



RULES AND REGULATIONS

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RIGHTS AND OBLIGATIONS

1.1. The following race rules apply to the APEX challenge, hereafter referred to as the “Event”, and must be adhered to by all participating athletes and their support crews. APEX team reserves the right to modify these rules at any point.

1.2. As stated in the Event contract, it is the athlete and support crew’s responsibility to read and understand the current version of these rules prior to starting the Event.

1.3. APEX’s obligation is to organise, officiate and ratify the Event and ensure the swim escort pilot offers the athlete a swim contract and possibility to swim Annecy lake in the best possible conditions.

1.4. APEX team has the right to disqualify any athlete who does not conform to the requirements of the Event as set out in these rules.

1.5. The athlete, support crew and APEX must be courteous and display sportsmanship throughout the Event.

1.6. If the attempt fails for any reason, APEX can in no way be held responsible, or liable for any additional costs incurred.

1.7. The rules are designed to provide a safe and consistent experience for everyone involved. It is APEX’s intention that no athlete should be permitted any unfair advantage so that all attempts can be evaluated across a level playing field, as far as is possible given the nature of the Event.

1.8. In extenuating circumstances during the Event, APEX has the authority to override any rule or implement a new rule to facilitate the attempt, as far as is reasonable within the spirit of maintaining a level playing field across all attempts. The most important idea remains the experience.

1.9. It is the intent and spirit of these rules which will govern their implementation and enforcement.

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SAFETY

2.1. Safety is the most important issue. This means safety for the athlete, support crew, APEX and the public at any point of time during the allocated period for the attempt.

2.2. The course is on public roads which are not closed for the Event and might be busy with tourist and local traffic. The athlete and support crew members must look and listen both ways before crossing roads and remember that drivers will not expect to encounter an athlete or parked vehicle out on the course. The crossing of roads should be kept to a minimum.



2.3. It is the athlete's responsibility to understand the risks and demands of the Event. The athlete must arrive ready to start the Event fully prepared physically and with all necessary equipment. A preparation will be overlooked during the 6months period before the attempt.

2.4. The athlete and at least one support crew member must attend the safety briefing given by APEX at the start of each stage and by Video conference before the event. There is joint responsibility for safety between the athlete and their support crew.

2.5. An hour before dusk or in poor visibility, the athlete and crew must wear a high vest with reflective panels and lights for the trail and bike. It is a reason to be disqualified if the equipment is not right at the time of dusk. This is only for safety reasons and at some extent, comfort.

2.6. The athlete, support crew and any other relevant persons must follow all instructions given by APEX during the Event. If safety is compromised by the athlete, support crew or followers then APEX will immediately abort the Event. APEX has the final say in all matters of safety.

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PARTICIPATION REQUIREMENTS

3.1. The minimum age for participation is 18 years old.

3.2. The athlete is responsible for ensuring that they understand the demands of the Event and have the necessary health and physical fitness required. Under no circumstances will any athlete be allowed to continue with the Event if APEX deems it is unsafe.

3.3 The athlete is responsible for ensuring that all relevant paperwork required by APEX, the boat pilot is completed before the start of the Event, with scanned copies sent to APEX.

For relay teams, the team captain is responsible for collecting their team's paperwork and submitting it all together, with scanned copies sent to APEX.

3.4. The athlete must abide by both the rules and the terms and conditions of APEX, the boat pilot. Failure to do so may result in the athlete's entry being cancelled without the refund of any monies.

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EVENT ORGANISATION

General

4.0 The athlete is in charge of booking the refuge "tete rousse" or "Gouter" at the date he believes he planned to start the Mont-Blanc Ascent. He will have to make contact directly to his preferred location, for booking and modification in case of change of weather. This will be done with the help of APEX organization, ensuring that the race might go ahead.

4.1. The athlete is assigned a slot of a maximum of 7 days, comprising a 7-day Montblanc Ascent window with 5 days for completion of the run swim and bike stages. The Event must be completed within the allocated slot or will directly be discussed with the organization for any alternatives.

4.2. The athlete must be prepared to start on any day of their 7-day window. If the Event cannot go ahead within the allocated slot because the athlete is not available for any date of the booking, the athlete will lose all money paid to all parties. Due to bad weather, this will be discussed on a case by case basis.

