

UBF 205 2024



REGULATION

Presentation

The Ultrabellifontain 205 is a 205km long road race, with a positive altitude difference of 1750 m, whose start will be given on April 13, 2024, at 7am, in Fontaine Le Port (Seine et Marne).

Traced in the heart of the Forest of Fontainebleau and the Natural Park of Gâtinais, the route crosses the departments of Seine et Marne, Essonne, and Loiret.

Starting from **Fontaine Le Port** (77) it takes the roads through the forest of Fontainebleau in its most remarkable parts and winds around this historic pole by making a single large loop in the shape of a clover. The majority terrain is the road, except for a few kilometers between Arbonne and Fontainebleau, in order to avoid the main road that constitutes the D 409 and thus improve the safety of the riders. The Ultrabellifontain 205 is not an official competition but a friendly meeting of long-distance amateur runners eager to measure themselves and each other on a demanding course of rusticity and tenacity.

Organization

The Ultrabellifontain 205 is organized by Christian Roik and **the association "ULTRABELLIFONTAIN"**, surrounded by a team of motivated friends, most of whom have already participated, as volunteers and / or as competitors, in official ultramarathon competitions.

Security

Mainly on roads open to traffic, runners are required to respect the Highway Code and must preferably progress on the left side of the road, facing cars, when the topography and visibility lend themselves to it. In case of accompaniment by a cyclist (only one companion per rider), the rider and the cyclist both evolve on the right side. In cities, villages, hamlets, runners use sidewalks. Day and night, runners make sure to make themselves visible, favoring running outfits of light color(s). At night (10pm-6am), the runner will have to wear a headlamp, a red lamp on the back, as well as a fluorescent vest. Each runner must bring his own fluorescent vest.

Each runner is equipped with a mobile phone **whose number is communicated to the organizer.**

Navigation

The route is marked with self-adhesive arrows, discreet (5.5cm by 2cm) but easily identifiable for those looking for them, supplemented by some specific markings on the ground.

A **roadbook** describing the entire route is also provided to participants as well as useful *GPX* trace files: 1st Semi-UBF (100km) and 2nd Semi-UBF (105km). In case of difficulty, despite the markings, the roadbook and the *GPX* tracks, the organizer can be reached by phone. (Christian Roik - tel 06 72 84 68 65).

Control - Race Tracking

The Ultrabellifontain 205 is a "gentlemen's race", based on loyalty, trust and respect: the runners who participate in it undertake to progress only on foot, scrupulously following the route marked and described on the roadbook.

However, the route is punctuated by 10 "Check Points" (CP 1 to 10) at which the runners must report, not in order to prevent any attempt at cheating (inconceivable on this event, by virtue of the above) but so that the organizer can identify as soon as possible any participants likely to request premature repatriation to Fontaine Le Port in order to enjoy, despite their abandonment, the closing evening of the UBF, the highlight of the weekend.

The time of passage of each runner is recorded by the volunteers stationed at the various CPs and regularly transmitted to the organizer who thus has a progress table allowing him to supervise the course of the race. If possible, real-time *GPS* tracking will be offered online.

Refueling - Assistance

The UBF is a semi-autonomous event: the runners are autonomous on a semi. The distance between two successive CP/Refreshment Stations is indeed 20 to 22km on average, except between CP3 and CP5.

Thus, the management of such an effort requires special attention to hydration and nutrition. It is therefore recommended that each runner carry a reserve of 1.5L of liquid, to be recharged at each CP, as well as some energy bars or gels (for example).

Participants who wish can also have their personal assistance, in the form of a bike companion (only 1 bike per runner) and / or car (only 1 car per runner) to provide him with his "personal ravito" and other equipment (spare clothes, frontal, ...).

The bike companion, declared during registration, can access the rider's refreshments for a symbolic contribution.

Runners, accompanied or not, can also entrust personal belongings to members of the volunteer team: the "drop-bags" will bear the mention of the CP where they must be available as well as the name of the runner.

IMPORTANT: There is no provision for medical assistance on the event.

Content of the refreshments: still and sparkling water, coca-cola, syrup, fruit, cheese, cold cuts, bread, salty and sweet biscuits, chocolate, confectionery, other supplements at the discretion of the canteens. Hot "ravitos" from CP N°5: "Bolinos", soups, coffee, tea.

The 11 CP/refreshment stations remain in place within the time slots specified below, manned by about fifteen volunteers/friends who take turns without counting their hours and with whom we will soon be pleased to share, at Fontaine Le Port, the closing evening of **UBF 205**.

From the halfway point, the CPs are equipped with hot ravitos and the runners can enjoy a micro-nap, in the style of the bellfontains spartans ("bleausards" for the intimate), namely: 20' sitting on a camping chair, under a blanket, the time to recharge the batteries, before leaving, fresh as a roach.

In case of abandonment, the runner informs the organization by joining the nearest CP or by contacting the organizer by phone before being repatriated to Fontaine Le Port by means of a dedicated shuttle or by his own means if he has his own assistance.

