



77^{ème} Semaine Fédérale Internationale de Cyclotourisme

« ALBICYCLETTE dans le TARN »

Du 2 au 9 Août 2015 - ALBI (Tarn)



RULES OF PROCEDURE

To be read carefully prior to completing legibly your registration form below.

Only members of the FFCT, and/or members of foreign cycling federations can participate on the rides. We have been obliged (to enable us to provide a well-organised event) to limit numbers of cyclo-tourists and their cycling/non-cycling companions due to the physical limitations imposed on us by the amount of available accommodation.

1 – Participants ID

Members of the FFCT (and of foreign cycling federations) and their families (parents, children, partners, spouses, civil-marriage partners and children in guardianship).

We will regularly inspect the ID of participants and those accompanying them at the Event HQ, access to the Semaine Fédérale accommodation sites and at the designated meet-up points. **ALL** participants, plus those accompanying them must be registered on the registration form so as to enable the issue of badges. Each person will have a badge that must be presented at the control points.

The use of electrically-powered bicycles (e-bikes) on the circuits is strictly limited to those members authorised to use such bikes by their federation. The use of motorbikes is strictly forbidden. Those contravening this regulation will be definitively excluded from the event by the organisers and this without any possibility of seeking reimbursement.

Only those members who are registered will receive the route card and a number, which must obligatorily be attached to the bike's frame.

2 – Entry fee

In agreement with the FFCT, entries received **after the 13th July 2015 will be subject to a 50% surcharge, except for foreign cyclists, as per the postmark or the send date of an e-mail. Incomplete or improperly-filled in registration forms will be considered as such, delaying registration.**

The 15 € promotional rate applies only to **family-licence holders of the FFCT** : partner, spouse, civil law partner or young person of between 18 and 25 residing at the same address as the first licence holder. **(Please ensure the correct data entry of your licence details)**

Cancellation requests for reasons of *force majeure* must be duly justified and in writing prior to the 14 July 2015.

After this date all cancellations, for whatever reason, will lead to the loss of the entry fee considered to be the organisers as an admin cost.

What and what does not qualify as *force majeure* is the COSFIC 2015 (Organising Committee's) decision and their's alone.

Services booked : Excursions, Meals, Walks & Rambles and the Cyclo-discoveries® **will not be, in any event, reimbursed for any cancellations after the 14th July 2015.**

For unlicensed foreign FFCT , repatriation insurance is mandatory (18 €).

3 – Young People

A reception area for young people will be established within the Event HQ site.

The registration form "Young People" is to be completed for each child and to be included with your registration dossier.

Please do not forget to complete paragraph 2 of the individual and family registration forms.

4 – Accommodation

Only one camp site specifically reserved for the use of participants at the Semaine Fédérale is near of the Airport of Séquestre and the permanence in "Parc Expositions of Albi" . The organisers remind participants that the campsite is temporary site and therefore can not, unlike a permanent campsite, offer the same degree of services, nor of those found at a private campsite (i.e. No electricity and no wireless access available).

Spaces for persons with disabilities are reserved, in priority, for persons with disabilities (in relation with the FFCT's commission "Sport For All"). Please stipulate under the heading "Comments" on either the paper registration form or that found on the web site if booking by internet, that you require a place for a tent(s) at this campsite, subject to availability (a medical certificate stating your disability is obligatory).

Communal accommodation : breakfast is not included within the indicated rates. Neither are : sheets, blankets, quilts and pillows (you will receive upon arrival a copy of the rules specific to each communal accommodation site)

Accommodation with local inhabitants : please complete Page 2 of the questionnaire. You will receive an offer of accommodation with the receipt for your booking. Please do not overlook the booking fee of 6 € per person to cover the cost of searching for suitable lodgings. No lodgings will be provided without receipt of the fully-completed registration form.

For those wishing to be accommodated with others (family, friends etc) in campsites, dormitories or accommodation with a local resident please consolidate your registration dossiers, specifying your wishes prior to sending them all together by post or by specifying your wishes in the heading "Comments" for on line bookings. We will do our best to satisfy your request, subject to your early completion of the registration forms (post or on-line).

