



CHAMONIX-MONT-BLANC



**ROADBOOK**



MARATHON du MONT-BLANC



**27-30  
JUIN**

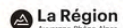
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ATMB



**SALOMON**



**S/LAB/**

S/LAB PULSAR 3

# PRENEZ LES DEVANTS

Courez toujours plus vite sur terrain technique grâce à la performance S/LAB, son accroche et sa précision inspirées des athlètes de haut niveau.

Athlète : Malen Osa



**SALOMON**

**SALOMON**

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**Psssst !!**  
**You can use the menu by using this button.**

## Friday June 28th, 2024

### Chamonix - Place du Triangle de l'Amitié

**4:00 am** 90 km du Mont-Blanc (2 starting waves)

**2:30 pm** First finishers of 90 km du Mont-Blanc

**5:00 pm** KM Vertical (1 departure every 15 sec.)

### Chamonix - Planpraz

**6:00 pm** First finishers of KM Vertical

### Chamonix - Place du Triangle de l'Amitié

**9:00 pm** KMV price giving ceremony and lottery

## Sunday June 30th, 2024

### Chamonix - Place du Triangle de l'Amitié

**6:45 am** 42km women elites' start

**7:15 am** 42 km du Mont-Blanc (men elites' start + 6 starting waves)

### Montroc

**10:30 am** Young Race Marathon

### Chamonix - Place du Triangle de l'Amitié

**10:45 am** First finishers of 42 km du Mont-Blanc

**4:50 pm** Presentation of solidarity bibs

**5:00 pm** Duo étoilé, 42km du Mont-Blanc and Young Race Marathon price giving ceremonies and lottery

**42km du Mont-Blanc**  
**First finishers at 10:45 am**  
**at Place du Triangle de l'Amitié**

## Saturday June 29th, 2024

### Chamonix - Aire des parapentes

**8:00 am** 23 km du Mont-Blanc (6 starting waves)

### Chamonix - Planpraz

**10:00 am** First finishers of 23km

### Chamonix - Aire des parapentes

**10:30 am** 10 km du Mont-Blanc (6 starting waves)

**11:10 am** First finishers of 10 km du Mont-Blanc

**2:00 pm** Mini-Cross - 800m

**2:15 pm** Mini-Cross - 2km

**2:45 pm** Mini-Cross - 3km

**Mini Cross lottery by the end of the races**

### Chamonix - Place du Triangle de l'Amitié

**4:00 pm** 90km, 23km, 10km and Mini Cross price giving ceremonies, then 90km, 23km and 10km lottery

**6:00 pm** 42km elites' official presentation

**6:30 pm** Elites autograph session

**7:30 pm** Duo Étoilé

**9:45 pm** First finishers of Duo Etoilé

### BIBS PICK-UP

From Thursday June 27th to Saturday June 29th : 9 am - 9 pm  
 On the Trail Camp - Place du Mont-Blanc  
 depending on your appointment

### TRAIL CAMP

From Thursday June 27th to Saturday June 29th  
 9 am - 8 pm



Program

before  
your race

during  
your race

after  
your race



trail  
camp

## Bibs pick-up

**Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.**

No exchange of race bib with another person will be accepted. Anyone transferring his bib will be immediately disqualified, with no refund possible.

No bibs will be given out on race morning for the 90km, 23km, 42km and Young Race Marathon.

**For the Mini-Cross**, race bibs can be picked up without appointment on Thursday June 27 and Friday June 28 from 9am to 8pm, or on Saturday June 29 from 9am to 1pm at the "Vaincre les maladies Lysosomales" stand at Trail Camp.



## Information

Runners are kindly asked to check their personal details on their runner's digital space (gender, date of birth, surname, first name, cell phone number). **No complaints will be accepted after the start.**

Runners' bags (for the 23km and KM Vertical): use only the bags provided by the organizers; personal luggage is not accepted.

Please note that there will be no baggage drop-off at the bib pick-up point. If you leave personal belongings, the organization cannot be held responsible for loss or robbery.



**Bib pick-up appointment must be taken on your runner digital account**

## How can I make an appointment or consult my bib collection card?

Your bib pick-up appointment must be booked directly from your runner's digital account!

You can find the link in your registration confirmation e-mail, or **scan the QR Code**.



### Instructions :

- Enter your e-mail address and reservation code
- If you don't know your reservation code, enter your e-mail address, then click on "I don't know my reservation code".
- You'll receive an e-mail with a link to your runner's account.

### Appointment booking

Click on "edit my entry"

### Consulting your bib collection card

Click on "bib collection card"



Program

before your race   during your race   after your race



trail camp

## Personal accident insurance

Each competitor must have their own accident insurance, that will cover any costs of search and rescue in France. Such insurance can be taken out with Assur-connect (for runners living in the European Union) directly on the event website (section 'Useful information' > 'Think about it !').

### Warning !

There is an additional cost for helicopter evacuations in Switzerland and for private helicopter evacuations in France. The evacuation choice exclusively depends on the organisation, which will always give priority to the runner safety.



## Transportation in the Chamonix Valley

To make it as easy as possible for you to come to the Mont-Blanc Marathon, and to reduce the event's environmental impact as much as possible, **we ask you to use the Valley's public transportation or to carpool whenever it's possible.**

Public transportation in the Chamonix Valley :

Train = free with a guest card or via cham card.

Bus = free with a lift pass or via cham card. The carte d'hôte gives you discounted bus prices.

## Map of Chamonix



Program

before your race

during your race

after your race



trail camp

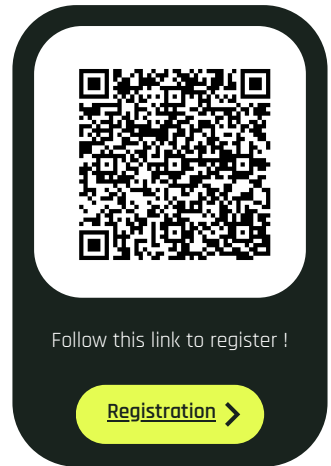
# Before your Mont Blanc 90k race



Thanks for the partnership between the Chamonix Sports Club and ATMB (Autoroutes et Tunnel du Mont-Blanc), we organize shuttles to the starting lines for 90km and 42km runners.

Special buses from Les Houches and special train from Vallorcine will enable the runners to come to Chamonix without using their cars.

Free access on registration, with this link or [directly on our website.](#)



## To get to the 90km start

Vallorcine > Chamonix

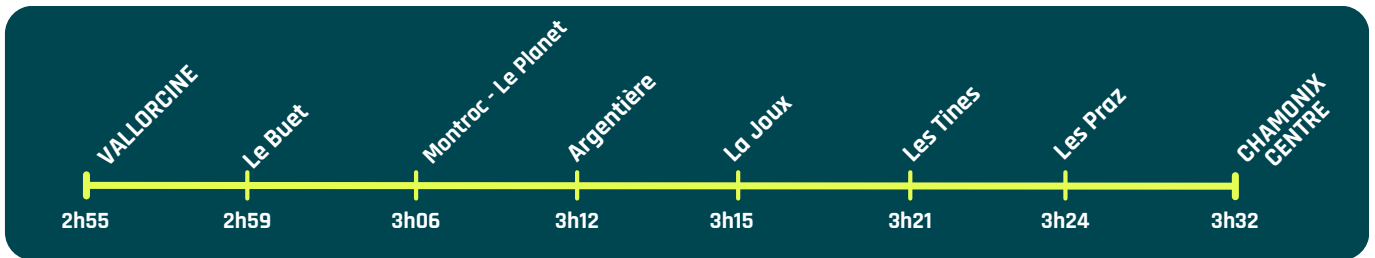
**TRAIN** **VALLORCINE - CHAMONIX**

Free



From Vallorcine, in partnership with the SNCF, a train will pick up runners and those accompanying them.

