the Athletes are deemed to have authorized the UTHC to take photos and videos during the event and to have consented to all distribution and publishing of these photos or videos. The UTHC, its beneficiaries, successors and assignees can use, reproduce or publish any image taken during the event, in print and/or digital form. The Athlete agrees that the UTHC use these photos and videos, with or without the name of the Athlete, for legal purposes, including, but not limited to, activities such as publicity or illustration of web content, including on the UTHC social media accounts.

### **Art. 1.4 Waiver of Liability and Acceptance of Risk**

An Athlete that voluntarily registers and participates in any UTHC event is deemed to have read and accepted the Rules and Regulations, including all modifications to said Rules and Regulations before the event.

The Athlete recognizes that trail running has inherent risks, including but not limited to: major or minor injuries, hypothermia, run-ins with dangerous wildlife, and conditions or injuries that could potentially cause death. The Athlete accepts entire responsibility for any BODILY OR MATERIAL DAMAGE resulting



from the aforementioned risks and inherent dangers, and releases and exonerates the UTHC and its board, contractors and volunteers of all responsibility. For all legal purposes, the Athlete agrees to elect domicile in the province of Quebec, the seat for any claims, and Quebec's laws apply.

Furthermore, the Athlete assumes all responsibility for damages of any nature resulting from a disregard of the Official Rules and Regulations and releases and exonerates the UTHC and its board, contractors and volunteers for all damages incurred.

The Athlete declares that he/she:

- Has full knowledge of the length and difficulty of the event to which he/she has registered and is fully prepared for said event, notably is in good general health and has trained appropriately for the distance being run.
- Has acquired a true capacity to autonomously manage any problems arising from this type of wilderness race, including, but not limited to, the capacity to deal with extreme weather conditions, physical or mental problems from fatigue, digestive problems, muscle pain, minor injuries, etc.
- Is fully aware that the role of the UTHC is not to help an athlete deal with his/her problems and that in an activity set in such a remote area, the Athlete's safety depends on his/her own capacity to handle to any problems that may arise.

#### **Art. 1.5 Personal Insurance Coverage**

All Athletes who do not reside permanently in Canada must be covered by a personal travel insurance policy for the duration of their stay in Canada as it relates to the event, at their own cost.

International Trail Running Association members have the option of registering for rescue and repatriation insurance that covers fees for search and rescue all over the world. See [www.itra.run](http://www.itra.run) for more information.

**NOTE: Helicopter evacuations are at the Athlete's expense. The organization reserves the right to determine the most suitable evacuation method.**

Fees stemming from the rescue methods or an evacuation will be paid by the rescued individual. The individual must also ensure their own transportation back from the location they were evacuated to. It is the runner's responsibility to create an accident/injury file and present it to their personal insurer within the prescribed time period.



## SECTION 2. REGISTRATION TERMS AND CONDITIONS

### Art. 2.1 General

#### a) Registration Dates

Registration for the following year opens the day after the event of the current year. Registration closes three (3) weeks before the event for the current year, or when the maximum number of Athletes has been reached.

#### b) Registration Fees

Registration fees are payable solely by credit card on the harricana.info website. Registration fees include all the services described in the Official Rules and Regulations.

2020				
EVENT	REGISTRATION FEE	ADMINISTRATION FEE	TAXES	TOTAL
125 km	\$315	\$20.20	\$50.18	\$385.38
80 km	\$235	\$15.33	\$37.47	\$287.80
65 km	\$160	\$10.75	\$25.56	\$196.31
28 km	\$90	\$6.49	\$14.44	\$110.93
20 km	\$85	\$6.19	\$13.65	\$104.84
10 km	\$65	\$4.98	\$10.48	\$80.46
5 km	\$40	\$3.45	\$6.50	\$49.95

#### c) Half-Price Registration for a Second Race (on Sunday)

Athletes registered for a race on Saturday who would also like to run a race on Sunday can register for 50% off the regular price of the second race. Please contact [info@harricana.info](mailto:info@harricana.info). The organization will verify the promotional code and that it has been used properly and honestly. Anyone found to have given away or traded their code or to have falsely identified a runner will be disqualified. All those involved in the false declaration will not be allowed to register to any UTHC race for the current year and the following year.

