

Regulations:

Any enrolment for the EcoTrail Copenhagen® 2023 implies the tacit acceptance of the following regulations:

1.1 EVENT

A timed running race through the heart of the countryside, following nice trails of a different kind.

For all 3 races, 80-45-20 km, the start and finish lines are at Akademisk Boldklub (Skovbrynet train station) in Copenhagen. The route is one single leg, to be run at a free pace. There is a limited time available, coupled with strict enforced cut off at the check points/service points.

The start of the race is on Sunday the 23rd of April:

- 80 km at 7:30am
- 45 km at 10:00 am
- 20 km at 9.00 am

1.2 PARTICIPATION

The 80 & 45km races are open for anyone, man or woman, (from the age of 18), graduate or not.

The 20km races is open for anyone, man or woman, (from the age of 15), graduate or not.

1.3 TRAIL IN SEMI SELF-SUFFICIENCY

The race is intended to be completed in a self-sufficiency manner. On the course will there be aid-stations where refreshments will be served. Drinks and food are to be consumed on the spot. Only water (excluding other drinks) can be filled up in flasks and containers.

Each runner must make sure to have sufficient food and water to reach to the next service point.

No personal assistance is authorized on the course outside the refreshment areas set out for this purpose.

Any personal medical or paramedical care is strictly forbidden in case of intention to conclude the race. It is officially forbidden to be supported along the course by any person other than a regularly enrolled competitor.

1.4 ENROLMENT CONDITIONS

To enrol for the Ecotrail Copenhagen 80 km, you are strongly advised to have participated in and completed minimum a 40km trail race. No minimum for other distances.

All runners are participating in the race at their own risk.

1.5 ACCEPTANCE OF THE REGULATIONS AND OF THE ETHICS

Taking part in the Ecotrail Copenhagen 80 km[®], implies a de facto acceptance without reservations of the current regulations and the ethics of the race published by the organisation. This can be consulted in the section «ethical charter» on the website.

Any runner caught throwing down rubbish on the course will be disqualified.

Everyone enrolled undertakes to follow the paths signposted by the organisation, without taking any short-cuts. In fact, short-cutting a path causes an irreversible erosion of the site and thus permanent damage. **Non-respect for this direction will lead to disqualification.**

Please note: hiking poles are not recommended for the EcoTrail Copenhagen races, as the organisation wishes to protect as much as possible the environment and the paths crossed during the competition.

A large number of dustbins will be placed at each service point and it is obligatory to use these with an approach to a selective sorting of rubbish.

1.6 MAXIMUM NUMBER OF PARTICIPANTS

Trail 80km: 375 people

Trail 45km: 525 people

Trail 20km: 600 people

1.7 RUNNERS BAGS FOR THE FINISH

Each competitor brings their own personal effects bag of 20 litres' capacity (change of clothing, toiletries, ...). A sticky label supplied with the race bib must be stuck onto this bag.

The bag can be deposited at a designated area close to the start area up to 30 minutes before each departure. No runner's bag will be accepted by the organization at other times.

Bag recovery: at the Finish area. The bags are handed back either to the competitor or to those close to him, **uniquely on presentation of the bracelet/bib**. Bags will be handed out until 10:00pm on Sunday evening. Beyond this time limit, the runner will have to come and recover his bag, at his own cost, from the Ecotrail Copenhagen organisers.

Only the bags handed out by the organisation will be taken. As the contents of the bags were not checked, there can be no protest about the contents at the Finish. It is recommended not to put valuable objects in them.

All the bags must be taken back from the association within 10 days after the event, beyond which date they are given to charitable organisations.

1.8 SAFETY AND MEDICAL ASSISTANCE

As the route will have different kinds of trails and paths accessible to the general public it is imperative that the runners behave in a good manner, respect traffic rules and show respect for nature and everybody you meet during the race!

A First Aid station has been set up at each refreshment post. These stations are in telephonic liaison with Race Control. A medical control team is present throughout the entire duration of the event at Race Control.

