



RACE MANUAL 2027

XTREME TRIATHLON

LOURDES > PIC DU MIDI

VERSION 1.3 | JULY 25, 2027

Last update August 2026

Always refer to the latest version available on the official ASCEND website.

RACE DAY AT GLANCE

DAY	TIME	WHAT	WHERE	WHO
Thursday	14:00	Registration + Equipment check	Lourdes	Athlete + Crew
Friday	09:30	Registration + Equipment check	Lourdes	Athlete + Crew
Friday	14:00	Mandatory briefing	Lourdes	Athlete + Crew
Saturday	04:00	Race start	Lake Lourdes	Athlete
Saturday	18:00	T2 cut-off	Payolle	Athlete
Saturday	...	Finish	La Mongie / Pic du Midi	Athlete + runner
Sunday	11:30	Ceremony	La Mongie	Everyone

EMERGENCY

112

ASCEND RACE OFFICE

+33 6 73 48 69 31

In the event of conflicting information, instructions issued by the Race Director and race officials take priority over previous communications.

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THANK YOU FOR YOUR SUPPORT



ASCEND. THE WAY UP.

ASCEND is not about perfection.
It is not even really about time.
It is about choices.
Keep going.
One more kilometre.
One more climb.
One more step.
Because at the end, there is more than just a finish
line.
There is the person you have become to reach it.

ASCEND.
THE WAY UP.

WELCOME TO ASCEND

BEFORE YOU ASCEND

DIGITAL BRIEFING FOR ATHLETES & SUPPORT CREWS

Before race week, we will organise an online Q&A briefing for all athletes and their support crews. This will be the opportunity to go through the key points of the race, clarify the rules and answer your questions before arriving in Lourdes. Both athletes and support crews are expected to watch the briefing. Your crew is part of your race. They need to understand the course, the rules and their responsibilities just as well as you do.

PRE-RACE BRIEFING

The pre-race briefing in Lourdes is mandatory for both athletes and support crews. This final meeting will focus on the conditions you will actually face on race day, including weather, course conditions, safety information and any last-minute changes. The mountains can change. Our decisions may have to change with them. Come prepared.

ASCEND 2027

2027 will mark the second edition of ASCEND. Born in the French Pyrenees, ASCEND is a long-distance triathlon starting in Lourdes built around one simple idea: keep moving forward, and keep going up.

From the first swim strokes to the final climb, the course takes athletes deep into the mountains, across legendary roads, high passes and some of the most spectacular landscapes of the Pyrenees.

But ASCEND was not created simply to be difficult.

It was created to offer something different.

A small field, a long day, a demanding course.

A support crew sharing the journey.

Volunteers waiting where you least expect them.

And a finish that has to be earned.

Athletes come to ASCEND from different countries, with different ambitions and different stories.

Some come to race, some come to finish, some simply want to find out how far they can go.

Once the race starts, none of that really matters.

Everyone has the same mountains ahead.

ASCEND

YOUR CREW

YOUR SUPPORT CREW NEEDS TO KNOW THIS TOO

If you have secured a place on the ASCEND start line, this guide is not only for you. Share it with your support crew. Read it together. Your crew is part of your journey and plays an essential role throughout the race. For everyone's safety, they must know and understand the rules before race day. You race. They support. You ASCEND together.

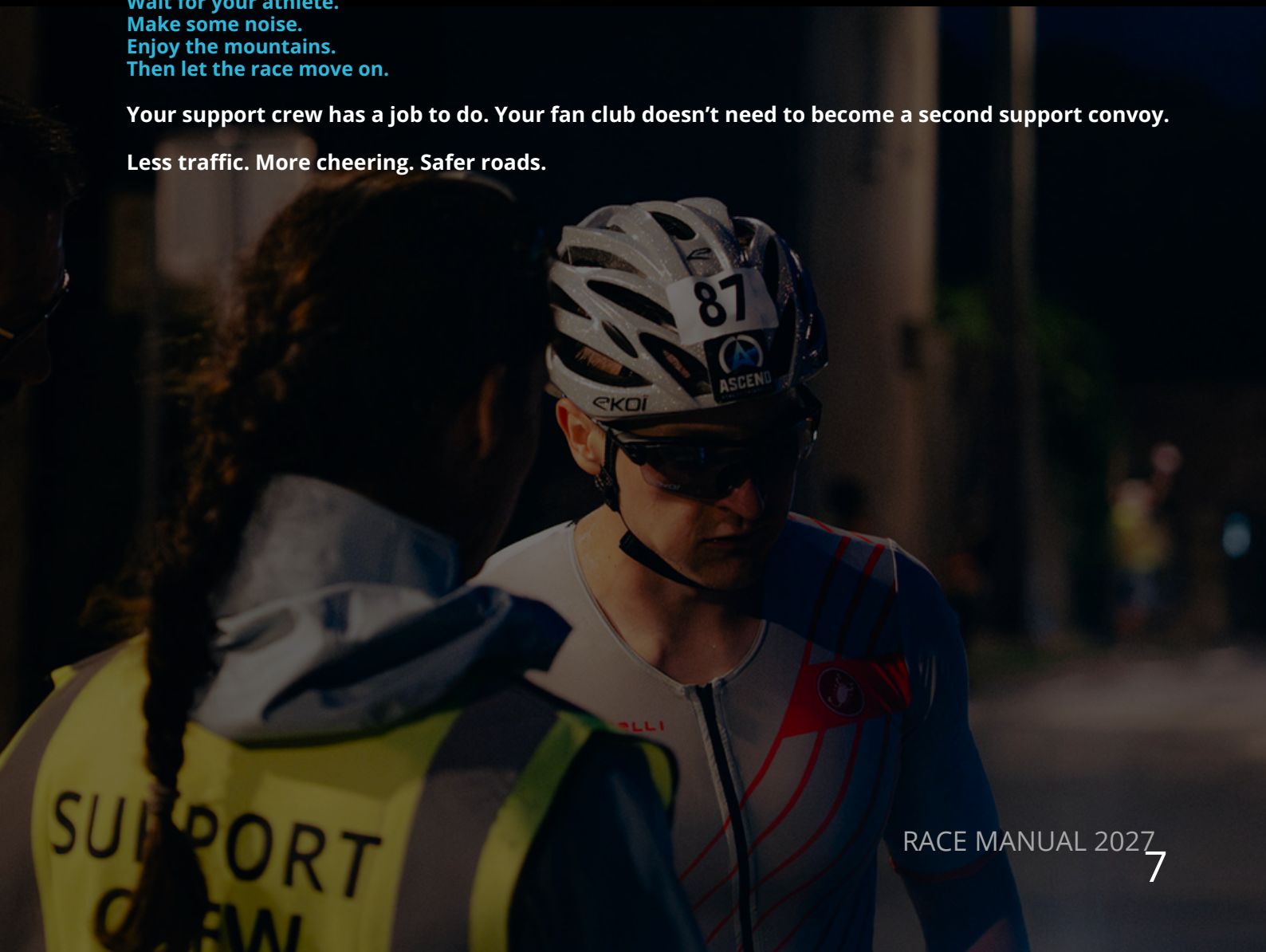
FRIENDS, FAMILY & SUPPORTERS ON RACE DAY

Having friends and family along the way is part of what makes ASCEND special. We love seeing them out there, waiting for you, encouraging you and sharing the long day with you. But the Pyrenean roads are narrow, winding and open to regular traffic. More cars on the course means more traffic, and more traffic means less safety for everyone. Please ask your friends and family to avoid following you by car from one point to another. Choose a place.