#### d) Discounts for Clubs

Upstanding running and sports clubs with an official structure and charter can email the UTHC ([info@harricana.info](mailto:info@harricana.info)) to request a 15% discount on the listed registration fees. The clubs must respect the event's distribution agreement in their network based on the agreement made with the UTHC. The clubs can also request a 10x10 space on the event site (first come, first served).

#### e) Fundraising Program for the MSSC

As a socially responsible business, the Ultra-Trail Harricana is proud to be associated with the Multiple Sclerosis Society of Canada (MSSC). A fundraising campaign takes place every year where devoted Athletes raise money to support research.

Athletes who wish to contribute to the fundraising campaign will receive discounts on their registration fees as detailed below:



<b>Raise</b>	<b>Obtain</b>
\$1,000 +	Free registration for the current or following year*
From \$750 to \$999.99	75% discount on the registration fees for the current year or a coupon (same amount) for the following year*
From \$500 to \$749.99	50% discount on the registration fees for the current year or a coupon (same amount) for the following year*
From \$250 to \$499.99	25% discount on the registration fees for the current year or a coupon (same amount) for the following year*
\$150 and more	A spot in the race distance of your choice, even if it is fully booked (registration fees still apply)

\*If the Athlete has already registered, a discount code can be given or the applicable reimbursement can be applied up to 21 days before the event. All requests after this date will be refused.

In addition, all Athletes who raise at least \$250 will receive a free UTHC T-shirt as a thank-you gift.

**f) Elite Athletes**

**Free registration for elite Athletes:**

An unlimited number of elite Athletes may participate in the event free of charge\* if they meet or surpass the ITRA points noted below in the same trail category at the time of registration (XXL, XL, L, M, S, XS):

Men: 775

Women: 650

\*Athletes must register before July 15 for this offer to apply. All winners of any past UTHC race (any year) may also request free registration to the same distance race.

**Free registration and lodging for headliners:**

In addition to receiving free registration, 14 headlining Athletes (influencers) will be offered a maximum of three nights of accommodation (double occupancy) OR can request the fixed rate of \$150 to cover their lodging.

Selection for the welcome program including lodging will be based on the following criteria:

Influence (social media/blogs, social involvement, etc.)

Performance (ITRA points, wins/ranking)

The target distance, your country of origin, etc.

At least seven (7) spaces are reserved for Athletes from outside Quebec and from overseas. Interested Athletes can apply to the program up until June 30. Successful applicants will be announced every month. Applications will remain admissible throughout the candidacy period. The earlier you submit your application, the better your chances of being selected by the jury. The jury will be made up of race organizers, as well as elite Athletes who have participated in the event in the past.





All Athletes in the headliner program (with or without accommodation) will also receive:

- Promotion/Visibility on all UTHC communication platforms (website, newsletters, program, etc.)
- The opportunity to participate in an organized tourism program outside of the event, free of charge (e.g. whale watching, etc.)
- An invitation to a welcome cocktail on the evening of Thursday, September 10 (optional)

All Athletes admitted to the headliner program are required to participate in the kick-off press conference and to attend the closing ceremony.

**g) Number of Participants**

The maximum number of participants in the UTHC events (all events combined) in a particular year is 3,000.

**h) Registration Procedure**

All registration, without exception, must be done through the online ticket office. Payment by credit card only.

**i) Prerequisite for the 125 km distance**

In order to register for the UTHC 125 km race, Athletes must have run an official race of 50 km or more in the past three (3) years. If they haven't, Athletes must demonstrate to the organization that they are prepared to run this distance.