5 – Restauration

A quality catering service of principally local dishes requires organising well in advance. So as to properly cater for you and to assist the caterer's preparations, we would ask that you register as soon as you can. Places are limited. The picnic on Thursday 6 August 2015 is strictly on a reservation-only basis.

6 – Excursions

Reminder : Registration with the Semaine fédérale is obligatory if you wish to participate on the excursions. Numbers are limited.

The price includes transport, entry (to the site(s) to be visited) and the services of a guide.

Catering : bring your own packed or picnic lunch.

For security reasons, animals are not permitted on excursions.

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7 - Hiking

Reminder: registration for the federal Week is mandatory to participate in hiking. The number of participants is limited, it is best to sign up now. Coaching is provided by coaches of the FFR. The service includes the "transport" and visits. Picnic lunch are at the expense of the participant. Suitable clothing and Good walking shoes are recommended. For safety reasons, pets are not allowed.

8 - Cyclo-Discoveries

The number of places is limited, two different tours are offered daily. Picnic lunch at the expense of the participant. Participants will travel on their own to the places of departure. Supervision is provided by coaches and tours are included in the price. Reminder: Cyclo-Discoveries are open only FFCT

9 - Acknowledgement

Important

The acknowledgment will be sent by the secretariat registrations after registering your complete file containing:
 • the registration form, properly completed and verified, accompanied, where appropriate, the newsletter on youth
 • a check (payable to the COSFIC 2015 Albi) the total amount of benefits and inscriptions.
 To register by mail or via the internet without e-mail, send a stamped envelope to the current rate of up to 20 g with your name and address to send the accused reception.
 To register via the Internet with e-mail, the acknowledgment is sent by E-mail as soon as the file is complete.
 To register via internet, payment by credit card is preferred: simplification, speed of processing the application and of course, securing the payment.
 Incomplete applications will not be processed and will delay your registration.
 Participants agree, at all times, to respect the Highway Code, plus the Organisers' verbal and written instructions and also those of the Organisers' official representatives, and also regulations relating to the environment.
 Each participant must have on their person, at all times, their identification badge for any problems that may occur during rides etc.
 The wearing of a helmet, at all times, is most strongly recommended.

The full registration pack will be withdrawn on
Friday, July 31, from 2pm to 19 pm
Saturday, August 1st and Sunday, August 2 from 8 am to 7 pm
At Room Multi-Activity , rue de la Garance , 81150 Terssac
Or on Monday, August 3 from 8 am to 7pm
At the Exhibition Centre (near the permanence and federal village)
Le Sequestre 81990

This site is not accessible to vehicles , parking will be available nearby.
Group accommodation will be open from Saturday, August 1 at 10 am .
No access to these sites will be possible or accepted before these dates and times set.

10 - security

Participants agree to respect the Highway Code in all circumstances and written and verbal instructions of organizers and / or their duly accredited representatives, environmental regulations .
 Each participant will have on his identification card for any problems which may occur when hiking.
 Wearing a helmet is strongly recommended .

11 - Value Tickets

The value for tickets as currency on consumption federal week points are redeemable on demand at the weekend only on the spot in the manner specified clearly (place, date , time and minimum) per display permanence. No refund will be made retrospectively by mail.

12-responsibility

The COSFIC 2015 disclaims any liability for lost, stolen or damaged bicycles participants or their related accessories and states that it has no obligation custody or preservation of property .
 The COSFIC 2015 provides permanence on the site and some bike parks dormitories. All bikes will be placed there remain the sole responsibility of their owner. It is recommended that participants take any measure preventing theft when their bike is no longer under their supervision and to take out insurance guaranteeing against hardware theft .

BOOKING FORM for accommodation with a local resident

To be completed and sent with your registration form

Name :.....**First name :**.....
Address:.....
Post code:.....
Town:.....
Country :.....
Landline phone n°:.....**Cell :**.....
E-mail address :.....**@**.....

