



# Regulations of the Foulees de la Soie in Thailand From March 15-24, 2025

In order to avoid ambiguities before and during the event, we ask you to read these regulations carefully.

## **Article 1**

The race "Les Foulees de la Soie" is an event run by the Sport Developpement et Performance Organisation, hereafter designated by SDPO. An athlete taking part in this event is deemed to have accepted these regulations. Where the rules are not explicit, the general rules set down in French law will apply.

## **Article 2**

This is an international event, open to all competitors, whether licensed or not. The following categories will be recognised: junior, senior, veterans, and men and women.

The event will consist of a series of individual competitions organized in each city or stage village, where possible, over distances of 10, 15 or 21 km for runners and 8 to 12 km for walkers according to the official Road book provided by S.D.P.O no later than February 15, 2025 in the form of a PDF. A paper version (log book to be distributed in Thailand). The ranking will be done according to the Principles of the Test provided in annex.

The courses for walkers will be shortened versions of the courses for runners.

## **Article 3**

Beyond its purpose as a race, this event has as a goal the forging of links between participants, whether runners, walkers or accompanying persons, and the discovery of Chinese culture. Participants are expected to take part in this spirit, which is also the spirit of SDPO.

The competition is open only to runners and walkers.

## **Article 4**

To register for this event, the participant must fill in and return the application form to SDPO, together with the first part of the payment according to the agreed rules.

The total cost of registration for the event is €2,289 according to the program (excluding registration fee of 50 euros, and excluding race and international flight insurance). This price includes the cost of transfers within Thailand during the event, accommodation in a double room with full board according to local eating habits and customs, entrance fees for the sites visited and 3 official T-shirts in the S.D.P.O. colors.

A surcharge of 80 euros will be applied to all transfers outside France.



Food consumed in hotels and restaurants beyond that which is provided as part of the set meals is at the participant's own expense.

### **Article 5**

The registration will not be final until the full amount of the registration fee has been paid to S.D.P.O. in accordance with the terms of payment set out below:

- 1st deposit of €500 on registration + €50 administration fee, i.e. €550
- second installment of €600 by October 1, 2024
- third installment of €600 by January 5, 2025
- balance of €589 by February 5, 2025

Payment can be made by cheque to S.D.P.O, (for France) or by credit card via the SDPO payment platform according to the above schedule.

For any payment by bank transfer outside France, please note that in accordance with article 4, the price of the race will be increased by 80€\*.

\*This sum corresponds to bank charges

Participants wishing to take part in this event must send their entry form to : Sport Développement et Performance Organisation, 16 rue Jean Cocteau, 95350 Saint Brice Sous Forêt or register directly via the registration platform.

A participant who has not paid the balance by the agreed date will be deemed to have withdrawn from the "FOULEES DE LA SOIE".

Failure to pay the balance may even result in cancellation of the registration, subject to the withdrawal conditions detailed below.

### **Article 6**

Our prices are established according to the economic conditions in force at the time of your reservation. They may therefore be modified by S.D.P.O. in the event of a change in international tax rates, currency parities or the economic conditions of the country.

### **Article 6 bis**

SDPO declines all responsibility in the event of changes to international flight schedules or transfers, pre- and post-carriage, or changes to the day of departure or arrival. SDPO cannot be held responsible for the consequences of these changes, which are beyond its control.

### **Article 7 - INSURANCE**

The organization has a Civil Liability insurance policy in accordance with current legislation. Registration price does not include – travel/repatriation assistance insurance\*, cancellation insurance, repatriation health insurance.

\*She strongly recommends that all runners who do not have personal insurance covering their personal injuries, including those not licensed to a sports federation, take out a individual accident/repatriation as part of their participation in the event. (Running or walking) in stages of 15 to 21 km for runners and 8 to 12 km for walkers

In the event of non-subscription to an insurance of its choice, S.D.P.O. will not be held responsible for any partial or total incapacity arising as a result of failure during the race or after the test.