**j) Personal Information**

Before or after the event, the UTHC may ask Athletes to provide specific personal information to ensure their health, well-being and safety during event activities. This information will be kept confidential and will not be shared with any third party, unless required for the reason it was collected. This information will be used solely for the purposes of providing aid.

**Art. 2.2 Modification and Cancellation Policies**

**a) Transferring Registration from One Person to Another**

Transferring registration from one person to another is not permitted. Every new Athlete must register separately. Please note that proof of identity is required to pick up your bib. Given the issues of safety and fairness, Athletes must recognize that running under another person's name will not be tolerated. Consequently, if anyone is found to have given away or traded their bib/identification or to have falsely identified themselves, they will be disqualified. All those involved in the false declaration will not be allowed to register to any UTHC race for the current year and the following year.

**b) Changing Events**

A change of event with a partial reimbursement is permitted up to 16 days before race day. All requests for an event change must be made by email ([info@harricana.info](mailto:info@harricana.info)).

Given the particular organizational and safety issues of long runs, all requests to change a long-distance race must be made less than 16 days before the event.



Event change fees:

PERIOD	CHANGE FEE
45 days or more before race day	\$15
Between 44 and 31 days before race day	\$20
Between 30 and 16 days before race day	\$25
15 days or fewer until race day	NO CHANGES

**c) Cancellation Policy**

Partial reimbursement is provided on registration cancellations until 31 days before race day. All cancellation requests must be made by email ([info@harricana.info](mailto:info@harricana.info)). Cancellations do not require a change fee.

Transferring a registration to the following year or to another Athlete is not permitted.

Partial reimbursements for cancellations are as follows:



<b>PERIOD</b>	<b>% REIMBURSED</b>
90 days or more before race day	85%
Between 89 and 60 days before race day	75%
Between 59 and 45 days before race day	60%
Between 44 and 31 days before race day	40%
30 days or fewer before race day	0%



## SECTION 3. COMPETITION RULES – RULES APPLICABLE TO ALL EVENTS

### Art. 3.1 Athlete's Code of Conduct

Each Athlete must:

- read, understand and adhere to all the UTHC rules and regulations;
- demonstrate good sportsmanship at all times;
- be responsible for his/her own safety and that of others;
- know, understand and follow all of the Official Rules and Regulations of the UTHC;
- have all of the equipment and clothing needed for the activity;
- stay on the marked trail at all times;
- leave no trace and follow the sustainable development policy;
- carry all garbage to the nearest aid station and dispose of it in the designated bins;
- avoid disturbing the flora and fauna;
- be semi-autonomous.

### Art. 3.2 Eligibility and Anti-Doping Regulations

The Ultra-Trail Harricana has a zero-tolerance policy for the use of performance-enhancing drugs (PED). From when the Athlete picks up his/her race bib to end of the event, the UTHC reserves the right to conduct drug testing for any of the substances appearing on the World Anti-Doping Agency's list or to demand, 15 days before the event, that the Athlete provide such test results.

The UTHC stresses that although cannabis consumption is legal in Canada, all cannabinoids except cannabidiol (CBD), are prohibited during competition by the WADA.

Refusal to take a drug test required by the UTHC or any manipulation or attempt to manipulate a sample taken for such testing will be considered equivalent to a positive drug test result and the Athlete will be subject to the sanction provided in Article 6.

**Any Athlete under sanctions for doping imposed by the WADA, the International Association of Athletics Federations (IAAF) or any other national sports federation, or who has been subject to such sanction in the five years preceding the event, will not be allowed to register for a UTHC race.**

### QUARTZ Event Program

The Organization of the UTHC decided to set up the QUARTZ Event program to protect your health and contribute to doping-free sport. The QUARTZ Event program is open to all participants. It has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during and after the competition. The QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes For Transparency association (AFT) and Ultra Sports Science Foundation (USS). It is managed by a Medical commission solely composed of doctors. This Medical commission can take advice from experts of its choice and specifically give a consultative advice to the race direction on the medical condition of participants. This Medical commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons.