Seats are limited. **MANDATORY REGISTRATION HERE !**



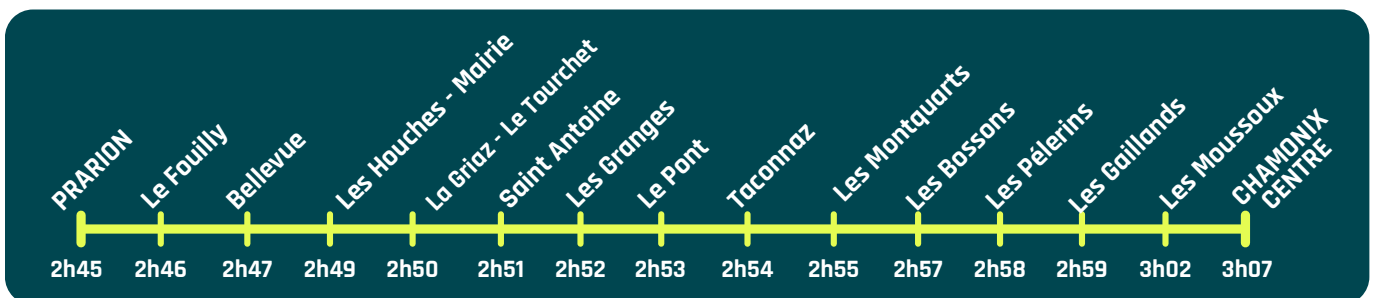
Les Houches > Chamonix

**BUS** **LES HOUCHES - CHAMONIX**

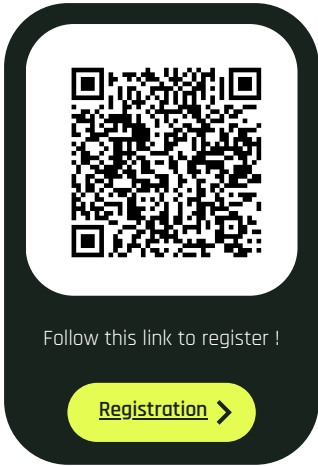
Free

From Les Houches, a shuttle bus will pick up runners and those accompanying them.

Seats are limited. **MANDATORY REGISTRATION HERE !**



# Before your Mont Blanc 42k race



Follow this link to register !

Thanks for the partnership between the Chamonix Sports Club and ATMB (Autoroutes et Tunnel du Mont-Blanc), we organize shuttles to the starting lines for 90km and 42km runners.



Special buses from Les Houches and special train from Vallorcine will enable the runners to come to Chamonix without using their cars.

Free access on registration, with [this link](#) or [directly on our website](#).

## To get to the 42km start

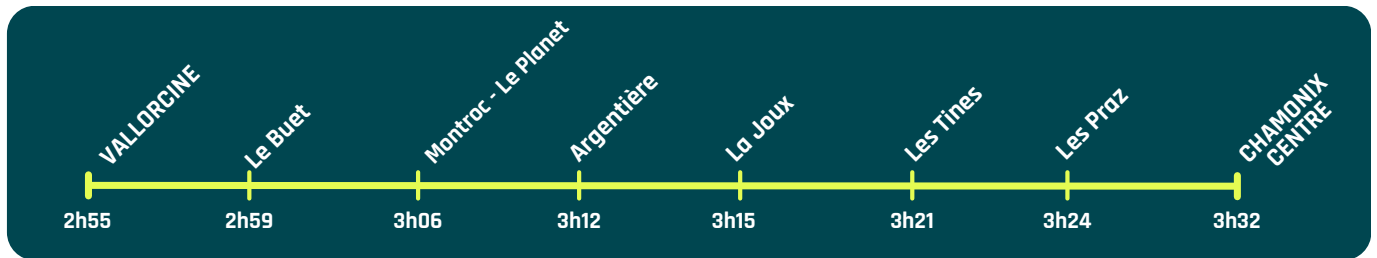
Vallorcine > Chamonix

**TRAIN** **VALLORCINE - CHAMONIX** *Free*



From Vallorcine, in partnership with the SNCF, a train will pick up runners and those accompanying them.

**Seats are limited. MANDATORY REGISTRATION HERE !**

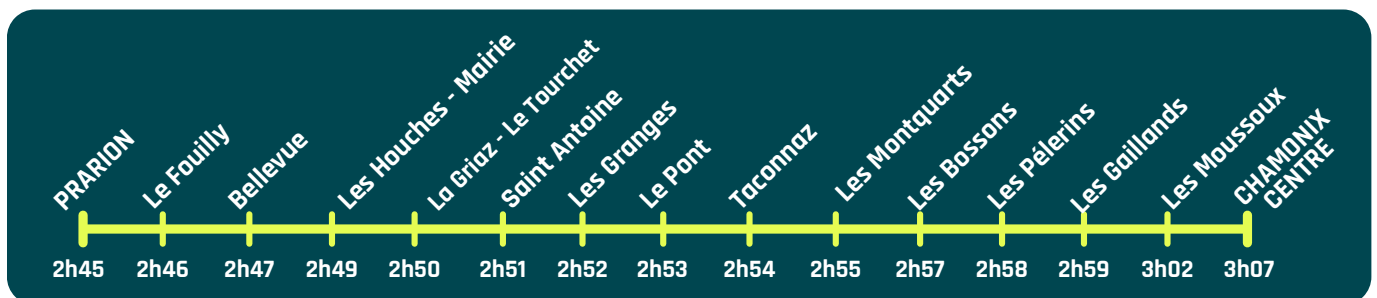


Les Houches > Chamonix | Bus line n°1

**BUS** **LES HOUCHES - CHAMONIX** *Free*

From Les Houches, a shuttle bus will pick up runners and those accompanying them.

**Seats are limited. MANDATORY REGISTRATION HERE !**





# DÉCOUVREZ LA NOUVELLE COLLECTION TECHNIQUE



RENDEZ-VOUS SUR LA  
BOUTIQUE OFFICIELLE\*

DU 27 AU 30 JUIN



2024

li-run

×



MARATHON  
MONT-BLANC



\* SALON DU TRAIL CAMP OU  
PLACE DU TRIANGLE DE L'AMITIÉ

#RUNSTOPPABLE®

# During your race

## Refreshment stations

### Food

Soup, bread, cheese, dry sausage, sweet cakes, Tucs, oranges, bananas, apricots, watermelon (if very hot) + MX3 energy bars (90km, 23km, 42km).

### Beverage

Still water, sparkling water with MX3 electrolytes, sparkling water with mint syrup and Coca-Cola, tea (in case of bad weather), MX3 energy drink (90km, 42km).

## Finish lines refreshment stations

### Food

Hot dogs (vegetarian option available), soup, cheese, sweet cakes, oranges, apricots, watermelon (if hot).

### Beverage

Still water, sparkling water with MX3 electrolytes, sparkling water with mint syrup and Coca-Cola, tea (in case of bad weather), MX3 energy drink (90km, 42km)



**No cups, bowls or cutlery provided at the refreshment stands!**

As part of our commitment to sustainable development, there will be no cups, bowls or cutlery provided at refreshment points. **Each runner must bring his own equipment for the entire race.**

## For the 90km race only

### Food

- Röstis on **Emasson** refreshment, **from 11am to 3pm**
- Pizzas on **les Bois** refreshment, **from 6pm to 10pm**
- Pastas on **Montenvers** refreshment, **from 6pm to 8pm**

## Race regulations

You can consult the Mont-Blanc Marathon race regulations on the event's official website : [WEBSITE LINK](#), or by clicking on the following link : [RACE REGULATIONS LINK](#). Reminder: you agreed to the race regulations when you registered for your race.



