

RULES

Article 1 - Organisers

THE ASSOCIATION of THE FREEDOM ARMADA is organizing 'A Grand Armada Jogging Event' on Thursday 10th July 2008. This race will take place along the north and south banks at Rouen, crossing the Seine at the Corneille Bridge.

Administration offices: Hangar 105 - Dock Jean de Bethencourt, 76100 Rouen. Tel: 02 35 89 20 03 (south banks)

Article 2 - Competitors

The race is open to amateur and professional runners with a minimum age of 17. The number of participants is strictly limited to 2008.

Categories.

Separate categories for men and women within the following age ranges:

VETERANS	Born in 1968 and before
SENIORS	Born between 1969 and 1985
HOPEFULS	Born between 1986 and 1988
JUNIORS	Born between 1989 and 1990
MINORS	Born between 1991 and 1992

Article 3 - Conditions of Participation

Participants agree to:

- Respect and accept the rules of the race
- Follow the agreed route of the race
- For amateur athletes: Provide the organisers with a medical certificate, or copy thereof, dated within the last year, testifying to their fitness to run in the event. This document will to be provided when registering for the event.
- For professional athletes: Present their athletics license 2007/2008 when registering for the event.

Article 4 - Start/ Finish

Start at the Pier Head on the Right Bank of the river. The starting line will be clearly laid out at the "musoire". The finishing line will be close to Hangar 105 beside the Seine.

Article 5 - Registration

Registration forms will be circulated in the press and displayed on the Association web site: www.armada.org

Registration forms and authorisation for minors should be accompanied by :

- the copy of an athletics or Triathlon license for the year 2007/2008
- or
- a medical certificate stating fitness to participate in the race, dated within the past year.

These forms should be sent before 1st July 2008:

- by post to Association Armada de la Liberte, Hangar 105, Quai Jean de Bethencourt, 76100 Rouen
- by email to marine@armada.org
- by fax to 02 35 15 45 45
- at the administration offices (Hangar 105)

Article 6 - The Route

The route will be marked out over a distance of 6.2 kilometres.

Article 7 - Safety

Runners should respect the markings and not go beyond them.

Article 8 - The organisers are covered by an insurance policy. The organisers are subject to no responsibility in the event of theft or accident.

Article 9 - Medical Services

Medical and first aid teams will be present along the course and at the finish.

Article 10 - Collection of race numbers

Collect from Hangar 105, Quai J. de Bethencourt:
- Monday 7th July to Wednesday 9th July, 9am to 12pm and 2pm to 5pm.
- Thursday 10th July, at the starting post 30 minutes before the race.

Article 11 - Spirit of the Jog

This is not so much a competitive race as a happy friendly exercise along the banks of the Seine. Registration is free and no money is at stake.

General classification

No winning classification will be established

Special prizes

Certain participants will be rewarded in a grand draw.

Refreshments

Refreshments will be available along the course and at the finishing post.

A Norman breakfast will also be offered at The Finish.

Article 12 - Image Rights

The organisers of the Armada Jog are authorised to use all photographic and audiovisual images of participants in the 'Grand Armada Jogging Event', in all forms of promotion and publicity throughout France, as long as is allowed in law and the rules currently in place.