Wait for your athlete.
Make some noise.
Enjoy the mountains.
Then let the race move on.

Your support crew has a job to do. Your fan club doesn't need to become a second support convoy.

Less traffic. More cheering. Safer roads.



ASCEND ESSENTIAL

BEFORE YOU ARRIVE IN LOURDES

Lourdes has everything you need for everyday essentials, including supermarkets, restaurants, hotels and sports shops.

But don't rely on race week to complete your preparation.

Your bike should be race-ready before you arrive. Your mandatory equipment should be checked, tested and packed, and nothing you plan to use on race day should be new to you.

The Pyrenees are demanding enough.

Race week is for final checks, registration, briefing and getting ready for what lies ahead.

Not for discovering that something is missing.

Arrive ready. ASCEND starts before the start line.

PLAN YOUR JOURNEY

ASCEND is a point-to-point race.

You will start in Lourdes and finish deep in the French Pyrenees in La Mongie. There are no shortcuts.

When planning your trip, remember that the start and finish are not in the same place. Your travel, accommodation and support crew logistics should be organised accordingly.

We recommend staying in or around Lourdes before race day, giving yourself enough time for registration, the mandatory briefing, equipment checks and final preparation. We suggest staying in La Mongie after the race.

Your support crew will also need to plan ahead. On race day, they are not simply following a course. They are moving through the Pyrenees, on mountain roads where distances can take much longer than they appear on a map.

Don't underestimate travel times.
Don't leave logistics until race morning.
Know where you need to be.
Know how you are getting there.
Know what happens after the finish.

The journey through the Pyrenees is part of ASCEND. Plan it before you live it.



THE WAY UP

SWIM

The swim takes place in the waters of Lake Lourdes, at the foot of the Pyrenees.

The water temperature will be measured in accordance with the regulations in force. Conditions may vary depending on the weather in the days leading up to the race.

The use of wetsuits will be determined according to the French Triathlon Federation (FFTRI) regulations applicable on race day.

The race will start in the water. Athletes must reach the start area before the designated time and follow the instructions of the race organisation and water safety team.

The course will be marked with buoys. Each athlete is responsible for following the entire course and passing each buoy on the correct side, as explained during the race briefing.

Distance: 3.8 km.

The official swim course and GPS track is available [in this link](#).

BIKE

180 km through the heart of the Pyrenees.

From Lake Lourdes, the bike course crosses the Hautes-Pyrénées before reaching the second transition area at Payolle.

Leaving Lourdes behind, athletes gradually gain elevation and take on some of the most iconic climbs of the region: Port de Balès, Col de Peyresourde, Col de Val Louron-Azet and Col d'Aspin.

This is a long, demanding and committed course where managing your effort, the weather conditions and your support crew will be an integral part of the ASCEND experience.

The bike section ends at T2 in Payolle, at the foot of the final mountains of the day.

Distance: 180 km

Elevation gain: approximately 4698 m

The official bike course and GPS track are [available here](#).

RUN

42km from Payolle into the high Pyrenees.

The run starts at T2 in Payolle and initially takes athletes towards Sainte-Marie-de-Campan, before entering progressively more demanding mountain terrain.

The first section is runnable, but this is only the beginning.

From KM25 at Castillon, the nature of the race changes. Athletes leave the easier terrain behind and begin the final ascent into the high mountains.

From this point, the course becomes significantly steeper and more technical as athletes climb towards Col du Tourmalet, surrounded by the raw landscape of the Pic du Midi.

The final part of the course is a true mountain section. Weather conditions can change quickly, and athletes must be prepared for cold, wind, rain and reduced visibility, even if conditions were warm earlier in the day.

Reaching this final section is not simply about running 42km. It is about arriving there with enough strength, equipment and judgement to keep moving safely through the mountains.

Distance: 42km

Elevation gain: approximately 2,482 m

The official run course and GPS [track are available here](#).

REGISTRATION

GENERAL

At registration in Lourdes, each athlete must attend in person.

Athletes must bring all mandatory equipment listed in this Race Manual. The organisation and safety team may check mandatory equipment during registration and at any time before or during the race.

Athletes must have completed all administrative requirements before receiving their race pack.

MEDICAL CERTIFICATE & INSURANCE

ASCEND is organised in France under the regulations applicable to the event and follows the rules of the French Triathlon Federation (FFTRI) when it is applicable.

Athletes must provide the required medical certificate using the template available on the official website.

It is each athlete's responsibility to ensure that their registration and insurance requirements are complete before race day.

CANCELLATION RULES

We know that sometimes plans change and an athlete may not be able to make it to the start line.

All cancellations are subject to the ASCEND cancellation policy applicable at the time of the request.

A starting slot at ASCEND is strictly personal.

It cannot be transferred, sold or given to another person without prior approval from the organisation.

Any athlete starting the race using another athlete's race number will be disqualified.

RACE PACK

The ASCEND race pack includes the items required for race identification and timing.

Please check your race pack carefully before leaving registration.

It will include:

- Swim cap
- Athlete race number
- Bike and helmet identification stickers
- Timing chip
- GPS tracker, when applicable
- Athlete wristband
- Support crew identification
- Support vehicle identification
- Any additional safety or identification equipment required by the organisation

The exact contents of the race pack will be confirmed before the event.

RESPONSIBILITIES 1/2

ASCEND is an extreme, point-to-point triathlon through the Pyrenees. It takes place on open roads and in mountain environments where weather, traffic and conditions can change rapidly.

Safety is a shared responsibility between the organisation, the athlete and the support crew.

ATHLETE RESPONSIBILITY

Every athlete is responsible for arriving at the start physically prepared and with a clear understanding of the nature and demands of the race.

Athletes are responsible for:

- Reading and understanding the Race Manual and official race communications.
- The official ASCEND GPS track is the reference course.
- Course markings complement the GPS track but do not replace the athlete's responsibility to know the official course.
- Following the marked course, road signs, traffic regulations and instructions from race officials, volunteers and safety teams.
- Carrying all mandatory equipment required for each section of the race.
- Managing their own effort, nutrition, hydration and clothing throughout the race.
- Adapting their pace and decisions to weather, traffic, terrain and their physical condition.
- Informing the organisation immediately if they withdraw from the race.
- Following any course modification, safety instruction or decision communicated by the Race Director.

Participation in ASCEND requires autonomy, judgement and personal responsibility.

Course markings and volunteers are there to guide athletes, but they do not replace the athlete's responsibility to know and follow the official course.

