



Any participating athlete (hereinafter participant, competitor) in *The Ultimates* routes undertakes to respect the regulations following their registration.

TABLE OF CONTENTS

Article 1: Preface.....	2
Article 2: Participation terms.....	2
Article 3: Compulsory assurance	2
Article 4: Safety & Liability	2
Article 5: Start.....	3
Article 6: Drafting	3
Article 7: Course.....	3
Article 8: Equipment	3
Article 9: Individual responsibility	4
Article 10: Autonomy / Bikepacking.....	5
Article 11: Registrations	5
Article 12: Bibs	5
Article 13: Substitutions, Cancellations or Changing route.....	6
Article 14: Cut off times & withdrawals	6
Article 15: Timing & ranking	6
Article 16: Prize-giving	7
Article 17: Complaint and claims.....	7
Article 18: Ethics	7
Article 19: Respect for the environment	8
Article 20: Engraved in your heart	8
Article 21: Media/image rights.....	8
Article 22: Data protection.....	8
Article 23: Application of the regulations.....	9
Article 24: Acceptance of rules and regulations.....	9

Article 1: Preface

The Ultimates is a cycle sporting (“Cyclosporitive”) event organized by the Association The Ultimates and R&D Cycling Sàrl (hereinafter the Organizer) offering the following courses *The Ultimates*:

- The Ultimate 1000: individual, duo or group of four
- Ultimate 555: individual, duo or group of four
- Ultimate 333: individual, duo or group of four

It will take place from Monday 29th July to Sunday 4th August 2024 on roads open to traffic. Accordingly, participants must comply with Federal Road Traffic Laws ([LCR](#) in French) as well as follow instructions from directors, managers and personnel of the race.

This regulation is subject to change up until the day of the event in the interest of the riders and their security. If needed, participants will be informed by electronic means (e-mail, Organizer’s website and social networks) of significant changes.

Article 2: Participation terms

Participation is open to all, licensed and non-licensed, provided you are at least 18 years old at the time of the race for the The Ultimate 1000, Ultimate 555 & Ultimate 333 courses.

Participants must be in good health and properly trained. A license and/or the medical certificate is not required to participate in cyclosporitives events in Switzerland. However, the Organizer strongly recommends participants to consult a doctor to confirm their ability of being able to perform this type of effort.

By entering an ultra-cycling event, riders accept the extreme risk that comes with it. Riders are responsible for their own safety and must ensure that they get adequate rest and sleep. Safety depends solely on the rider's ability to adapt to storms, bad weather, mechanical problems, bad phone signal. Riders agree to always wear a GPS.

The demands of the distance and elevation gain mean that physical preparation is required. Choose the distance and your challenge and plan your preparation to achieve your goal.

Participation in The Ultimates implies unreserved acceptance by each competitor of this regulation.

Article 3: Compulsory assurance

Each participant must take out personal health, accident, and liability insurance. Rescue and repatriation insurance are also compulsory.

A minor may not participate in the event. The organisation will not provide any kind of insurance for the event and will not be held responsible for any damage whatsoever that may occur directly and/or indirectly to participants or other parties.

Article 4: Safety & Liability

Respect the rules of the road, drive on the right side of the road, stop at red lights and stop signs. Treat other road users with respect: give way to pedestrians on cycle paths and pedestrian streets. Be respectful of other cyclists and motorists. The best way forward is to reduce the sources and risks of accidents. For more information on the law in Switzerland and night/day lighting : [Règles de base \(admin.ch\)](#).

The rule of autonomy is a commonsense principle that relates to the very philosophy of bikepacking. The same applies to solidarity when accidents occur.

Rescue of participants in an emergency situation is mandatory when you are faced with such a situation. Help for others must be given and reported immediately to the race headquarters. If the health and life of others is in danger, call the national emergency number 144 immediately.

The time taken to provide assistance (accidents and serious life-threatening dangers) is deducted from the race time, if explicitly reported to the organiser directly at the finish.

The organisation does not provide repatriation or medical care.

By registering for the event, each participant confirms having read all the information, particularly those relating to security, and undertakes to comply.

