



## THE ESTEREL SPOT:

Located close to Cannes, at 30 min from Nice Airport, surrounded by the Massive Esterel, the seaside city of Mandelieu la Napoule invites you to discover its amazing environment. Jewel of the French Riviera, the Esterel mountain range is one of the biggest European per miens Massif. Its jagged relief and its wonderful colours witness about its volcanic past. More over, it is a flora and faun huge natural refuge and a well protected universe. The Vast Forest of the Esterel, a growing beauty-spot intact, unique on the Mediterranean coast-line composed exclusively of Mediterranean Oak Trees and Pine Trees. The first Edition of the "Trail des balcons d'azur" will drive you through this unique and magic spot.

### • STARTING DAY:

26<sup>st</sup> of April 2009

### • THE RACE:

The "Trail des balcons d'azur" is a marked out running race, free tempo and semi-sufficient which follows varied selected tracks and paths over a distance of 50 and 30 km for runners, 15 km only for woman and 15 km for walkers, with a positive slope of 2300 m, 1100 m and 800 m.

### • DEPARTURE TIME AND PLAGE:

Castle Beach of Théoule sur mer (Alpes maritimes)

50 km: 07h00

30 km: 08h00

15 km: 09h00

### • ARRIVAL:

Castle of mandelieu la napoule – mandelieu la napoule

### • DISTANCE / SLOPE:

50 km	2300 m
30 km	1100 m
15 km	800 m

### • SUPPLY POINTS:

- 30 km : 2 water and sugared drink supply points
- 50 km : 3 water and sugared drink supply points

Any outside supplies are prohibited.

At these supply points please respect the environment.

## • MANDATORY EQUIPMENT:

It's a semi sufficient race; therefore competitors will have to carry:

- Energy bars or gels of their choice.
- a minimum of 1,5 l of water or energy drinks (in banana bag, can, camel bak)
- A survival blanket.
- A mobile phone.
- A whistle.
- A map (or a photocopy) of area.
- Competitor number must be worn on the chest, and must be visible in totality all along the race.

## • RESPECT OF THE ENVIRONMENT:

The Trail will be run within a full respect of environment and protection of the domain in partnership with ONF (Forest National Office):

- The organisation has set up an environment agreement, any competitor who does not respect this environment agreement will be excluded. ["Download the Environment Agreement"](#)

## • REGISTRATION:

- Registration fees are :
- For the 50 km: 30 € check or wire transfer to "Solidarité France Afrique".
- For the 30 km: 25 € check or wire transfer to "Solidarité France Afrique".
- For the 15 km: 20 € check or wire transfer to "Solidarité France Afrique".
- Registration for the 30 and 50 Km will be closed after April 25<sup>th</sup>, 2009.
- For the 15 km walkers: 20 € check or wire transfer to "Solidarité France Afrique".  
(Free race, no number, no classification, registration accepted until April 26<sup>st</sup> 2009.

## • NUMBERS COLLECTION:

Numbers will be given saturday April 25<sup>th</sup> from 14h00 to 19h00 at the Castle of mandelieu la napoule and Sunday April 26<sup>st</sup> 2009 between 05h45 and 06h45 for the 50 km, between 06h45 and 07h45 for the 30km and between 07h45 and 08h45 for the 15 km. ID Card or passport, registration confirmation, medical certificate or sporting licence will be requested.

Numbers will not be sent by post.

## • GROUP CHALLENGE:

A group challenge with a special trophy will be set up to reward the most represented company, association or team

### How to subscribe to the Group Challenge:

- - Minimum number of participants : 10
- - regroup all individual registration under the same folder ( incomplete folder will be rejected)
- - Attach to your folder a letter from any legal representative of your company, team or association attesting that each competitor belong to the same group.
- Change or addition of name will not be possible once folder has been accepted and closed.

Registration Folder has to be sent before Monday April 21<sup>st</sup> 2009.

It must include:

- Registration form completely filled out, with date and signature.
- Medical attestation for none licensed or a photocopy of the sporting license.
- Payment.

Registration will also be possible saturday April 25<sup>th</sup>, 2009 from 14h00 to 19h00 at the Castle of mandelieu la napoule.

No registration Sunday April 26<sup>st</sup>, 2009.