The First Aid stations are there to bring aid to any person in danger using the organisation's own or approved means. The official doctors are authorised to take any competitor unsuited to continue the event out of the race (by invalidating his race number). The first-aid workers are authorised to transport those runners whom they consider in danger by any means at their disposal.

Any runner not willing to comply with race- and /or public regulations and instructions from race officials will have to cover themselves all cost in case of damage or recovery patrols.

Any runner contacting or calling a doctor or a first-aid worker submits themselves to their authority and **undertakes to accept their decisions.**

1.9 PHYSIOTHERAPISTS AND MEDICAL STAFF AT FINISH

Physiotherapists and other medical personnel will be present in Copenhagen at the finish area to assist runners at their arrival. Access to the “medical area” is only for runners wearing their bracelet/bib.

1.10 CONTROL POSTS AND REFRESHMENT AREAS

"Mobile" control zones have been set up at several points along the course. Their position is not communicated by the organisation and the means of control will be specified to the participants during the pre-race briefing.

Only runners carrying a visible race number have access to the aid-stations areas. The road map will identify a precise list of aid-stations. The aid-stations are supplied with drinks and food to eat on the spot and with still water for refilling your bottle or flask.

1.11 MAXIMUM TIME AUTHORISED AND TIME GATES

The maximum time for the event, for the whole of the course, is fixed at

14 hours for the **Trail 80km,**

9 hours for the **Trail 45km,**

4:30 hours for the **Trail 20km.**

The hour limits from the Start (time gates) of the aid-stations zones will be defined and communicated in the road map.

These time gates have been calculated to enable the participants to get to the Finish in the maximum time laid down, while still making possible stops (rest, care...) To be authorised to continue the event, **competitors must set off again from the refreshment zone before the fixed time limit** (whatever their arrival time in the refreshment area).

Any competitor put out of the race and wishing to continue his course can only do so having returned his race number, and must then continue at his own responsibility and in complete autonomy. From then on he can no longer be considered as a finisher. In this case the runner will have to sign a waiver taking back full responsibility for his behavior.

In the case of poor weather conditions and/or for safety reasons, the organisation reserves the right to cancel and/or to stop the race underway, even to modify the time gates in liaison with the prefectures concerned.

1.12 PENALISATION - DISQUALIFICATION

Controllers on the course are authorised to check the obligatory material and, more generally, the respect for all the regulations (runners identity, respect for the site and the ethic, illicit help and accompanying, race number not permanently visible to the front...)

Any runner not in possession, during a control along the course, of the totality of his obligatory material will be immediately disqualified, without any possibility of making an appeal against this sanction.

The displaying or exhibition of brands, sponsors, or partners being strictly forbidden in the start / finish area. The organiser is in charge of respecting this regulation. Because of this, non-respect will lead to an immediate and irrevocable disqualification. In addition, the competitor concerned will no longer be able to enroll in future runnings organised by Ecotrail Copenhagen.

A minimum penalisation of half an hour is applied for any other breach in regulations. The controller tells his post director and/or Race Control and can ask, depending on the seriousness of the act and the behaviour of the runner, for the disqualification of the competitor. The race jury can declare the disqualification of a competitor for any serious breach in the regulations, in particular in the case of:

- not wearing the race number correctly,
- not presenting identity papers or the presentation of identity papers not corresponding to those on the race number being worn,
- not respecting the regulations and laws regulating the use of public roads/paths
- not respecting the instructions given by the control post
- using any means of transport,
- starting off from an aid-station after the time limit,
- not helping another competitor in difficulty,
- accepting personal assistance outside the official aid-station,
- not respecting the rule not to be accompanied along the course,
- display or exhibition, in no matter what form, of brands, sponsors, or partners at the start/finish area,
- pollution or damage to the sites by the competitor or by a member of his team,

- insults, rudeness or threats made during a meeting with any member of the organisation or any volunteer,
- refusal to be examined by a member of the medical staff at any moment in the event,
- drug-taking or refusal to allow a drugs test,
- not carrying the rubbish bag.

1.13 PROTESTS

They can be made by letter in the 60 minutes after the posting of the provisional results.

