

RUNNER'S BOOKLET

adidas TERREX MaXi-Race

tOur du Lac en relais



29, 30 and 31 may 2026

From Lake Annecy through the mountains

Runner's program

1. Reservation of the time slot to collect your bib

April 23 to May 22

Mandatory operation to do on your personal space.

2. Bib collection

Friday, May 29 from 9 a.m. to 7 p.m. at the MaXi-Village then at the bib pickup area

I am coming to pick up my race bib at the time I booked my slot by presenting the specific email received a few days before as well as an identification document (photos or invalid copies).

As a reminder, people with an incomplete file will not be able to participate in the race and their bib will not be created.

3. SAS Starting

Saturday, May 30 - departure near the MaXi-Village

All relays leave for the SAS: **SAS 4 at 2:04 or SAS 4bis at 2:12**. As communicated by email, the relay wave is separated into two parts: those who responded were placed in SAS 4 or 4bis according to their level, and those who did not respond were directly placed in SAS 4bis.

Your race time will start when you cross the starting line. Time barriers are calculated based on the departure time of the last wave. Failure to comply with the SAS and/or start wave results in sanctions, notably disqualification as indicated in the regulations.

4. Relais

Saturday, May 30 - Doussard

The race can be done at 2, 3 or 4 but only 1 ranking.

The handover will take place in the "indicated on site" area. The runner who has just finished his relay will be able, before changing clothes, to access the refueling; the other relays will not. The guides and other relayers will not be able to "enter" the "covered" area (gymnasium or marquee) where the supplies are made.

A bus system is set up by the organization to allow you to go to Doussard and Semnoz. All the information is in the mobility booklet.

5. Access to relay and bus areas

The route of the lake in relay is composed of 4 sections 1, 2, 3, 4. There are 3 relay passage areas: A (secret), B (Doussard), and C (Semnoz Station). Zone A will remain secret. The runner taking the start and passing his/her baton on zone A will have to return by bus to Annecy. The runner taking the relay 2 on zone A must go there by bus, departure at 2:00 am on Avenue de France: <https://maps.app.goo.gl/acyT64CTiyyS3Ay8>

Relayers who do not take the bus may be disqualified. There is no way to access the relay crossing area, even on foot or by bike. No spectators, assistants or others will be allowed in the relay/refueling zone A. For the relay zones B and C, you can access them by bus (taken during registration or via the online shop) or by their own means (bicycle, car and other). On the relay/refreshment area C, activities for children, families, discovering cheese, refreshments and others will be offered. All mobility information on this page : <https://www.maxi-race.org/mobilite/>

6. Award ceremony

Saturday, May 30 at 7:00 pm - MaXi-Village

Come 10 minutes before the indicated time - The first 3 teams: men, women and mixed have been awarded.

Warning: the first team to cross the finish line will not necessarily be the one who achieved the best time, due to the different start SAS. The results will therefore have to be verified by computer.

100 à 105
Km

5700 à
6100 m
D+

à 4h20
(dimanche)
Max
Barrière horaire

TERREX
MAXI
RACE

Our Lake in relay

Bib collection

- No bib will be given on the day of the race.
- The bib pick-up takes place the day before the race: Friday, **May 29th from 9am to 7pm**.
- One month before the race, you must reserve your time slot on your personal space
- Obligation to present one's identity document and the withdrawal email. If you cannot come in person, please refer to [l'article 4 du règlement](#).
- Place of withdrawal: MaXi-Village.
- Address : [Parking des Marquisats, 74940 Annecy](#).