Each participant agrees to:

1. Declare to the Medical commission the following medical information:
  - Any medical history and/or pathology, in particular those which may increase risks during the practice of a sport
  - The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition
  - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE)
2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organization.
3. Accept not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.
4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Medical commission may ask for in order to discuss their ability or not, to participate in the competition.
5. Submit any doping control form completed within 30 days before the start of the competition and up to 15 days after the competition. Each form must be legible.
6. Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification and opposition to data concerning him. The Medical commission is the authority with which the participant can exercise this right.  
The declaration of medical information to the Medical commission is done through the ITRA health space for which each participant has access after having created a free runner account on the ITRA website: <http://www.itra.run>. The declared medical information is only accessible by the doctors of the Medical commission, the designated experts as well as to the medical team during an eventual care during the competition.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event program can result in the exclusion of the participant from the competition or being downgraded after the competition.

### **Art. 3.3 Environmental Compliance**

By virtue of being registered for a UTHC race, participants agree to do everything possible to respect the environment and the natural areas they encounter, specifically by following the rules below.



- It is strictly prohibited to leave garbage (gel tubes, plastic wrappers, papers, etc.) along the race courses. Participants must carry their garbage and wrappers with them until they can be disposed of in the designated bins at the aid stations.
- It is critical to follow the marked course without taking short cuts, which cause erosion and damage.
- Disposable dishware (utensils, cups, bowls) will not be available at the aid stations. You must bring your own utensils and dish/bowl if you plan on eating the hot food that will be available.

#### **Art. 3.4 Minimum Age**

There are no age restrictions for the 10 km or less race distances.

To participate in the 28 km race, runners aged 14 and under must receive parental authorization to participate and must be accompanied by an adult who remains within 10 metres of the child throughout the entire race or both Athletes will be disqualified.

For the 42 km race and over, children aged 14 and under are not permitted. Runners aged 15 to 17 must obtain parental authorization and be accompanied by an adult who remains within 10 metres of the child throughout the entire race or both Athletes will be disqualified.

#### **Art. 3.5 Semi-Autonomy**

Athletes running in the UTHC events are expected to be semi-autonomous. Semi-autonomy is defined as the ability to be independent between two aid stations. This means having enough food and the appropriate safety equipment and clothing to ensure the Athlete can face any problem that may occur (e.g. bad weather, physical problems, injury, etc.).

The principle of semi-autonomy includes, but is not limited to, the following rules:

- All Athletes must carry the required equipment during the entire race (see Article 4.2 for the longer distances and Article 5.2 for the shorter distances). A UTHC representative can ask to verify an Athlete's backpack and its contents at any moment during the race and can impose the corresponding sanctions if necessary (Art. 4.3). Athletes are obliged to comply with any such request.
- Aid stations offer food and beverages to be consumed onsite. Athletes must ensure they have enough water and food to get to the next aid station.
- With the exception of the 80 km event, it is forbidden to be accompanied during all or part of the race by a person who is not registered to run the race. Article 4.6 outlines the rules for the 80 km event.

#### **Art. 3.6 Race Distances**

The true distances of the events can vary slightly, depending on territorial, operational and safety considerations.

The race distances the UTHC offers any given year are:

- 5 km
- 10 km
- 20 km



- 28 km
- 42 km (offered every other year)
- 65 km
- 80 km (offered every other year)
- 125 km

Athletes must follow the marked race course. All Athletes are responsible for making sure they always have a course marker in view. CAUTION: If you don't see a marker, go back the way you came! Any Athlete who has not completed the entire marked course must notify the organization and declare themselves disqualified. Disqualification means the runner will not have an official race time and will not receive ITRA points for the race. Timing and results will not be modified in the event an Athlete has run a longer distance than required.