From : -- / -- / to -- / -- (01/08/2015 minimum to 09/08/2015 maximum)

Accommodation with a local resident
 Breakfast yes no Possibility kitchen yes no
 Number of persons Number of beds for 2 people Number of single bed
 Animals : yes no If yes, please stipulate animal type (& size) :
 Camping to local resident (spaces limited) : Tent Caravan Motor Caravan

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Individual or Family Registration Form
(If a family registration, please ensure that you have a "family" licence)

League : Club : Dépt. : [][] N° fédéral : [][][][][][]

N° licence FFCT-	Or tick A	Surname in BLOCK CAPITALS 6 persons maximum per dossier	First name(s)	Date of birth	M / F	Nationality	Tick the box		
							Road	MTB	Other activities please specify on pages 4 et 5

Address:

Post Code : Town : Country :

Tel (landline) : Tel cell:

Mail address :@.....

1) Booking fee (increase of 50 % for bookings after 13 July 2015)

Licence-holding participants, FFCT or foreign federations	Number	Price	Amount (€)
Licence-holder		X 29€	
Partner, spouse licence-holder and young persons aged 18 to 25 included within the FFCT « FAMILY » licence		X 15€	
No-cycling accompanying persons and non FFCT licence-holders		X 29€	
Under 18 years		X Gratuit	
Repatriation on insurance for foreigners who are not members of the FFCT (obligatory unless other similar insurance in operation - copy required) – the limit date for registration of foreigners is 1 month prior to the start of the SF		X 18€	
SUB TOTAL 1			

2) Young persons

Does this section apply to you ? YES NO (tick the relevant box)

If yes, you must complete the individual registration form for young persons (page 7)

Number of young person(s) []

SUB TOTAL 2

This figure is the total of the entryfees as shown on the registration form(s) that you have completed separately.

3) Accomodation

A –Federal Campsite (tick the relevant box)

Caravan Camping-car more than de 7m long (book 2 spaces) Camping-car equal to or less than 7m long Tente

Obligatory non-reducible flat rate for the 11 days from 2 pm on Friday 31/07/2015 to 12 am.00 Monday 10/08/2015.

Please indicate the number of spaces required and the number of persons

	Number	Price	Amount(€)
a-Camping-car spaces	With motorised car	X 26€	
	Cyclo-camping (no car)	X 12€	
b-Number of persons	Persons of more than 18 years	X 24€	
	Persons of 3 to 18 ans years (ID required)	X 10€	

B – Communal accomodation sheets, blankets or quilts and pillows are not provided

Obligatory non-reducible flat rate for the 8 nighths from 1 .00 Saturday 01/08/2015 to 10.00 h Sunday 09/08/2015 .

	Number	Price	Amount(€)
Rooms (1,2,4 single beds)	147 €/persons	X 147€	

C – Accomodation with a local inhabitant

	Number	Price	Amount(€)
Flate rate for person over 18 admin costs		X 6€	
SUB-TOTAL 3			

Please complete the questionnaire at the bottom of the regulation on page 2

Le COSFIC 2015 can not be held responsible for the distance of the accomodation from the Permanence at the time of the request

D – Other accomodation – yes If Yes, please complete the questionnaire on page 7.

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4) CATERING (Space restaurant to the Permanence, salle de spectacle du SCENITH)

	S	D	L	M	M	J	V	S	D	Number	Price	Amount(€)	
Number of breakfasts (3)										X	5€		
Number of evening meals(4)										X	14,50€		
Picnic of regional fare « Aligot cuisse de canard confite « Parc de loisirs de la Découverte » Thursday 6 August											X	12€	
Closing Diner Saturday 8 August, evening											X	26€	
Buffet lunch sunday 9 August midday											X	14,50€	
3 - For people accommodated in collective accommodation , breakfast can be taken at the Permanence.											SUB TOTAL 4		

4 - For evening meals, the registration must be made no later than the evening permanence (depending on availability - limited number)

5) Day trips reservation. Limited seat number per day spread over several visits. Picnic lunch at your expense. Transportation and tours included in the price.

