



### **Marking of Gels and Bars**

In order to keep our environment clean and respect nature, it is mandatory that all athletes:

- Mark with their bib number all gels and bars before the event. Even the ones you may receive at the assistance points.

This will allow us to:

- Identify and sanction those who do not comply with this rule and litter during the event.

Random checks will be made before and during the race.