Article 5: Start

The start is allowed under the following conditions:

- A Having submitted your entry and having been accepted by the organisers
- To physically attend the pre-race briefing
- Collect your bib number and tracker at the bib number collection desk
- Pass the technical inspection of the compulsory equipment

The peloton will be launched in groups at regular intervals. The starting order will be established by the organiser and cannot be changed.

Article 6: Drafting

It is permitted to ride behind another rider to take advantage of his wake and suction. This facility is only permitted between riders participating in the event and within the same distance. Any other assistance by a rider from outside the race or a vehicle is prohibited. Random checks are carried out throughout the race.

Groups of more than 6 riders are not permitted, to ensure the smooth and safe overtaking by vehicles.

Article 7: Course

A route map in GPX format will be sent to participants. Riders must strictly follow the course from start to finish. If a rider leaves the course (loses the track, forgets to stop for refreshments, mechanical assistance, shop, etc.), the rider must resume to the course from the point where he left it.

Article 8: Equipment

The route is on roads and paths with gravel sections (soft). It is recommended to use classic road bikes with a tyre section of 28mm or wider. Below that (25mm, 23mm), the risk of punctures is increased, and comfort is greatly affected. Concerning the gear ratio, due to the significant difference gain in altitude and some segments that can touch 15% of the slope (7-8km/h), it is recommended to opt for a 50x34 gear, 11-34 derailleur or equivalent.

List of compulsory equipment, checked at the race numbers check:

- Approved helmet
- Light device with recharge + reflectors (wheels and frame, red at the back/white at the front)
- GPS meter with course map
- Permanently charged phone (power bank)
- Survival blanket
- Minimum permanent food supply: 3 bars or ~400 kcal
- Hydration: 1,5L capacity
- Jacket and rain jacket, at least 1 long sleeve layer
- Money (or card) and ID
- Mechanics (spare brake pads – pump and repair kit – multi-tool – inner tube)

The organisers will provide a GPS tracker and a GPX trace of the course.

List of recommended equipment:

- Overnight equipment (mattress – sleeping bag)
- Warm clothes
- Waterproof clothing

Article 9: Individual responsibility

By registering for the start of the event, the participant is fully aware that:

- Ultra-Distance cycling is an extreme sporting activity that requires perfect health and proper training.
- Ultra-distance cycling can involve high risks, particularly since the race takes place on open roads.
- He or she may be confronted with difficult climatic conditions (rain, storms, hail, cold, heat wave, etc.).
- The organisation does not provide any help or assistance of any kind outside the posts provided for this purpose, even in the event of technical damage or physical or mental problems.

By registering for the start of the event, the participant accepts:

- Without reservation and irrevocably accepts all the extreme risks of the event, particularly the risk of a serious accident.
- To bear sole responsibility for any type of damage he or she may suffer as a result of participating in the event.
- That he or she knowingly discharges the organiser of all contractual responsibility for any damage that he or she may suffer as a result of the event and its organisation and that he or she therefore waives all claims against the organiser.
- That the organisers decline all responsibility in case of accidents. It is the responsibility of each participant to be insured against accidents and civil liability. In case of serious accidents, the organisation reserves the right to call for a helicopter or an ambulance. In this case, the costs of intervention and rescue are to be borne exclusively by the participant.

Article 10: Autonomy / Bikepacking

Bikepacking is a way of travelling in which the rider carries with him/her everything that is necessary for his/her comfort. In a bikepacking race, this means that no outside help is allowed.

All movements must be made by calf power. Vehicle assistance is not permitted during the race. If you abandon or decide to withdraw from the race, you must inform the race headquarters as soon as possible and find a way back.

The Ultimates race series is totally autonomous. There will be no feeding stations along the route. It is up to the participant to prepare and plan his or her own solid and liquid nutrition. No assistance from third parties is permitted. Outside help is normally defined as asking for or accepting help that is not commonly available to all runners in shops.

Make sure you get enough rest and food, and if necessary, find accommodation (campsite, B&B, hotel) and shops (restaurants, bakeries, supermarkets) to optimise the management of your effort. You can get a hotel room, if you pay for it and don't book it in advance. As such, you can branch off to go to a shop, hotel, or other place along the way, if you return to the GPS track given where you left it when you're ready to continue.