1.14 THE RACE JURY

This is made up of:

- the organiser,
- the race director,
- the coordinator responsible for safety,
- the director of the medical team,
- the directors of the control areas concerned,
- as well as anyone considered competent by the President of the Organisation Committee. The jury is authorised to take decisions within a time limit compatible with the rules of the course on all the disputes or disqualifications which occur during the event. The decisions are without appeal.

1.15 MODIFICATIONS TO THE COURSE OR TIME GATES; CANCELLATION OF THE RACE

The organisation reserves the right to modify the course and the locations of the First Aid and refreshment posts, at any moment and without warning. In the case of really bad weather (strong wind with serious amounts of rain and snow, strong risk of a storm...) the start can be delayed by a maximum of two hours, beyond which, the race is cancelled.

In the case of bad weather conditions, and for reasons of safety, the organisation reserves the right to cancel and/or to stop the event underway, even to modify the time gates.

Cancellation, postponement or modification to the race opens no right to enrolment reimbursement.

Any decision will be taken by a jury bringing together at least the race director, the organiser and the coordinator responsible for safety as well as any person competent in the eye of the President of the Organisation Committee.

1.16 INSURANCE

Personal liability: The organiser has taken out a personal liability for the duration of the event. This personal liability insurance guarantees the financial consequences of its responsibility, of that of its officials and its participants.

Personal accident: **Each competitor must be in possession of an individual accident insurance.** Such an insurance can be taken out with any organisation chosen by the competitor.

1.17 ROAD BOOK / PRACTICAL INFORMATIONS

A detailed description of the course will be provided in a newsletter sent by e-mail a few days before the competition. It includes practical information such as the cut offs for the check points, locations of the aid-stations areas, the rescue posts, the care posts, as well as the access points for the accompanying members. A single copy of this book will be given exclusively to those who have enrolled.

1.18 RANKINGS AND REWARDS

Only those runners crossing the finish line will be ranked. No monetary prize will be awarded; all the finishers will receive the same specific gifts.

A general male and female ranking will be established: the first 5 men and the first 5 women in the general ranking will receive a trophy or a gift.

Classifications by categories will not be awarded on the day of the competition, top 3 will receive a minor reward after the event.

The details of the awards can be given on request at the time of race bib distribution.

By “Finisher” one means all the participants reaching the Finishing Line before the time barrier set for the distance.

1.19 ENVIRONMENTAL DNA

In the context of the values of solidarity and for the protection of the environment of the EcoTrail Copenhagen, it seems natural for the organisation to associate itself with an environmental initiative.

1.20 PICTURE RIGHTS

In taking part in the race, each competitor expressly authorises the EcoTrail Copenhagen (or its assignees) to use and allow to use or to reproduce or allow reproduction of their name, their image, their voice and their sports performance in the context of the race with regard to any direct exploitation or in the form derived from the event and this, in any support, in the whole world, through all known and unknown means to-date, and for the entire duration at present granted to these direct or derived exploitations by the legislative or regulatory dispositions, legal or arbitrary decisions of the whole country as well by international agreements, current or future, allowing for possible extensions which might be made to this duration.

1.21 EQUIPMENT

MANDATORY EQUIPMENT

ITEMS	TRAIL 80KM	TRAIL 45KM	TRAIL 20KM
Minimum 1 litre water supply	X	X	X
Food supply	X	X	X
A personal cup or bottle	X	X	X
Mobile phone (enter the safety numbers of the organisation into its directory, do not hide its number and do not leave without charged batteries for the mobile phone)	X	X	X
Rainproof jacket able to withstand poor weather OR survival blanket	X	X	X
Cap or Buff	X	X	
Headlamps + extra batteries	<i>Strongly recommended</i>		

RECOMMENDED EQUIPMENT

- Identity card or passport
- Gloves and hat
- Elastic band
- A minimum sum of DKK to take care of any unforeseen events

Article 1: Protection of personal data

RUN FOR YOU adheres to the protection of personal data and is committed to ensuring the security and confidentiality of personal data in compliance with EU regulation 2016/679 of the European Parliament and of the Council of 27 April 2016 for the protection of natural persons regarding the processing of personal data and the free movement of such data (hereinafter “GDPR”), particularly by taking all the necessary precautions to prevent the distortion and damaging of such data and to prevent unauthorized third parties from accessing them.