Departure times

Departure near the MaXi Village

2:04 am: SAS 4

2h12: SAS 4bis

All the relays leave in SAS 4 or 4bis

Podiums

- Saturday, May 30 at 7:00 PM

Mandatory materials

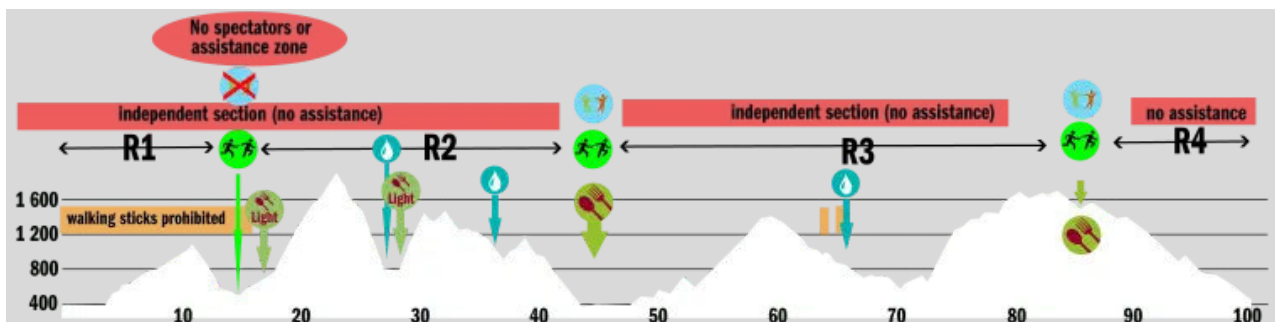
- Suitable shoes: closed and trail-type with crampons.
- Adult-size survival blanket: in its original packaging and uncut.
- Mobile phone: charged with registered backup numbers.
- Whistle
- Visible race bibs: one to be placed on the front of the runner and one to be placed at the back of the runner.
- Food: at least one snack such as a gel or solid.
- Minimum water: a container of at least 0.75 liters or 2 flasks of 0.5 liters.
- Water container in addition to your water supply: reusable cup type.
- Sticks allowed (unless otherwise specified by signs on the course).
- Headlamp in working condition for torchbearers operating at night.
- Jacket with "strong waterproofing and breathability".
- Smart bracelet to be used between torchbearers

Operation of the relays

- Team of 2, 3, or 4 but only one ranking
- The handover will take place in the "indicated on site" area. The runner who has just finished his relay will be able, before changing clothes, to access the refueling; the other relays will not. The guides and other relayers will not be able to "enter" the "covered" area (gymnasium or marquee) where the supplies are made.
- **If a torchbearer abandons or is not within the time barriers, the relay can no longer continue and the team is considered as "Abandon" because the chip bracelet cannot be passed to the next torchbearer.**

tOur du Lac en relais

profil of
the race



Warning: Poles prohibited for relay no. 1. For relay no. 2, poles will be allowed after light refueling at kilometer 17.

TIME TABLE

100 km solo en 1 jour

Départ samedi 30 mai - Start saturday, May 30th - 2026

Tableau horaires des temps de passage tOur du lac

Les dénivelés et kilométrages sont fournis à titre indicatif. Ils peuvent varier selon le réglage des montres. Les heures indiquées sont les horaires de passage estimés pour chaque vague.

