

# **Alpe d'HuZes 2026 Participation**

## **Rules and Regulations**



**Upon registration, the participant declares to be aware of and to agree with the provisions set out in these regulations.**

**Failure to comply with these regulations may result in exclusion from the event.**

### **01 – General**

1. Alpe d'HuZes is not a race or a tour event.  
The goal is to raise as much money as possible in the fight against cancer by cycling, running, or walking up Alpe d'Huez one to a maximum of six times.
2. You may participate individually or as part of a team.
3. Alpe d'HuZes will take place on Thursday, 4 June 2026.
4. As a participant, you are required to make every effort to reach the target amount of €2,500. Donations are received through your personal fundraising page.  
Cash donations and any financial benefits resulting from your participation (such as sponsored transport or a sponsored bicycle) must also be transferred to your fundraising page. For teams, the fundraising target is the total of €2,500 multiplied by the number of active team members.

### **02 – Participation**

1. Permitted means of transport:  
A bicycle with two wheels, propelled solely by human power through pedals, without any form of electric pedal assistance.
2. Any form of participation other than walking, running, or cycling (on a bicycle propelled solely by human power) must be submitted to the organisation for approval.  
Such special requests must be sent with a full written explanation to: [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl).
3. Decisions regarding participation with a special means of transport are made exclusively by the Alpe d'HuZes organisation and are binding.  
Registration of such participation also enables the organisation to maintain an overview of all special means of transport present at the event.
4. Participation in Alpe d'HuZes is only permitted for individuals aged 7 years and older who are, in view of the level of effort required to complete the event, physically and mentally fit to do so.
5. Your health is your own responsibility.  
Participation in Alpe d'HuZes must take place safely and, above all, in good health. Although a sports medical examination is not mandatory, it is strongly recommended in case of any doubt about one's physical condition.
6. The participant must write their personal details on the back of the race number, exactly as they appear on their ID card or passport.  
The information written on the back of the number must correspond one-to-one with the name printed on the front.
7. The participant declares to have read and understood these Participant Regulations and agrees that participation in Alpe d'HuZes is entirely at their own risk.

### **03 – Participation under the age of 16**

For these regulations, "participation under the age of 16" refers to participants who, on the day of the event (4 June 2026), are at least 7 years old but have not yet reached the age of 16.

Participants under the age of 16:

1. Participate under the responsibility of a parent and/or guardian and must have the written consent of that parent and/or guardian.
2. A consent form must be completed and submitted by email before 1 March 2026 to: [leeftijdsverklaring@alpedhuzes.nl](mailto:leeftijdsverklaring@alpedhuzes.nl).
3. Must be accompanied on a one-to-one basis by an adult.
4. Can only be registered if their accompanying adult is also registered as a participant. Both must comply with all conditions set out in these Participant Regulations.
5. **Under no circumstances are participants under the age of 16 permitted to descend by bicycle**, even if they hold a KNWU (Royal Dutch Cycling Union) licence. The organisation provides transport down the mountain via ski lifts and connecting buses. For this service, participants must purchase a lift pass for a small fee.

