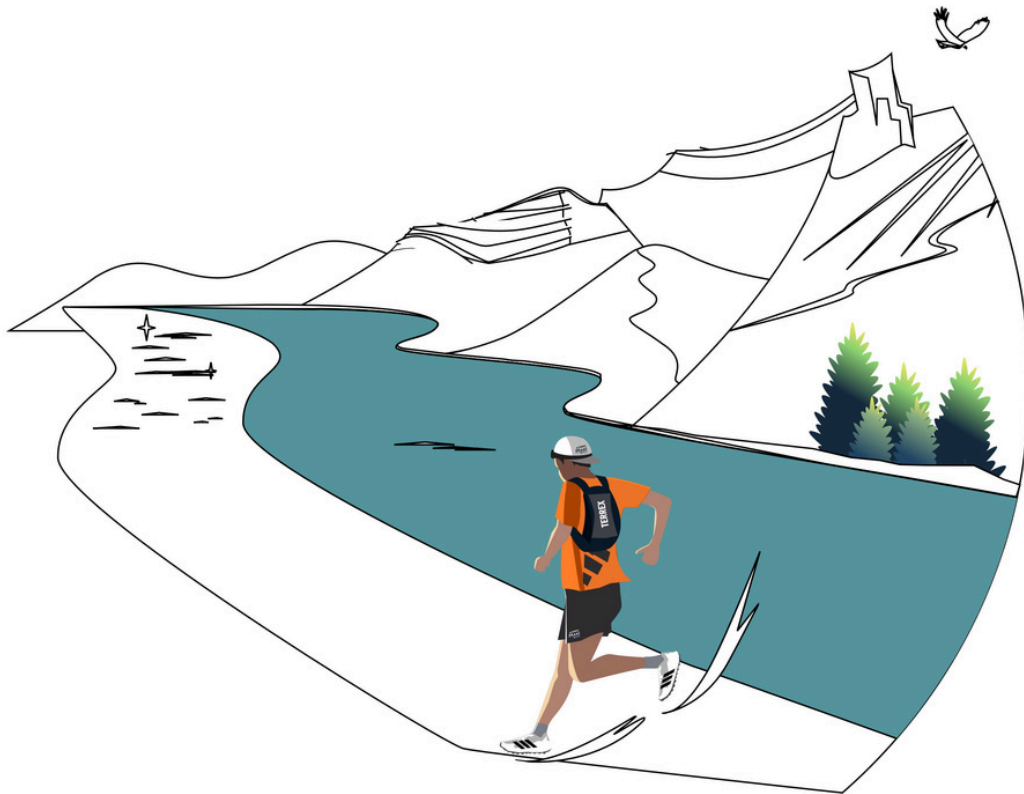


# RUNNER'S BOOKLET

adidas TERREX MaXi-Race

## On the lake in 1 day Solo



May 29, 30, and 31, 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.

Bib collection

## 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. Optional (€12) drop-off of your Drop Bag

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. Departure SAS

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.

## 5. Retrieving your Drop Bag

Saturday, May 30 from 2:00 pm to 4:00 am and Sunday, May 31 from 2:00 pm to 8:00 pm - MaXi-Village

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

## 6. Award ceremony

Saturday, May 30 at 6:30 pm - MaXi-Village

Come 10 minutes before the indicated time - The first 7 Men and Women rewarded.

# 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 race numbers because the gymnasium is not accessible to wheelchair users. To benefit from this service, please inform us in advance of the event.

# On the lake in 1 day Solo

## 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
- 1h25: Departure SAS 1 + elite
- 1h33: Departure SAS 2
- 1h41: Departure SAS 2 bis
- 1h49: Departure SAS 3
- 2h04: Departure SAS 4
- 2:12: SAS 4 bis departure
- 2:24: Departure SAS 5
- 2h32: Departure SAS 6
- 2:40: Departure SAS 7
- 2h48: Departure SAS 8
- 2h56: Departure SAS 9
- 3h04: Departure SAS 10
- 3h12: Departure SAS 11
- 3h20: Departure SAS 12

## Batches by categories

For individual races, the first Men and Women of each category will be rewarded. The winners of the races by categories must go to the Info point during opening hours, at the earliest 2 hours after their arrival and with proof of their classification in order to collect their prize.

## 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 order and with sufficient autonomy for the duration of your run.
- Jacket with "strong waterproofing and breathability".

## Drop Bag Option



Drop Bag distributed during the bib pick-up, if you took the option on your personal account before April 24.

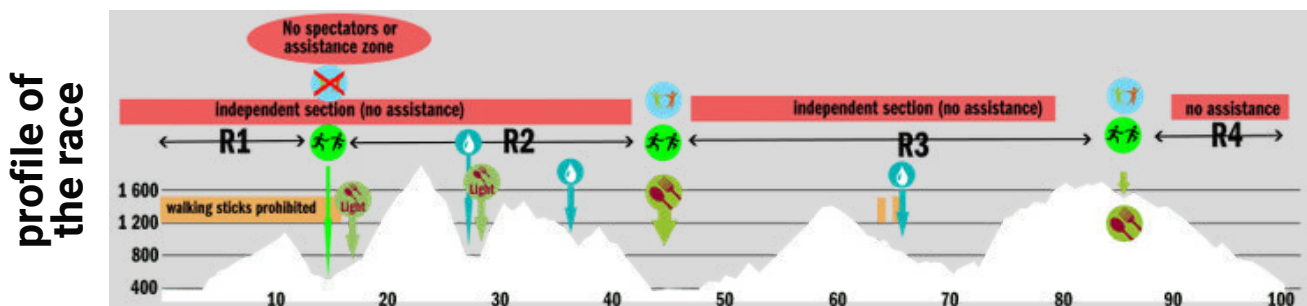
## Dropouts

Si vous abandonnez à Doussard ou plus tard, vous serez reclassé en tant que Maxi-Challenger.

