

RUNNER'S BOOKLET

adidas TERREX MaXi-Race

Shokz Demi-tOur du Lac



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

Saturday, May 30 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 - Doussard bus (optional: 12€)

Sunday, May 31 at 6:30 a.m. - shuttle departure point : Collège des Barattes, ANNECY

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

4. SAS Start

Sunday, May 31 - departure from Doussard

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

Sunday, May 31 at 3:00 p.m. - at the MaXi-Village

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

Shokz Demi-tOur du Lac

Bib collection

- No bib will be given on the day of the race.
- The bib pick-up is the day before the race: Saturday, **May 30th from 9 a.m. to 7 p.m.**
- 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 Article 4 of the regulations. [l'article 4 du règlement](#).
- **Place of withdrawal:** MaXi-Village.
- Address : [Parking des Marquisats, 74940 Annecy.](#)

Bus

- You have the possibility to take a bus option to get to the start of your race (12€ option - must be taken on your personal space before April 24th).
- 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.

Departure times

Departure from Doussard

8:00am: Departure SAS 1 + elite

8:07 : SAS 2 departure

8:14: Departure SAS 3

8:21: Departure SAS 4

8:28: Departure SAS 5

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".

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.

Podiums

Sunday, May 31 at 3:00 pm - MaXi-Village

Shokz Demi-tOur du Lac



TIME TABLE

Shokz Demi-tOur du Lac Départ dimanche 31 mai - Start sunday, May 31th - 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											
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		
Point d'eau		21.6	1647	1331	10:00	11:07	11:20	11:42	12:41		12:50
Forêt		30.6	2510	1569	10:58	12:35	12:51	13:20	14:50		14:55
Sommet		32.2	2744	1569	11:11	12:54	13:10	13:41	15:17		
Ravitaillement du Semnoz		36.7	2809	1792	11:30	13:22	13:39	14:13	15:56		16:00
Bascule		43.1	2897	2237	11:58	14:04	14:23	15:00	16:52	16h30	16h30
Point d'eau Seulement pour parcours entier	La bascule fait environ 3km et 800mD+	46	2926	2721	12:13	14:27	14:46	15:25		17:02	17:05
Retour de la bascule		48	3357	2761	12:36	15:01	15:21	16:03	16:37	17:48	16:37
Forêt		51.1	3488	3003	12:54	15:28	15:49	16:33	17:15	18:25	18:30
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

To (find you fast and good) vous localiser rapidement et précisément, the PC Course is likely to use the solution X-Tract :

- >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:

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 base life of Semnoz.

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 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 life bases of 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

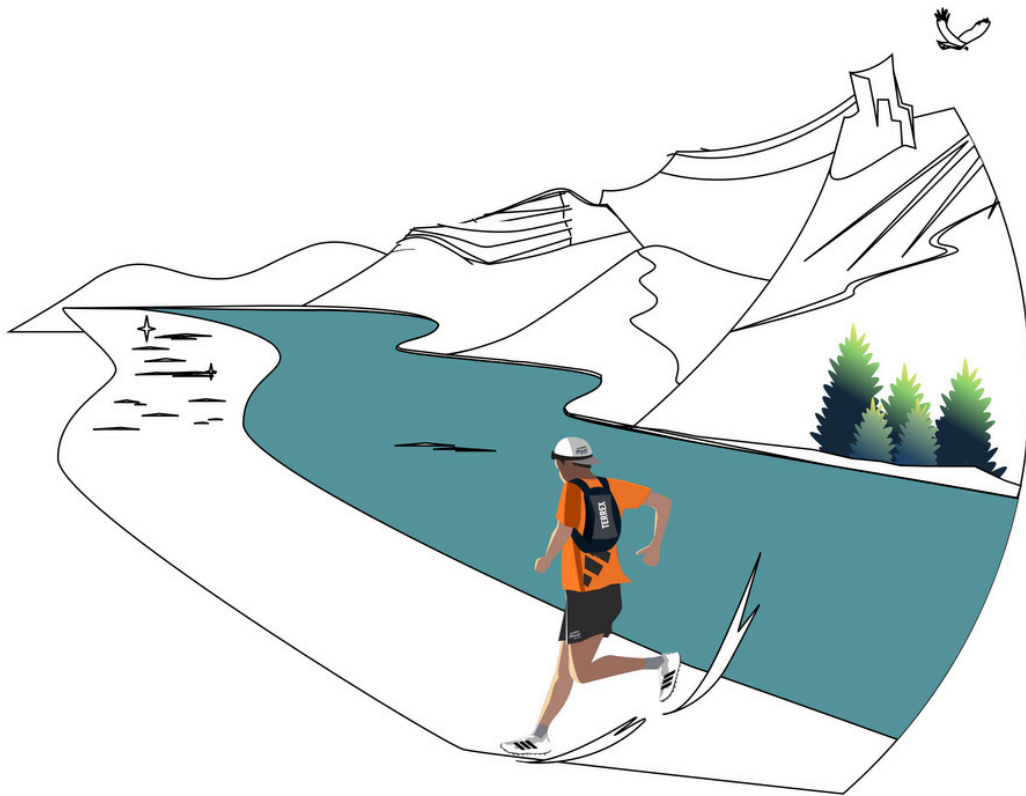


i-Run MaXi-Village

- **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!



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