

# RUNNER'S BOOKLET

adidas TERREX MaXi-Race

## Quart de tOur du Lac



29, 30 and 31 may 2026

From Lake Annecy through the mountains

# PRunner'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

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. Annecy - Semnoz bus (optional: €10)

Saturday, May 30 at 7:30 am - departure point of the shuttle : 1 Rue Baron Pierre de Coubertin, 74000 Annecy.

Option you must take on your personal account before April 24.

Buses will be set up after the race to return to the vicinity of this parking lot.

## 4. Starting Block

Saturday, May 30 - departure from the Semnoz

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. Award ceremony

Saturday, May 30 at 2:00 PM at the MaXi-Village

Come 10 minutes before the indicated time - The first 5 Men and Women rewarded.

# Accessibility

- PMR toilets at the MaXi-Village and at the Semnoz base life.
- 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.

# Personal assistance

**Personal assistance is prohibited for this race.**

Checks will be carried out and sanctions will be taken against riders who do not comply with the regulations.



18 à 20  
Km

500  
D+  
1500  
D-

à 12h50  
(samedi)  
Max  
Barrière horaire

TERREX  
MAXI  
RACE

# Quart de tOur du Lac

## Retrait dossard

- 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.

## Option bus

- You have the possibility to take a bus option to get to the start of your race (10€ option - must be taken on your personal space before 24 April).
- Departure point of the shuttle: : 1 Rue Baron Pierre de Coubertin, 74000 Annecy.
- Departure time: Sunday 7:30 AM

## Departure times

Departure from the Semnoz station

9:00: Departure Wave 1 - Man (H elite, SAS 1, 2, 3 and 4)

9:10: Departure Wave 2 - Woman (elite F, SAS 5, 6, 7, 8 and 9)

# Mobility

The areas accessible to spectators and accompanying persons are the start and finish. 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 Semnoz, from the MaXi-Village. If you choose to go by car, it will be very difficult for you to get down and park to see the arrival at MaXi-Village. The bus 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/>

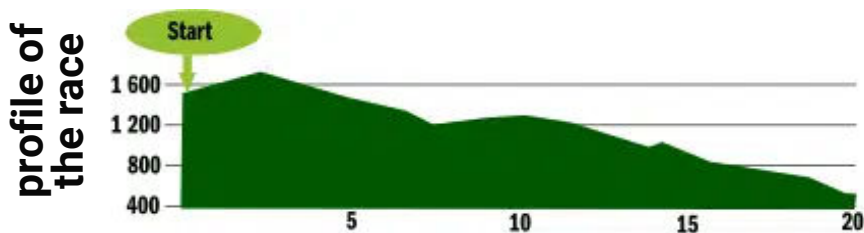
## Mandatory materials

- 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).
- Jacket with "strong waterproofing and breathability".

## Podiums

Saturday, May 30 at 2:00 pm - MaXi-Village

## Quart de tOur du Lac



# TIME TABLE

## Quart de tOur du Lac Départ samedi 30 mai - Start Saturday, May 30th - 2026

Lieu	Info	Km	D+	D-	Heure du 1er	Heure du dernier	Barrière horaire
Départ - Semnoz					9h00 (homme) 9h10 (femme)		
Forêt		13.4	351	883	9:49	11:38	11:30
Arrivée		20	472	1495	10:17	12:50	13h00

*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*

# Rescue and Abandonment

The emergency plan is drawn up in consultation with all of the following specialized entities: SDIS, doctors, Association de Secours en Montagne, 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 [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.

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