### Environment and local inhabitants respect

The Mont-Blanc Marathon race paths cross a unique and fragile environment. In order to respect the site, please do not throw away any garbage and stay on the paths. Runners who do not respect this rule will be penalized.

We kindly ask you not to walk through the fields bordering the paths, as they are used by farmers to produce the hay they need to feed their beasts in winter. Repeated walking prevents regrowth.

**Please don't throw any garbage out, and make sure you recycle it properly!**



### Important information

- We no longer use single-use dishes, so you need to bring your own utensils: cups, bowls and cutlery.
- We have removed all plastic bottles for still water, sparkling water and Coca-Cola. We use tanks for still water where there is no potable tap water, and we make our own sparkling water. This water is used either with MX3 electrolytes, mint syrup or Coca-Cola.
- All organic waste produced at the refreshment stands is collected by the Ecotrivelo association and composted in Chamonix.
- The packaging containing the fruit proposed at the refreshment stands is returned to the greengrocer for reuse.
- Other waste is separated and recycled if possible.



# During your race

## In case of race withdrawal

The competitor **MUST** inform a staff member (marshal, volunteer, first-aider...), and clearly mention his race bib number, to avoid the organization having to search unnecessarily for runners who have withdrawn.

In the case of withdrawal, the runner's race bib number will be communicated to Race HQ, the bottom right-hand corner of the bib will be cut out by the race representative, and the runner will be invited to take public transportation back to Chamonix. Remember to bring a small amount of money to pay for public transportation.

**For the KM Vertical and the 23km**, the runners' bags who have withdrawn will be taken to Race HQ (at the Chamonix Sports Club).

**For the Duo Étoilé**, if one participant drops out, the other one must also drop out.

If no staff member is near you when you give up, please text your race number followed by the word ABANDON and your location to Race HQ; telephone number indicated on your race bib **+33 (0)6 10 55 12 11**.



### Support

Race support is forbidden, except 20 meters before and 20 meters after refreshment points (companions are forbidden inside the refreshment area). Any refuelling outside these zones will be penalized.

Race commissioners will be present on the course, and the stations' supervisors located at the various checkpoints and refreshment points will be empowered to ensure compliance with the regulations, and to apply an immediate penalty in the case of non-compliance.



### Security

In order to ensure the runners' safety during the Mont-Blanc Marathon races, **our timekeeping system allows the organisation to identify runners accumulating excessive delays during the race, and to trigger a potential alert.** In this case, Race HQ may call you on your cell phone.

Please **remember to leave your cell phone switched on with the ring tone activated throughout the race.** Please check that your cell phone number is correct on your registration profile. Also, 90km runners must also have a phone subscription including Switzerland (path crossing Emosson).

## In case of emergency



Call these emergency numbers : **+33 (0)9 79 98 18 22**  
 or **+33 (0)6 10 55 12 11**  
 or **112**  
 or go to a first-aid station.



# After your race



## Ski lifts

For the gondola return at the end of the 23km Mont-Blanc or KM Vertical, the race bib can be used as a ticket.



## Care area - Baume du Tigre

A care area will be set up at the Richard Bozon Sports Centre, where physiotherapists and podiatrists will be present during the whole weekend. Teams will be using products from Baume du Tigre, official partner of the Mont Blanc Marathon.



You will be able to access this area before and after your run by showing your race bib.

Opening times are :

- Saturday June 29th : 9am - 6:30pm
- Sunday June 30th : 10am-7pm



## Showers

Showers are at your disposal at the Richard Bozon Sports Center. You can have access by showing your race bib.

Opening hours are:

- Friday June 28th : 3pm - 5am,
- Saturday June 29th : 9:30am - 2:30 am,
- Sunday June 30th : 10:00am - 7:00 pm.



## The latest from Brasserie du Mont-Blanc

Cristal ICE, a light, thirst-quenching blonde with a mild bitterness.

To be discovered in your sales outlets in the Rhône-Alpes region.



# After your race

## The bibs chips

The chip attached to your bag and the one on the back of your bib are recyclable. **You'll find bins at the end of your race where you can drop them off.** Our service provider will then take care of recycling them. Don't forget!



## Price giving ceremony

- Prizes will be awarded to the top ten men and women in the scratch race, and the top three men and women in each FFA age category represented on the race.
- Prizes will be awarded to the first three men and women in the scratch race, and the first three men and women in each FFA age category represented in the race.
- Prizes will be awarded to the top ten men and women in the scratch race.
- Prizes will be awarded to the top three men and women in each FFA age category represented in the race.
- Prizes will be awarded to the first three men's teams, the first three women's teams and the first three mixed teams.
- Prizes will be awarded to the top boys and girls in each age group.

## Lottery

At the end of the prize-giving ceremony, a lottery will be organized for the races concerned. To participate, runners must drop their ticket into the designated box on the Place du Triangle de l'Amitié, 30 minutes before the prize-giving ceremony begins. The results will be announced on live, and the winner must be physically present to collect his prize. If the winner is not present, the prize will be put back into play. No prize will be sent.

**Prizes to be won: paragliding flights, meals in Chamonix's finest restaurants, sunglasses, sportswear, shopping vouchers and much more...**

# Where runners can be followed ?

## Free public transportation

Please protect the environment where the Mont-Blanc Marathon races take place, by **taking the trains or special shuttles freely set up by the organization to follow your runner.**

The road to the Tour for the 42km race will be **closed** on Sunday June 30th from 7.30am to 11am. To get to the Tour, you'll need to take the free public shuttles.



## Follow the races live



For the 2nd consecutive year, **the 42km du Mont-Blanc will be fully broadcast on the Eurosport player**, over 66 countries and in 20 different languages on Eurosport TV, **from 9am to 11:15am.**

Race tracking by timekeeping on the event's website: overview of runners and runner profile giving all available information on the competitor of your choice.

## Elite presentation and autograph session

On Saturday June 29 at 6:00 pm on the Place du Triangle de l'Amitié, **meet the 42km elites** for an official presentation followed by an autograph session!



## FAN ZONE Vertical Kilometer

Located above the Brévent cable car (GPS coordinates: 45°55'33.7 "N 6°51'41.4 "E), Salomon and i-Run invite you to cheer on the runners in a wild fan zone! Join us on Friday June 28th from 4.30pm to 5 p.m. to pick up a ticket in the Experience Zone by I-run zone at the Trail Camp (place du Mont-Blanc), and from 5 to 8 p.m. in the Fan Zone to pick up your fan pack! (on booking and limited number). [I register here!](#)

## FAN ZONE 42 km du Mont-Blanc

Located at the Tour refreshment station, it will be hosted by the Golden Trail World Series teams, who will be distributing gifts and making a lot of noise.

Your companions will simply have to get on the shuttle bus in Chamonix (place du Mont-Blanc), after your departure, and it will bring them directly to the fan zone!



## Companions behavior

Dear companions, we kindly ask you to respect the farmers and inhabitants of the villages through which the Mont Blanc Marathon races pass. It is strictly forbidden to park wherever you please: in the middle of the road, on the side of the road, in the fields or at the homes of local residents... In the case of incivility of this kind, the runner you are accompanying will be **disqualified** from the race.

