



TOR DES GEANTS

Endurance trail della Valle d'Aosta

330km - 24000m D+ - 150h

TOR des GEANTS® 2014

7-14 September 2014

**An extraordinary challenge in the heart of the 4 giants of the Alps!
One of the highest peaks of ENDURANCE – TRAIL in the WORLD**

**330 km and 24,000 meters of height difference
Through the High Routes of Aosta Valley**

**TOR DES GEANTS®: COMPLIANCE WITH RULES AND SAFETY,
FOUR RACE OFFICIALS AND NEWS ON TIME LIMITS**

*Courmayeur, 28 August 2014*_The fifth edition of Tor des Géants® will have **four race officials** monitoring the athletes; independent and impartial, they will **enforce the rules** and do their monitoring in life bases, refreshment points, and along the trail.

They will have the full support of the **Forestry Corps**.

The officials will **check the identities** of contestants who lost their chip bracelet and will make sure **the race course is respected**, to avoid "shortcuts" and other illegal actions. In case of infringement, they will report directly to the race direction.

However, one of their main tasks will be checking for the use of **mandatory gear** throughout the event, starting with the distribution of racing bibs to contestants. They will also perform **surprise checks** during the race and at the exits of life bases and refreshment points. Especially in this case, compliance with rules means **greater safety for all runners**. Running in the mountains for days, including at night, demands the use of **suitable clothes and equipment**, as spelled out in the race regulations for health and safety reasons. Exercising care is a must, especially during a race like Tor des Géants®: 330 km, with an height difference of 24 thousand meters, to be covered in just a week, day and night, crossing 25 passes at an altitude of over 2000 meters.

There is yet another safety measure: contestants must **enter in the life bases at least two hours prior to the timed gate** set for the exit. For example, trail runners will have to enter the first life base by 5am. This is the Valgrisenche life base, whose timed gate goes off at 7 am. This measure will **allow those who get there last to sleep a couple of hours**, so they won't deprive themselves of the necessary rest to continue the race; **this too is safety**.

The weather is one of the major factors that can influence the Tor des Géants® race. This is why it will be monitored constantly and with care. In the case of bad weather, the organization will take actions that may include **alternative routes** based on various pre-analyzed scenarios.



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TOR DES GEANTS® ORGANIZATION

VDA Trailers ssdl - Courmayeur (AO) Italy

Press contact - Marco Xausa: marco.xausa@gmail.com

TOR DES GEANTS® PRESS OFFICE _ OMNIA RELATIONS

OMNIA Factory _ T. + 39 051 6939166_6939129

OMNIA Lab _ T. + 39 051 261449

Silvia Basso, basso.silvia@hotmail.it, M. +39 349 8689945

www.omniarelations.com