### **Art. 3.7 Modifications to the Course or Race Cancellation**

In cases of force majeure, particularly unfavourable weather conditions or any other circumstance creating a safety risk for Athletes, volunteers or safety personnel, the UTHC reserves the right to change the course and/or delay or cancel the race. Such changes may occur at any time, even after the start of the race. The UTHC commits to attempt to notify Athletes of such changes via the most fitting means.

If an event is cancelled by the UTHC more than 30 days before race day, 75% of the registration fees will be reimbursed. If an event is cancelled 30 days or fewer before race day, no reimbursement will be issued.

### **Art. 3.8 Safety and First Aid**

A team of professionals and volunteers will be onsite to provide emergency care to Athletes along the race course, at aid stations and at the finish line. Every aid station will have first-aid trained personnel and specialized teams will be called upon if needed.

### **Art. 3.9 Cut-offs, Time Limits and Drop-outs**

#### **a) Cut-offs**

Cut-off times indicate the latest time an Athlete can LEAVE the aid station. The cut-off times for each event are indicated in the appropriate athlete's guide. The purpose of cut-off times is to ensure the safety of all runners by enabling teams to be sent out along the courses to follow runners' progress, from the back of the pack to the first finishers. These teams also ensure that the race is well organized and that volunteers have decent working conditions.

Closers will close the course by following the last Athlete. They assist Athletes who wish to drop out and those with injuries. Athletes who do not arrive at the next aid station before the established cut-off time will not be allowed to continue the race and will be given a DNF (did not finish) result. **The cut-off times are applied strictly to ensure the safety of all Athletes, volunteers and employees involved in the event.**



**b) Dropping Out for Medical Reasons**

For the safety of all Athletes, the medical team has the authority to require an Athlete to drop out if it judges it unsafe for the athlete to continue. The Athlete must comply with the medical team's decision or face immediate disqualification.

**c) Dropping Out and Return Transportation**

Except in the case of injury, Athletes can only drop out of the race at an aid station. They must tell the aid station captain they want to drop out so that the captain can invalidate the bib.

It is possible to drop out of a race at any aid station except La Chouette, where it is not allowed to drop out except in the case of a force majeure. The logistics of reaching this aid station make it impossible to guarantee efficient evacuation. If you are not sure you will make it to the Hautes-Gorges aid station after La Marmotte, you must drop out at La Marmotte.

Athletes who drop out will receive a DNF (did not finish) result.

All Athletes who do not make the cut-off time, who have dropped out or are required to drop out for medical reasons will be brought back to the finish area by transportation organized by the UTHC. This process may take several hours.

**Art. 3.10 Aid Stations**

The following rules apply to the UTHC aid stations:

- Only Athletes wearing their official race bibs have access to the aid stations;
- Garbage must be disposed of in the appropriate bins, following the specific instructions for types of waste. Discarding any object, paper or waste on the trails is strictly prohibited and is cause for disqualification.

Runner support crews must follow the rules regarding their involvement at aid stations (Art. 4.5).

**Art. 3.11 Race Bibs**

A photo ID is required to pick up individual bibs and when demonstrating that you have the required material for the race.

Bibs must be worn on the front of the body and must always be visible throughout the entire race. The bib gives runners access to the shuttle buses, aid stations and the post-race meal. A clearly visible bib also makes it possible to identify you in event photos.

**Art. 3.12 Prizes**

- There are no cash awards. The three top Athletes from each category will receive a prize.
- All Athletes having finished the race before the cut-off times can download their finisher certificate from the Sportstats website.





- No prizes will be distributed or sent by mail.
- The top three finishers of the 125 km race must attend the closing ceremony to receive their place award.

### **Art. 3.13 More than One Winner**

In the event that two (or more) Athletes cross the finish line together, **voluntarily**, for one of the first three places, they will share the place finish and the corresponding prizes (trophies, gifts, etc.). If two Athletes cross the finish line at the same time without intending to share the place finish, the official race time will determine the exact finishing times and the positions will be assigned accordingly to each individual.