Lieu	Info bâtons	Km	D+ / D-	Vague 1	Vague 2	Vague 2 bis	Vague 3	Vague 4 Premier Relais	Vague 4 bis Dernier Relais	Vague 5	Vague 6	Vague 7	Vague 8	Vague 9	Vague 10	Vague 11	Vague 12	Barrière horaire
Départ : quai de la Tournette, Annecy		0	0 / 0	1h25	1h33	1h41	1h49	2h04	2h12	2h24	2h32	2h40	2h48	2h56	3h04	3h12	3h20	3h20
1 ^{ère} zone étroite et caillouteuse		3,5 à 3,9	70 / 0	1h34	1h49	1h59	2h10	2h13	2h31	2h35	2h45	2h56	3h06	3h18	3h29	3h39	3h50	-
Forêt	Bâtons interdits même dans les mains. Les ranger dans son sac ou sur sa ceinture.	7,4	409 / 34	1h56	2h21	2h32	2h44	2h35	3h15	3h09	3h20	3h32	3h44	3h58	4h12	4h23	4h40	4h40
2 ^{ème} zone étroite et technique		10,5 à 13	520 / 350	2h11	2h43	2h55	3h08	2h50	3h45	3h34	3h45	3h58	4h11	4h27	4h43	4h53	5h17	-
1 ^{er} Passage de relais		14,5	713 / 592	2h29	3h08	3h21	3h34	3h08	4h20	4h00	4h12	4h26	4h40	4h59	5h16	5h28	5h53	5h55
Ravitaillement light (tOur en solo)		17,3	921 / 597	2h44	3h31	3h45	3h59	3h21	4h50	4h24	4h36	4h51	5h08	5h27	5h48	5h58	6h30	6h30
Sommet		23,2	1996 / 644	3h40	5h01	5h17	5h34	4h17	6h42	5h52	6h06	6h24	6h53	7h11	7h49	7h50	8h40	
Barrière horaire		24,5	2005/849	3h47	5h09	5h24	5h40	4h23	6h57	6h08	6h20	6h36	7h04	7h21	7h57	7h58	8h51	9h00
Ravitaillement light (toutes courses)		28,1	2036 / 1653	4h07	5h40	5h58	6h16	4h42	7h36	6h35	6h50	7h09	7h40	8h01	8h42	8h44	9h45	9h50
Col		30,5	2624 / 1653	4h36	6h23	6h42	7h02	5h11	8h34	7h21	7h36	7h57	8h30	8h55	9h40	9h42	10h54	-
Point d'eau		36,9	2879 / 2276	5h13	07h17	7h38	7h59	5h46	9h48	8h19	8h35	8h58	9h34	10h04	10h53	10h56	12h20	12h30
Base vie Doussard 2 nd Passage de relais		46,6	3105 / 3099	6h04	8h28	8h51	9h15	6h32	11h31	9h40	9h58	10h24	10h58	11h39	12h29	12h39	14h18	14h20
Col	Bâtons interdits sur 2 fois 500m indiqués par des panneaux	60,9	4351 / 3462	7h50	10h59	11h27	11h56	8h11	15h02	12h27	12h48	13h20	13h56	14h56	15h54	16h10	18h25	-
Ravitaillement light (toutes courses)		66,9	4378 / 4007	8h20	11h44	12h13	12h43	8h38	16h02	13h14	13h35	14h09	14h49	15h52	16h54	17h10	19h32	19h35
Forêt		79	5289 / 4327	9h50	13h55	14h28	15h03	10h06	19h03	15h36	16h00	16h39	17h24	18h40	19h52	20h11	23h00	23h05
Sommet		80,5	5509 / 4327	10h06	14h16	14h50	15h26	10h22	19h34	16h01	16h25	17h05	17h49	19h09	20h21	20h42	23h40	-
Base vie Semnoz 3 ^{ème} Passage de relais		85,5	5595 / 5187	10h33	14h53	15h28	16h05	10h47	20h28	16h44	17h09	17h50	18h33	19h59	21h10	21h36	00h42	00h45
Forêt		94,4	5703 / 5187	11h22	15h59	16h36	17h16	11h34	22h07	18h02	18h28	19h12	19h51	21h31	22h40	23h15	2h38	2h40
Arrivée - Parking des Marquisats		100	5782 / 5780	12h05	16h51	17h30	18h11	12h14	23h33	19h10	19h37	20h24	20h53	22h51	23h51	00h41	4h19	4h20

Les barrières horaires sont identiques quel que soit le SAS de départ
Elles sont calculées pour qu'un coureur partant dans la dernière vague soit finisher

The time barriers are identical regardless of the starting SAS
They are calculated so that a runner starting in the last wave is a finisher

• Relay Splitting Information:

Relais n°1: 14.5 km, including 9 km of road, 3 km of very highly technical paths, 2 km of rolling tracks, 710 m of positive elevation gain, 500 m of negative elevation gain

Relais n°2: 32 km, including 4 km by road, 2,395 m of positive elevation gain, 2,300 m of negative elevation gain

Relais n°3: 38.5 km, including 8 km of road, 2,490 m of positive elevation gain, 1,310 m of negative elevation gain

Relay no. 4: 15 km including 500m of road, 190m of positive elevation gain, 1220m of negative elevation gain

INFORMATION

Pour les relayeurs :