4.3. APEX will start the clock at the beginning of Montblanc descent, and stop the clock on completion of the bike stage at the Vallon des Auffe, Marseille. The clock will not be stopped for any reason unless the challenge is aborted.



4.4. The finishing time will not be adjusted for any delays due to police controls, delays, road closures, or any other incident of unforeseen circumstance that adds distance or time onto the routes.

4.5. APEX will accompany the athlete throughout the Event where possible, both to ensure the rules are followed and to act as official witness to the achievement.

4.6. All decisions regarding the Event, including timings and the athlete's welfare will be made after discussion between APEX, the boat pilot (where applicable) and the athlete.

4.7. Support is permitted at all times on the run or bike. The philosophy is not here to cheat but to share the moment. APEX makes it clear that if the organization witnesses a discrepancy between the APEX DNA and the moment. APEX has the authority to stop the race at any point in time. Example : 100% Drafting or any other type of physical assistance are not permitted during any stage of the Event. We ask fair behavior that will be explain at briefing and before during the preparation phase.

4.8. The athlete and crew members may not use illegal drugs or alcohol during the event.

4.9. The athlete and their support crew must not litter, pollute or mark the course in any way.

4.10. Mobile contact numbers for the athlete and driver must be given to APEX before the start of the Event. There are some parts of the course where carrying a mobile phone is mandatory.

Run

4.11. Do not forget that Annecy like can't be swim at night. Therefore it important to established a meeting time for the swim. When the time is set, the athlete will agree the run start time with APEX prior to the Event starting. In calculating the run start time, the athlete should allow sufficient time to run from Montblanc to Annecy, finish officially, but also booked accommodation to shower/eat/rest as necessary and then travel to and prepare to load the swim boat. We recommend booking close the starting swim point.

4.12. The athlete is permitted a maximum of 48 hours (solo) from the run start to the agreed time for meeting the swim escort boat.

4.13. The run route starts at Peak Montblanc and finishes at the Pear "petit port in Annecy" seafront.

4.14. The athlete must run on the GPX given for trail running or on pavement on the right hand side of the road wherever possible. Road crossing must be kept to a minimum and done with caution. The trail running is physically challenging and requires strong fitness preparation. A medical kit must be ready to use at any aid station.

4.15. The athlete may be accompanied by brief sections of the run for safety reasons, pacing if required, or under the direction of APEX. Accompanying pacers are permitted an shall be discussed before the race. We request that all athletes going on a section must wear a connected watch with the GPX installed. Please note that a one-person pacer for the entire race is not permitted. Only the athletes must do the Running part In total. It is permitted to have a maximum of one person doing 40% of the race.

4.16. The use of trekking poles is permitted during the run stage.



Swim

4.17. The swim will go ahead at the planned time (weather permitting) agreed by the athlete, APEX and the pilot. If the athlete and APEX decide not to accept a swim, the pilot will decide if the reimbursement is possible or not.

4.18. Once the swim start time is decided, the athlete and their support crew must be ready to meet the swim stage escort boat at the 30min earlier agreed time. If this is missed the pilot is under no obligation to take the athlete later.

4.19. If the weather forecast changes after completion of the run, so delaying the swim start, the athlete may extend the recovery period in Annecy, we will discussed case by case how to ensure a possible swim resonning with safety, pleasure and performance. If a swim is not possible at all, the athlete must try the event again on another available date to be agreed between APEX, the boat pilot and the athlete. The athlete would then be refunded all monies paid to APEX less the application fee and first instalment of the APEX Fee (to cover the organisation of the run stage plus preparation phase. The new attempt would require a new application. If the athlete decides to start the bike stage without attempting the swim then no monies will be returned.

4.20. After finishing the swim stage The athlete will have a maximum of 15 hours to recover from when stepping off the boat to starting the bike stage.

4.21. If the swim is unsuccessful the attempt is officially finished. A discussion between the athlete and APEX will determine whether the adventure continues unofficially or if an immediate return to the Annecy is made.