SUPPORT CREW RESPONSIBILITY

The support crew is an integral part of the ASCEND experience.

It is not simply an accompanying vehicle. The support crew plays an active role in the athlete's safety and race management.

The support crew is responsible for:

- Reading and understanding the Race Manual and support crew rules.
- Knowing the course, authorised support locations and restricted areas.
- Providing the athlete with appropriate food, hydration, clothing and equipment.
- Monitoring the athlete's condition throughout the race.
- Respecting French traffic regulations at all times.
- Parking only in authorised and safe locations.
- Never obstructing traffic, other athletes, emergency services or local residents.
- Following all instructions given by race officials, volunteers, police and safety teams.
- Carrying the mandatory support crew equipment specified by the organisation.

The support crew must never compromise road safety in order to assist their athlete.

Any serious breach of the support crew rules may result in a penalty or disqualification of the athlete.

RESPONSIBILITIES 2/2

ORGANISATION RESPONSIBILITY

The ASCEND organisation is responsible for preparing and delivering the event within the framework of French regulations and the authorisations granted by the relevant authorities.

The organisation is responsible for:

- Defining and communicating the official race course.
- Providing athletes and support crews with the Race Manual, official GPS tracks and essential race information.
- Implementing the event's safety and medical arrangements.
- Providing course markings and race signage where required.
- Positioning volunteers, officials and safety teams according to the event safety plan.
- Monitoring weather and race conditions.
- Communicating significant changes affecting the course or the safety of participants.
- Making decisions necessary to protect athletes, support crews, volunteers and the public.

The Race Director and relevant authorities may modify, neutralise, shorten or stop any part of the race if conditions make it necessary.

These decisions may be taken before or during the race.

SHARED RESPONSIBILITY

ASCEND takes place in a real environment.

Roads remain open to traffic. Weather can change. Mountain conditions can evolve. Unexpected situations can occur.

The organisation commits to preparing the race with care and providing the information and safety measures required for the event.

In return, every athlete and support crew commits to arriving prepared, informed and capable of adapting to the conditions they encounter.

**We provide the framework. You bring the preparation, judgement and responsibility.
Together, we make ASCEND possible.**

CUT OFF TIME

CUT-OFF TIMES

For safety reasons and to ensure the smooth running of the event, strict cut-off times will apply throughout the race.

Athletes who fail to reach a designated checkpoint within the required time will be stopped by race officials or redirected according to the rules below.

	CHECKPOINT	CUT-OFF	STATUS
1	SWIM EXIT · T1	START + 2H15	RACE CUT-OFF
2	T2 · PAYOLLE	18:00	RACE CUT-OFF
3	COL du TOURMALET · KM38	20:15	PIC DU MIDI ACCESS
4	CASTILLON · KM25	21:30	RACE CUT-OFF

MOUNTAIN CONDITIONS

Access to the Pic du Midi is always subject to mountain conditions and the authorisation of the organisation and relevant authorities.

Even if an athlete reaches Col du Tourmalet before 19:15, access to the final ascent may be suspended or closed if weather or mountain conditions make it unsafe.

In this situation, athletes will be redirected to the alternative finish at La Mongie.

The Race Director and relevant authorities may modify the course or access to the final mountain section whenever safety conditions require it.

**Two possible finishes. One ASCEND.
Safety always comes first.**

WEATHER AND POSSIBLE CHANGE

ASCEND takes place in the French Pyrenees, from the waters of Lake Lourdes to the high-mountain environment of the Pic du Midi.

Over the course of a single day, athletes may experience very different conditions. Heat in the valleys, rain, thunderstorms, strong winds, fog and significantly colder temperatures at altitude are all possible.

Weather and mountain conditions can change rapidly.

For this reason, the organisation has prepared alternative race scenarios that may be activated before or during the race.

SWIM

Depending on water temperature, weather conditions, visibility or any other safety consideration, the swim course may be modified, shortened or cancelled.

If the swim cannot be organised safely, an alternative race format may be implemented.

BIKE

The bike course crosses several mountain passes and roads that remain subject to weather, traffic conditions and decisions made by the relevant authorities.

In the event of severe weather, road closure, accident, landslide or any other situation affecting safety, part of the bike course may be modified, shortened, neutralised or diverted.

RUN & PIC DU MIDI

The final section of ASCEND enters a high-mountain environment where conditions may be significantly different from those experienced earlier in the race.

Access to the Pic du Midi is always subject to weather conditions and authorisation from the organisation and relevant authorities.

Strong winds, thunderstorms, fog, cold temperatures or any other unsafe mountain conditions may result in the final ascent to the Pic du Midi being temporarily or completely closed.

If access to the Pic du Midi is closed, athletes will be redirected to the alternative finish at La Mongie.

Reaching the Col du Tourmalet before the 19:15 access cut-off does not guarantee access to the Pic du Midi if mountain conditions are considered unsafe.

RACE DECISIONS

Any significant course modification will be communicated to athletes and support crews as quickly and clearly as possible.

Depending on when a decision is made, information may be communicated during the official race briefing, before the start or during the race through race officials and designated checkpoints.

The objective is always the same: to preserve as much of the ASCEND experience as possible without compromising safety.

EMERGENCY SITUATIONS

ASCEND has a dedicated safety and medical organisation positioned throughout the course.

However, the race covers more than 200 kilometres across valleys, mountain roads and remote terrain.

Medical and safety teams cannot be physically present at every point of the course.

Athletes and support crews therefore play an essential role in reporting emergency situations.

For an urgent or life-threatening emergency in France, **call 112 immediately.**

After contacting the emergency services, the athlete or support crew must contact the ASCEND Race Office as soon as possible so that the organisation can identify the situation and coordinate with the appropriate teams.

RULES

RACE RULES & ATHLETE REQUIREMENTS

ASCEND is organised in France and is sanctioned by the French Triathlon Federation (FFTRI).

The event is conducted in accordance with the regulations of the French Triathlon Federation and the specific rules established for ASCEND.

Understanding the basic rules of triathlon and the specific requirements of ASCEND is essential to ensuring a safe and fair race.

This Race Manual describes the specific rules, requirements and adaptations applicable to ASCEND.

Athletes and support crews are responsible for reading and understanding the Race Manual before race day.

Where specific ASCEND rules apply, they will be clearly described in this manual. These rules are established within the framework of French regulations and the authorisations granted for the event.

Instructions given by race officials, referees, the Race Director, police, emergency services and relevant authorities must be respected at all times.

NON-DRAFTING

ASCEND is a long-distance, non-drafting event.

Drafting behind another athlete or vehicle is prohibited.

Athletes must comply with the drafting rules and distances defined by the applicable FFTRI regulations.

The bike course takes place on roads open to regular traffic. French traffic regulations apply at all times.

Athletes must ride on the right-hand side of the road, respect road signs and instructions from race officials and authorities, and must never cross into the opposite lane unless specifically instructed to do so.

AGE

All athletes must be 18 years of age or older on race day.