We remind you that **companions shuttles are available for the 90km, 23km and 42km**, enabling you to follow your runner free of charge without having to worry about parking.



Program

before your race   during your race   after your race



trail camp

# Where runners can be followed ?

| 90 km du Mont-Blanc | Location  | Altitude | 1st runner | Last runner | Access   |
|---------------------|---|----------|------------|-------------|--|
|                     | <b>1</b> Start - Place du Triangle de l'amitié  | 1036m    | 4:00 am    | 4:10 am     | By foot  |
|                     | <b>2</b> Le Buet                                | 1347m    | 6:44 am    | 10:27 am    | Train Mt Blanc Express OR Organisation shuttle |
|                     | <b>3</b> Emosson                                | 1970m    | 8:42 am    | 2:47 pm     | Organisation shuttle                           |
|                     | <b>4</b> Le Tour                                | 1470m    | 11:23 am   | 8:37 pm     | City bus (line n°2)                            |
|                     | <b>5</b> Les Bois                               | 1090m    | 12:22 pm   | 10:51 pm    | Train Mt Blanc Express OR City bus (line n°2)  |
|                     | <b>6</b> Montenvers                             | 1904m    | 1:10 pm    | 1:11 am     | Montenvers train                               |
|                     | <b>7</b> Refuge du Plan de l'Aiguille           | 2190m    | 2:00 pm    | 2:50 am     | Cable car + by foot                            |
|                     | <b>8</b> Finish - Place du Triangle de l'amitié | 1036m    | 2:30 pm    | 5:10 am     | By foot  |

| 42 km du Mont-Blanc | Location  | Altitude | First runner      | Last runner | Access   |
|---------------------|---|----------|-------------------|-------------|--|
|                     | <b>1</b> Start - Place du Triangle de l'Amitié  | 1036m    | 6:45 am / 7:15 am | 8:05 am     | By foot  |
|                     | <b>2</b> Le Tour                                | 1465m    | 7:45 am           | 10:50 am    | Organisation shuttle OR City bus (line n°2)            |
|                     | <b>3</b> Vallorcine                             | 1276m    | 8:57 am           | 13:20 pm    | Organisation shuttle OR Train Mt Blanc Express         |
|                     | <b>4</b> La Flégère                             | 1894m    | 10:13 am          | 4:40 pm     | Organisation shuttle OR City bus (line n°2) + cablecar |
|                     | <b>5</b> Finish - Place du Triangle de l'Amitié | 1036m    | 10h50             | 18h05       | By foot  |



Program

before your race

during your race

after your race

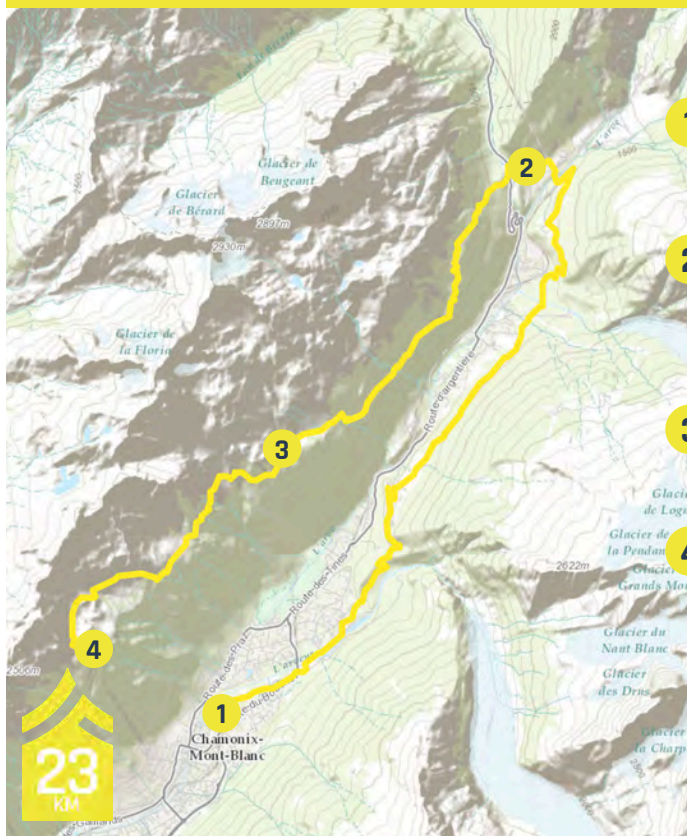


trail camp



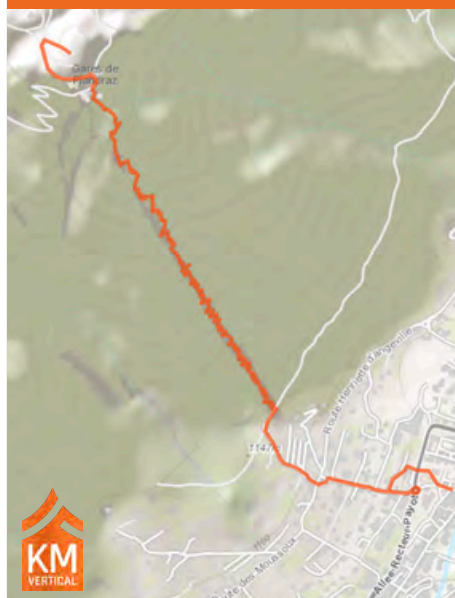
# Where runners can be followed ?

## 23 km du Mont-Blanc



| Location                                      | Altitude | First runner | Last runner | Access   |
|---|----------|--------------|-------------|--|
| <b>1</b> Start - Aire des parapentes Chamonix | 1036m    | 8:00 am      | 8:50 am     | By foot  |
| <b>2</b> Montroc                              | 1363m    | 8:43 am      | 11:20 am    | Organisation shuttle<br>OR Mt Blanc Express<br>Train OR City bus<br>(line n°2) |
| <b>3</b> Flègère                              | 1894m    | 9:27 am      | 1:20 pm     | Mt Blanc Express<br>Train OR City bus<br>(line n°2) + cable car                |
| <b>4</b> Finish - Planpraz                    | 2048m    | 10:00 am     | 2:50 pm     | Organisation shuttle<br>+ Cable car  |

### Vertical Kilometer



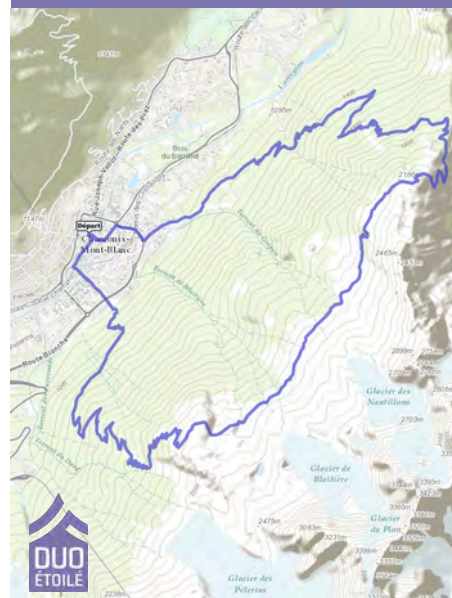
Free access to the KVM finish line via the Planpraz gondola, from 5:00 pm to 7:30 pm, with a voucher to be collected at the bib pick-up. Last

### 10 km du Mont-Blanc



Access to start and finish lines by foot.

### Duo Étoilé



Night race: the lifts are closed during race time, so access is only possible by foot.



