

Participant regulations Alpe d'HuZes 2025

Alpe d'HuZes is not a race or a tour. The goal is to raise as much money as possible for the fight against cancer, by climbing the Alpe d'Huez by bike, running or walking one to six times.

If you participate in Alpe d'HuZes, the following rules apply to you:

Means of transport

Permitted means of transport are:

- Bicycles propelled only by muscle power
- Special bicycles due to a disability

All participations that are different from walking or cycling on a normal bicycle, for example skaters, wheeling, handbiking or e-bikes, must be submitted to the organization. Special requests can be emailed to us with a detailed motivation (deelnemers@alpedhuzes.nl). Decisions about participation with special transport are always taken by Alpe d'HuZes and are binding.

Some important data about Alpe d'HuZes 2025

- Thursday 5 June: start at 4.30 am (in Bourg d'Oisans).
- The last starting opportunity is at 18:00h. Before that, at 16.45h the start of the togetherness climb for runners is and at 17.00h the start of the togetherness climb for cyclists.
- The finish in Alpe d'Huez closes at 20:00h.
- A maximum of six climbs will be registered per participant.
- By registering, you declare that you are familiar with and agree with the content of these regulations. In case of non-compliance with these regulations, the organization may exclude you from participation.
- You must be fully committed to achieving the target amount of 2,500 euros and do this via your fundraising page. Any cash donations and financial benefits arising from Alpe d'HuZes must be transferred to your fundraising page (e.g. sponsored transport, food, sponsored bicycle).
- Donations made through other Crowdfunding platforms (which usually charge a fee and are therefore contrary to the vision of Alpe d'HuZes), cannot be linked to your fundraising page. This money will be received in our general bank account. If we receive donations to our general bank account and they do not have a payment reference (as stated on the invoice), we will try to link them to a fundraising page. If we cannot link these donations, these donations will be seen as general donations and will be counted in the total amount that the Alpe d'HuZes Foundation transfers to the Alpe d'HuZes/KWF fund.
- A team captain is responsible on behalf of the team that the team members make an effort to achieve the target amount of 2,500 euros per person. A team must raise several times the target amount of 2,500 euros.

- A team captain is also responsible for ensuring that the team members order their participant clothing on time. An individual participant is responsible for ordering his/her participant clothing on time.
- The team captain is responsible for providing logos for the back of the team shirt on time. An individual participant is for his/her logos on his/her own shirt. Providing logos is not mandatory, but can help to raise donations from companies, among other things.

I. Registration

1. The registration period starts on 13 October 2024 and closes on 31 March 2025 at 23:59 or when 5,000 participants are reached. Requests to participate after the close of this period can be emailed to us with motivation (deelnemers@alpedhuzes.nl). Decisions on admission are made by Alpe d'HuZes and are binding.
2. A registration is personal (1 person per registration) and is not transferable in any way. Not even by transferring the bib number to another person. Please note: Registration is done using your email address. This e-mail address can only be used for one person, so not for example for a partner or children who also want to register. Each participant has their own personal account. If you ordered your clothes before February 10, 2025 at 11:59 p.m., you will receive a personalized clothing set.

Participants who order their clothing after February 10, 2025 will receive a clothing set, but without a (team) name and any (team) logos.

3. The registration is **only** final when the registration fee has been paid, the registration has been confirmed by e-mail and your action page is online. Registration consists of 3 steps:
 - 1) creating an account,
 - 2) the actual registration (payment of registration fee and confirmation of registration) and your own action page.
 - 3) ordering the cycling clothing.

The registration fee must be paid directly at the time of registration (at step 2). If no payment has been made, your data entered (in step 1) will be saved, and the registration (step 2) can be completed at a later time. After completing step 2, you will receive the confirmation email of your registration. Once you have received it, your fundraising page is online and you are registered. In step 3 you will receive an e-mail with access to the webshop of our clothing supplier Bioracer, you will receive this e-mail one day after registration. Through this website you can order one basic set of Alpe d'HuZes clothing for free. It is also possible to order extra clothing for a fee. Extra clothing ordered before February 10, 2025 at 11:59 p.m. will also be printed with (team) name and any logos supplied. All ordered clothing will be delivered during the Kick-off (date subject to change: 11 May 2025).

4. As long as no registration fee has been paid, the registration is **not** final and the registration has not been successful. When step 1 is completed, an email

will be sent with details of your account. Once the payment has been completed, you will receive a confirmation email that your registration has been successful. Your fundraising page will also be created as a result. You are a participant in Alpe d'HuZes 2025 if your registration is confirmed by email.