4.22. Support swimmers are not permitted.

4.23. The athlete is not allowed to board on the boat at any point of time or receive any assistance of any kind.

Bike

4.23. The bike route starts at Doussard, in France and finishes at the Vallon des Auffe in Marseille.

4.24. Support cyclists are permitted. Drafting is not permitted. Support is allowed of a maximum of 2 cyclists sharing the route. Only the athletes can do 100% of the Bike route. Any cyclist going with the Athlete must not do more than 300km of the race. We recommend and ask for the benefit of the event, to have the cyclist doing the last 100km by himself. If required otherwise a discussion has to be done between APEX and the athlete + the crew.

Relay Changeovers – Standard Category Rules

4.25. The team captain must have given to the APEX official the name of the athlete participating on the bike prior to the start of the bike leg.

4.26. Relay team members will be allowed to assist their friend for the Ventoux attempt.



5**ROUTE AND NAVIGATION**

5.1. APEX will provide a GPX file of the bike and run routes. During the Event, the support vehicle drivers are responsible for navigating the route. APEX will help if requested and provide guidance on safe stopping places.

6**MANDATORY KIT LIST**

- Passports and all necessary IDs, driving licences (athlete and support crews).
- Swim lights – to attach to goggles and wetsuit/ trunks.
- Mobile phone – to be kept charged and carried by the athlete when directed by APEX.
- Head torch and spare batteries.
- Reflective running vest and hi-viz for crew.
- 2 sets of bike lights and spare batteries/ USB charging cables.
- Bike helmet.
- High vis vests for all occupants of the support vehicles.

7**SUPPORT CREW**

7.1. The run/bike support team will consist of a 3 support vehicle maximum with a maximum of a 4 people (driver, co-driver/feeder) per vehicle, unless previously agreed otherwise with APEX.

Drivers must hold a valid driving licence and be fully insured. APEX referees travels in the front passenger seat of the support vehicle with the support crew In charge of feeding.

7.2. The boat support crew is subject to a maximum of 2 people, unless previously agreed otherwise with APEX.

7.3 The crew must 'leapfrog' the athlete safely and follow the laws of the road. Only stopping where it is safe and legal to park.

8**SUPPORT VEHICLES**

8.1. Only one support vehicle may accompany the athlete on the course, unless otherwise arranged with APEX. Other vehicles approved by APEX, including supporters or film crews, must not obstruct the event and must follow any instructions given.

8.2. The size of vehicle to be used must be agreed with APEX beforehand as oversized vehicles can present a hazard on the route.

8.3. The vehicle must move at the speed of traffic and must not slow down to assist the athlete while moving. Additional vehicles approved by APEX must not drive in convoy with the main support vehicle.

8.4. The support vehicle leapfrogs the athlete over the bike routes but this can be done at risky pace. We ask the athlete fair confidence in their movement.

8.5. Ideally each "leapfrog" should be approximately a minimum of 15km (run) or 20km (bike) in length along the same road. Safe places for feeding and support can be found all along the route. Some specific aid station points can be given by the organization. We recommend to have long discussion with APEX before validating aid station for the athlete.



8.6. To ensure that an athlete takes a correct turning, best practice is to park the support vehicle legally forward of the junction then walk back to this junction to direct the athlete if needed. (additional drivers on motorbike can be provided at Extra cost if required by the athletes.)

8.7. To provide the athlete with food or other assistance, the support vehicle must be parked safely and the athlete stationary. Crew members must leave the vehicle to hand over supplies.

8.8. Drivers must obey French traffic regulations (as appropriate) during the Event and carry all safety equipment as required under French law when driving. The support vehicle is required to have a high vis vest for each crew member accessible at all times.

8.9. The support vehicle must be driven by a legally licensed and insured driver at all times.

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MEDICAL ISSUES

9.1. From the date of signing their contract, the athlete must keep APEX informed of any physical or medical conditions that may affect their participation.

9.2. The support crew must inform APEX immediately if the athlete is taken ill or requires any form of medical attention at any time during the Event, including rest periods or other times not overseen by APEX.

9.3. APEX must be provided with full details of any medication taken by the athlete during the Event.

9.4. Intravenous fluids are not permitted during the race and their use will result in immediate disqualification.

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RULE ENFORCEMENT AND PENALTIES

10.1. Major rule infractions by athletes or their crew will result in immediate disqualification of the athlete. Other, lesser, offences will result in a mandatory stop after which APEX will decide whether the Event will continue.