## **SECTION 4. COMPETITION RULES – DISTANCES OF 42 KM AND MORE**

### **Art. 4.1 Start**

All the events of 42 km and longer are linear. This means the races do not start at the Mont Grand-Fonds finish area. It is important to take note of all the procedures outlined in the athlete's guide to avoid missing the start of the event.

If the number of Athletes registered requires it, the start may be split into waves. Should this be the case, ATHLETES will be notified prior to the event.

All latecomers will be refused access to the start area and will receive a DNS (did not start) result.

### **Art. 4.2 Equipment**

Some basic equipment is mandatory for these events. This is the absolute minimum required, and should be adapted to each Athlete's own needs and capacities.

Runners are considered semi-autonomous in these races.

<b>Equipment</b>	<b>Mandatory</b>	<b>Recommended</b>	<b>Allowed</b>	<b>Prohibited</b>
Minimum 1 litre of water	42/65/80/125			
Food supply (energy bars, gels, other)	42/65/80/125			
Whistle	42/65/80/125			
Jacket with hood to withstand inclement weather that includes a waterproof and breathable membrane (minimum suggested: 10,000 Schmerber). The jacket must have an attached hood (windbreakers will not be accepted)	65/80/125	42		
Waterproof or windproof pants		80/125		



Long-sleeved mid-layer (arm warmers do not count as this mid-layer)	125	80		
Survival blanket (min. 1.40 m x 2 m)	42/65/80/125			
Gloves	125	42/65/80		
Warm hat (tuque )	65/80/125	42		
Baseball cap, bandana or Buff® (for sun protection)		42/65/80/125		
Reusable cup or container for food and liquid (e.g. soup) min 15 cl	42/65/80/125			
Working headlamp (recommendation: 200 lumens or more for the main light)	80/125	42/65		
Extra set of batteries, extra working headlamp or power bank (charger)	125	80		
Course map		42/65/80/125		
Bear bell		42/65/80/125		
Cell phone*	65/80/125	42		
EpiPen (for insect and food allergies)	42/65/80/125 *for those who need it			
Trekking poles			42/65/80/125	
Earphones			42/65/80/125	
Animals				42/65/80/125

\*There is not much cell reception along the course, but texts can be sent depending on the location.

### Art. 4.3 Mandatory Equipment Check

Having the mandatory equipment means you will be prepared for anything that might occur during your race, which takes place in isolated back country terrain, where temperatures can change quickly. Certain material is required to ensure your safety and that of the other Athletes and volunteers. Athletes are also expected to adhere to this requirement so that all competitors are on equal footing.

To ensure that all Athletes have the mandatory equipment at the start of the race and that Athletes' bags weigh approximately the same amount, the mandatory equipment for the 125 km event will be checked at bib pick-up. All items required for the 125 km will be checked and one mandatory item will be checked at random for the other long distances over 42 km. ALL the required items will be checked for ALL the races.

A bag check could be required at any time during the race. Athletes must allow a UTHC representative to check their bag upon request or they will face a penalty.

**Athletes who start the race without all the mandatory equipment as verified by the UTHC will receive a penalty. Athletes will also receive a penalty for refusing to submit to a bag check upon request from a UTHC representative (see Article 6.2).**



#### **Art 4.4 Drop Bags**

**a) 42 km, 65 km and 80 km**

Participants in these races can leave a bag with personal effects (like extra clothing or items that will not be needed during the race) at the race start. A bag will be provided at the bib pick-up. The bag must be labelled as specified. A shuttle will bring the bag to the finish area. A bag with personal effects (towel, dry clothing, etc.) can also be left at the main event site.

**b) 125 km**

Bag transport is available for people running this distance. A bag will be provided at the bib pick-up. The bag can be left at the start on the morning of the race. It must be labelled as specified. The bag will be sent to the mid-point of the race—the Hautes-Gorges aid station—then to the finish line at the Mont Grand-Fonds ski centre.

Bags must be picked up no later than two (2) hours after the event closes. After that, Athletes must pick up their bag, at their expense, at the organization's office. Bags will not be returned by mail.