5. Team members will be invited by the team captain and will receive an email with a link. They register via this link; This ensures that team members end up in the right team. An invitation as a team member is not a guarantee of participation. You are only assured of this when you have converted the invitation into active participation as described in point 3. All your details have been filled in and the registration fee has been paid. You have received a registration confirmation email and your fundraising page is online.

(schematic representation of registration)



You can participate in three ways: (1) cycling, (2) running, and (3) cycling and running. Any other way must be presented to the organization and will be reviewed by the organization.

II. Registration conditions

1. A registration is personal (1 person per registration) and is not transferable. Not even by transferring the bib number.
2. Your registration has been confirmed by e-mail, you have paid the registration fee and you have a fundraising page.
3. A team consists of a minimum of two and a maximum of ten active participants. A team captain who does not cycle or run does not count as an active participant. They do not pay a registration fee, nor do they receive a clothing set and no starting ticket.
4. The registration fee is 140 euros including VAT (until 31 December 2024 23:59) and from 1 January 2025 at 00:00 the registration fee is 155 euros including VAT. This includes a basic set of Alpe d'HuZes clothing (see also article I). The registration fee must be paid immediately after registration.
5. Please note: the registration fee can only be paid via iDEAL or credit card.
6. It is not allowed and not possible to introduce fictitious participants or to change names and/or data later. Replacing a team member within a team is possible until 10 February 2025 at 20:00 (provided registration is still open); That new team member will then be considered as a new registration for which a registration fee must be paid. The organization determines whether a participant can be replaced. When registering a team, the team captain is always the point of contact for the organization of Alpe d'HuZes. The team captain is responsible for meeting all criteria in a timely manner.
7. You agree to the possible use of your image in print, on photo, film, video and the like for promotional purposes (including website) of the Alpe d'HuZes Foundation, without claiming compensation for this.
8. Registration fees and any realized proceeds from donations or sponsorship money will not be refunded, not even in the event of voluntary deregistration, exclusion from participation or cancellation of the event. However, the clothing that is included in the registration fee will be delivered. For a team member, this clothing is delivered to the team captain. Alpe d'HuZes provides a service related to leisure activities. As a result, the right of withdrawal does not apply.
9. If a registered participant is not allowed to participate for medical reasons and this medical advice is submitted to the organization before February 10, 2025 at 20:00 (via deelnemers@alpedhuzes.nl), it is possible that the registration fee will be refunded. The following applies:
 - In case of refund for medical reasons, no Alpe d'HuZes clothing will be supplied.
 - Realized proceeds from donations or sponsorship money will not be returned.
10. You are required to wear Alpe d'HuZes clothing of 2025 on the race day (5 June 2025) and to confirm the bib number with time registration chip (with the number, your name and possibly team name on the front). The confirmation will be delivered when the bib number is delivered. A bib number may not be transferred to another person, due to personal data that is linked to it. Misuse of the bib number is at your own risk at all times.

Fill in your personal details on the back of the bib number – which you will receive in France – as stated on your ID/passport. If you have to rely on medical care during your participation in Alpe d'HuZes, it is important that we

are aware of any allergies, whether you are taking medication and whether you are being treated by a general practitioner and/or a specialist; the name of your health insurer and your policy number are also needed. This information can be of great value in making a correct diagnosis and, if necessary, initiating treatment.