### **Article 7 bis - RESPONSIBILITIES RUNNERS OR WALKERS**

In case of non-subscription to an assistance insurance course/ repatriation, I undertake to advance the necessary funds on site, corresponding to the cost of first aid and primary transport costs. As a result, I become solely responsible for the implementation of medical procedures after the test. I will personally handle the appeal to my "assistant"

It is the participant's sole responsibility to prepare and submit a file to his or her personal insurance company within the time limit.

### **Article 8 – MEDICAL CERTIFICATE**

Participation in the races is subject to the presentation of a valid licence attesting the issue of a medical certificate of no contraindication to competitive practice of the sport for which it was requested. "Able to run in competition", or not contraindication for running in competition"

For non-licensed athletes, the medical certificate must be validated by a doctor (preferably by a sports doctor and dated less than one year before the start of the event). You can download our medical certificate template

The medical certificate must be presented only when the bib is taken off.

\*In case of non-presentation of the medical certificate and to avoid being put out of the race, the competitor agrees to sign a release «Waiver and exemption from liability» and becomes solely responsible in case of physical problems that could occur during the race.

### **Article 9**

In the event of withdrawal once the registration form has been received by S.D.P.O., the conditions for reimbursement will be as follows:

Deductions will be applied, depending on the date on which you cancel your trip (date of receipt of registered letter).

The registration fee is non-refundable.

Cancellation of your registration for the Foulées de la Soie will incur the following charges:

- more than 45 days before departure: 15% of the total cost of the trip
- from 44 days to 31 days before departure: 30% of the total cost of the trip
- 30 days to 21 days before departure: 50% of the total cost of the trip
- from 20 to 9 days before departure: 70% of the total cost of the trip
- less than 9 days before departure: 100% of the total cost of the trip

No refunds will be made for services not used on site.

When several travelers have registered together and one of them cancels, the cancellation fees for that traveler's file will be deducted from the deposits booked, including those of the other participants.

Failure to show up at the scheduled time and place of departure, or to bring a valid passport or visa, will incur a cancellation fee of 100% of the total cost of the trip.

Withdrawal, as defined in the present regulations, refers to the withdrawal of the participant at his/her own initiative.

**It is up to the participant to decide whether or not to take out cancellation insurance at his or her own expense.**

The participant's cancellation must be sent to us by registered letter with acknowledgement of receipt, as evidenced by the postmark.



### **Article 9 bis**

In the event of exceptional measures following cancellation at the initiative of S.D.P.O. for reasons of external force majeure or due to an epidemic, bank charges and costs already incurred for the organization of the event on all tourist services will be retained if the participant requests a refund.

### **Article 9 ter**

**Force majeure:** Force majeure is defined as any unforeseeable and insurmountable event beyond the control of the parties, which prevents the agency or the service providers involved in the trip from fulfilling all or part of the obligations stipulated in the present regulations.

By express agreement, this will apply in particular in the event of a strike involving means of transport, hotel staff, air traffic controllers, insurrection, riots or any other prohibition imposed by government or public authorities.

However, if the participant cancels his or her registration of his or her own accord before any cancellation of the event by SDPO, the present regulations will apply and the conditions of reimbursement will be those of the participant's withdrawal (see article 9). No full refund will be made, even if the event is subsequently cancelled.

### **Article 10**

Appointment times must be respected. Latecomers will be liable for any inconvenience that may result from their failure to meet the deadline (obligation to rejoin the group by their own means, etc.), without indemnity or reimbursement from **S.D.P.O. and Phoenix Voyages**, the event's partner.

**S.D.P.O and Phoenix Voyages** cannot be held responsible for any delay in air, rail or land transport that may result in the runner or walker not being present at the start, for any reason whatsoever, even if the delay is the result of force majeure, an act of God or the actions of a third party. In the event of voluntary withdrawal by the participant or withdrawal for medical reasons during the event, no reimbursement from S.D.P.O. and Phoenix Voyages is possible.

### **Article 11**

SDPO may refuse to accept an applicant without stating a reason.

Any participant registered before the deadline but who has not paid the full price of the registration by the time of departure will not be taken into account by S.D.P.O., the sums paid being acquired by SDPO within the limits of the provisions of article 8.

Notwithstanding the provisions of article 8, S.D.P.O declines all responsibility in the event of the participant being refused entry to Thailand for administrative reasons such as an expired passport. No refund will be possible.

