

RUNNER'S BOOKLET

adidas TERREX MaXi-Race

tOur du Lac en 2 jours



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

From April 23 to May 22 - Mandatory **operation to be done on your personal account.**

2. Bib collection

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

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. Removal of your Drop Bag D-1

Friday, May 29th between 9 a.m. and 8 p.m. after the bib pick-up. **No drop bags will be taken at the start on Saturday!**

You have the option to have a personal bag (provided by the organization) that will be carried by the organization. You must drop it off at the Drop Bag tent in the MaXi-Village. Pick it up on Saturday in Doussard after your arrival.

4. Personal baggage drop-off J1 (optional: €20)

Saturday, May 30th - to be dropped off 30 minutes to 1 hour before your departure - Annecy

Personal bag (90l and 20kg maximum) to drop off on Saturday at the entrance of your departure SAS in Annecy. **Pick-up on Saturday in Doussard after your arrival. Option to book before April 24!**

5. Departure SAS J1

Saturday, May 30 - departure near the MaXi-Village

The SAS were formed on October 31 based on the Betrail performance index you had at that time. There is no possibility to change SAS, even if your Betrail index has increased or decreased since that day. 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.

6. Arrival Doussard - J1

Saturday, May 30 - Doussard

Drop Bag recovery and/or personal baggage once arrived. Any runner wishing to return to Annecy can request a ticket from the volunteer at the entrance of the Base Vie de Doussard bus, the bus ride is free with this ticket. .

7. Drop off of your Drop Bag and J2 personal baggage if option taken

Sunday, May 31 (morning) - to be dropped off 30 minutes to 1 hour before your departure - Doussard

On Sunday morning you can drop off your Drop Bag or personal bag (option) directly in the dedicated MaXi-Van, you will find your Drop Bag or personal bag (option) upon arrival in Annecy (arrival Day 2).

8. Departure SAS J2

Sunday, May 31 - Departure from Doussard

Your race time will start when you cross the starting line.

9. Drop Bag Recovery and Personal Baggage

Sunday, May 31 from 14h to 20h - MaXi-Village

Pickup at the Drop Bag tent in the MaXi-Village after your arrival.

On the lake in 2 days - J1

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](#).
- Localisation of the withdrawal: MaXi-Village.
- Address : [Parking des Marquisats, 74940 Annecy.](#)

Departure times

Departure near the MaXi Village

- | | |
|---------------------------------|--------------------------|
| 1:25am: Departure SAS 1 + elite | • 2:32: Departure SAS 6 |
| 1:33: Departure SAS 2 | • 2:40: Departure SAS 7 |
| 1:41: Departure SAS 2 bis | • 2:48: Departure SAS 8 |
| 1:49: Departure SAS 3 | • 2:56: Departure SAS 9 |
| 2:04: Departure SAS 4 | • 3:04: Departure SAS 10 |
| 2:12: SAS 4 bis departure | • 3:12: Departure SAS 11 |
| 2:24: Departure SAS 5 | • 3:20: Departure SAS 12 |

Drop Bag



- Drop Bag offered: you have the possibility to have a personal bag (bag provided by the organization)
- Drop-off: the day of your bib pick-up at the drop-bag truck between 9 a.m. and 8 p.m.
- Pick-up: on Saturday in Doussard after your arrival
- **No drop bags will be taken at the start on Saturday.**

Personal bag

- Only if you took the option before April 24
- This is your personal bag (90l and 20kg maximum) where you add a label with your bib number (provided by the organization with your bib), this bag will be dropped off on Saturday at the entrance of your SAS.
- Drop-off: on the morning of departure at the entrance of your SAS in Annecy
- Recovery: on Saturday in Doussard at the arrival of J1