KNOW THE RULES

Participation in ASCEND means accepting and respecting:

- French Triathlon Federation regulations
- The specific ASCEND Race Rules
- French traffic regulations
- Instructions from race officials and referees
- Instructions from police, emergency services and relevant authorities
- Any safety decision taken by the Race Director

Failure to comply with these rules may result in a warning, time penalty or disqualification, depending on the nature and severity of the infringement.

Know the rules. Know the course. Be ready for ASCEND.

EQUIPMENT

MANDATORY BACKPACKS & EQUIPMENT

Athletes must bring their mandatory race equipment to registration in Lourdes.

The organisation and safety team may inspect the mandatory equipment during registration and at any time during the race.

The mandatory equipment is designed for the specific conditions of ASCEND and must remain with the athlete where required.

RUN & MOUNTAIN EQUIPMENT

For the run and final mountain section, each athlete must carry:

- Waterproof jacket with hood
- Waterproof overtrousers
- Long-sleeve second layer
- Headlamp with sufficient battery capacity
- Emergency survival blanket
- Whistle
- Cap or bandana
- Sunglasses
- Closed trail-running shoes suitable for mountain terrain
- Mobile phone, switched on and protected from rain
- Power bank, minimum capacity 5,000 mAh
- Hydration capacity of at least 1 litre
- Personal nutrition sufficient for the section
- Adhesive tape suitable for emergency use

BIKE EQUIPMENT

- An approved cycling helmet
- Front and rear bike lights
- Hydration capacity of at least 750 ml
- Mobile phone
- The official ASCEND GPS track loaded onto a suitable device (not mandatory but highly recommended)

EQUIPMENT CHECKS

Mandatory equipment is part of the race safety system.

Equipment checks may take place:

- At registration
- Before the start
- At transition areas
- At designated checkpoints
- At any time during the race

An athlete who does not have the required mandatory equipment may be prevented from starting or continuing the race.

Mandatory equipment must be functional, accessible and appropriate for the conditions.

The Race Director may add or modify mandatory equipment requirements if weather or mountain conditions require additional protection.

Any changes will be communicated before the relevant section of the race.

You are entering the high mountains. Pack for where you are going, not for the weather where you started.

SWIM

The use of wetsuits will be determined according to the French Triathlon Federation (FFTRI) regulations and the official water temperature measured on race morning.

The final decision regarding wetsuit use will be communicated before the start.

Additional neoprene equipment, including neoprene caps, gloves or socks, may only be used where permitted under the applicable FFTRI regulations.

All swim equipment may be inspected by race officials.

SAFETY BUOY

Every athlete must use the official safety buoy provided by the ASCEND organisation.

The buoy is mandatory for the entire swim section and must be correctly attached and used according to the instructions given by the organisation.

Athletes are not permitted to use their own buoy unless specifically authorised by the organisation.

The official buoy will be provided before the start and may also be used for athlete identification and safety monitoring.

No buoy = no start.

WATER TEMPERATURE	WETSUIT	SWIM
< 12°C		SWIM CANCELLED
12°C → < 14°C	MANDATORY	MAX. 750 M
14°C → < 16°C	MANDATORY	3.8 KM
16°C → 24.6°C	PERMITTED	3.8 KM
> 24.6°C	PROHIBITED	3.8 KM

BIKE

Every bike must be equipped with working front and rear lights.
Both lights must be securely mounted on the bike and operational throughout the bike section.
Athletes are responsible for ensuring that their lights have sufficient battery capacity for the duration of the bike course.

The organisation strongly recommends using lights with sufficient visibility for changing weather, tunnels, shaded mountain roads and low-light conditions.

Failure to have functioning mandatory lights may result in the athlete being prevented from continuing the race.

BIKE & MECHANICAL FAILURE

Athletes are responsible for the condition and maintenance of their own bike.
Basic mechanical assistance and repairs are permitted in accordance with the ASCEND race rules.
In the event of a complete mechanical failure, a change of bike or wheel may be authorised, provided that the Race Office is informed immediately and the replacement complies with the applicable race regulations.

Any replacement must not provide the athlete with an unfair competitive advantage.

CHECKPOINT	LOCATION	CUT-OFF	RULE
BIKE FINISH ·	PAYOLLE	18:00	RACE CUT-OFF

RUN

Mandatory mountain equipment must be carried by the athlete for the designated final mountain section. The organisation may conduct an equipment check before allowing an athlete to enter this section. No athlete will be allowed to continue into the high-mountain section without the complete mandatory equipment. Athletes must carry their own mandatory equipment throughout this section.

A support runner is authorised to accompany the athlete from T2. From KM18, having a support runner becomes mandatory through to the finish.

Where a support runner is authorised to accompany the athlete on the final mountain section, the support runner must also carry the mandatory mountain equipment required by the organisation. The support runner must be physically capable of completing the section safely and must follow all instructions given by race officials and mountain safety teams. The support runner is subject to the same mountain safety requirements as the athlete. Access to the final mountain section may be refused to either the athlete or support runner if the required equipment is incomplete or considered unsuitable for the conditions. No equipment. No mountain. No exception.

CHECKPOINT	KM	CUT-OFF	CONSEQUENCE
COL DU TOURMALET	KM 38	20:15	PIC DU MIDI ACCESS
CASTILLON	KM 25	21:30	RACE CUT-OFF

CHECK LIST

 BIKE KIT		WHEN	REQUIREMENT	PURPOSE
	Approved cycling helmet	BIKE	MANDATORY	Head protection
	Working front light	BIKE	MANDATORY	See and be seen
	Working rear light	BIKE	MANDATORY	See and be seen
	Hydration capacity	BIKE	MIN. 750 ml	Hydration
	Mobile phone	BIKE	MANDATORY	Safety & communication
	Official ASCEND GPS track	BIKE	STRONGLY RECOMMENDED	Navigation & course awareness

 RUN & MOUNTAIN KIT		WHEN	REQUIREMENT	PURPOSE
	Waterproof jacket with hood	RUN / MOUNTAIN	MANDATORY	Protection from rain, wind, cold
	Waterproof overtrousers	RUN / MOUNTAIN	MANDATORY	Protection from rain, wind, cold
	Long-sleeve second layer	RUN / MOUNTAIN	MANDATORY	Warmth
	Headlamp + sufficient battery	RUN / MOUNTAIN	MANDATORY	Visibility at night or in low light
	Emergency survival blanket	RUN / MOUNTAIN	MANDATORY	Heat retention in emergency
	Whistle	RUN / MOUNTAIN	MANDATORY	Signal for help
	Cap or bandana	RUN / MOUNTAIN	MANDATORY	Sun / cold protection
	Sunglasses	RUN / MOUNTAIN	MANDATORY	Eye protection
	Closed trail-running shoes	RUN / MOUNTAIN	MANDATORY	Grip, protection, stability
	Mobile phone (protected from rain)	RUN / MOUNTAIN	MANDATORY	Safety & communication
	Power bank	RUN / MOUNTAIN	MIN. 5,000 mAh	Keep devices charged
	Hydration capacity	RUN / MOUNTAIN	MIN. 1 L	Hydration
	Personal nutrition	RUN / MOUNTAIN	MANDATORY	Energy
	Adhesive tape	RUN / MOUNTAIN	MANDATORY	Emergency repairs / care

 SUPPORT RUNNER KIT		SUPPORT RUNNER MUST CARRY THE SAME MANDATORY MOUNTAIN EQUIPMENT		FROM KM18 · ARTIGUES TO THE FINISH
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ATHLETE RULES

RACE RULES - TRANSITION AREAS · T1 & T2

The transition areas are controlled race areas.