Shuttles are planned to repatriate the runners, in case of voluntary abandonment or to allow them to reach Fontaine Le Port in time to enjoy the closing evening. These shuttles will depart from CP3 at 4:30 pm, CP6 at 2:30 am and CP8 at 10:00 am.

| Samedi 13 avril- Première partie CPO à CP5 | | | | | |
|---|-------------|-------------|------------|------------|-------------|
| CPO | CP1 | CP2 | CP3 | CP4 | CP5 |
| Fontaine | Route ronde | Soisy/Ecole | Boutigny | Le Vaudoué | Boulancourt |
| Distance cumulée | 21.2 | 41.4 | 63.2 | 81.5 | 100.2 |
| Distance inter CP | 21.2 | 20.2 | 21.8 | 18.3 | 18.7 |
| Dénivelé inter CP | 317/223 | 107/173 | 216/163 | 156/216 | 126/118 |
| Ouverture CP | 8h15 | 9h30 | 11h30 | 13h00 | 14h45 |
| Fermeture CP | 10h | 13h | 16h15 | 19h30 | 23h |
| Moyenne inter CP (km/h) | 7,1 | 6,75 | 6,7 | 5,6 | 5,35 |

| Dimanche 14 avril- Deuxième partie CP5 à CP10 | | | | | |
|--|--------------|-------------|-----------------|----------------|-------------|
| CP5 | CP6 | CP7 | CP8 | CP9 | CP10 |
| Mi-course | Dame Jouanne | Canal Loing | Route d'Orléans | Lycée Couperin | Fontaine |
| Distance cumulée | 120.2 | 140,4 | 162,6 | 184,7 | 205,7 |
| Distance inter CP | 20 | 20.2 | 22.2 | 22.1 | 21 |
| Dénivelé inter CP | 131/131 | 125/150 | 204/125 | 140/190 | 164/198 |
| Ouverture CP | 16h30 | 18h30 | 20h00 | 22h00 | 0h00 |
| Fermeture CP | 2h30 | 6h | 10h | 14h15 | 19h apéro |
| Moyenne inter CP (km/h) | 5,7 | 5,8 | 5,55 | 5,2 | 4,4 |

Race in SOLO or DUET

Although the UBF 205 is primarily aimed at runners wishing to complete the 205km solo and in full, it is also possible to register in DUO to complete a relay race. In this case, the first rider completes the 100km that lead him to CP N°5 where his teammate is waiting for him to take over and cover the remaining 105km. The car park on which CP N°5 is positioned can accommodate 4 to 5 vehicles of "duos" in addition to that of the volunteers.

Important: in case of abandonment of runner 1, runner 2 starts his race at the earliest at 18:30.

Ranking - Closing Night

Ultrabellifontain 205 does not give rise to the publication of official rankings, in accordance with French regulations which allow the holding of sporting events of less than 100 pedestrians without request for authorization or prior declaration to the public authorities. We simply communicate, during the closing evening, the duration of the race of the participants, with the details recorded by the friends / volunteers for each inter-CP interval.

The closing evening, reserved for runners and canteens, is held a few hundred meters from the Start/Finish point, in a village hall, reserved for the occasion.

Each participant, "finisher", is given a handcrafted souvenir.

The winners - the first woman and the first man - receive the winner's trophy "UBF205".

The presentation of handcrafted souvenirs and awards to the winners is followed by an aperitif dinner that should comfort the body and delight the spirits around the evocation of the adventure freshly shared.

Liability - Insurance

By registering, participants, free and consenting, accept these rules and undertake at their own risk, under their own and sole responsibility.

It is up to each participant to assess the risks involved and to verify that he is personally insured in the event of an accident, as well as to choose whether or not to undergo a medical examination before departure. **In the event of an accident, no recourse may be brought, neither by the participants nor by their beneficiaries, against the organizer or the organizing team, natural or legal person.**

Image rights

Any runner participating in L'Ultrabellifontain 205 expressly authorizes the organizer to use the still or audiovisual images on which he may appear and to reproduce them on all media.

Registration

Registration is open from **1 October 2023 until 31 March 2024**.

The event will be organized subject to a **minimum of 15 registrations before January 31, 2023**.

Settlement cheques will not be cashed until this date.

In case of withdrawal

-before 31 January : full refund of registration fees;

-in February : reimbursement of 50% of registration fees;

-after February 28 : no refund.

If the maximum number of registrants is reached, a waiting list will be created. From 1 March until 31 March, it will allow people wishing to take advantage of the possible withdrawal of registrants to participate. It will be limited to 10 places.

Before registering, please read the race rules and contact the organizer using the contact tab of this site:

<https://christian77ultramarathon.over-blog.com/contact>

The maximum number is set at 40 registrations (solos and duets combined).

UBF Solo: 130 € (for 1 runner)

UBF Duo: 180€ (for 2 runners)

In addition to the elements already mentioned (ravitos, roadbook, closing party, souvenir), the registration fee includes the provision to each runner (Solo or Duo) of a screen-printed T-shirt in the colors of the UBF 205 2024 edition.

Access to the "ravitos" for the bike guide: 10€

Participation of accompanying persons at the closing evening: 25 € / pers (subject to availability).

Runners wishing to register will communicate to the organizer their main references on "Beyond-the-Marathon" events. The DUV website can also help. The organizer reserves the right to refuse any registration request without having to justify its decision.

Before sending any registration request letter, please contact the organizer by e-mail

christian.roik@gmail.com or tel : Christian Roïk - 06 72 84 68 65 -

The logo for the UBF 205 2024 event. The text 'UBF 205 2024' is rendered in a bold, stylized font. The letters are primarily orange with a thick blue outline. The '205' is significantly larger than the 'UBF' and '2024'. The overall style is energetic and sporty.