SUNDAY 2 AUGUST

	Number	x	Price	Amount
Discover the essence of Albi		x	26 €	

MONDAY 3 AUGUST

Discover the essence of Albi		x	26 €	
Discovery Day in Cockaigne		x	30 €	
Site Sorèze Midi Pyrenees - Mountains of the Canal du Midi		x	32 €	
Discovery Day Castres and Sidobre		x	24 €	
Day in the Lacaune		x	27 €	

TUESDAY 4 AUGUST

Discover the essence of Albi		x	26 €	
Around the Millau Viaduc and the Roquefort caves		x	53 €	
Discover Toulouse		x	41 €	
Discovery of Cordes and circuits pigeon		x	24 €	
Discovery Day for Mine Cap Découverte , glass museum and jump Tarn		x	33 €	

WEDNESDAY 5 AUGUST

Discover the essence of Albi		x	26 €	
Circuit Albigenian country houses and the Aveyron gorges		x	24 €	
Discovery Day in Cockaigne		x	30 €	
Discovery Day Castres and Sidobre		x	24 €	
Day in the Lacaune		x	27 €	

FRIDAY 7 AUGUST

Discover the essence of Albi		x	26 €	
Around the Millau Viaduc and the Roquefort caves		x	53 €	
Discover Toulouse		x	41 €	
Discovery of Cordes and circuits pigeon		x	24 €	
Discovery Day for Mine Cap Découverte , glass museum and jump Tarn		x	33 €	

SATURDAY 8 AUGUST

Discover the essence of Albi		x	26 €	
Circuit Albigenian country houses and the Aveyron gorges		x	24 €	
Sorèze Site Midi-Pyrenees - the source of the Canal du Midi		x	32 €	
Discovery Day in Cockaigne		x	30 €	
Discovery Day Castres and Sidobre		x	24 €	

SUB TOTAL 5

Between June 1 and June 15, according to the coaches fill rate , we reserve the right to cancel and / or reschedule your choice. See details of excursions on the site <http://sf2015.ffct.org/>

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6) Walking in the day, limited number per day spread over several hikes_hikers must bring their own picnic lunch, transportation and entrance fees are included in the price,

			Number	Price	Amount (€)
SUNDAY 2 AUGUST	Visit the Episcopal City of Albi	9 KM	X	5 €	
MONDAY 3 AUGUST	Lacaune - Pass Picotalen - Roc Montalet	17 KM	X	15 €	
	Peninsula Ambialet	15 KM	X	15 €	
	Sidobre - Les Rocs of Crémausse	10 KM	X	15 €	
	Viaur Valley - Trail Las Planques	17 KM	X	15 €	
	Castles and Vineyards of the Gaillac	17 KM	X	15 €	
TUESDAY 4 AUGUST	Lacaune - Pass Picotalen - Roc Montalet	17 KM	X	15 €	
	Peninsula Ambialet	15 KM	X	15 €	
	Sidobre - Les Rocs of Crémausse	10 KM	X	15 €	
	Viaur Valley - Trail Las Planques	17 KM	X	15 €	
	Castles and Vineyards of the Gaillac	17 KM	X	15 €	
WEDNESDAY 5 AUGUST	Lacaune - Pass Picotalen - Roc Montalet	17 KM	X	15 €	
	Peninsula Ambialet	15 KM	X	15 €	
	Sidobre - Les Rocs of Crémausse	10 KM	X	15 €	
	Viaur Valley - Trail Las Planques	17 KM	X	15 €	
	Castles and Vineyards of the Gaillac	17 KM	X	15 €	
THURSDAY 6 AUGUST	Shuttle Picnic + visit the site Cap Discovery		X	6 €	
FRIDAY 7 AUGUST	Lacaune - Pass Picotalen - Roc Montalet	17 KM	X	15 €	
	Peninsula Ambialet	15 KM	X	15 €	
	Sidobre - Les Rocs of Crémausse	10 KM	X	15 €	
	Viaur Valley - Trail Las Planques	17 KM	X	15 €	
	Tuscany Lisloise	21 KM	X	15 €	
SATURDAY 8 AUGUST	Lacaune - Pass Picotalen - Roc Montalet	17 KM	X	15 €	
	Eaves of The Tarn River	15 KM	X	15 €	
	Sidobre - Les Rocs of Crémausse	10 KM	X	15 €	
	Viaur Valley - Trail Las Planques	17 KM	X	15 €	
	Castles and Vineyards of the Gaillac	17 KM	X	15 €	