## Podiums

Saturday, May 30 at 6:30 pm - MaXi-Village

## On the Solo Lake in 1 day



**Warning:** Sticks are prohibited even in the hands until supply 1 light, as well as on other areas indicated on the course. You need to store them in your bag or at your waist..

# TIME TABLE

100 km solo in 1 day

Departure Saturday, May 30 - 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 <sup>ère</sup> 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 <sup>ème</sup> 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 <sup>er</sup> 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 <sup>ème</sup> 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 <sup>ème</sup> 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

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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

# INFORMATION

## Pour les coureurs :

Lieu	Informations relayeurs	Informations toutes courses
Départ - Quai de la Tournette, Annecy	Tous les relayeurs partiront en vague 4 à 2h10	
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 <b>le transport en bus est OBLIGATOIRE</b> à l'aller entre Annecy et le passage de relais, puis au retour entre le passage de relais et Annecy.</p> <p><b>AUCUNE voiture possible à cet endroit.</b></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 (<b>attention très peu de place de parking</b>)</p>	<p>Base vie, passage de relais, assistance autorisée.</p> <p><b>Drop bag :</b> 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. Pas de drop bag sur cette zone</p>
Arrivée – Parking des Marquisats, 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 :



Lieu	Information assistance/public
Départ – Quai de la Tournette, Annecy	<p><b>0 places de parking GRATUITES à moins de 3 km</b></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	<b>ZONE INTERDITE</b> 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"> <li>- pensez au <b>vélo</b>, il y a 98% de pistes cyclables</li> <li>- prenez l'<b>option navette bus de l'organisation</b></li> </ul>
Entre les 2 zones de ravitaillement	<b>ZONE INTERDITE</b> 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"> <li>- prenez l'<b>option navette de l'organisation</b>. Les familles avec enfants qui montent en bus auront <b>des tickets gratuits*</b> pour les activités de luge d'été et autres</li> <li>- pensez au <b>vélo</b>, mais attention c'est une montagne à graver !</li> </ul> <p>De quoi passer un moment agréable : <b>Restaurant, snack, buvette, stands pédagogiques</b> sur la montagne</p> <p>(*voir détails sur le site)</p>
Arrivée – Parking des Marquisats	<p><b>0 places de parking à moins de 3 km à pied</b></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 emergency plan is developed in consultation with all the specialised entities involved: SDIS, doctors, Mountain Rescue Association, Red Cross... During the race weekend, more than **120 rescue** personnel are mobilised to ensure your safety: paramedics, mountain guides, doctors, nurses, controllers, ambulances... A race control centre is set up to centralise and manage all calls. During the adidas TERREX MaXi-Race 2026, you will cross several sections of the greenway around Lake Annecy (official routes or possible detours). Please take the time to read the charter. ( [charte](#) . )

## Triggering of rescues

If you need assistance during the race or if you witness an accident:

Throughout the course, you will find volunteers who are in constant contact with the control centre. If you can, approach them.

If you wish to contact the emergency services yourself: mainly use the phone numbers of the race control center: **+33 7 66 33 33 65** or **+33 6 61 42 57 57**.

These numbers are on your file, but we recommend saving them to your phone. If you are in an area without network coverage and have no other means of alerting the emergency services, you can as a last resort use the European emergency number: 112.

in order to vous localiser rapidement et précisément, ( to locate you quickly and precisely ), the **PC Course** 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 be moving in the mountains: Depending on the weather conditions, the temperatures announced may be cold. During the hours prior to departure, and following the recommendations of the prefecture, the organisers may activate the extreme cold kit in addition to the mandatory equipment. If you need to remain stationary for a long period, remember to wear dry and warm clothing, or take out your survival blanket to protect yourself against hypothermia.

## Abandons

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:

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



## Mobilitéé

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/>

## Drop Bag

### 100 km solo

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 supply station.

For the runners of the MaXi-Race, the organization will repatriate the drop bags to Annecy at the MaXi-Village. You can collect it on Saturday, May 30, 2026 from 2:00 p.m. to 4:00 a.m. and on Sunday, May 31, 2026 from 2:00 p.m. to 8:00 p.m.

### 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.

# PROGRAMME OF THE EVENT



**FRIDAY** 29 may 2026

## i-Run MaXi-Village



- 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

### RACE

- 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
- 12:10 – 4:10 (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

## RACE

- **6:00am – 6:40:** Marathon-eXperience departure – from the MaXi-Village
- **8:00am – 8:30:** Departure Shokz Demi-tOur – from Doussard
- **9:00am – 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