11. You are obliged to follow the instructions of the Alpe d'HuZes organization and Alpe d'HuZes motorcyclists present on the course.
12. We expect every participant, individual or team member, to make every effort to raise a contribution of at least 2,500 euros. In addition, you transfer cash donations and financial benefits arising from Alpe d'HuZes, (such as sponsored transport, food, sponsored bicycle) to your fundraising page.
13. You keep track of your personal fundraising page on the website; Team captains also maintain the team page. As a participant, you can use this action page to solicit your donations and see the total amount of donations you have received. Your personal fundraising page will be created immediately upon registration.
14. Team captains ensure that all team members are committed to achieving the target amount of 2,500 euros. A team must raise multiple times the target amount of 2,500 euros. E.g.: a team of 5 participants needs to raise 5x 2,500 euros.
15. Donations made through other Crowdfunding platforms (which usually charge a fee and are therefore contrary to the vision of Alpe d'HuZes), cannot be linked to your fundraising page. This money will be received in our general bank account.
If we receive donations to our general bank account and they do not have a payment reference (as stated on the invoice), we will try to link them to a fundraising page. If we cannot link these donations, these donations will be seen as general donations and will be counted in the total amount that the Alpe d'HuZes Foundation transfers to the Alpe d'HuZes/KWF fund.
16. Each participant is responsible for ordering their participant clothing on time via the webshop of our clothing supplier. The participant will receive an email after registration where access to the personal webshop is granted. You will receive this email one day after registration.
17. In the case of a team, the team captains are jointly responsible for ordering the clothing by team members. The team captain can see in his webshop who has or has not ordered. And can point out to his team members that orders must be placed on time.
18. Only individual participants and team captains can submit logos for the jersey via the special website of our clothing supplier. They will receive an e-mail with an explanation of the procedure including a link to this special website. Bioracer will start sending this email after October 20, 2024.
With this service you can have the sponsor logos of your (team) sponsors "printed" on the back of the shirt. A few rules of the game:
 - There are 16 compartments (size of an compartment is 5cm by 6cm) spread over the back of the shirt.
 - A donation must be made for each logo.
 - For an individual participant and a team of up to 2 people, that donation is €250 per logo.
 - And for a team of 3 to 10 members, that donation amount is €500 per logo.

- All terms and conditions can be read on the special website of Bioracer.
19. Your health is your own responsibility. We advise all participants to undergo a sports medical examination. Participation in Alpe d'HuZes must be done safely and, above all, in good health; After all, you are making a lot of physical effort. A sports medical examination is not mandatory by the organization, but it is strongly recommended. A sports medical examination is preventive in nature and is intended to achieve safe and responsible sports practice. The extensive examination also provides insight into your condition and you will receive appropriate, targeted training advice. You can request a sports medical examination from various authorities. In some cases, it is even reimbursed by the health insurance company. Participation in Alpe d'HuZes takes place at your own risk; see also Articles VII.1 and VII.2.

III. Participants under the age of 16

'Participants under the age of 16' is understood to mean: 'participants who are not yet 16 years old and at least 7 years old on the race day'.

Participants under 16 years of age:

1. Participate under the responsibility of their parent and/or guardian and require the written approval of their parent and/or guardian. To do so, a 'declaration of consent' must be completed. The declaration of consent must be emailed to leeftijdsverklaring@alpedhuzes.nl before March 1, 2025
2. Participate under the one-on-one supervision of an adult. This supervisor is also registered as a participant.
3. Are not allowed to descend by bike. The organization facilitates transport down with lifts and then buses to the start, for a small fee
4. Can only be registered if the supervisor is also registered as a participant. They must both meet all the conditions in these participant regulations.

IV. Alpe d'HuZes Apparel

An important part of the recognizability of the event is the equality in clothing.

1. As a participant, you are obliged to wear Alpe d'HuZes cycling clothing or Alpe d'HuZes running clothing of 2025 during the climb(s) on the race day. Our event is made possible by our sponsors who are featured on the race clothing. Without these sponsors we would not be able to organize our event.
2. You can order Alpe d'HuZes clothing after registration via the website of our clothing supplier. After registration (see II.16), each participant will receive an e-mail from our clothing supplier with access to the website for ordering Alpe d'HuZes clothing. You are responsible for ordering clothes yourself. Through this website you can make changes to the order (no later than February 10, 2025 at 11:59 p.m.) and you can order extra clothing for a fee.
To change the shirt/pants, please send an email to deelnemers@alpedhuzes.nl.
3. In addition, as a participant, you must order your clothing no later than February 10, 2025. If the clothing is ordered after February 10, no personalized clothing will

be delivered, but a “Blank” clothing set will be delivered (which means that the back will not be printed with a name and logos).

4. The clothing will be awarded during the Kick-off (subject to change: 11 May 2025) of Alpe d'HuZes at Papendal (Arnhem). Each team and each individual participant is obliged to pick up the clothing themselves or have it picked up. There is no other option to pick up the clothes.
5. The clothing will not be sent and will not be taken to France by the organization.

V. Security

During the ascent and descent, it is mandatory for the cycling participant to wear a bicycle helmet.