Program

before your race

during your race

after your race



trail camp

# Where runners can be followed ?

## Access

|     | Location                     | Altitude | Access  |
|-----|------------------------------|----------|---|
| 2   | Le Buet                      | 1347m    | Mont-Blanc Express Train - Le Buet stop<br>OR organisation shuttle on registration  |
| 4 2 | Le Tour                      | 1470m    | City bus line n°2 - Le Tour stop<br>OR organisation shuttle (for 42km) - Le Tour stop   |
| 5   | Les Bois                     | 1090m    | City bus line n°2 - Les Bois stop<br>OR Mont-Blanc Express Train - Les Bois stop + 10min walking                                |
| 6   | Montenvers                   | 1904m    | Train from Montenvers station in Chamonix   |
| 7   | Refuge du Plan de l'Aiguille | 2190m    | Aiguille du Midi cablecar then 15 min walking   |
| 2   | Montrroc                     | 1363m    | Mont-Blanc Express Train - Montrroc Le Planet stop OR City bus line n°2 - Montrroc stop OR organisation shuttle - Montrroc stop |
| 3 4 | Flégère                      | 1894m    | City bus line n°2 - Flégère stop + Flégère cablecar   |
| 4 5 | Planpraz                     | 2048m    | Planpraz cable car  |
| 3 3 | Vallorcine                   | 1276m    | Mont-Blanc Express Train - Vallorcine stop OR organisation shuttle (for 42km) - Vallorcine stop                                 |

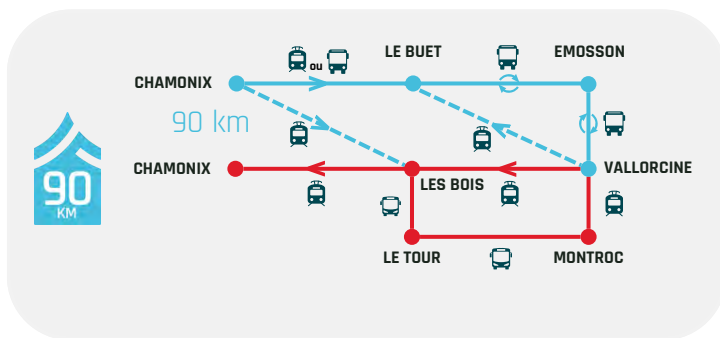


**Vallorcine cablecar open from 8:00 am on Sunday June 30th !**



**Access to Le Tour village will be closed to cars (except organisation shuttle and city buses) from 7:30 am to 11 am on Sunday June 30th.**

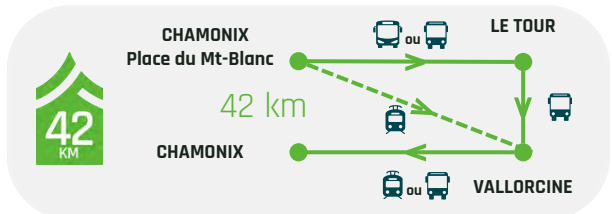
Free shuttles will be operating for runners companions, to reduce the use of their personal cars.



**Free**  
 Train from Chamonix to Le Buet : 6:23 am  
 Shuttle from Chamonix to Le Buet : 7:15 am  
 Shuttle Le Buet - Emosson : from 8:00 am to 11:00 am  
 Shuttle Emosson - Vallorcine : from 11:00 am to 4:00 pm

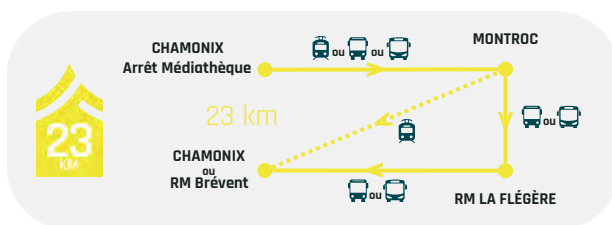
**MANDATORY BOOKING HERE!**

**Paying**  
 Train from Vallorcine to Chamonix  
 Train from Vallorcine to Montrroc  
 Bus Montrroc - Le Tour - Les Bois - Chamonix



**Free**  
 Shuttle Chamonix - Le Tour : from 7:15 am to 8:30 am  
 Shuttle Le Tour - Vallorcine : from 9:00 to 11:00 am  
 Shuttle Vallorcine - Chamonix : from 11:00 to 2:00 pm

**MANDATORY BOOKING HERE!**



**Free**  
 Shuttle Chamonix - Montrroc : from 8:00 to 9:00 am  
 Shuttle Montrroc - La Flégère - Chamonix : from 9:30 am to 11:30 am

**MANDATORY BOOKING HERE!**

# Préparez votre course avec **BAUME DU TIGRE**®



## Espace soins

Après la course, rendez-vous sur **l'ESPACE RECUPERATION** pour profiter d'un massage avec nos produits **BAUME DU TIGRE**®



## Programme du **Runner**

### AVANT L'EFFORT

Massage d'échauffement



#### **BAUME ROUGE**\*

Application ciblée :  
mollets, chevilles, genoux...  
**Effet chauffant**



#### **LOTION**\*

Application sur les grandes  
parties du corps : cuisses...  
**Effet chauffant**

### APRÈS L'EFFORT

Massage de récupération



#### **BAUME BLANC**\*

Application ciblée :  
mollets, chevilles, genoux...  
**Effet froid**



#### **PATCH**<sup>1</sup>

Application ciblée.  
**Effet froid** jusqu'à 6h.

\*Cosmétiques. <sup>1</sup>Dispositif médical. Ce dispositif médical de classe 1 est un produit de santé réglementé qui porte, au titre de cette réglementation, le marquage CE. Reportez-vous à la notice complète pour plus d'informations. Demandez conseil à votre médecin ou votre pharmacien. Fabriqué par Haw Par Healthcare Ltd. 523

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P20

Semi-independent ultra-trail

UTMB index > 450  
(recommended)

Distance

**92 km**

Elevation gain

**D+/-  
6330m**

Max allowed  
race time

**25 h**

Runners

**1000**

# 90 km



MARATHON  
MONT-BLANC

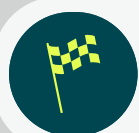
Distance

**92 km**

Elevation gain

**D+/-  
6330m**Max allowed  
race time**25 h**

Runners

**1000**

## Start

**Friday, June 28th**

Starting at 4:00 am

**Place du Triangle de l'Amitié**

Chamonix

**Starting wave n°1**

4:00 am

**Starting wave n°2**

4:10 am



## Transportation

Free shuttle from Les Houches and free train from Vallorcine to go to the start.  
Mandatory booking.

Think about free shuttles for companions !

**For more information :**

[Click here >](#)



## 2023 Winners



GRANGIER Germain

M

10:36:06



LEMOINE Jennifer

F

13:32:23



## Refreshments

8 full refreshments + 1 at finish line



## Other info

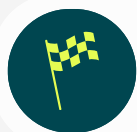
Open to "Espoir" category.

**Poles allowed** - if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## SAFETY

The 90 km du Mont-Blanc is a highly technical race!

Even though the race takes place exclusively on hiking trails, these are sometimes very narrow and airy. Some parts of the route take place exclusively on snow and runners often find themselves at altitudes between 2,000m and 2,500m, requiring a certain degree of acclimatization. The weather can vary quickly in the mountains (wind, precipitation, heat/cold) and don't forget that running at night can sometimes increase the feeling of difficulty of a section.

To take part in this race, it is recommended to have a good experience of mountain running, to be comfortable with all terrain and to be self-sufficient for several hours. The maximum allowed race time is 25 hours.