Lieu	Informations relayeurs	Informations toutes courses
Départ - Quai de la Tournette, Annecy	Tous les relayeurs partiront en vague 4 et 4bis	
Zone de passage de relais 1	<p>Passage de relais :</p> <p>Ce point ne concerne pas tous les relayeurs. Dans les relais à 2 ou 3 coureurs, certains enchaînent les deux premières sections, il n'y a donc pas de passage de relais à cet endroit. Pour les autres, s'il y a un passage de relais le transport en bus est OBLIGATOIRE à l'aller entre Annecy et le passage de relais, puis au retour entre le passage de relais et Annecy.</p> <p>AUCUNE voiture possible à cet endroit.</p>	<p>Zone avec bâtons dans les mains interdits !</p> <p>Bâtons autorisés uniquement attachés sur le sac ou sur la ceinture</p>
Ravitaillement light (tOur en solo)		
Ravitaillement light (toutes courses)		
Point d'eau		
Base vie Doussard - Zone de passage de relais 2	<p>Passage de relais :</p> <p>Accessible en option bus, vélo, voiture (attention très peu de place de parking)</p>	<p>Base vie, passage de relais, assistance autorisée.</p> <p>Drop bag : pour le tOur du lac en solo si vous avez pris l'option et pour tous les coureurs du tOur du lac en 2 jours (arrivée du Jour 1)</p>
Ravitaillement light		
Base vie Semnoz - Zone de passage de relais 3	<p>Passage de relais :</p> <p>Accessible en option bus, Vélo, voiture (attention c'est une montagne en vélo électrique c'est plus simple)</p>	<p>Base vie, passage de relais, assistance autorisée.</p> <p>Pas de drop bag sur cette zone</p>
Arrivée – Parking des Marquissats, Annecy	<p>Arrivée des relais :</p> <p>À 100 m de l'arrivée possibilité AVEC vos dossards attaché sur vous, de finir ensemble</p>	

Pour les accompagnants / assistants :



Arrivée J1

Lieu	Information assistance/public
Départ – Quai de la Tournette, Annecy	<p>0 places de parking GRATUITES à moins de 3 km</p> <p>A proximité : très peu de place, stationnement payant (courte durée conseillée)</p>
Zone de passage de relais n°1 et de ravitaillement 1 – lieu gardé secret	ZONE INTERDITE à tous les spectateurs et assistants
Base vie de Doussard - Zone de passage de relais n° 2 et de ravitaillement 2	<p>350 places de parkings seulement !</p> <p>Pour rejoindre la zone :</p> <ul style="list-style-type: none"> - pensez au vélo, il y a 98% de pistes cyclables - prenez l'option navette bus de l'organisation
Entre les 2 zones de ravitaillement	ZONE INTERDITE à tous les spectateurs et assistants
Base vie du Semnoz - Zone de passage de relais n°3 et de ravitaillement n°3	<p>Pour rejoindre la zone :</p> <ul style="list-style-type: none"> - prenez l'option navette de l'organisation. Les familles avec enfants qui montent en bus auront des tickets gratuits* pour les activités de luge d'été et autres - pensez au vélo, mais attention c'est une montagne à graver ! <p>De quoi passer un moment agréable : Restaurant, snack, buvette, stands pédagogiques sur la montagne</p> <p>(*voir détails sur le site)</p>
Arrivée – Parking des Marquissats	<p>0 places de parking à moins de 3 km à pied</p> <p>Pour rejoindre le village, venez à pied, en vélo, prenez les bus de la ville (SIBRA) ou les navettes organisation</p>

Légende :



tOur du lac en solo 1 jour



tOur du lac en relais



tOur du lac en solo 2 jours

Rescue and Abandonment

The rescue plan is developed in consultation with all of the following specialized entities: SDIS, doctors, Mountain Rescue Association, Red Cross...

During the weekend of the race, more than **120 rescue** staff are mobilized to ensure your safety: rescuers, mountain guides, doctors, nurses, dispatchers, ambulances...

A race PC is put into action in order to centralize and regulate all calls.

During the adidas TERREX MaXi-Race 2026, you will take several sections of the greenway around Lake Annecy (official routes or possible folds). Thank you for reviewing the charte.

Triggering of rescues

If you need help during the race or **witness an accident**:

You will find throughout the course volunteers who are in permanent contact with the race PC. If you can, get closer to them.

If you wish to contact the emergency services yourself: use as a priority the race PC phone numbers: **+33 7 66 33 33 65 or +33 6 61 42 57 57**

These numbers are on your bib, but we advise you to save them in your phone.

If you are in an area not covered by the network and have no other means of notifying the rescue services, you can use, as a last resort, the European emergency number: 112

In order to locate you quickly and accurately, the **Course PC may use the X-Tract** solution:

- > 1/ You receive an SMS on your mobile (location request)
- > 2/ You click on the link of the SMS sent
- > 3/ the Course PC locates you immediately

You will progress in the mountains:

Depending on the weather conditions, it is possible that the announced temperatures will be cold. During the hours before departure, and on the recommendations of the prefecture, the organization may activate the cold weather kit in addition to the mandatory equipment.

If you have to stand still for a long time, remember to put on dry and warm clothes, or take out your survival blanket to prevent hypothermia.