Athletes and support crews must follow the instructions of race officials, referees and volunteers at all times.

T1 · LAKE LOURDES

One designated support crew member may enter T1 to assist the athlete.

T2 · PAYOLLE

One designated support crew member may enter T2 to assist the athlete.

Only authorised and identified support crew members may enter the transition areas.

Support crews must not obstruct other athletes or interfere with the normal operation of the transition area.

Athletes remain responsible for their own equipment at all times.

BIKE

The ASCEND bike course takes place on roads open to ordinary traffic.

Athletes do not have priority over other road users.

French traffic regulations must be strictly respected throughout the entire bike course.

Athletes must:

- Ride on the right-hand side of the road.
- Respect road signs, traffic lights and instructions from police, race officials and marshals.
- Never cross the centre line or enter the opposite lane to gain an advantage.
- Overtake other cyclists only when it is safe and legal to do so.
- Never ride side by side when this obstructs traffic.
- Use the mandatory front and rear bike lights as specified in the equipment section.
- Exercise particular caution when overtaking or being overtaken by support vehicles or other road users.

Safety always takes priority over performance.

NON-DRAFTING

ASCEND is a non-drafting race.

Athletes must respect the drafting zone and overtaking rules defined by the applicable FFTRI regulations.

Athletes are responsible for maintaining the required distance from the cyclist ahead except when completing a legal overtaking manoeuvre.

Drafting behind any support vehicle or other motorised vehicle is strictly prohibited.

HEADPHONES & MOBILE PHONES

The use of headphones, earphones and mobile devices during the race is subject to specific ASCEND safety instructions.

Athletes must remain able to hear traffic, other athletes and instructions from race officials and safety teams at all times.

ATHLETE RULES

RUN

Parts of the run course take place on roads or areas that may remain open to ordinary traffic.

Athletes must respect French traffic regulations and all instructions given by race officials, police and volunteers.

Where the course uses an open road, athletes must follow the side of the road indicated by the organisation and course signage. Athletes must remain vigilant at all times.

SUPPORT RUNNER

A designated support runner may accompany the athlete from T2. From KM18 at Artigues, a support runner is mandatory through to the finish. The support runner must travel on foot only.

Bicycles, e-bikes, scooters or any other wheeled means of transport are prohibited.

The support runner must carry the mandatory mountain equipment specified in this Race Manual.

The role of the support runner is to accompany and assist the athlete safely through the mountain section.

The support runner must respect the course, other competitors, volunteers, race officials and instructions from the mountain safety team.

The support runner must never provide physical assistance that directly contributes to the athlete's forward movement.

PIC DU MIDI FINISH

For athletes authorised to continue beyond Col du Tourmalet towards the Pic du Midi, the athlete and their designated support runner must follow all instructions given by the mountain safety team.

Access remains subject to weather conditions, the 19:15 access cut-off and authorisation from the organisation and relevant authorities.

Specific instructions concerning the final section and finish area will be communicated before the race.

PENALTIES

Race referees and officials may issue penalties or disqualify an athlete when the athlete or any member of their support crew violates the race rules.

An athlete may therefore be penalised for the actions of their support crew.

Violations may include:

- Drafting
- Dangerous cycling or driving
- Failure to respect French traffic regulations
- Unauthorised assistance
- Assistance outside authorised areas
- Missing mandatory equipment
- Failure to follow the official course
- Failure to follow instructions from race officials, referees, police or safety teams
- Dangerous or inappropriate behaviour by the athlete or support crew
- Any action creating an unfair advantage or compromising the safety of the race

Penalties will be applied in accordance with the applicable FFTRI regulations and ASCEND specific race rules.

Serious safety violations may result in immediate disqualification.

The athlete is responsible for their race.

The support crew is part of that race.

The actions of both can affect the final result.

THE SUPPORT CREW EXPERIENCE

ASCEND is a journey across the French Pyrenees, from Lake Lourdes to the high mountains surrounding the Pic du Midi.

It is an extraordinary experience, but it is also a long and demanding race taking place on open roads and through mountain environments.

For this reason, having a support crew is mandatory.

The support crew is an integral part of the ASCEND experience.

Throughout race day, athletes will rely on their crew for nutrition, hydration, clothing, equipment, information and support.

Being part of a support crew means taking responsibility for both the athlete and the safe operation of the race.

Please read the support crew rules carefully before race day.



THE ROLE OF THE SUPPORT CREW

SUPPORT CREW

We strongly recommend a support crew of two adults.

Additional people may travel in the support vehicle, provided the vehicle remains within its legal passenger capacity. However, only the officially designated support crew members may provide assistance to the athlete.

At least one member of the support crew must:

- Be 18 years of age or older.
- Be able to communicate with the ASCEND organisation in French or English.
- Attend registration in Lourdes with the athlete.
- Wear the official ASCEND support identification whenever required.
- Carry a working mobile phone and remain reachable throughout the entire race.
- Save the ASCEND Race Office number before the start.
- Be able to receive calls and SMS messages from the organisation.
- Be a competent and responsible driver with a valid driving licence.
- Understand the race course, authorised assistance points and support crew rules.
- Be capable of making responsible decisions if the athlete's condition or race circumstances require it.

The organisation may send important safety or race information to support crews during the event.

The designated support phone must therefore remain switched on, charged and reachable throughout the race.

**The support crew is part of the race.
Your decisions can affect your athlete's result and,
more importantly, everyone's safety.**

THE ROLE OF THE CREW

SUPPORT VEHICLE

Each athlete may have one official support vehicle on the course.

The support vehicle must be registered with the organisation and display the official ASCEND vehicle identification and athlete race number as instructed.

The identification must remain clearly visible throughout the race.

For safety and traffic management reasons, motorhomes, campervans, large vans and oversized vehicles are not permitted as support vehicles.

The support vehicle must be suitable for driving safely on narrow and winding mountain roads.

The driver must be completely familiar and comfortable with the vehicle being used.

If renting a vehicle, choose a vehicle that the designated driver is confident driving in mountain conditions.

DRIVING RESPONSIBILITY

The ASCEND bike and run courses take place partly on roads open to ordinary traffic.

Support vehicles have no priority over other road users or athletes.

French traffic regulations must be respected at all times.