Between June 1 and June 15, according to the coaches fill rate , we reserve the right to cancel and / or reschedule your choice. See details of walks on the site <http://sf2015.ffct.org/>

SUB TOTAL 6

7) Cyclo- discovery

Remote start, 6 circuits alternating with 5 days tour (groups of 20). Picnic lunch , your responsibility. visits included in the price . (Article 8 of the RI does not provide transportation)

			Number	Price	Amount(€)
Sunday 2 August	Albi and his episcopal city and the museum Leaping Tarn		X	10€	
Monday 3 August	Ambialet Tarn valley - Chapel Nicolai Greschny (marssal) - Prior of Ambialet		X	10€	
	Mining Museum -Monestiés (Entombment) -Cordes sur Ciel (elected favorite French village in 2014)		X	10€	
Tuesday 4 August	The Bastide : Castelnau de Montmiral , Puycelsi , Vaour St Antonin , Penne , Bruniquel		X	10€	
	Gaillac : Castles (Mauriac, Salette, Cayla ...) + Visit a winery + Dovecote		X	10€	
Wednesday 5 August	Lautrec, Roquecourbe , Garrote , Burlats Castres (Agoût , Evéché) Go Green Lane		X	10€	
	Gaillac : Castles (Mauriac, Salette, Cayla ...) + Visit a winery + Dovecote		X	10€	
Thursday 6 August	Cap Découverte (The hole Titans , the laundry) - Glass Museum - Statue JAURES Carmaux		X	10€	
Friday 7 August	Ambialet Tarn valley - Chapel Nicolai Greschny (marssal) - Prior of Ambialet		X	10€	
	Lautrec, Roquecourbe , Garrote , Burlats Castres (Agoût , Evéché)		X	10€	
Saturday 8 August	Lavaur, Giroussens (Garden of Martels) - Underground Castella St Sulpice - Dovecote		X	10€	
	The Bastide : Castelnau de Montmiral , Puycelsi , Vaour St Antonin , Penne , Bruniquel		X	10€	
SUB TOTAL 7					

8) - MTB Services

Package Week extra provisioning - The snack is not provided		X	10 €	
SUB TOTAL 8				

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9) - Various prestations

	Number	Price	Amount (€)
Evening Show - Discovery Country of Jean Jaures in Carmaux - Tuesday, August 4, 2015 from 18:30		X	32€
Shuttle Albi - Carmaux for evening Country of Jean Jaures		X	3€
Spectacle at the Grand Theatre of Albi place Cordeliers - Wednesday, August 5th, 2015 at 21:00		X	15€
Match Rugby ALBI (ProD2) against a Top 14 team to clarify - Thursday, August 6 at 19:00 at the Stadium of Albi		X	10€
Souvenir medal		X	13€
Cart Gaillac wine (1 red, 1 white and 1 rosé)		X	14€
Cart Southwest specialties		X	15€
Video memory		X	15€
Board ticket purchase value		X	20€
SUB TOTAL 9			

TOTAL GENERAL : 1+2+3+4+5+6+7+8+9=

€

Additional information

Date of arrival:

- Friday, July 31, 2015
- Saturday 1 August 2015
- Sunday, August 2, 2015
- Other days (from 3 to 8 August 2015)

The full registration pack can be withdrawn on presentation of your acknowledgement receipt on

- Friday, July 31, 2015 from 2 pm to 7 pm –
- Saturday, August 1, and Sunday, August 2, 2015 from 8 am to 7 pm

at The Village Hall, Rue de la Garance 81150 TERSSAC (5 km from Albi)

or on Monday, August 3, 2015 from 8 am to 7 pm
at the Exhibition Center THE SEQUESTRE
Near the main reception

Have you noticed your phone number and email address (readable) page 3?