1. On the race days, the maximum speed for the descending cyclist is 45 kilometers per hour or else on the instructions of the Alpe d'HuZes organization.
2. Walkers and runners should walk on the right side of the road as much as possible. Not too wide on the road, max. 2 people.
3. As a participant, you must be adequately insured against any damage you cause to others and/or to other people's property. The appropriate insurance for this is a private liability insurance (AVP) valid in France and for this event. You must also have adequate travel and health insurance that is valid in France, including any repatriation costs.
4. As a participant, you must be insured for participation in a sporting performance in France. If your insurance company has ruled this out, you will need to take out separate insurance.
5. The cycling participant declares to have a proper bicycle and proper cycling equipment.
6. Dogs are excluded from "participation" (walking or riding) during Alpe d'HuZes. The only exceptions are assistance dogs and guide dogs. These must be registered (via deelnemers@alpedhuzes.nl). It is assessed whether these are "official" assistance dogs or (blind) guide dogs.

Hikers

In recent years, we have seen a large increase in the number of walkers. Depending on the number of walkers, the organization will be able to take measures, for example regarding the starting procedure, to ensure that the event runs smoothly. These will be announced in advance of the race week.

VI. Directions and infringements thereof

1. You must immediately follow the instructions of the Alpe d'HuZes organization.
2. You must immediately follow the instructions of the French authorities.
3. French traffic rules and legislation apply and must be respected.
4. In case of illicit behaviour, you may be excluded from further participation by the organisation.
5. As Alpe d'HuZes is an event that takes place in France, we adhere to the overall measures taken by the French authorities. They are valid!

VII. Liability

1. Participation in Alpe d'HuZes is at all times entirely at the participant's own risk.
2. The organization does not accept any liability for any direct or indirect damage that could arise or has arisen prior to, during or after participation in the event. This also applies in the event of cancellation or rescheduling of the event, and in the event of accidents, theft or any other damage.

VIII. Miscellaneous

In case of ambiguity or incompleteness of the regulations, the organization decides what the course of action should be.

Do you have any questions, complaints or comments?

Then first take a look at the "FAQ" on the website www.opgevenisgeenoptie.nl . If the answer to your question is not listed, please email deelnemers@alpedhuzes.nl. We will do our best to answer your question as soon as possible.

Important dates for the agenda

Deadline	Action
October 13, 2024	Start registration Alpe d'HuZes / Alpe d'HuZus 2024.
November 9, 2024	Participants day in Gorinchem. Among other things, the possibility of trying on clothes (try-on clothing).
10 February 2025 (20.00 hrs)	Closure, possibility to change team members. These must be reported via deelnemers@alpedhuzes.nl And can only be done if registration is still open.
10 February 2025 (20.00 hrs)	Closing period for submitting medical advice for refund of registration fee (see conditions above)
February 10, 2025 (11:59 p.m.)	Closure possibility to change clothing (sizes)

February 10, 2025 (11:59 p.m.)	Closure possibility to order (extra) cycling clothing, this clothing is provided with (team) name and possibly supplied sponsor logos.
February 10, 2025 (11:59 p.m.)	Closure of the possibility to supply sponsor logos (via website clothing supplier)
February 11, 2025	Opening webshop for ordering (extra) participant clothing. For registrations after February 10, 2025 or additional orders. This is not personalized clothing, so without a (team) name and possibly. logos.
February 16, 2025	Participants day in Nijkerk. See our website for more information.
March 1, 2025	Closure of the possibility to submit <u>a declaration of consent</u> 'under 16'
March 31, 2025	Registration deadline Alpe d'HuZes. Or if the maximum number of participants is reached, then this is an earlier date.
March 31, 2025	Closure of webshop, after this it is no longer possible to order clothes.
May 11, 2025	Kick-off in Papendal (Arnhem). Among other things, picking up cycling clothes. <i>Date subject to change</i>

Declarations at the time of registration:

1. I have read the Alpe d'HuZes regulations and will act accordingly.
2. I give permission to the Alpe d'HuZes Foundation and the Dutch Cancer Society to use my e-mail address to send newsletters, invitations and messages related to the Alpe d'HuZes event and related events of Alpe d'HuZes and KWF. The Alpe d'HuZes Foundation will not pass on this address to third parties or use it for other purposes. Please note! If you do not choose to do so, you will not receive any other information about the event from us.
3. Participation in Alpe d'HuZes or Alpe d'HuZus is a strenuous physical effort. I have taken note of the fact that a good level of fitness is necessary for this. A thorough preparation/training program contributes to this. A sports medical examination is not mandatory by the organization, but can provide good insight into my physical condition and thus also contribute to a good preparation; it is my own responsibility.