### **Article 11bis**

No visa required for entry into Thailand for French, Spanish, German, Belgian and Swiss nationals.

Attention: The expiration date of your passport must be 6 months after the end of the stay, that is to say 25 September 2025

### **Article 12**

The event is scheduled to run from March 15 to March 24, 2025, over a period of 10 days / 9 nights.

The departure date of the FDS is scheduled for March 15, 2025 in Bangkok (THAILAND), the end of the event is scheduled for March 24, 2025 in Phuket (THAILAND).



The road book in PDF format will be sent by February 15, 2025 in PDF format via e-mail and handed over in paper format at the start of the event. However, S.D.P.O. reserves the right to modify the Program should unforeseen circumstances or circumstances beyond its control force it to do so.

### **Article 13**

During the event, S.D.P.O. has the absolute power to withdraw the participant from the race if he/she does not comply with the rules. Similarly, the medical staff have the absolute power to withdraw the participant from the race if they deem it necessary for safety reasons.

SDPO and the medical team can in no way be held responsible for the physical failure or accident of a competitor who undertakes to take part in this event under his or her own responsibility.

### **Article 14**

The final ranking will be established after the last event and will be final after meeting of S.D.P.O. officials.

However, SDPO reserves the right not to present the event trophy to any participant who is absent at the time of award ceremony, except in case of absence for medical reasons (in agreement with the organization's doctors). No trophy will be awarded outside of this ceremony and the participant who was not present at it will not be able to claim his prize later.

### **Article 15**

The participant must comply with S.D.P.O's instructions at all times during the course of the event. It is understood that during the races, the participant will have to respect the rules of road safety specific to the country and will assume his own responsibility when running on the routes not marked.

In addition, it will also respect local customs and the environment.

S.D.P.O shall not be held liable for any failure to comply with the terms of this agreement, which may be sanctioned by the local authorities.

### **Article 16**

All runners and walkers are required to wear the official S.D.P.O T-shirt during competitions.

### **Article 17**

Official media coverage of the Foulées de la Soie will be the responsibility of S.D.P.O. whether before, during or after the event.

By agreeing to take part in the event, the participant consents to S.D.P.O having exclusive rights to his/her individual or collective image and name for all media coverage of S.D.P.O and the Foulées de la Soie, including commercial use. The participant hereby waives all recourse against S.D.P.O. in this respect.

S.D.P.O reserves all exclusive rights to the commercial use of images of Foulées de la Soie.

Any photographic, video or cinema support made during the event may not be used by the participant, the accompanying person for private purposes only, unless otherwise agreed in writing between SDPO and the participant.

Consequently, any film project, whatever its duration, must have previously obtained the consent of S.D.P.O.

### **Article 18**

The logos and names of Foulées de la Soie and S.D.P.O are registered trademarks.

It follows that the use of the logos and the name of the Foulées de la Soie and S.D.P.O are for the exclusive use of S.D.P.O.



The participant will be liable for any use of these logos and name without prior agreement from S.D.P.O.

S.D.P.O reserves the right to refuse participation in Silk Footfalls to anyone who does not comply with these rules.

#### **Article 18bis**

SDPO allows the participant to affix the official Silk Footprints logo on his own created TShirt.

#### **Article 19**

It is specified that the official T-shirt will be handed over in Thailand. Therefore, the participant wishing to affix the logos of his choice at the location provided by S.D.P.O. (subject to conflict of interest) must do so in Thailand and must therefore provide for the modalities of affixing its logos (stickers, patch to sew, etc.) SDPO specifies that the wearing of the official FDS Tee-shirt is not mandatory.

#### **Article 20**

During the course of the event, it is understood that in case of dispute between the participant and S.D.P.O, the decision of the latter will be final.





## **LES FOULEES DE LA SOIE**

### **Principles of the course, 2025**

The event will take place from 15 to 24 March 2025, over a duration of 10 days/9 nights in Thailand.

There are 7 races planned, with distances ranging from 10 to 21 km depending on the location, local conditions and available time. We remind you that this event has the dual objective of making cultural discovery of the country crossed at the same time as we will do running.