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LEAVING THE COURSE OR WITHDRAWING

11.1. The athlete must travel the entirety of the course. In the event of a routing error, e.g. a wrong turn, APEX will navigate the athlete back onto the course to continue cycling / running from that point. If the error resulted in a short cut, a mandatory stop may be imposed and extra distance added to make up the shortfall. There will be no allowance made for lost time or extra miles covered in error.

11.2. If the athlete needs to leave the course, their crew must note the exact location and confirm it with APEX for a later restart. The athlete may only leave the course for appropriate reasons such as rest or medical attention.

11.3. If the athlete withdraws, they or their crew must inform APEX immediately.



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PHOTOGRAPHY AND MEDIA

12.1. By participating in the Event, the athlete and their support crew agree that APEX may use any images taken during the Event for promotional purposes.

12.2. No TV or film crew may accompany or cover the athlete or the Event itself without APEX's prior written permission.

12.3. In all media and promotional material the Event must always be referred to as the "APEX RACE".

12.4. APEX logo may only be used with the permission of APEX team.

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CANCELLATION AND REFUND POLICIES

13.1 If the Event cannot go ahead during the allocated slot for reasons outside of the athlete's control, such as poor weather conditions or government imposed health or travel restrictions, APEX will discuss the possibility of rescheduling the attempt later in the year or the following year with the athlete. If an option to reschedule cannot be agreed between the athlete, APEX and the boat pilot then all monies paid to APEX, less an administration fee of €600, will be refunded to the athlete.

13.2 If the athlete becomes injured or cannot take part due to personal reasons in the year they are contracted, APEX will discuss the possibility of rescheduling the attempt in a subsequent year with the athlete, but cannot guarantee this is possible.

Rollovers will incur another payment of the non-refundable booking fees from APEX and Boats for the following year.

If it is possible and the athlete accepts the rolled over slot the following year but then decides they do not want to attempt again, **the athlete will lose all fees paid to APEX AND the boat pilot.**

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ALPINISME

14.1 the athlete needs to have proof of capabilities to reach the summit and validation from an official guide of this possibility. This will have to be submitted to APEX 3 months before the attempt.

14.2 a specific guide can be provided by APEX if there is none requirement from the Athlete. The fees and specificities will be directly discussed between the guide and the athlete. APEX do not take any responsibilities or fees on this specific matter.

14.3 if an athlete has the desire to have his own guide, this will have to be directly discussed with APEX, but absolutely possible.

14.4 a material list will be provided if none is provided by your chosen guide sufficiently in advance for preparation

14.5 if capturing the moment is required, APEX can provide a competent person following your attempt with their own capacity. Only extra cost might be requested for the night before the attempt to the chosen refuge.

14.6 proof of reservation of the chosen date is required before starting your attempt



14.7 APEX is well aware of the specificities for booking. If there is no place sufficiently in advance, we are well aware of the 10 days window before your starting date where everything can open. APEX will assist you for securing a space for 1 or 2 person maximum. Note that, if not possible APEX does not have any responsibilities other than assisting you in the best possible way.

14.8 for relay : the 3 members, will try the ascent together. It is not permitted to split the crew at any point of time. If only 2 persons want to do it, APEX will need to be notified of the reason, and prior to the event the full name of the person going will be needed.

14.9 The relay will split and stop only when both the Guide and APEX is sure of the safety, elevation and change of clothing is possible to start the trailing phase. Consider that the relay shall stop around 3000m altitude. Hence the entire descent will be done together.

14.1.1 there is no possibility of leaving the guide or if the guide mentioned that there is any disrespect, misbehavior or maneuver, this will result in an immediate disqualification and no reimbursement.

14.1.2 any trash or leftover left on purpose will also result in disqualification and no reimbursement.

14.1.3 the relay team will be on its own for gathering with the support team. This is part of your own organization and APEX does not have mandatory requirements. APEX is here to support you and inform you of the possibility to be “on schedule” from one to another aid station. The guide will decide either he wants to stop or continue with you to maximum ‘Refuge de Miage’, “les contaminés”, or further. This is the only person allowed to pace and assist you as long as he wants.