Please respect the law on bivouacking in Switzerland and in the natural parks crossed: Further information : [Camper et bivouaquier](https://www.camper-et-bivouaquier.ch/) | [Club Alpin Suisse CAS \(sac-cas.ch\)](https://www.clubalpin.ch/)

Article 11: Registrations

Until July 15, 2024, registration for the events is exclusively on the website to register online at the following address: <https://theultimates.ch/en/>. The number of places available is a maximum of 100 participants for each of the three Ultimate courses.

The rates are presented on the event's website as well as on the online registration platform: <https://in.njuko.com/the-ultimates-by-tds-24?currentPage=select-competition>

To ensure that you have enough experience and physical and mental capacity to tackle the challenging Ultimates courses, a comprehensive questionnaire is administered during the registration process.

The organization reserves the right to reject your participation in an Ultimate course. In this case, you will receive a 100% refund minus a processing fee of CHF 20.

Article 12: Bibs

Each participant must come and pick up their number in person. Exceptionally, and if registration is full, group leader's (club president) or a colleague can get the bib with the confirmation of a registration letter and a copy of the identification of the person concerned. All allocations of race numbers are firm and final.

Bibs collection for the courses The Ultimate 1000, Ultimate 555 & Ultimate 333:

Bibs and gifts can be collected at the Welcome Village at the World Cycling Center in Aigle (Allée Ferdi Kübler 12, 1860 Aigle):

- Monday July 29 from 19 :00 p.m. for The Ultimate 1000
- Thursday August 1st from 19 :00 p.m. for Ultimate 555
- Friday August 2nd from 19:00 p.m. for Ultimate 333

Neither bibs, nor gifts will be sent by post.

Article 13: Substitutions, Cancellations or Changing route

Each participant may choose the route that is most suited to him/her, and the choice must be indicated when registering.

The ULTRA FLEX option is a guarantee of flexibility in the choice of route during registration. Thanks to this option, participants can, without charge or proof, from the date of registration and until July 22, 2024:

- Defer registration to 2025 without proof
- Change route by adding any difference with the new route chosen if the fare is higher. There is no refund if the new course chosen has a lower price.

Any request made after race day will not be processed.

Without the ULTRA FLEX option, it is possible until Jun 30 to:

- Defer registration to 2025 upon presentation of a medical certificate for an amount of CHF 25.-
- Change route for an amount of CHF 10.- by adding the possible difference with the new route chosen if the price is higher. There is no refund if the new course chosen has a lower price.

After this date and without the UltraFlex option, no more changes are possible. Registration fees will not be refunded, and the welcome pack will not be sent.

Any registration considered valid for the following year is strictly personal and cannot be transferred to a third party. Should the cyclist fail to participate again, the registration fee will be forfeited.

Article 14: Cut off times & withdrawals

Any competitor who does not reach the intermediate checkpoints and the finish before the time barriers and who wishes to continue independently will only be able to do so after informing race HQ, handing in their GPS tracker, and signing a waiver. He will do so under his own responsibility and in complete autonomy.

Ultimate 333 km:

- Arrival to the Château d'Aigle (333km) in a maximum of 30 hours

Ultimate 555 km:

- Arrival to the Château d'Aigle (555km) in a maximum of 60 hours

Ultimate 1000 km:

- Passage to Ulrichen (602km) in a maximum of 65 hours
- Arrival to the Château d'Aigle (1000km) in a maximum of 120 hours

Article 15: Timing & ranking

Timekeeping will be carried out using an electronic GPS tracker. This will be used to check the regularity of the race and to draw up the results and rankings for the event.

The electronic detection system is selected according to strict reliability criteria. Despite the tests carried out by the manufacturers and the excellent experience gained, there is still a very small risk of non-detection. The absence of data resulting from this non-detection will not

allow the Organiser to include the official time of the participant concerned in the ranking. The Organiser cannot be held responsible.

Participants are responsible for their tracker from the time they receive their number until they return it to the Organiser after the race. If a tracker is returned damaged (on the understanding that it cannot reasonably be reused) or if it is lost or stolen, the participant will be charged for its replacement. All participants are required to return their tracker directly to the finish line. Participants who do not finish the event must return their tracker by hand or by post within 3 days of their withdrawal or elimination.