The principles of the test are therefore as follows:

The classification will be made individually:

- Each runner will complete the different 10, 15 or 21 km races according to the official program.
- Each walker will perform the different competitions on the same track and cross the same finish line as the runners but the distances will be shortened (8 to 10 see 12km).
- If one or more runners had to abandon during a competition and provided they have completed at least 1/3 of the course, they would be assigned to the missing runner(s) on the finish line the time of the last rider over all competitors present at the start plus 15 minutes.
- If one or more runners had to abandon during a competition without having completed 1/3 of the course, it would be assigned to the missing runner(s) at the finish the time of the last rider over all competitors present at the start plus 30 minutes.
  
- In case of non-attendance at the start of a competition, it will be assigned to the missing runner(s) on arrival the time of the last runner among all competitors present at the start plus 45 minutes + a 15' penalty if the runner(s) did not (have) warn SDPO timing (for safety purposes).
- In case of a drop out during an event, the competitor must notify the organization as soon as possible.
- In case of a change of category by a competitor (runner becoming walker or walker becoming runner), this one will be considered as non-starting and will be affected the time of the last rider on all competitors present at the start plus 30 minutes.
- S.D.P.O reserves the right to stop the runner(s) who is behind if he (they) is unable to reach the finish line in the maximum time allowed (time of the first runner ranked plus 1:15)



In this case, the time of the last runner to be judged (out of time) plus a 15' penalty will be assigned to the rider(s). If multiple runners are to be stopped, they will see penalize by 15' according to the first runner stopped. For each 15' stop, they will be penalized by an additional 15'.

In the event of a race with several loops or major difficulties, the organization reserves the right to define specific points where riders will be stopped. The same penalty procedures will be applicable.

Also, the riders who drop out in the first round will be awarded the time of the last rider, even if he has stopped himself and got a penalty, plus 30'.

Depending on the route, OPDS reserves the right to change penalties if necessary. The same will be true for the walker category.

We remind you that the category walk is reserved for walkers.

**Reminder: Definition of Athletic Walking.**

The Athletic Walk is a progression of steps executed in such a way that the walker maintains contact with the ground, without any visible loss of contact (for the human eye). The leg shall be stretched (that is, the knee shall not be bent) from the moment of first contact with the ground until it is in a vertical position.

Any walker registered in this category and who violates its progression mode will be warned. SDPO reserves the right to penalize the walker if he persists in the irregularity visibly by losing contact with the ground.

### Competitions

- A bib for each runner and walker with a personal number valid for the entire duration of the stay.
- Supervision by the race commissioners mandated by S.D.P.O. At the finish of each competition, the commissioners will control all runners and walkers using the devices available to them
- Mineral water supply during the race and at the finish. The length of the races and weather conditions will be taken into account.

Note: During certain stages, taking into account the race distances and terrain topography, competitors will be asked to run or walk with a fake door and a head covering. These items will be mandatory at the start of the race. In the absence of a bottle holder and headgear, S.D.P.O reserves the right to prohibit you from starting the race.

During the test, S.D.P.O does not provide nutritional supplements. We strongly advise you to supplement your diet with a range of nutritional products adapted to the type of effort you are going to encounter. Every year, many of you neglect this nutritional aspect, which quickly becomes a handicap from the first fatigue.

The medical team will be present on the course for the duration of the race and will be able at any time to stop any competitor unfit to continue the event.

Note: In case of physical failure, if a competitor benefits from an infusion, this first medical assistance will not entail any penalty. If it turns out that this assistance is repeated, its arrival time will be assigned to this competitor + a penalty of 1 hour

- The times of all riders will also be taken into account to establish an individual ranking.
- An overall ranking of all categories as well as a ranking in each category will be established.





- As far as possible and depending on the races carried out, S.D.P.O will ensure through the help of its various official partners that there are runners coming from towns and villages of stages in order to promote exchange with the local population.
- It is imperative to follow the marking of the race that the SDPO staff has carried out without cutting - all riders must respect the marking of the course under penalty or disqualification.