#### **Art 4.5 Support Crew**

**a) 42 km and 65 km**

Crews are prohibited for these distances. It is not easy to get to the aid stations by car. There are genuine risks of getting lost on the many logging roads or of breaking down. In addition, the races take place on trails located in controlled hunting and fishing preserves during crossbow-hunting season and just before guns are permitted. Consequently, we have been asked to prevent excessive noise and movement that could upset or chase away wildlife and to respect the hunters who will also be in the area.

**b) 80 km**

The assistance of a crew is permitted for this distance. The role of the crew is to offer comfort, equipment and food to their Athlete. The crew is allowed only at the Mont Grand-Fonds transition area. It is prohibited to accompany or provide food and water to another person anywhere outside of this area. The support crew are bound by the rules in Article 4.5.1.

**c) 125 km**

The assistance of a crew is permitted for this distance. The role of the crew is to offer comfort, equipment and food to their Athlete. The crew is permitted only at the La Marmotte, Parc des Hautes-Gorges and Split-BMR aid stations and at the Mont Grand-Fonds finish area. It is prohibited to accompany or provide food and water to another person anywhere outside of these areas. The support crew are bound by the rules below.



## Rules Applying to Support Crews

- La Marmotte: Since space is limited, only one car per Athlete is allowed at this aid station. When they pick up their bibs, Athletes will receive a sticker to give to the support crew. The sticker numbers will be noted as the cars arrive. Crew members must follow the access schedule to ease traffic on the road that will also be used by Athletes during the race. Please note that the road leading to this refuelling station is bumpy and is not recommended for low floor vehicles.
- BMR Split: This aid station is only accessible by foot. All vehicles will be sent back to Mont Grand-Fonds. There is not enough room here for vehicles, and runners will be using the logging roads. Thank you for complying with this restriction.

Space will be provided to support crews providing fluids, food and other material (e.g. chair) to their runner. The crews are expected to be autonomous and will not have access to the food and fluids at the aid station. They must remain in the space assigned to them. Only runners wearing a visible, registered bib have access to aid station supplies.

Crew members are not allowed to run any of the race course with the Athlete.

### Art 4.6 Pacers

#### a) 42 km and 65 km

Pacers are prohibited for these events.

#### b) 80 km

A pacer is permitted for the 80 km event. The following rules apply:

- The pacer must be officially registered at bib pick-up. A special pacer bib will be provided and must be visible and worn on the front of the body at all times;
- Pacers must meet their Athlete at the SPLIT aid station, in the designated meeting area, and will accompany the Athlete for the last 15 km of the race;
- Pacers must remain with the Athlete at all times, except in emergency situations;
- If the athlete drops out, the pacer cannot finish the race without him/her;
- Only one pacer per runner is allowed;
- Pacers can assist their Athlete at aid stations, but must not arrive at the aid station and start preparing before the runner arrives;
- Pacers are in no circumstances allowed to carry the Athlete's equipment, food or water;
- Pacers are not allowed to help the Athlete physically, except in case of an emergency.

#### c) 125 km

Pacers are allowed during the 125 km race as of the Épervier aid station. Since this station is difficult to get to and is only open to a limited number of vehicles and individuals, pacers must register with the organization ahead of time, at [info@harricana.info](mailto:info@harricana.info). Directions to get to the aid station will then be sent to the pacer by email.



## SECTION 5. COMPETITION RULES – DISTANCES OF 28 KM AND LESS

### Art. 5.1 Start

Races of distances of 28 km and less will depart from the Mont Grand-Fonds ski area. If the number of Athletes registered requires it, the start may be split into waves. Should this be the case, ATHLETES will be notified prior to the event.

All latecomers will be refused access to the start area and will receive a DNS (did not start) result.

### Art. 5.2 Equipment

Some basic equipment is mandatory for these events. However, it is important to note that this is considered the absolute minimum required and that each Athlete should adapt the material to their own needs and capacities.