Support drivers must:

- Never stop in the roadway.
- Never obstruct traffic.
- Never follow directly behind their athlete.
- Never drive alongside an athlete to provide assistance.
- Never make dangerous U-turns or sudden manoeuvres.
- Park completely off the road and only where it is safe and authorised.
- Respect all restricted areas and locations where support is prohibited.
- Follow instructions from police, race officials, volunteers and local authorities.

The support crew must plan ahead.

Do not wait until you see your athlete to decide where to stop.

A missed support point costs a few minutes.

A dangerous manoeuvre can cost much more.

ONE ATHLETE · ONE CREW

The support crew and athlete form one team throughout ASCEND.

Any serious violation of the support crew rules, particularly dangerous driving, unauthorised assistance or failure to follow instructions from officials, may result in a penalty or disqualification of the athlete.

SUPPORT CREW · GENERAL RULES

The support crew rules are among **the most important safety rules of ASCEND.**

Athletes are responsible for ensuring that their support crew has read, understood and follows all the rules contained in this Race Manual.

A violation committed by a support crew member may result in a penalty or disqualification of the athlete.

These rules are not designed to make supporting complicated. **They exist to protect athletes, support crews, volunteers, local residents and other road users.**

NO SUPPORT IS ALLOWED BEFORE KM50 · MAUVEZIN.

From the start of the bike course until the official assistance point at KM50 in Mauvezin, athletes must be completely autonomous.

Support vehicles may travel along the course where permitted, but they must not stop to provide assistance to their athlete before KM50.

Providing food, drinks, clothing, equipment or any other form of assistance before KM50 is prohibited. Any assistance provided before the authorised point may result in a penalty.

REGISTERED SUPPORT CREW

Each athlete must have a registered support crew.

The athlete and at least one designated support crew member must register together.

Only registered support crew members may provide assistance during the race.

Additional passengers may travel in the official support vehicle, but they must not participate in supporting the athlete.

Assistance from friends, family members, spectators or any other person who is not part of the registered support crew may be considered outside assistance.

ONE ATHLETE · ONE VEHICLE

Each athlete is permitted one support vehicle only.

All food, drinks, clothing, equipment and other items required for race day must be transported in this vehicle.

The support crew must also be prepared to transport the athlete's bike after T2.

Using additional vehicles to provide assistance to an athlete is prohibited.

SUPPORT CREW · GENERAL RULES

WHAT SUPPORT CAN PROVIDE

After the first authorised assistance point at KM50, the registered support crew may provide:

- Food
- Drinks
- Clothing
- Athlete equipment
- Basic assistance permitted under the ASCEND race rules

Mechanical assistance must comply with the applicable FFTRI and ASCEND rules.

When in doubt, ask a race official or referee before providing assistance.

EMERGENCY ASSISTANCE

Safety always comes before competition.

In an emergency, every support crew is expected to assist any athlete or support crew who requires immediate help, regardless of which athlete they are supporting.

If you witness an accident or serious medical situation, stop safely, provide assistance where possible and contact the emergency services and ASCEND Race Office.

Providing genuine emergency assistance will never be considered outside assistance.

SUPPORT VEHICLE POSITION

Support must only be provided when the vehicle is completely and safely parked away from the traffic lane.

The support vehicle must never stop beside the athlete to provide assistance.

Food, drinks or equipment must never be passed to an athlete from a moving vehicle.

The athlete must reach the safely parked support crew to receive assistance.

NO SHADOWING

Support vehicles must never follow or shadow their athlete.

When approaching an athlete from behind, the support vehicle must overtake as soon as it is safe and legal to do so.

Support drivers must not deliberately slow down traffic in order to remain close to their athlete.

The support vehicle must then continue to the next planned assistance location.

SUPPORT CREW · GENERAL RULES

PHOTOS · VIDEO · COMMUNICATION

Filming, taking photographs or communicating with an athlete from a moving support vehicle is prohibited.

If the support crew wishes to film, photograph or communicate with the athlete, the vehicle must first be legally and safely parked completely outside the traffic lane.

No photograph or video is worth creating a dangerous situation on the course.

DISQUALIFICATION

The following violations may result in immediate disqualification:

- Dangerous or reckless driving that puts athletes, support crews, other road users or the public at risk.
- Deliberately ignoring instructions from police, race officials, referees or safety teams.
- Using more than one vehicle to provide assistance.
- Receiving deliberate outside assistance from people who are not part of the registered support crew.
- An athlete entering or sitting inside the support vehicle at any time during the race.
- Providing assistance from a moving vehicle.
- Any behaviour considered to create a serious safety risk.

PENALTIES

The following violations may result in a penalty in accordance with the applicable race regulations:

- Providing assistance before KM50 · Mauvezin.
- Providing assistance outside authorised areas.
- Failure to comply with French traffic regulations.
- Unsafe or unauthorised parking.
- Shadowing or following an athlete with the support vehicle.
- Obstructing traffic or other competitors.
- Filming, photographing or communicating with an athlete from a moving vehicle.
- Any other violation of the ASCEND XTRI support crew rules.

Repeated violations may lead to disqualification.

REMEMBER

Plan your stops.

Park safely.

Get out of the car.

Support your athlete.

Move on.

SUPPORT TRANSITION RULES

TRANSITION 1 · LAKE LOURDES

At T1, the designated support crew member must wait in the authorised support area until their athlete exits the water.

Only registered support crew members wearing the official ASCEND support identification may enter the transition area.

One designated support crew member may enter T1 to assist the athlete.

Support crews must follow the instructions of race officials and volunteers and must not obstruct other athletes.

All equipment must be collected as instructed by the organisation after the athlete has left T1.

TRANSITION 2 · PAYOLLE

One designated support crew member may access T2 before the athlete arrives in order to prepare the athlete's run and mountain equipment.

The support crew must ensure that all mandatory equipment required for the run and mountain sections is ready and complete.

Mandatory equipment may be checked by race officials before the athlete is allowed to continue.

Once the athlete has left T2, the support crew must collect the bike and all remaining equipment as quickly as possible and leave the transition area according to the instructions of the organisation.



SUPPORT BIKE RULES

In addition to the general support crew rules, the following rules apply throughout the bike course.

FIRST SUPPORT · KM50 MAUVEZIN

NO ASSISTANCE IS ALLOWED BEFORE KM50 · MAUVEZIN.

From T1 at Lake Lourdes to the official first assistance point at KM50 in Mauvezin, athletes must be completely autonomous.

The support crew may travel towards the first authorised assistance point according to the official support route but must not provide food, drinks, clothing, equipment or any other assistance before KM50.

PROVIDING ASSISTANCE

After KM50, assistance may only be provided when the support vehicle is legally and safely parked completely outside the traffic lane.

The support crew must get out of the vehicle to assist the athlete.

Assistance from a moving vehicle or from a vehicle stopped in the traffic lane is strictly prohibited.

Support crews may provide food, drinks, clothing and authorised equipment.

Spare parts and tools may be provided in accordance with the race rules.

Any mechanical assistance requiring direct intervention from the support crew must comply with FFTRI and ASCEND regulations. If there is any doubt, contact a race official before assisting the athlete.