## WARNING

To have access to the start, you must have a headlamp.



## Registration

**It includes:** race bib, race and finish refreshments, tee-shirt (for those who requested one when registering), finisher's gift, finisher's medal.

To finish the 90 km du Mont-Blanc before 25 hours, the average running speed is 3,7 km/h.



## Cut offs and maximum allowed time race

The cut offs purpose on the 90km du Mont-Blanc is to **guarantee the runners' safety**. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be **disqualified for life from the Mont-Blanc Marathon**.

**Warning!** Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.

P23

Semi-independent ultra-trail

UTMB index > 450  
(recommended)

Distance

**92 km**

Elevation gain

**D+/-  
6330m**Max allowed  
race time**25 h**

Runners

**1000**

## Mandatory equipment

**Cellphone**

Functioning cell phone with a mobile phone plan suitable for France and Switzerland.

**ID card with photo**

Borders crossing

**Water supply**

1 liter minimum

**Waterproof jacket**

With hood (Gore-tex type) and fitted to size

**Second layer**

Warm second layer (with long sleeves) adapted to your size

**Headlamp**

Headlamp or chestlamp with spare batteries

**Blanket**

Emergency blanket (140cmx200cm)

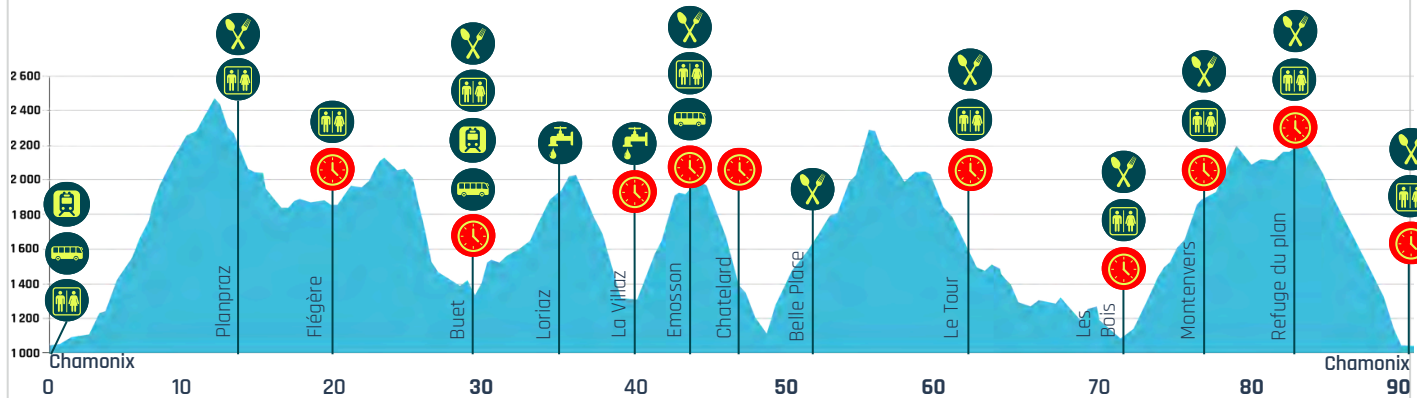
**Whistle****Cup****Bowl & cutlery****Cash money**

Bus/train payment if withdrawal

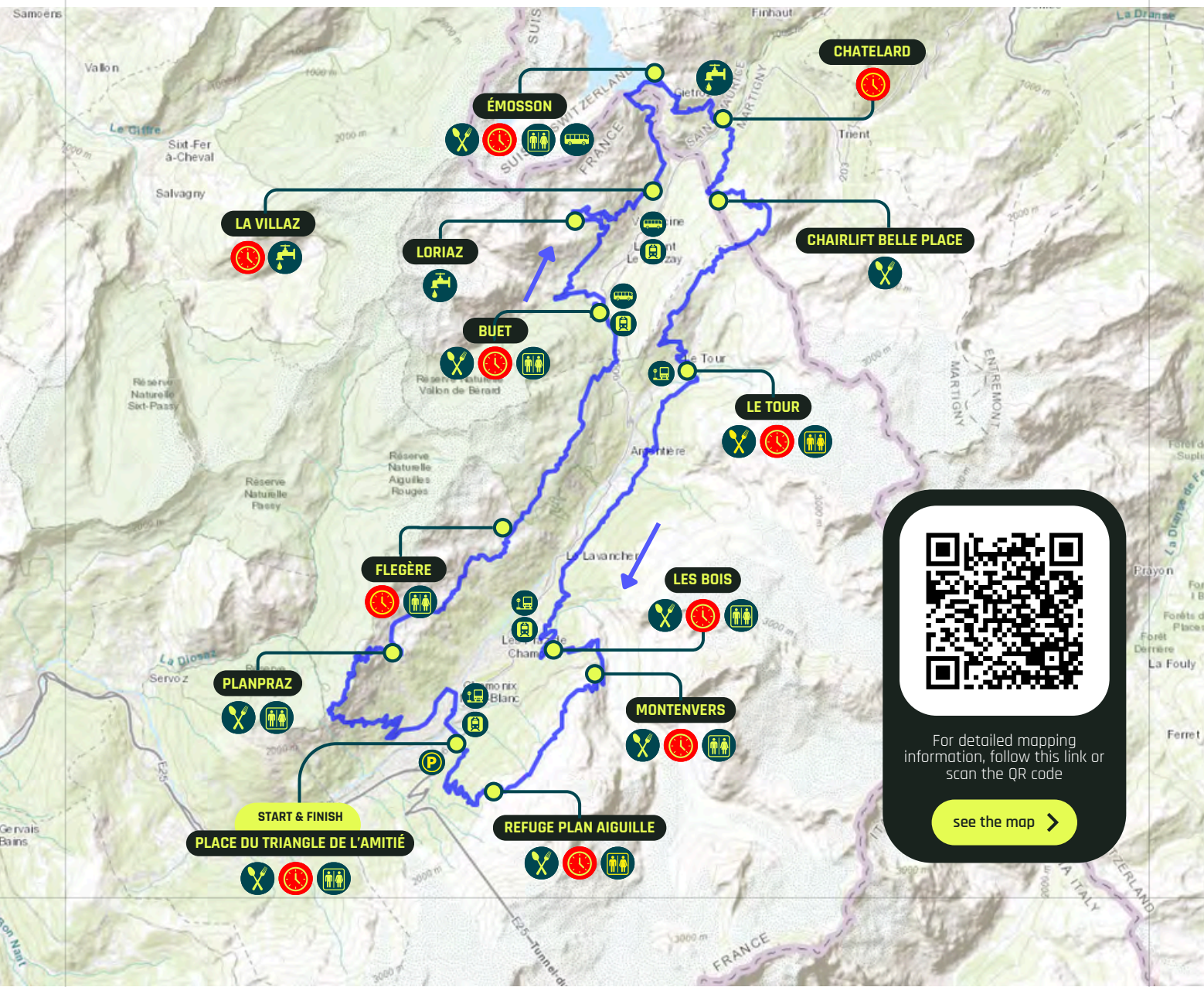
## RACE INFORMATION - 90 KM DU MONT-BLANC


