



## Trail rules

Participation at the Trail of the Meyboom Trail implies the acceptance of the following regulations. The purpose of these rules is mainly to ensure the safety of the participants and the respect of the route crossed.

1. The race is open to all. The minimum age is 18 years old for long distance trail (65 and 42km individual) and 12 years old for the others.

2. Each participant must bring:

	<b>All</b>	✓	Mask
	<b>All</b>	✓	Piece of identification
	<b>All</b>	✓	Mobile phone
	<b>All</b>	✓	Personal cup 15cl min.
<b>65km</b>	<b>R&amp;B</b>	<b>42km</b>	✓ 1,5 liters of water minimum
<b>65km</b>	<b>R&amp;B</b>	<b>42km</b>	✓ Food reserve
<b>65km</b>			✓ Reflective armband
<b>65km</b>			✓ Survival blanket
<b>65km</b>			✓ Optional: Headlamp
	<b>R&amp;B</b>		✓ Bike repair kit
	<b>R&amp;B</b>		✓ Relay batton

3. It is also highly recommended to bring with you:

- ✓ A minimum of 20 € to compensate for the unexpected
- ✓ An elastic band allowing to make a bandage or a strapping (mini 80cm x 3 cm)

4. The highway code and the forest code are applicable.

5. Each participant must respect the marked-out course under penalty of being disqualified.

6. Respect the environment. Any runner abandoning his waste on the course will be disqualified (respect of the 12 eco-gestures charter).

7. Respect of time barriers.

8. In case of serious accident (e.g. heart problem), the participant must contact the emergency number 112 printed on the bib or communicated during the pre-race briefing.

9. In case of a lighter injury (requiring treatment / repatriation), the participant must use the phone number of the emergency printed on the bib or communicated during the pre-race briefing.

10. In case of withdrawal of the race, the runner must report by sms to the organization number printed on the bib number.