DRIVING ON THE BIKE COURSE

The bike course remains open to ordinary traffic.

Support drivers must:

- Respect French traffic regulations at all times.
- Allow faster vehicles to pass whenever possible and safe.
- Never create a queue by deliberately remaining behind their athlete.
- Overtake athletes only when it is safe and legal to do so.
- Never drive alongside an athlete.
- Never stop suddenly after overtaking their athlete.
- Plan assistance points in advance.

Hazard warning lights must not be used while driving or parking unless there is an actual emergency or immediate hazard requiring their use.

SUPPORT RUN RULES

A designated support runner is allowed to accompany the athlete on foot from T2, though this is not mandatory. From KM18 at Artigues, a support runner becomes mandatory through to the finish.

The support runner must carry all mandatory mountain equipment specified by the organisation. The role of the support runner is to accompany and assist the athlete safely.

Pacing is prohibited.

The support runner must remain beside or behind the athlete and must not run ahead in order to set the pace.

The support runner must not pull, push, carry or otherwise physically assist the athlete's forward movement.

The athlete must progress under their own power at all times.

INTO THE MOUNTAINS

From Castillon onwards, the athlete and support runner enter the final mountain section of ASCEND.

Both must follow the official course and comply immediately with instructions from race officials and mountain safety teams.

Access beyond Col du Tourmalet towards the Pic du Midi remains subject to:

- Reaching Col du Tourmalet before the 19:15 access time
- Weather and mountain conditions
- Complete mandatory equipment for both athlete and support runner
- Authorisation from the organisation and relevant authorities

If access to the Pic du Midi is closed or the athlete reaches Tourmalet after the time, the athlete will be redirected towards La Mongie finish line.

HIGH MOUNTAIN SAFETY

The final section of ASCEND takes place in a high-mountain environment.

Conditions around the Col du Tourmalet and Pic du Midi can be very different from those experienced in Lourdes or in the valleys earlier in the day.

Even in summer, athletes and support runners may encounter:

- Strong winds
- Heavy rain
- Thunderstorms
- Fog and very limited visibility
- Rapid drops in temperature
- Cold conditions at altitude
- Wet and slippery terrain

A warm and sunny day in Lourdes does not guarantee good conditions at the Pic du Midi.

Mountain weather can change very quickly.

ATHLETE & SUPPORT RUNNER

From the designated mountain access point, both the athlete and their support runner must carry the complete mandatory mountain equipment listed in this Race Manual.

Equipment may be checked before access to the high-mountain section is granted.

If either the athlete or support runner does not have the complete mandatory equipment, access may be refused.

The support runner must be physically capable of completing the mountain section safely.

Reaching the mountain access cut-off within the required time does not automatically guarantee access to the Pic du Midi.

Access remains subject to:

- Weather conditions
- Mountain conditions
- Complete mandatory equipment
- The decision of the Race Director and mountain safety team
- Authorisation from the relevant authorities

If conditions are considered unsafe, access to the Pic du Midi may be suspended or closed and athletes will follow the alternative race scenario towards the La Mongie finish.

SPECTATORS AND FAMILY

The final mountain section should not be considered a conventional spectator area.

Spectators choosing to access mountain areas do so independently from the athlete's registered support crew and must be prepared for high-mountain conditions.

We strongly advise **against taking young children into exposed** high-mountain areas during the race.

Weather can deteriorate quickly, visibility can disappear and temperatures can fall significantly, even when conditions are good in the valley.

Spectators must never interfere with athletes, support runners, race officials or mountain safety operations.

IF YOU GO INTO THE MOUNTAINS

Anyone accessing the mountain on foot should, at a minimum, carry:

- Hiking or trail shoes with good grip
- Waterproof jacket with hood
- Waterproof trousers
- Warm long-sleeve or insulating layer
- Food and sufficient water
- Warm hat and gloves
- Fully charged mobile phone
- Headlamp with sufficient battery capacity
- Emergency survival blanket
- Basic first-aid equipment

The equipment you need at 2,800 metres may have very little to do with the weather you experienced several hours earlier in Lourdes.

MESSAGE FROM THE RACE & SAFETY TEAM

The Pic du Midi is not simply the final kilometres of a triathlon.

It is a high-mountain environment.

Do not enter it unprepared.

Do not rely solely on the weather forecast.

Do not assume that because other people are going up, you are properly equipped to do the same.

The organisation may restrict or close access whenever conditions require it.

Your preparation is part of your safety.

MEDICAL AND ANTI DOPING

MEDICAL DECISIONS

The ASCEND medical team, race officials and authorised safety personnel may, at any time during the race, stop an athlete from continuing if they consider that the athlete's physical or medical condition presents a risk to their health or safety.

This decision may be taken even if the athlete wishes to continue.

Athletes and support crews must immediately follow any instruction given by the medical or safety team.

The health and safety of the athlete always take priority over completing the race.

ANTI-DOPING

The use of prohibited substances and prohibited methods is strictly forbidden.

ASCEND is subject to the anti-doping regulations applicable in France, including the rules of the French Anti-Doping Agency, the French Triathlon Federation (FFTRI) and the World Anti-Doping Code.

All athletes participating in ASCEND are required to comply with these regulations.

Athletes may be subject to anti-doping controls before, during or after the race.

Each athlete is personally responsible for ensuring that any medication, supplement or substance they use complies with the applicable anti-doping regulations.

Where required, athletes are also responsible for holding a valid Therapeutic Use Exemption.

Refusal to submit to an authorised anti-doping control or any violation of applicable anti-doping regulations may result in sanctions in accordance with the relevant rules.

Race clean. Race fair.

ATHLETE ACKNOWLEDGEMENT 1/3

1. HEALTH & PHYSICAL CONDITION

I confirm that I am physically prepared to participate in ASCEND and that I am not aware of any condition incompatible with my participation in the event.

I understand that ASCEND is an extreme long-distance endurance event taking place partly in a high-mountain environment and that participation requires an appropriate level of physical preparation.

2. AWARENESS OF THE NATURE OF THE EVENT

I understand and accept the inherent risks associated with participating in ASCEND, including but not limited to:

- Long-distance swimming during night session
- Cycling on roads open to ordinary traffic
- Mountain running and hiking
- Significant elevation gain
- Rapidly changing weather conditions
- Cold, heat, rain, wind, fog and thunderstorms
- High-altitude and exposed mountain terrain
- Fatigue associated with prolonged endurance exercise

I acknowledge that these risks cannot be completely eliminated despite the safety measures implemented by the organisation.

3. PERSONAL EQUIPMENT

I am responsible for ensuring that my personal race equipment is suitable, functional and compliant with the requirements described in the Race Manual.

I understand that mandatory equipment may be checked before or during the race.

I accept that I may be prevented from starting or continuing if my mandatory equipment is incomplete, unsuitable or considered unsafe.

4. PERSONAL BELONGINGS

I remain responsible for my personal belongings and equipment throughout the event, subject to the specific equipment transport arrangements provided by the organisation.