All competitions will be supervised by S.D.P.O, especially at the starting and finishing points with timing and number cards. Participants who did not start the race may be asked to lend a hand in order to ensure a presence along the course and/ or refuelling in the race. In case of refuelling difficulties, the runners will be asked to carry the water that each may need.

- At the end of each competition, S.D.P.O will announce the ranking of the riders of the stage, including local riders. If due to lack of time, the announcement of this ranking cannot take place after the stage, said ranking will be announced at the latest the following day or will be posted in the hotel lobby.
- The presence of the first 3 runners and walkers all categories H and F (in correct clothing) classified at the stage and the general classification will be required on the podium. Failure to show up a runner classified at the stage may result in a penalty of 5'.

For the category walkers there will be only one individual ranking all categories combined. (H and F)

- If sufficient, separate individual ranking for women and men any category.
- The final, general all categories ranking will be decided on the last day of the event.

RUNNERS: Only the first 5 H and F all categories will be awarded.

WALKERS: Only the first 5 at scratch will be rewarded.

Awards, cups, participation diplomas, etc... will be awarded at the closing party.

Your presence is required for this closing ceremony.

In case of no-show, no trophy or reward will be given to you subsequently.

Each participant in the SDS will be presented with the Trophy of the event at this closing ceremony.

<b>Summary: penalty table</b>			
Rider who has abandoned after completing 1/3 of the course	Last Runner's Ticket + 15' Penalties	In case of medical assistance and if this assistance is repeated	Rider's TPS arrived at the stage + 15' penalties
Runner who has abandoned without having completed 1/3 of the course	Last Runner's Ticket + 30' Penalties	No presentation to the podium of runners classified at the stage	5' Penalties
Not present at departure	Last Runner's Ticket + 45' Penalties	No presentation to the podium of the runners classified	Penalties of 15'
Runner who passes to category walking or walker who passes to category running	Tax on last runner or walker arrived + 30' penalties	Runner throwing waste on the course outside of designated areas	Penalties of 30'
Late rider unable to reach the finish line in the allotted time	Last Runner's Ticket + 15' Penalties		

## Respect for nature

Since the Silk Footprints began, SDPO has made sure that we are an example in the world of Raids. For this, we have always sensitized the runners to respect nature and protected areas. To throw away empty bottles or garbage (energy gel wrap), do it in the refuelling areas. Any runner seen throwing his waste on the course will be penalized.



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& performance  
organisation

SPORT DEVELOPPEMENT ET PERFORMANCE ORGANISATION

Siège Social SDPO – 16 rue Jean Cocteau 95350 Saint Brice sous Forêt – Tél/Fax : 01 39 94 01 87  
Site Internet : [www.sdpo.com](http://www.sdpo.com) E-Mail : [sdpo@sdpo.com](mailto:sdpo@sdpo.com)

# SERVICES STRIDES OF SILK in Thailand

At the time of registration for the Foulées de la Soie, each participant is required to commit to pay the sum of 2289 euros, according to the terms of the regulation (excluding costs of file constitution of 50 euros, excluding insurance race and international flight). For this amount, S.D.P.O undertakes to provide a number of services which are listed in this descriptive sheet.

## Travel and accommodation

- On the Thai territory, all travel from city to city during the Silk Footprints according to the final program will be provided by the most appropriate means chosen by SDPO. Except for the guided tours, all other travel will be at the expense of participants. But rest assured, our program is quite comprehensive!
- All accommodation costs in the Thai territory from arrival to departure according to the Program. This is of course accommodation in a double room depending on local conditions and terms.
- All usual meals, ie breakfast, lunch and dinner, again depending on local conditions and terms. We can't guarantee European meals!
- All drinks during and outside meals will be at the expense of participants.
- In hotels, payment for your personal consumption remaining at your expense will be made at the reception when you return your key. We advise you to ask for an invoice or a receipt that will be necessary to give us so that we can justify your payment to the hotel, in order to avoid any claim.
- The road book PDF version will be sent to each participant in mid-February 2025 and given out in paper format at the start of the event.
- During all transfers by plane, in case your luggage is delayed, we advise you to imperatively provide in your hand baggage your personal effects and spare things (race stuff, shoes, toilettries).