Equipment	Mandatory	Recommended	Allowed	Prohibited
Minimum 500 ml of water		5/10/20/28		
Food supply (energy bars, gels, other)		5/10/20/28		
Whistle	28	10		
Waterproof coat with hood		10/20/28		
Survival blanket (min. 1.40 m x 2 m)	20/28	10		
Gloves		10/20/28		
Warm hat (tuque)		10/20/28		
Baseball cap, bandana or Buff (for sun protection)		10/20/28		
Reusable cup or container for food and liquid (e.g. soup)		10/20/28* (aid stations will NOT have cups)		
Cell phone*		10/20/28		
EpiPen (for known allergies causing anaphylactic reactions)	5/10/28 *for those who need it			
Trekking poles				5/10/20/28
Earphones				5/10/20/28
Animals				5/10/20/28

\*There is not much cell reception along the course, but texts can be sent depending on the location.

### Art. 5.3 Drop Bags

There is no drop bag service for events of 28 km and less.

### Art. 5.4 Crew

Support crews are prohibited for events of 28 km and less.

### Art. 5.5 Pacers

Pacers are prohibited for events of 28 km and less.



## SECTION 6. SANCTIONS

### Art. 6.1 Disqualification

The following situations will lead to immediate disqualification and voiding of an Athlete's bib:

- Missing a control point along the course;
- Not having completed the entire marked course;
- Voluntarily causing an accident or preventing another Athlete from passing;
- Dropping garbage along the course;
- Changing or removing course markers;
- Not helping a person in need;
- Insulting or threatening another Athlete, a staff member or a volunteer;
- Using a means of transportation during the race;
- Refusing a request from the medical team for a check-up on the course;
- Receiving a positive drug test result, refusing to take a drug test, or manipulating or attempting to manipulate a drug test sample;
- Using another person's bib and/or providing false identification. Anyone in this situation will be disqualified and all those involved in the false declaration will not be able to register for any other UTHC race that year and the following year;

Disqualified Athletes will receive a DSQ result. Disqualification means the runner will not have an official race time and will not receive ITRA points for the race.

These rules also apply to pacers and support crew members.

### Art. 6.2 Penalties

Time penalties will be given to Athletes who break any of the UTHC rules of competition, based on the following list:

<b>INFRACTIONS: LONG DISTANCES (42 KM, 65 KM, 80 KM, 125 KM)</b>	<b>PENALTY</b>
No visible bib	30 minutes
Receiving assistance outside the designated areas	30 minutes
Starting the race without all the mandatory equipment	45 minutes
Missing mandatory equipment at a random equipment check (except for missing items deemed essential safety equipment, which results in disqualification; see below)	45 minutes
Refusing to allow a mandatory equipment check	DISQUALIFICATION
Missing any of the following mandatory equipment: survival blanket, extra water (at least 500 ml), whistle, warm hat, waterproof jacket	DISQUALIFICATION
<b>INFRACTIONS: SHORT DISTANCES (42 KM, 28 KM, 20 KM, 10KM, 5 KM)</b>	<b>PENALTY</b>
No visible bib	10 minutes
Receiving assistance outside the designated areas	10 minutes
Starting the race without all the mandatory equipment	20 minutes
Missing mandatory equipment at a random equipment check	20 minutes
Refusing to allow a random equipment check	DISQUALIFICATION

Time penalties will be applied onsite, at the timing location, by race commissioners who are authorized to immediately enforce and apply the race regulations.



### **Art. 6.3 Request for Review**

#### **Sanctions**

Any request to review a sanction must be submitted in writing to the UTHC at most one (1) hour after the official race results are released. The UTHC has 48 working hours to study the request and issue a final decision on the matter, which may not be appealed.

#### **Rankings and times**

Any request to review a ranking or race time must be made within 72 hours of the race. The organization has 12 hours to study the request and issue a final decision, which may not be appealed.

**END**