5. RACE RULES

I agree to comply with:

- The ASCEND Race Manual and specific race rules
- Applicable French Triathlon Federation regulations
- French traffic regulations
- Instructions given by race officials and referees
- Instructions given by police, emergency services and relevant authorities
- Decisions made by the Race Director and safety team

ATHLETE ACKNOWLEDGEMENT 2/3

6. ROADS OPEN TO TRAFFIC

I understand that significant parts of the bike and run courses take place on roads open to ordinary traffic.

I understand that I do not have priority over other road users and that French traffic regulations must be respected at all times.

7. SUPPORT CREW

I understand that I am responsible for ensuring that my registered support crew has read, understood and complies with the ASCEND support crew rules.

I acknowledge that violations committed by my support crew may result in penalties or disqualification in accordance with the applicable race rules.

8. MEDICAL & SAFETY DECISIONS

I accept that the medical team, Race Director, referees or authorised safety personnel may stop me from continuing the race if they consider that my physical condition, equipment, behaviour or circumstances present an unacceptable safety risk.

I agree to respect such a decision immediately.

9. COURSE MODIFICATIONS

I understand that the organisation may modify, shorten, neutralise, redirect or cancel part or all of the race when required for safety, weather, road, mountain, regulatory or other circumstances beyond the organisation's reasonable control.

I understand that access to the Pic du Midi is subject to the applicable access time, weather and mountain conditions, mandatory equipment requirements and authorisation from the organisation and relevant authorities.

10. MANDATORY ALTERNATIVE COURSE

I understand that if access to the Pic du Midi is not authorised, I may be redirected towards the official alternative finish at La Mongie.

I agree to follow the instructions of race officials and safety personnel regarding any alternative course.

ATHLETE ACKNOWLEDGEMENT 3/3

11. ANTI-DOPING

I acknowledge that the use of substances and methods prohibited under applicable anti-doping regulations is forbidden.

I accept that I may be subject to authorised anti-doping controls.

12. MEDICAL CERTIFICATE & INSURANCE

I confirm that I have completed the medical certificate requirements applicable to my participation in ASCEND.

I am responsible for ensuring that I have any additional personal insurance coverage I consider appropriate for participation in an extreme long-distance sporting event.

13. IMAGE RIGHTS

I acknowledge that photographs and video footage may be taken during ASCEND for event communication, reporting and promotional purposes, subject to applicable French and European law and the information provided by the organisation regarding image rights and personal data.

14. DRONES

I acknowledge that authorised drones may be used by the organisation and its accredited production teams to film parts of the event, subject to applicable aviation and safety regulations.

I agree to follow any instructions given by the organisation concerning drone filming areas.

15. PERSONAL RESPONSIBILITY

I understand that participation in ASCEND requires a high degree of personal responsibility, preparation, autonomy and judgement.

I remain responsible for adapting my behaviour and effort to my physical condition, the terrain, traffic, weather and race circumstances.

16. EMERGENCY ASSISTANCE

I agree to provide reasonable assistance and immediately alert the appropriate emergency services and race organisation if I witness another participant in a serious emergency situation.

CREW ACKNOWLEDGEMENT 1/3

I understand that the support crew is an integral part of the athlete's race and that my actions may result in a penalty or disqualification of the athlete.

1. DRIVING

I will drive responsibly and comply with French traffic regulations at all times.
I will never deliberately drive directly behind, in front of or alongside an athlete.
I understand that athletes and support vehicles have no priority over ordinary traffic.

2. PARKING

When providing assistance, I will ensure that the support vehicle is legally and safely parked completely outside the traffic lane.
I will never stop in a location that obstructs traffic, creates a dangerous situation or interferes with other athletes.

3. ASSISTANCE FROM THE VEHICLE

All assistance will be provided outside the support vehicle.
I will never provide food, drinks, clothing or equipment through the window of a moving or stopped vehicle.

4. NO SUPPORT BEFORE KM50

I understand that no assistance is permitted before KM50 · Mauvezin.
Until the athlete reaches the first authorised assistance point, they must remain completely autonomous.
I will not provide food, drinks, clothing, equipment or any other assistance before this point.

5. ONE SUPPORT VEHICLE

I understand that only one registered support vehicle per athlete is permitted.
I will not use or coordinate an additional vehicle to provide assistance to the athlete.

6. ATHLETE & SUPPORT VEHICLE

The athlete will not enter or sit inside the support vehicle at any time during the race, even when the vehicle is parked.

CREW ACKNOWLEDGEMENT 2/3

7. NO SHADOWING

I will not follow or shadow the athlete with the support vehicle.
After providing assistance, I will continue to the next planned support location.
When approaching athletes from behind, I will overtake only when it is safe and legal to do so.

8. RACE OFFICIALS

I will immediately follow instructions given by race officials, referees, police, emergency services, volunteers and authorised safety personnel.

9. COMMUNICATION

At least one registered member of the support crew will be able to communicate with the ASCEND organisation.
The designated support phone will remain switched on, charged and reachable throughout the race.

10. PHOTOS · VIDEO · COMMUNICATION WITH THE ATHLETE

I will only film, take photographs or communicate with the athlete from the roadside when the support vehicle is legally and safely parked outside the traffic lane.
I will never film, photograph or communicate with an athlete while driving.

11. DRONES & EVENT PRODUCTION

I acknowledge that authorised drones may be used by the organisation and accredited production teams to film parts of ASCEND, including transition areas and sections of the race course.
I will follow any safety instructions related to drone operations.

CREW ACKNOWLEDGEMENT 3/3

12. SUPPORT RUNNER

If I am the designated support runner, I may accompany the athlete on foot from T2. From KM18 · Artigues, I understand this becomes mandatory through to the finish.

I will carry the complete mandatory mountain equipment required by the organisation.

I will remain beside or behind the athlete and understand that pacing is prohibited.

I will not pull, push, carry or otherwise physically assist the athlete's forward movement.

13. HIGH-MOUNTAIN SECTION

I understand that access to the high-mountain section is subject to cut-off times, weather and mountain conditions, mandatory equipment and decisions made by the organisation and relevant authorities.

I will respect any decision to restrict or close access to the Pic du Midi.

14. EMERGENCY ASSISTANCE

Safety takes priority over competition.

If I witness an accident or serious emergency involving another athlete or support crew, I will stop safely where possible, provide reasonable assistance and alert the emergency services and ASCEND Race Office.

15. RESPONSIBILITY

I understand that the support crew rules exist to protect athletes, volunteers, spectators, local residents and other road users.

I acknowledge that dangerous driving, unauthorised assistance, outside assistance, use of additional support vehicles or serious violations of the Race Manual may result in a penalty or disqualification of the athlete I am supporting.

I agree to act responsibly throughout the event and to respect the Race Manual and all safety instructions.

ASCEND
ASCEND is organised by
T2S

For further information:

Official website

www.ascendxtri.com

Contact

ascendxtri@gmail.com

Race Office

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Lourdes · French Pyrenees

ASCEND. THE WAY UP.