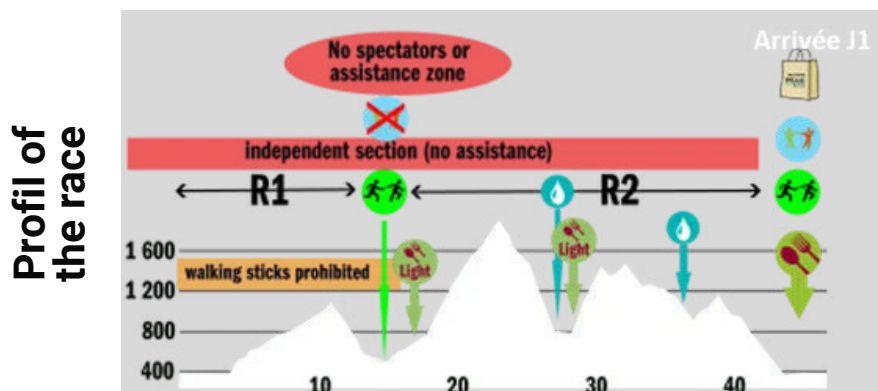
Mandatory materials

- 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 mandatory working condition for the departure of J1.
- Jacket with "strong waterproofing and breathability".

Bus

- Departure from Annecy – no bus to go to the departure
- Arrival in Doussard – buses will be in Doussard and will return to Annecy (free ticket to collect from the volunteer at the bus entrance)

J1 : Annecy - Doussard



Warning: Sticks are prohibited even in the hands until light 1 supply. You must store them in your bag or on your belt.

tOur du Lac en 2 jours - J2

Bib collection

You keep the same bib for the second day of the solo 100 km in 2 days.

Departure times

Departure from Doussard

- 8:00am: Departure SAS 1 and elite
- 8:07 : SAS 2 departure
- 8:14: Departure SAS 3
- 8:21 am: Departure SAS 4
- 8:28: Departure SAS 5

Bus in option

Optional €12 (to be taken obligatorily on your personal space before April 24)

You have the option to take a bus option to get to the start of your trip Place of departure of the shuttle : Collège les Barattes 2 avenue de montfleury, 74940 Annecy

- Departure time: Sunday 6:30 AM
- Arrival in Annecy – no bus to return from Doussard.

Drop Bag



- Drop-off: drop-off of the drop bag in the drop-bag truck in Doussard before departure
- Recovery: on Sundays from 2 p.m. to 8 p.m. at the i-Run MaXi-Village

Personal bag

- Installation: dropping off the personal bag in the drop bag truck in Doussard
- Recovery: on Sundays from 2 p.m. to 8 p.m. at the i-Run MaXi-Village

Mandatory materials

- Suitable shoes: trail type with studs
- Survival blanket: in its original packaging and uncut
- Mobile phone: loaded with registered backup numbers
- Whistle
- Visible race-bib: to be placed on the front 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. There is no point of water in the mountain areas for every anticipatory runner.
- Headlamp
- Sticks allowed (except in areas indicated on the course)
- Water container in addition to your water supply: reusable cup type.
- Jacket with "strong waterproofing and breathability"
- Specificity day 2: no mandatory front-end

switch

- To give even more chance of being finisher, we are implementing a "switch" system.
- The route includes 1 switch, depending on your time of passage at intersections you will be redirected to a new shorter route. If you cross the finish line, you will be "finisher" with a time penalty.

