



# U3V REGULATIONS



July  
14-15-16  
2023



## Presentation

A 284km long road race, with 5600m of positive elevation gain, the Ultra Velue Voie des Verriers (U3V) goes from Saverne to Munster, in the far west of the Grand-Est. It starts with a slightly rolling section on the small forest roads of the Northern Vosges Regional Natural Park. Then, the U3V will take you on a little more frequented roads with a more significant positive elevation gain as you start approaching the Ballons des Vosges Regional Natural Park.

The U3V route crosses the departments of Bas-Rhin (67), Moselle (57), Vosges (88) and Haut-Rhin (68). Starting from Saverne (67), it begins with a loop at the heart of the master glass-makers' land. Then, it successively takes the Zorn and Sarre Rouge valleys, before the climb up of the Col du Donon, the first pass of a long list which peaks with the Col du Calvaire at 1144m. After the U3V runners, also known as U3Vists, have passed this 1144m high climax, all they will have to do is to let themselves slide down to the feet of Neptune. In Munster (68), the divine bearded man carved in stone waits patiently (eternally) for them to arrive and finally receive their reward.

The Ultra Velue Voie des Verriers is not an official competition, but a friendly gathering of runners who enjoy long-distance running and are eager to compete against themselves and other runners on a route that requires both rusticity and persistence from early in the morning of 14th of July to the moment they'll touch Poseidon's foot to most solemnly bring to a close this ultra-Dionysiac weekend.

## Organization

The family gathering that is the U3V is organized by Christophe and Nathalie Henriët, who are supported by a team of volunteers – *the Cantiniers* – composed of friends and family members who enthusiastically make sure every runner – each U3Vist – has access to food supplies all along the route.

## Security

Considering that the runners will have to share most of the roads with cars, they are required to respect the Highway Code and must preferably run on the left side of the road, facing cars, when the topography and visibility allow it. If a cyclist accompanies the runner (every runner being allowed to be accompanied by only one cyclist), both will travel on the right side of the road. When in towns and villages, the runners will use the pavements.

Day and night, runners make sure to make themselves visible by using preferably light-coloured clothes. At night (from 10pm to 6am), runners must wear a headlamp, a red light on their back, as well as a yellow safety jacket.

Each runner has to carry a cellphone whose number is communicated to the organizer.

## Navigation

The route is marked with fluorescent orange self-adhesive arrows, discreet (5,5cm by 2cm) but visible to those looking for them. The participants can refer to a roadbook that describes the whole route, as well as to the useful GPX tracks : 1st half-U3V, 2nd half-U3V, full U3V. The roadbook also informs the drivers who accompany a runner of the roads they are not allowed to take, such as walking and cycling paths, (some of the) forest roads and one-way streets. In case the runner had trouble finding his way despite the marking, the roadbook and the GPX tracks, the organizer can be reached by phone.

## Control – Race tracking

The U3V is a gentlemen/gentlewomen race, based on loyalty, trust and respect : the runners who take part in it undertake to progress only on foot, following the route signposted and described by the roadbook.

The course is punctuated by 12 « Check-Points » : 12 refueling stations managed by cantiniers.

At each CP/refueling station, the runners have to make themselves known so that the organizer can identify as soon as possible those of the runners that may need a premature repatriation to Munster. Indeed, those who will give up during the run will still be able to enjoy the closing evening of the U3V, which will be the climax of the event. Two patrollers complete the monitoring team, one at the beginning of the run, and one at the end of it.

## Refueling – Assistance

The average distance between two successive refueling points is 24km. It is recommended that each runner carry a reserve of 2 liters of liquid, at least, to be recharged at each CP, as well as some bars or energy gels (for example).

Participants who wish to do so can also have their personal assistance, in the form of a bike guide (only 1 bike per runner) and/or by car (only 1 car per runner), to provide them with their "personal ravito" and other equipment (spare outfit, headlamp, ...). The accompanying cyclist, declared in the registration form, can access the runner's supplies for a symbolic contribution.

Runners may also entrust personal belongings to the cantiniers : the "drop-bags" will bear the mention of the CP where they must be available as well as the runner's bib number.

Contents of the supplies : still water, sparkling water, coca-cola, syrup, fresh fruit, cheese, cold cuts, bread, salty and sweet biscuits, salt, sugar, dried fruit, chocolate, chocolate spread, confectionery, rice or semolina pudding, Bolinos, soups , coffee, tea and other complements at the discretion of the cantiniers.

The 12 CPs/refueling stations remain in place within the time slots specified opposite, managed by about fifteen cantiniers who take turns without counting their hours and with whom we will be pleased to share soon, in Munster, the closing evening of U3V.

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 Munster by his own means

Important : Repatriation vehicles are NOT provided by the organization.

N	Ravitos	N-1 ⇒ N	Cumul	Open	Close
1	Frog Park	22	22	9h30	11h
2	Fronacker	24	46	11h30	14h
3	Col de Puberg	26	72	14h	17h30
4	Herrgott Forest	25	97	16h	21h30
5	Hellert	22	119	18h	2h
6	Abreschviller	23	142	20h	7h
7	Col du Donon	22	164	22h	12h
8	La Côte Mille	26	190	0h30	18h
9	Fouchy	23	213	3h	23h
10	Tellure	26	239	5h30	5h
11	Lac Blanc	21	260	8h	10h30
12	Poséidon	24	284	10h30	16h

Vendredi	Samedi	Dimanche
----------	--------	----------

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

## SOLO or DUO race

Although the U3V is primarily aimed at runners wishing to complete solo and fully the 284km, it is also possible to register in DUO to perform a relay race. In this case, the first runner completes the 142km leading to CP6 where his/her teammate takes over and covers the remaining 142km.

The car park on which CP6 is positioned can accommodate several vehicles of duos in addition to that of the cantiniers.

## Rewards – Closing evening

The closing evening, reserved for runners and cantiniers, takes place at Farmhouse-Inn Buchwald, on the heights of Munster, towards the Col du Petit Ballon.

Accompanying persons may also take part within the limits of available places.

Each runner, "finisher" or not, is given a handcrafted souvenir.

The first woman and the first man receive the U3V winner's trophy.

The delivery of artisanal souvenirs and rewards to the winners is followed by a dinner aperitif which will comfort the bodies and delight the minds around the evocation of the freshly shared adventure.

## 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 taken, either by the participants or by their successors in title, against the organizer or the organizing team, natural or legal person.

## Image rights

Any person participating in U3V expressly authorizes the organizer to use the still or audiovisual images on which he may appear and to reproduce them on any medium

## Inscription

Registration is open from September 24, 2022 until June 25, 2023.

The U3V will be organized for a maximum of 30 runners and subject to a minimum of 15 registrations before February 25, 2023. Settlement cheques will not be cashed before this date

<b>U3V Solo : 180 €</b> (for 1 runner) <b>Duo U3V : 240 €</b> (for 2 runners)	In addition to the elements already mentioned (ravitos, closing evening, souvenir), the registration fee includes the supply to each runner (solo or duo) and to each cantinier of a silkscreened T-Shirt in the colors of the U3V.
Access to the CPs/Ravitos for the bike guide : 20€	
Participation of accompanying persons in the closing evening: 30€/pers (subject to availability)	

Runners wishing to register will communicate to the organizer their main references on ultra long distance races. The organizer reserves the right to refuse any request for registration without having to justify his decision.

Before sending any registration request mail, please contact the organizer by e-mail or by phone  
– Christophe Henriet – 06 49 55 69 41 – [hermagot@gmail.com](mailto:hermagot@gmail.com)