MANDATORY INFORMATION

Persons to contact in case of emergency

Last Name : First Name :

Adress :

Post code : Country :

Landline phone : cellphone :

If you are not staying in the federal hosting site provided by the Semaine Fédérale, please give us your address

Name : Firstname:

Address :

Post code : Country :

Landline phone : cellphone :

Enclose a stamped envelope for the return of your receipt(see rules section 9).

"I expressly declares to be aware of the rules of the Federal Week and agree to abide by all the provisions."

Signed at

.Date.....

Signature of all the people on this issue

Name					
Signatures					

Mailing address of the registration

COSFIC 2015

BP N°10091

81027 ALBI CEDEX 9

For further information :

E-mail: sf2015.secretariat@gmail.com.

Phone: +335 63 54 29 73

E-mail: sf2015.hebergement@gmail.com.

Phone: Accommodation: +337.88.57.15.67

IMPORTANT: the copy of your license is not required, however, no registration will be carried out before taking the license 2015.

You can register via the Internet on the server of the FFCT and pay by credit card through the Federal website (payment secure): <http://www.ffct.org>

All foreign payment must be made by bank transfer. The IBAN and BIC will be provided on request

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Registration form for young people

Name young :	First name young:
Date of birth of the young:	Young Age :
License number of the young:	Club Young
League Young:	No club Young

If the young participant in the Federal week with people other than his parents, provide information of parents and a copy of his or her ID or passport

Father address	
Postcode <input type="text"/>	City
Phone #: <input type="text"/>	Cell Phone: <input type="text"/>
mail address	
Mother address	
Postcode: <input type="text"/>	City :
Phone #: <input type="text"/>	Cell Phone: <input type="text"/>
mail address	
Address Guardian :	
Postcode:: <input type="text"/>	City :
Phone #: <input type="text"/>	Cell Phone: <input type="text"/>
mail address	

Home Youth licensed and unlicensed

A Day Camp	Number	Rate	Amount (€)
Day Camp: from 4 to 10 years from 3 to 7 August 2015 (meals, snacks, entertainment) For children under 4 years (Family License FFCT mandatory) Contact COSFIC 2015 ALBI daycare nursery and possible,	X	50€	
Sub TOTAL A			

B Outputs bike DE10 18 years (mandatory FFCT license)	L	M	M	J	V	S	Number	Rate	Amount
Road Bikes							X	10€	
VTT							X	10€	
+ Mandatory Dining + related activities									
Sub TOTALB									
TOTAL A and / or B									
A see page 3 in total 2									

La closing date for registration is 1 May 2015

Attach a recent photo of the child (do not staple or paste)

Health Sheet and the Parental consent is MANDATORY to download from the 2015 COSFIC Site : <http://www.sf2015.fct.org> in the menu " Registration " or a written request to COSFIC 2015 - BP No. 10091 - 81027 ALBI CEDEX 9 accompanied by a stamped envelope . These documents (registration form signed medical form and photo) are to be sent by mail to COSFIC .

Home of young people in the day:

A: Day Camp
Home to summer camp matching according to the time of day camp .

B: Trips cycling
These outputs will be supervised by instructors and federal initiators.
Tours will be offered every day from permanence. . The mountain bike trails will be shifted certain days.
50 100 km for road
20 to 50 km for bikers.
Welcoming youth day will be between 8:30 am and 9:00 am at the Kids zone , end home at 18:00.
Children should be brought and taken by their father , mother or guardian when young space.
To be autonomous from the material point of view (equipment repair) .
The well-tuned helmet.