When registering to a sporting event organized by RUN FOR YOU, the client is informed and agrees that their personal data are going to be:

- (i) collected on the website NJUKO owned by RUN FOR YOU
- (ii) processed by RUN FOR YOU as the entity responsible for the processing in accordance with the GDPR and by NJUKO as its subcontractor.

1.1 Identity of the entity responsible for the processing

The identity and details of the entity responsible for the processing of personal data are as follows: RUN FOR YOU register under unique identification number IVA/VAT NO. 513 851 246 RCS Nanterre and headquartered at 15, sentier des Tricots 92130 Issy-les-Moulineaux, with contact email: contact@runforyou.fr

Your personal data are collected by RUN FOR YOU, SARL (“Company with limited liability”) or simplified joint-stock company) registered under the unique identification number 513 851 246 RCS Nanterre and headquartered at 15, sentier des tricots, 92130 Issy-les-Moulineaux, with contact email: contact@runforyou.fr

1.2 Collected data and information

The data we collect are:

- ① Data required for the registration to a sporting event organized by RUN FOR YOU:

Upon registration, you will need to provide mandatory information identified by an asterisk on the website: last name, first name, birth date, gender, nationality, email address, mobile phone number, mailing address, language, information of the person to contact in case of incident during a race (last name, first name, phone number), jersey size, medical certificate for competition capability.

This list may change depending on the legal, technical or organizational constraints from RUN FOR YOU.

- ② Optional data:

Upon registration, you will have the possibility to provide other data that are not mandatory to your registration (name of your club, landline phone number etc.).

Moreover, RUN FOR YOU may ask you to answer one or several satisfaction surveys after the sporting event, which may lead us to collect additional data, such as: level of sport practice, consumption habits, socio-professional category, hobbies, events attendance, equipment used etc.

③ Data regarding payment:

Upon registration, a banking service provider will collect and process data regarding your payment method (credit card number, expiration date and visual cryptogram (not kept) etc.). The data provided with your payment method upon registration are encrypted by a security system and remain encrypted when they are moved around the network. The banking service provider never shares the data regarding your payment method with us.

④ Technical data:

We may collect some technical data, such as your connection data and IP address, in compliance with the applicable legislation, to use various technologies such as Cookies if need be, and only with your agreement.

No sensitive data, such as information regarding racial or ethnic origin, political opinions, philosophical or religious beliefs, union membership etc., will be collected (article 9 of the GDPR).

1.3 Processing purposes

RUN FOR YOU processes and uses your personal data in order to:

Manage and validate registrations to sporting events organized by RUN FOR YOU,

Manage the provision of information to the participant via email and/or text message regarding the event they registered to (confirmation of the reception of the registration request, confirmation of the validation or rejection of the registration, information regarding the sporting event, information regarding the results etc.).

Send satisfaction surveys produced for scientific and statistical purposes (through polls and questionnaires);

Produce statistical surveys;

Provide information regarding the offers and activities of RUN FOR YOU and related types of services.

Send emails or text messages to inform you about sporting events organized by RUN FOR YOU or by a third party organizer that may interest you.

Share data with our preferred partners (industrial, media, institutional) for promotional offers, advertising or any other form of commercial communication (subject to prior agreement from you when required and always respecting your right of opposition, in compliance with the applicable regulation regarding commercial prospecting).

1.4 Data storage

Your data is stored during the required period of time depending on the purposes previously mentioned.

Your data will be deleted if you do not answer any of our solicitations for three years. However, we may store your data over a longer period of time in order to comply with our legal and regulatory obligations or in order to resolve disputes.

1.5 Data recipients

Personal data collected upon online registration may be communicated to:

- internal services of RUN FOR YOU (administrative staff, employees and other officers);
- Service providers and contractual partners of RUN FOR YOU that directly operate in the management of registrations and in the organization of the sporting event (timekeeper, bib maker, company in charge of medical assistance etc.);
- Preferred partners of RUN FOR YOU (industrial, media, institutional), with your agreement only, in order to offer products and/or services, or with commercial prospecting and/or advertising communication purposes.