At the end of the event, several classifications are established:

The Ultimate 1000 men	Scratch
The Ultimate 1000 women	Scratch
The Ultimate 1000 duo	Scratch
The Ultimate 1000 group of four	Scratch
Ultimate 555 men	Scratch
Ultimate 555 women	Scratch
Ultimate 555 duo	Scratch
Ultimate 555 group of four	Scratch
Ultimate 333 men	Scratch
Ultimate 333 women	Scratch
Ultimate 333 duo	Scratch
Ultimate 333 group of four	Scratch

The first three of each category to cross the finish line are rewarded at the awards ceremony on arrival.

Article 16: Prize-giving

The Organizer reserves the right to establish the prize board. The first three in each category must present their bib number and a piece of identification to receive the prize.

The prize must be removed on site Sunday 4 August 2024.

Article 17: Complaint and claims

Any claims may be done in writing to the race office, no later than 15 minutes after the classification is made. The complaint and/or claim must be accompanied by a justification.

This will be accompanied by a deposit of CHF 100-. This amount will be refunded if the claim is accepted. Claims will be judged by the jury of the race (Race Director, timing manager). Decisions related to claims are final.

Article 18: Ethics

The Organizer puts a point of honor on the Olympic values of excellence, friendship and respect that are the keystone of a fair and sustainable sport. Participants must treat with respect the other competitors, the members of the Organization, volunteers, and spectators. The Organizer reserves the right to exclude participants who commit acts of violent behavior or discriminating verbal abuse against anyone.

The Organizer is subject to Swiss Olympic "Doping Regulations". Anti-doping controls can be carried out. Registration and participation in this competition, participants allow themselves to be subject to the anti-doping Swiss Olympic provisions and recognize the competence of his/her "Disciplinary Chamber for doping cases" and that of the Court of Arbitration for Sport (Lausanne), to the exclusion of any other ordinary court. The participant will also have to bear the consequences of his/her behavior (suspension/termination).

Article 19: Respect for the environment

Parking is available in Aigle. Whenever possible, the organisers recommend carpooling or using public transport to get to the start. It is possible to store equipment at the World Cycling Centre in Aigle during your race.

Do not leave any tracks, the route will take you through some of the most beautiful regions of the Swiss and Vaud Alps. Please respect the law and do not leave any waste behind.

Article 20: Engraved in your heart

An ultra-distance race takes riders through all sorts of moods. The borderline between euphoria and agony is often just a pedal stroke too far. It is up to you to find the resources and solutions to get through the difficult moments and to enjoy the good ones even more. One thing is certain, this race will make your Ultimate ride and your adventurous experience unforgettable!

Article 21: Media/image rights

The image rights and coverage of the event belong to the The Ultimates organiser. Any use of the event for media purposes must be requested in writing to the organiser at least 8 weeks before the start of the event.

Article 22: Data protection

Confidential data concerning Swiss citizens is governed by the Federal Law on the New Data Protection Act (nLPD) in September 2023. The persons concerned have the right to access and rectify personal data concerning them, which can be exercised at the following email address: info@rd-cycling.ch

Personal data concerning European citizens is governed by the General Data Protection Regulation (GDPR) dated 27 April 2016, which came into force on 25 May 2018.

R&D Cycling Sàrl & The Ultimates Association process personal data for the following purposes:

- Registration, management of participants and The Ultimates event
- Newsletter for information and promotion
- Publication of results.

The legal basis for this processing is consent and the legitimate interest in the organisation and smooth running of the event. The information collected will be communicated exclusively to R&D Cycling. You may access your personal data, rectify it, request that it be deleted or exercise your right to limit the processing of your data. To exercise these rights or if you have any questions about the processing of your data under this scheme, please contact info@rd-cycling.com.

Article 23: Application of the regulations

Safety officers will monitor the application of the above-mentioned regulations throughout the course. Depending on the seriousness of the offence, a disqualification may be declared immediately. In other cases, a warning will be given to the PC and a second warning will result in disqualification.

Article 24: Acceptance of rules and regulations

Participation to The Ultimates implies express and unreserved acceptance by each competitor of this regulation.

In case of difference between the texts of the various versions of the regulations, the French version of the regulations is authentic.

Sion, January 2024.

Association The Ultimates & R&D Cycling Sàrl