J2 : Doussard to Annecy

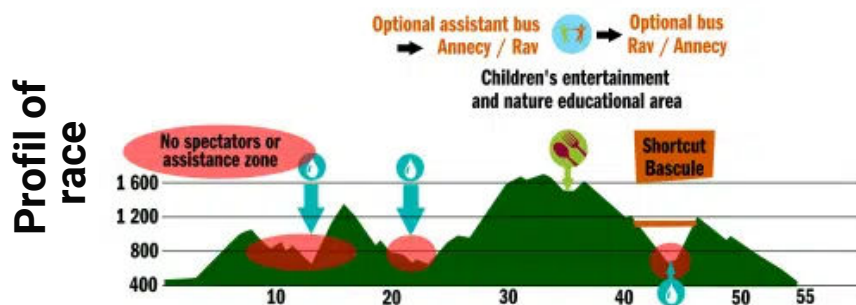


TABLE TIME

100 km solo en 2 Jours J1 / D1 Samedi 30 mai - Saturday, May 30th - 2026

Lieu	Info bâtons	Km	D+ / D-	Vague 1	Vague 2	Vague 2 bis	Vague 3	Vague 4 - Premier Relais	Vague 4 - 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	Bâtons interdits même dans les mains. Les ranger dans son sac ou sur sa ceinture.	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	2h20	2h31	2h35	2h45	2h56	3h06	3h18	3h29	3h39	3h50	-
Forêt		7,4	409 / 34	1h56	2h21	2h32	2h44	2h44	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	3h01	3h45	3h34	3h45	3h58	4h11	4h27	4h43	4h53	5h17	-
1 ^{er} Passage de relais		14,5	713 / 592	2h29	3h08	3h21	3h34	3h20	4h20	4h00	4h12	4h26	4h40	4h59	5h16	5h28	5h53	5h55
Ravitaillement light (10ur en solo)		17,3	921 / 597	2h44	3h31	3h45	3h59	3h36	4h50	4h24	4h36	4h51	5h08	5h27	5h48	5h58	6h30	6h30
Sommet		23,2	1996 / 644	3h40	5h01	5h17	5h34	4h37	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	5h07	7h36	6h35	6h50	7h09	7h40	8h01	8h42	8h44	9h45	9h50
Col		30,5	2624 / 1653	4h36	6h23	6h42	7h02	5h39	8h34	7h21	7h36	7h57	8h30	8h55	9h40	9h42	10h54	-
Point d'eau	36,9	2879 / 2276	5h13	07h17	7h38	7h59	6h19	9h48	8h19	8h35	8h58	9h34	10h04	10h53	10h56	12h20	12h30	
Base vie Doussard 2 ^{ème} Passage de relais	46,6	3105 / 3099	6h04	8h28	8h51	9h15	7h15	11h31	9h40	9h58	10h24	10h58	11h39	12h29	12h39	14h18	14h20	

100 km solo en 2 Jours J2 / D2 Dimanche 31 mai - Sunday, May 30th - 2026

Lieu	Info	Km	D+	D-	Vague 1	Vague 2	Vague 3	Vague 4	Vague 5	Derniers qui sont passés par la bascule	Barrière horaire
Départ					8h00	8h07	8h14	8h21	8h28		
Point d'eau		13.6	831	626	9:06	9:46	9:56	10:11	10:47		10:50
Sommet		17	1517	683	9:37	10:32	10:44	11:03	11:50		12:50
Point d'eau		21.6	1647	1331	10:00	11:07	11:20	11:42	12:41		14:55
Forêt		30.6	2510	1569	10:58	12:35	12:51	13:20	14:50		16:00
Sommet		32.2	2744	1569	11:11	12:54	13:10	13:41	15:17		16:30
Ravitaillement du Semnoz		36.7	2809	1792	11:30	13:22	13:39	14:13	15:56		17:05
Bascule	La bascule fait environ 3km et 800mD+	43.1	2897	2237	11:58	14:04	14:23	15:00	16:52	16h30	17:48
Point d'eau Seulement pour parcours entier		46	2926	2721	12:13	14:27	14:46	15:25		17:02	16:37
Retour de la bascule		48	3357	2761	12:36	15:01	15:21	16:03	16:37	17:48	18:30
Forêt		51.1	3488	3003	12:54	15:28	15:49	16:33	17:15	18:25	19:30
Arrivée		57.7	3588	3595	13:26	16:16	16:40	17:28	18:26	19:32	19:30

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

Secours et Abandons

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 precisely [vous localiser rapidement et précisément](#), **the Course PC is likely to 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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Drop Bag and Luggage

The drop bag service is included for all people registered at Our Lake in 2 days.

Rules to follow for Drop Bags

- You must only use the bag provided by the organization (dimensions 50x30x30cm) when handing out the race bibs and you will have to visibly hang the label with your bib number that we will give you.
- This bag closes with a zipper, don't overload it!
- It must not contain beverages or fragile items. The organization will not be liable in case of breakage or loss.
- Nothing must protrude from the bag.
- If you put sticks, bend them and protect the tips!
- To collect your Drop Bag, you will need to bring your bib.
- Don't forget your Drop Bag, no bags will be returned by post.