| LOCATION NAME                      | REFRESH-<br>MENT | INTERDISTANCE<br>BETWEEN<br>REFRESHMENTS | CUMU-<br>LATED<br>DISTANCES<br>KM | ATITUDE | ELEVATION +<br>METERS | ELEVATION -<br>METERS | FIRST<br>RUNNER<br>ESTIMATED<br>TIME | LAST RUNNER<br>ESTIMATED<br>TIME<br>(MAX 25H) | CUT OFFS + AVERAGE<br>RUNNING SPEED             |
|------------------------------------|------------------|--|-----------------------------------|---------|-----------------------|-----------------------|--------------------------------------|---|---|
| CHAMONIX<br>START                  |                  |  | 0.0                               | 1036    | 0                     | 0                     | 4.00                                 | 4.10  | 4.1 km/h  |
| BELLACHAT                          |                  |  | 8.4                               | 2154    | 1118                  | 0                     | 4.58                                 | 6.18  |   |
| BRÉVENT                            |                  |  | 10.7                              | 2471    | 1435                  | 0                     | 5.15                                 | 6.57  |   |
| PLANPRAZ                           | full             | 13.3 km                                  | 13,3                              | 2016    | 1435                  | 455                   | 05.26                                | 07.23   |   |
| FLÉGERE                            |                  |  | 18.6                              | 1865    | 1665                  | 850                   | 05.51                                | 08.26   | Departure H last<br>starting wave + 4h30        |
| TÊTE AUX VENTS                     |                  |  | 22                                | 2120    | 1938                  | 860                   | 06.14                                | 09.22   | 4.6 km/h  |
| COL DES MONTETS                    |                  |  | 25.8                              | 1461    | 1938                  | 1519                  | 06.36                                | 10.10   |   |
| LE BUET                            | full             | 14.5 km                                  | 27.8                              | 1347    | 1938                  | 1633                  | 06.44                                | 10.27   | Departure H last<br>starting wave + 6h30        |
| LORIAZ                             | water            |  | 34.3                              | 2020    | 2611                  | 1633                  | 07.32                                | 12.16   | 4.2 km/h  |
| LA VILLAZ                          | water            |  | 38.2                              | 1316    | 2611                  | 2337                  | 07.54                                | 13.03   | Departure H last<br>starting wave + 9h          |
| COL DU PASSET                      |                  |  | 42                                | 1950    | 3245                  | 2345                  | 08.34                                | 14.29   | 2.6 km/h  |
| EMOSSON                            | full             | 15.5 km                                  | 43.3                              | 1970    | 3265                  | 2345                  | 08.42                                | 14.47   | Departure H last<br>starting wave + 11h         |
| LE CHÂTELARD                       |                  |  | 47.4                              | 1148    | 3285                  | 3167                  | 09.07                                | 15.39   | Departure H last<br>starting wave + 12h         |
| DEPARTURE CHAIRLIFT<br>BELLE PLACE | full             | 7.9 km                                   | 51.2                              | 1651    | 3788                  | 3170                  | 09.49                                | 17.04   | 3.7 km/h  |
| ALPAGE DE CATOGNE                  |                  |  | 53.7                              | 2061    | 4200                  | 3170                  | 10.15                                | 18.02   |   |
| TÊTE DE L'AROLETTE                 |                  |  | 55.4                              | 2333    | 4472                  | 3170                  | 10.39                                | 18.57   |   |
| TÊTE DE BALME                      |                  |  | 55.8                              | 2321    | 4472                  | 3190                  | 10.43                                | 19.06   |   |
| COL DES POSETTES                   |                  |  | 58                                | 1996    | 4472                  | 3520                  | 10.54                                | 19.30   |   |
| ARDOISIERES                        |                  |  | 59.4                              | 2046    | 4530                  | 3520                  | 11.02                                | 19.48   |   |
| LE TOUR                            | full             | 11.8 km                                  | 63                                | 1470    | 4530                  | 4100                  | 11.23                                | 20.37   | Departure H last<br>starting wave + 16h15       |
| LE PLANET                          |                  |  | 65.4                              | 1402    | 4540                  | 4170                  | 11.37                                | 21.10   | 4.4 km/h  |
| LA ROSIERE                         |                  |  | 67.2                              | 1256    | 4540                  | 4350                  | 11.46                                | 21.30   |   |
| LE LAVANCHER                       |                  |  | 70                                | 1198    | 4650                  | 4450                  | 12.03                                | 22.08   |   |
| LE BOIS                            | full             | 9.8 km                                   | 73                                | 1090    | 4697                  | 4650                  | 12.22                                | 22.51   | Departure H last<br>starting wave + 18h30       |
| LES MOTTETS                        |                  |  | 76.7                              | 1623    | 5300                  | 4650                  | 12.55                                | 00.26   | 2.3 km/h  |
| MONTENVERS                         | full             | 5.6 km                                   | 78.5                              | 1904    | 5650                  | 4650                  | 13.10                                | 01.11   | Departure H last<br>starting wave + 21h         |
| LE SIGNAL                          |                  |  | 80.3                              | 2200    | 6000                  | 4650                  | 13.30                                | 01.54   | 2.9 km/h  |
| REFUGE DU PLAN DE<br>L'AIGUILLE    | full             | 5.9 km                                   | 84.4                              | 2190    | 6320                  | 5180                  | 14.00                                | 02.50   | Departure H last<br>starting wave + 23h         |
| CHAMONIX FINISH                    | full             | 8.1 km                                   | 92.5                              | 1036    | 6330                  | 6330                  | 14.36                                | 05.10   | Max race time = H start<br>of each wave + 25h00 |





-  Full refreshment
-  Organisation shuttle
-  WC
-  Water supply
-  SNCF Train station
-  Shower
-  Cut-off
-  Bus stop





For detailed mapping information, follow this link or scan the QR code

see the map >



# KM Vertical du Mont-Blanc

**km**  
vertical

P26

Time-trial race

UTMB index > ∅

Distance

**3,8 km**

Gain elevation

**D+**  
**1000m**

Runners

**700**



# 3.8 km vertical

MARATHON  
MONT-BLANC



Program

before  
your race

during  
your race

after  
your race



trail  
camp

Distance

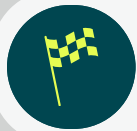
**3,8 km**

Elevation gain

**D+  
1000m**

Runners

**700**



## Start

**Friday, June 28th**

Starting at 5:00 pm

**Place du Triangle de l'Amitié**

Chamonix

The start is given every 15 seconds according to the estimated time you indicated at registration. Please arrive 10 minutes before your start time in the Chamonix start zone. The start time is indicated on your race bib collection card.



## 2023 Winners

Alexandre RICARD

M

00:35:39

Christel DEWALLE

F

00:42:00



## Refreshments

1 at the Planpraz finish line



## Runners bags

Bags drop-off at Place du Triangle de l'Amitié (next to the Church, towards the traffic circle) from 4pm to 7pm, then to be collected at the race finish line at Planpraz.



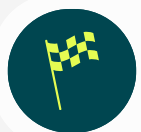
## Other info

Open to "Junior" category  
Poles forbidden



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## SECURITY

An alpine race organized as a time trial, the end of the course is an aerial via ferrata (steps, cables, handrails...), with a finish at 2000m.



## WARNING

If you didn't send your medical certificate to the organization, or if it was refused because it doesn't comply with the regulations, you won't be able to collect your bib number. No medical certificate will be accepted on site.



## Cable car

**Free access** to the Planpraz gondola for companions to watch the KMV finish, by presenting a countermark ticket to be picked up at the bib pick-up point.