#### **04 – Registration**

1. The registration period closes on 31 March 2026 at 23:59 hours, or earlier if the total number of 5,000 participants has been reached.  
A maximum number of walking participants will be admitted due to, among other things, safety considerations.  
Once this maximum is reached, registration for walkers will be closed.
2. Requests for participation after the closing date may be submitted with a written motivation to: [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl). Decisions regarding admission are made by the Alpe d'HuZes organisation and are binding.
3. The registration fee is € 140 per person if payment is made on or before 31 December 2025. From 1 January 2026, the registration fee will be € 160 per person.  
Payment must be made immediately upon registration. **Please note registration fees can only be paid via iDEAL or credit card.**
4. Registration is only considered final when all the following conditions are met:
  - All required personal details have been completed.
  - The registration fee has been paid in full.
  - Registration has been confirmed by e-mail.
  - The participant's fundraising page is online.Registration is personal and non-transferable. Each registration applies to one individual only. The race number may not be transferred or given to another person.
5. At the time of registration, you must specify your mode of participation (cycling, running, or walking). This choice cannot be changed after registration has been completed.
6. Each email address can be used for only one registration. A separate email address must be used for each participant, including family members such as partners or children.
7. It is not permitted or possible to register fictitious participants, nor to change names or personal details at a later stage.
8. Replacing a team member within a team is only possible while registration is still open. The new team member will be treated as a new registration, for which the registration fee must be paid. The organisation determines whether a replacement is allowed.
9. For team registrations, the team captain is the designated contact person for the Alpe d'HuZes organisation. The team captain is responsible for ensuring that:
  - All team members register on time;
  - All team members order their mandatory 2026 event clothing in time;
  - All team members submit any sponsor logos in time.
10. The registration fee includes the following:
  - The official Alpe d'HuZes clothing set (basic shirt and shorts);
  - A personal fundraising page for the participant;
  - A race number, which will be provided in France.

11. Registration fees and any funds raised through donations or sponsorships will not be refunded in the event of voluntary withdrawal. This also applies in cases of exclusion from participation or cancellation of the event. However, the clothing included in the registration fee will still be delivered. **Please note: Alpe d'HuZes is considered a leisure event under Dutch consumer law, and therefore the statutory right of withdrawal does not apply.**
12. If a registered participant is unable to take part due to medical reasons, a refund of the registration fee may be possible, provided that:
  - A medical statement or advice is submitted to the organisation before 1 February 2026, via [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl);
  - In the event of a medical refund, no Alpe d'HuZes clothing will be supplied.
  - Funds already raised through donations or sponsorships will not be refunded.

## **05 – Fundraising page**

1. Your fundraising page is the primary tool for collecting donations.
2. You are responsible for maintaining your personal fundraising page on the official Alpe d'HuZes website. Team captains are additionally responsible for maintaining their team's fundraising page.
3. Team captains must ensure that all team members make every possible effort to reach the team's target amount.
4. Donations made through external crowdfunding platforms (which often charge service fees and are therefore inconsistent with the Alpe d'HuZes philosophy) cannot be linked to your fundraising page. Donations made through your official Alpe d'HuZes page are counted towards your total amount raised. These donations are received into the general bank account of the Alpe d'HuZes Foundation and subsequently transferred to the Alpe d'HuZes/KWF Fund.

## **06 – Clothing**

An important element of both the recognisability and safety of the event is the uniformity of clothing. Alpe d'HuZes is made possible in part by the sponsors whose logos appear on the official event clothing. Therefore, all participants are required to wear the official Alpe d'HuZes cycling or running apparel during the event day.

1. Each participant is required to wear the official Alpe d'HuZes 2026 cycling or running clothing during the climb(s) on the event day.
2. Each participant is personally responsible for ordering their clothing in time through the webshop of our clothing supplier, Bioracer.
3. Clothing must be collected during the Alpe d'HuZes Kick-off event at Papendal (Arnhem). Every individual participant and team is required to collect their clothing personally or have someone collect it on their behalf. There are no alternative options for collection. Clothing will not be shipped or brought to France by the organisation.
4. An individual participant or team may submit a maximum of 16 sponsor logos for placement on the back of the (team) shirt through our clothing supplier. The following rules apply to the placement of sponsor logos:
  - For an individual participant or a team of up to two members: this applies with a minimum donation of €250, made on the participant's fundraising page by a single sponsor.
  - For larger teams: this applies with a minimum donation of €500, made on the team's or a team member's fundraising page by a single sponsor.