RUN FOR YOU requires its service providers and partners to implement strict confidentiality and data protection methods.

If you explicitly agreed to it during the registration process by clicking the corresponding box, you may receive phone calls, mail, emails or text messages with promotional offers from our business partners that your data may be shared with and supplied to. Either way, you can use your right of opposition at any time, under the conditions specified hereinafter.

By choosing to take part in the sporting event, participants recognize and agree that:

Their first and last name appear on the official starting list published on the website [https:// ecotrail.com](https://ecotrail.com);

after the sporting event, information regarding their sporting performance (including results, pictures and videos) be published on the website www.ecotrail.com, said results being liable to be used by any media.

If you wish to oppose such publication for a legitimate reason, you must communicate your decision in writing to our subcontractor at the following address: RUN FOR YOU – Traitement des données personnelles EcoTrail Challenge – 15 sentier des Tricots – 92130 Issy les Moulineaux, one month after the sporting event at the latest, so that appropriate measures can be taken.

Outside the conditions specified hereinabove, RUN FOR YOU commits not to use your personal data for selling, renting and supplying purposes, or to grant access to your data to a

third party, without prior agreement from you, unless being forced to for a legitimate reason (legal obligation, fight against fraud, application of defense rights etc.).

Some of the recipients mentioned hereinabove may be established outside the European Union and be granted access to all or part of your personal information collected by RUN FOR YOU.

You explicitly agree that your data may be transferred to service providers or partners outside the European Union.

Within this framework, RUN FOR YOU commits to ensuring the protection of your data in compliance with the strictest rules, including the case-by-case signing of contractual clauses based on the template provided by the European Commission, or any other mechanism in compliance with the GDPR, as soon as your personal data begin to be processed by a service provider located outside the European Economic Area and which country is not considered by the European Commission as providing an appropriate level of protection.

1.6 Commercial offers

RUN FOR YOU may send you, via mail, emails, text messages or phone calls, information about their offers and services related to those you have already purchased, which you recognize and agree to.

You have the right to oppose these commercial prospection solicitations at any time and for free, under the conditions specified hereinafter.

1.7 Rights of the concerned person

In compliance with the terms laid out in the revised version of the French Data Protection Act of 6 January 1978, and the GDPR, the persons concerned by the processed personal data have a right of access, rectification and deletion of the data concerning them, as well as a right of limitation and opposition to the processing and moving of their personal data. They also have a right of opposition to the processing of their personal data for commercial prospection purposes from RUN FOR YOU and/or its partners.

These rights must be exercised via email at: contact@runforyou.fr

Pursuant to Article 12.6 of the GDPR, RUN FOR YOU can, in case of reasonable doubt concerning the identity of the natural person making the request, ask for additional information in order to confirm the identity of this person.

Pursuant to Article 12.3 of the GDPR, RUN FOR YOU commits to providing the information on the measures taken after a request concerning the above-mentioned rights as soon as practicable and at all events, within a one month period as of the day of reception of the request.

If you do not/no longer want to receive our offers, solicitations or newsletters, you are also able to let us know by clicking the unsubscribe link at the bottom of each communication.

If you do not want to receive newsletters, invitations or promotional offers from our partners, you are also able to let us know during registration by clicking the corresponding box.

Please note that you can sign up to the “Bloctel” call blocking list if you do not want to receive promotional phone calls (<https://www.bloctel.gouv.fr/>).

Finally, you have the right to lodge a complaint before the CNIL (Commission Nationale de l'Informatique et des Libertés). For more information, please visit <https://www.cnil.fr/en/home>.

1.8 Contact

For any other question regarding our data protection policy or the way your personal data is processed, please send a letter to: RUN FOR YOU, Traitement des données personnelles d'EcoTrail Challenge — 15 sentier des Tricots – 92130 Issy les Moulineaux, or an email to: contact@runforyou.fr

1.9 Amendment to the present rules

The present rules may be subject to amendments. These changes will come into effect as of the publication of the new version of this document on the website <https://ecotrail.com>