Luggage assistance

- A luggage service is also available as an option for runners of the Ur du Lac in 2 days who wish to carry a larger bag (1 bag of 90L and 20kg maximum that you must provide).
- The luggage is to be left on Saturday morning before the departure of your race with the staff who will be at the entrance of your SAS and you will find it in Doussard.
- On Sunday morning, you can drop it off directly in the van of the organization that will be at the start of the race in Doussard (30 minutes to 1 hour before the start).
- You can pick it up in Annecy at the MaXi-Village between 2pm and 8pm (you will need to show your race number to collect it).

Day 1

The drop bag must be dropped off on Friday, May 29, 2026, after collecting your bib, between 9 a.m. and 8 p.m., at the MaXi-Village - **No drop bags will be taken upon departure on Saturday!**
You will find your drop bag at the Doussard base.

Personal bag (if selected):

Drop-off: on the morning of departure at the entrance of your SAS in Annecy

Recovery: on Saturday in Doussard at the arrival of J1

Day 2

On Sunday morning, you can drop off your drop bag (30 minutes to 1 hour before departure) directly in the van of the organization that will be at the start of the race in Doussard. You can pick it up in Annecy at the MaXi-Village between 2pm and 8pm. This service is included in the price of your registration.

Personal bag (if selected):

Drop-off: drop-off of the personal bag in the drop bag truck in Doussard

Recovery: on Sundays from 2 p.m. to 8 p.m. at the i-Run MaXi-Village

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

- PMR toilets 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 bibs because the gymnasium is not accessible to people in wheelchairs. To benefit from this service, please let us know in advance.

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

SATURDAY₃₀ 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

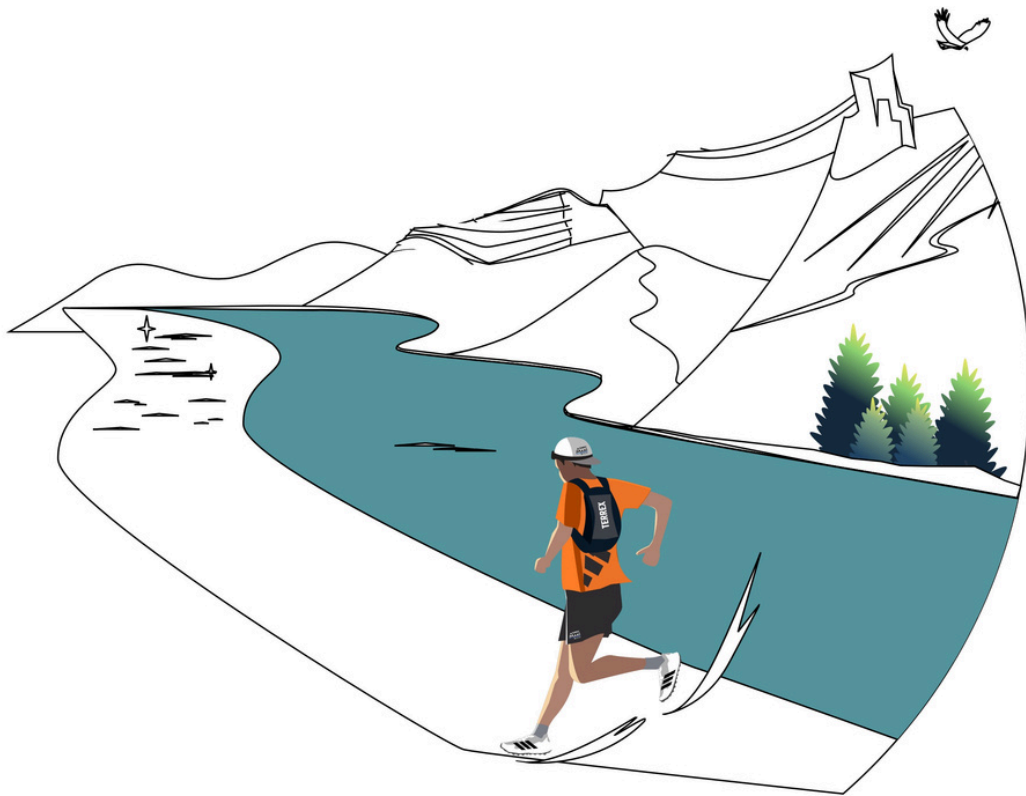


i-Run MaXi-Village

- 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