

La Gaspard'in

dimanche, 25 avril 2010

Mountain race on skis or snowboard leaving from la Béarde

LA GASPARD'IN

Sunday 27th April 2008

Mountain race on skis or snowboard leaving from la Béarde.

Final stage of the TROPHEE de l'OISANS

The Circuits

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1 circuit A on ski in teams / 2100 m altitude difference: Couloir des Chamois et Vallon de Bonnepierre.

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1 circuit B on ski solo / 1600 m altitude difference: Vallon de Bonnepierre.

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1 circuit C on snowboard solo / 1600 m de altitude difference : Vallon de Bonnepierre.

Results

Circuit A

Circuit B (indiv)

Circuit C snowboard (indiv)

Pictures of the race : <http://www.oisans-photos.com/gallery/index.php?category/182>

Equipment

Go to the FFME official list: [Click here](#)

Programme

Saturday 26th April : starting order and list distributed by the St Christophe Tourist Office.

Sunday 27th April :

- 4h30-5h30: starting vests handed out by the la Bérarde Tourist Office, followed by a briefing and an ARVA (beeper) check. Journey up to the starting point in group.
- 10h-10h30: first finishers.
- 12h: meal under the big top.
- 13h30: Prize ceremony (Gaspard'in and Trophée de l'Oisans) and prizes out of the hat for all participants.

Introduction to ski-trekking

During the Gaspard'in, the Bureau des Guides and the Tourist office propose an introductory day for ski-trekking.

- Supervision: 10 €/person (equipment not included).
- Registration obligatory.
- Equipment hire possible at Bourg d'Oisans at ALTIS shop: 00 33 (0) 4 76 11 05 99

Registration

Download the registration form and send it to: [gaspardin 08](#).

or Direct registrations on-line at [sport-up.fr](#): Fee : 2 €;

Click on the circuit you want:

Circuit A

Circuit B

Circuit C

Pictures: see photos from 2007

Accommodation

The following accommodation is available for the race:

- Gîte de Plan du Lac: 00 33 (0)4 76 80 19 19 / www.plan-du-lac.com
- Hôtel La Cordée à Saint Christophe: 00 33 (0)4 76 79 52 37 / www.la-cordee.com
- Hôtel La Table du Chritolet à Saint Christophe: 00 33 (0)6 74 09 08 29 / www.oisans.com/user/chritolet/
- Gîte Les Arias à Pré Clot: 00 33 (0)4 76 79 27 41 / gite.lesarias@orange.fr
- Hotel Tairraz: 00 33 (0)4 76 79 53 46
- Centre Alpin "Le Refuge" de la Bérarde: 00 33 (0)4 76 79 53 83 / ca-berarde@clubalpin.com

Rules

1. Only people over the age of 18 may take part in the race.

2. Competitors must have a licence – or ski-mountaineering insurance for competition level and an appropriate medical certificate for competing.

3. Competitors must respect the safety rules laid out by the organising body, both concerning the competition regulations , personal

safety, safety with regards to other competitors and other mountain users as well as the environment, and more specifically:

- Make sure you have all the equipment requested by the organising body.
- Any form of assistance during the race is forbidden.
- You must pass through each check point.
- A competitor cannot leave a check point until his partner has been checked as well.
- Competitors must use personal safety equipment (ex: crampons) or group equipment (ex: self-assuring on fixed ropes) when a controller asks him to do so.
- The race takes place in the central area of the Ecrins National Park, nothing must be left for later collection, nor objects placed in advance, neither in material form or litter.
- If your team is caught up by another your team must let the other one pass.
- All competitors must come to the assistance of someone in danger: the organising body will take off the time lost.
- No doping.

4. Non-adherence to race rules will result in sanctions leading to penalties or even disqualification.

5. Complaints must be lodged in writing within 2 hours following the results. The organising body will give a written reply within 24

hours. All complaints must be accompanied by a paiement of 30 € : which will be reimbursed if the complaint is justified.

6. The organisation reserves the right to change the itineraries according to snow and weather conditions.

7. The organisation reserves the right to stop teams that are outside the times and to send them back to the start abandoning the race.

8. The organisation reserves the right to use all photos of competitors taken during the race for the promotion of this event without

consent and without asking permission.