## **07 – Liability**

1. Participation in Alpe d'HuZes is entirely at the participant's own risk.

2. The Alpe d'HuZes Foundation, its (organisational) volunteers, as well as any third parties and/or organisations engaged by the foundation, accept no liability whatsoever for any direct or indirect damage that may occur before, during, or after participation in the event. This includes any form of damage or loss, in any sense, resulting from cancellation or relocation of the event due to force majeure, unforeseen circumstances, and/or situations that may compromise the safety or health of participants.
3. The participant indemnifies the Alpe d'HuZes Foundation, its (organisational) volunteers, and any third parties and/or organisations engaged by the foundation, against all claims from third parties for damage caused by the participant to such third parties during or because of participation in Alpe d'HuZes.
4. If a participant ascends or descends the course outside the official event day or event times, this takes place entirely outside the scope and responsibility of the Alpe d'HuZes Foundation.

## **08 – Privacy**

1. The participant expressly grants permission to the Alpe d'HuZes Foundation to process the personal data provided to the foundation, in accordance with the Privacy Statement of the Alpe d'HuZes Foundation. The Privacy Statement can be found at:  
<https://www.opgevenisgeenoptie.nl/privacy>
2. The participant authorises both the Alpe d'HuZes Foundation and the Dutch Cancer Society (KWF Kankerbestrijding) to use their email address for sending newsletters, invitations, and communications related to:
  - the Alpe d'HuZes event, and
  - other events organised by Alpe d'HuZes or KWF.
 The Alpe d'HuZes Foundation will not share this email address with third parties or use it for any other purposes. **Please note: if you do not consent to this, you will not receive any information about the event.**
3. The participant agrees to the possible use of their likeness in print, photo, film, video, or similar media for promotional purposes (including the website) by the Alpe d'HuZes Foundation, without claiming any form of compensation.

## **09 – Safety and Instructions**

1. Each participant is responsible for their own safety and for the safety of other participants.
2. During both ascent and descent, cyclists are required to always wear a bicycle helmet.
3. On event days, the maximum permitted speed for descending cyclists is 45 kilometres per hour, or otherwise as directed by the Alpe d'HuZes organisation.
4. Walkers and runners must walk or run no more than two abreast, on the right-hand side of the road. Overtaking other participants must always be done safely, with consideration for all other participants (cyclists, runners, and walkers).
5. Each participant must ensure visibility in low-light or dark conditions:
  - Cyclists must use white front lights and red rear lights.
  - Runners and walkers must wear reflective clothing or reflectors and/or visible lighting.
6. Each participant must be adequately insured against any damage they may cause to others and/or to the property of others.
7. Cycling participants declare that their bicycle and cycling equipment are in good working order.
8. Dogs are not permitted to participate (whether walking, carried, or transported) during Alpe d'HuZes. Exceptions are made only for officially trained assistance dogs or guide dogs, which must be registered in advance via [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl). The organisation will assess whether these are officially recognised assistance or guide dogs.

9. Participants must immediately follow all instructions issued by the organisation and its authorised representatives.
10. The use of strollers, buggies, or carts of any kind during participation is not permitted.
11. Alpe d'HuZes takes place in France. All participants must comply with the traffic regulations and laws of the French authorities and must follow their instructions immediately.
12. Participants engaging in improper behaviour may be excluded from further participation by the organisation.
13. Failure to comply with any of the above provisions may result in exclusion from participation.

## **10 – Contact**

The Alpe d'HuZes organisation reserves the right to contact any participant or team captain at any time if:

1. The amount of donations raised is falling behind expectations.
2. Fundraising activities are not being carried out via the designated official fundraising page.
3. The official event clothing has not been ordered.

If a participant is falling behind in their fundraising efforts, they may contact the organisation for support. The organisation will provide advice and ideas for fundraising activities.

Contact details: [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl)

## **11 – Miscellaneous**

In the event of any ambiguity or incompleteness in these regulations, the organisation shall decide on the appropriate course of action.

### **If you have any questions, complaints, or comments:**

Please first consult the FAQ section on the website: [www.opgevenisgeenoptie.nl](http://www.opgevenisgeenoptie.nl).

If you cannot find the answer to your question there, you may contact the organisation by email at [deelnemers@alpedhuzes.nl](mailto:deelnemers@alpedhuzes.nl).

We will do our utmost to respond to your inquiry as soon as possible.