Abandonments

It is mandatory to report abandonment.

If we have to initiate searches when you have returned home without notifying us, the resulting fees will be charged to you.

Abandonments must be done on the supplies or with a staker placed on a road axis.

Any runner who abandons must inform the organization in one of the following ways:

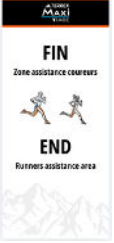
1	<p>By sending an SMS to the following number: +33 6 68 69 77 53 by indicating your bib number, your drop-off location (ask the bouncer or drop-off shuttle) and the means you used to get home (organized shuttle or by your own means)</p>
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Personal assistance



Personal assistance is prohibited on the course except at the Doussard and Semnoz life bases.

The areas will be identified by signs. **Outside these areas**, individual refueling is prohibited. Checks on the course will be carried out and sanctions will be taken against runners who do not comply with the regulations.



Accessibility

- ToilettesPMR at the MaXi-Village, at the base life of Doussard and Semnoz.
- The village will be accessible to all.
- A service has been set up for the collection of race numbers because the gymnasium is not accessible to wheelchair users. To benefit from this service, please inform us in advance of the event.

Mobility

The areas accessible to spectators and accompanying persons are the bases of life in Doussard and Semnoz. Don't try to go anywhere else, many areas are off-limits with roads closed. To encourage the runners, it is strongly advised to take the MaXi-Cars shuttles that lead to the bases life, from the MaXi-Village. Tickets must be booked before the event. For people in cars wishing to go to the MaXi-Village, you will have to park in the Petit Port sector. On Saturday and Sunday, 6-seater Golo bikes offered by our partner Cixi will circulate between the village and the Petit Port sector to transport runners after their races. Don't hesitate to question them.

All the details regarding mobility are on the website page:
<https://www.maxi-race.org/mobilite/>



PROGRAMME OF THE EVENT



FRIDAY

29 may 2026

i-Run MaXi-Village

- **9:00 – 9:00 pm:** Global opening of the MaXi-Village space
- **10:00 – 7:00 pm:** Opening of the i-Run MaXi-Village exhibitors
- **9:00 – 7:00 pm:** Bib collection (by reservation) at the MaXi-Village for:
 - On the lake alone,
 - On the lake in Relais,
 - On the lake in 2 days,
 - Quarter of Our,
 - Ado-Race
- **6:00 pm – 7:00 pm:** Withdrawal of Mini-Race bibs at the MaXi-Village
- **7:15 pm – 8:00 pm:** Departures of the Mini-Race



PROGRAMME OF THE EVENT

SATURDAY 30 may 2026

Races

- **1:25 – 3:20:** Departure from the lake – MaXi-Village
- **8:15 – 9:30:** Departure of the Ado-Race – from the MaXi-Village
- **6:00 am – 2:20 pm:** Arrival in Doussard – From the lake in 2 days
- **9:00 and 9:10:** Departure Quart de tOur – at the Semnoz Ski Resort
- **10:15 – 12:50:** First quarter arrival – at the MaXi-Village
- **12:05 – 4:20 am (Sunday):** Arrival at the lake in 1 day – at the MaXi-Village

i-Run MaXi-Village

- **8:00 – 4:30 (Sunday):** Global opening of the MaXi-Village
- **9:30 – 7:00 pm:** Opening of the i-Run MaXi-Village exhibitors
- **9:00 – 7:00 pm:** Bib pick-up (by reservation) for the Shokz Demi-tOur du lac et Marathon-eXpérience – at MaXi-Village



PROGRAMME OF THE EVENT

SUNDAY

31 may 2026

Races

- **6:00 – 6:40:** Marathon-eXperience start – from the MaXi-Village
- **8:00 – 8:30:** Departure Shokz Demi-tOur – from Doussard
- **9:00 – 2:50 PM:** Marathon-eXperience arrival – at the MaXi-Village
- **1:20 pm – 7:30 pm:** Arrival of Shokz Demi-tOur at the MaXi-Village



i-Run MaXi-Village

- **8:30 – 7:45 pm:** Global MaXi-Village opening
- **9:30 – 7:00 PM:** Opening of the i-Run MaXi-Village exhibitors

adidas TERREX MaXi-Race

Give the best of yourself... and above
all, have fun!



29, 30 and 31 may 2026

From Lake Annecy through the mountains