## Registration

**It includes:** bib, refreshment, finisher medal.

## Mandatory equipment



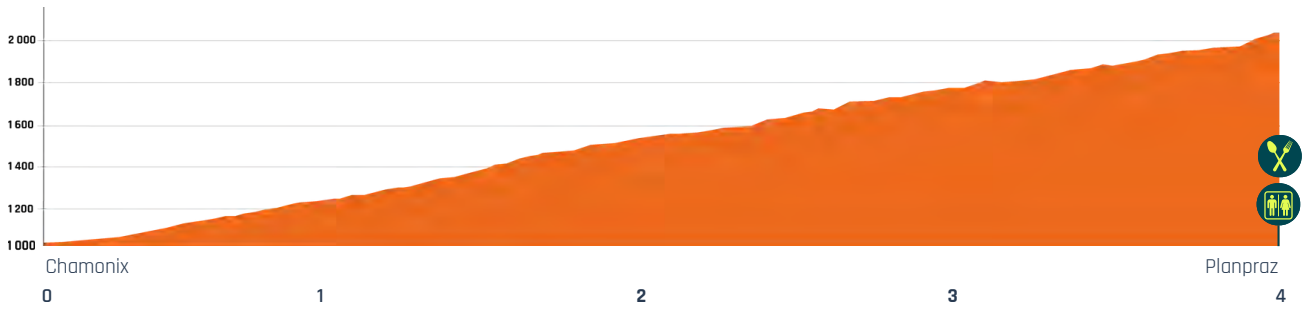
Water supply

0,5L minimum



Cup





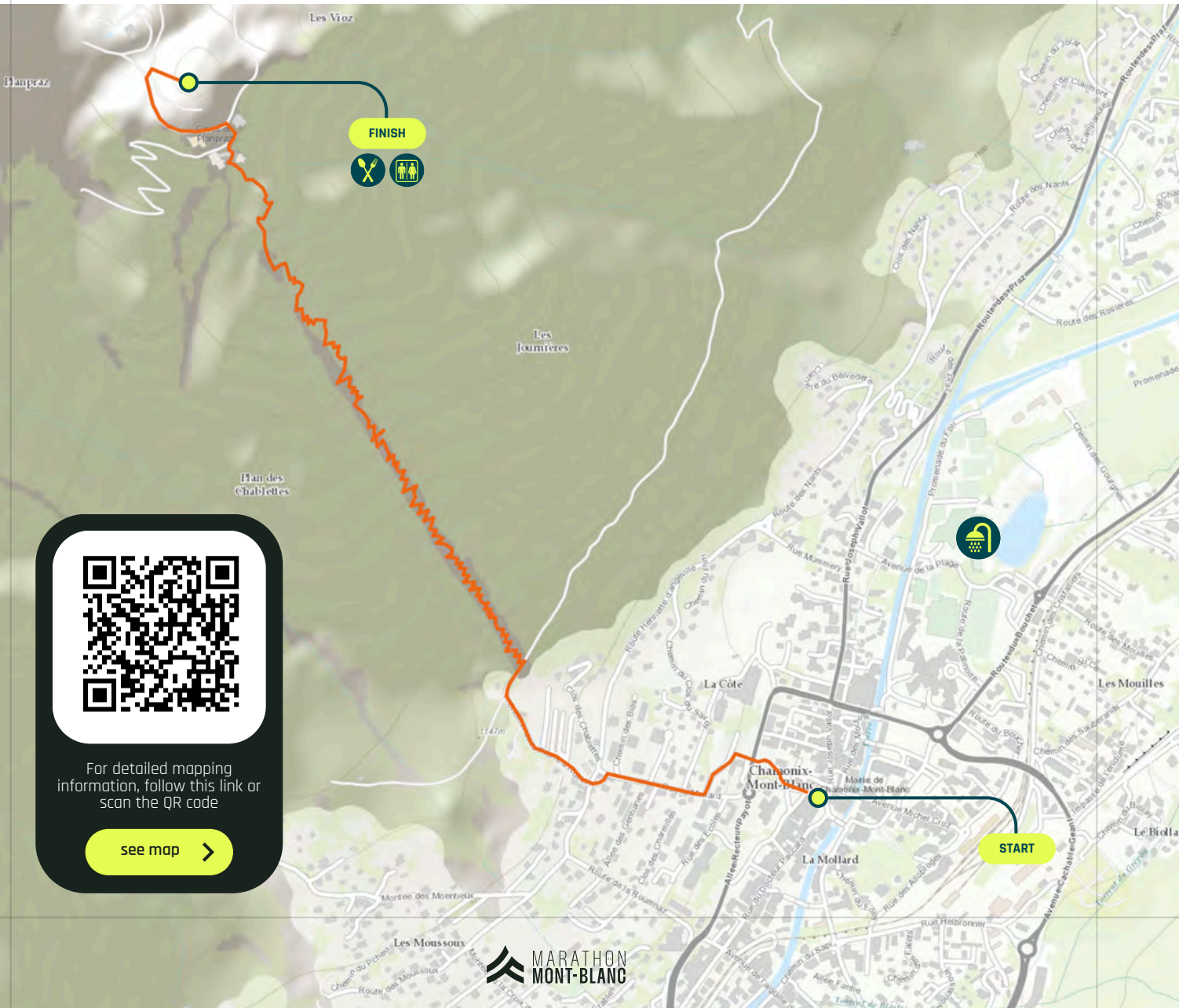
Full refreshment



WC



Shower



For detailed mapping information, follow this link or scan the QR code

see map >

BLAZE SERIES



FUEL YOUR  
BLAZE

#MOREWAYSTORUN



P31

Semi-independent short trail

UTMB index > 270  
(recommended)

Distance

**23 km**

Elevation gain

**D+ 1680m**  
**D- 870m**

Max allowed  
race time

**6h**

Runners

**2000**



# 23 km

MARATHON  
MONT-BLANC

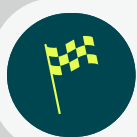
Distance

**23 km**

Elevation gain

**D+ 1680m**  
**D- 870m**Max allowed  
race time**6h**

Runners

**2000**

## Start

**Saturday, June 29th**

Start at 8:00 am

**Aire des parapentes**

Chamonix

### Starting wave n°1

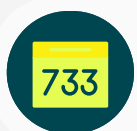
8:00 am

Then 5 starting waves every 10 minutes



## Runners bags

Bags drop-off at the athletics track from 7:00 to 8:30 a.m. Pick-up at the race finish line at Planpraz.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## 2023 Winners



Sébastien SPEHLER

M

02:07:38



Amandine FERRATO

F

02:30:33



## Refreshments

2 full refreshments + 1 at finish line



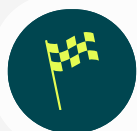
## Other info

Open to "Espoir" category.

**Poles allowed** - if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



To finish the 23 km du Mont-Blanc before 6 hours, the average running speed is 3,8 km/h.



## SAFETY

The 23 km du Mont-Blanc trail exclusively follows hiking trails, which are sometimes narrow and airy. Weather conditions can change rapidly in the mountains.

To take part in this race, it is recommended to have a good experience of mountain running, to be comfortable with all terrain and to be self-sufficient for several hours. The maximum allowed race time is 6 hours.



## Registration

**It includes:** race bib, race and arrival refreshments, tee-shirt (for those who requested one when registering), finisher's gift, finisher's medal. cablecar from Planpraz.



## Cuts-offs and maximum allowed time race

The cut offs purpose on the 23km du Mont-Blanc is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.

**Warning!** Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.

P34

Semi-independent short trail

UTMB index > 270  
(recommended)

Distance

**23 km**

Elevation gain

**D+ 1680m**  
**D- 870m**Max allowed  
race time**6h**

Runners

**2000**

## Mandatory equipment

**Cellphone**

Functioning cell phone with a mobile phone plan suitable for France and Switzerland.

**Water supply**

0,5 litre minimum

**Waterproof jacket**

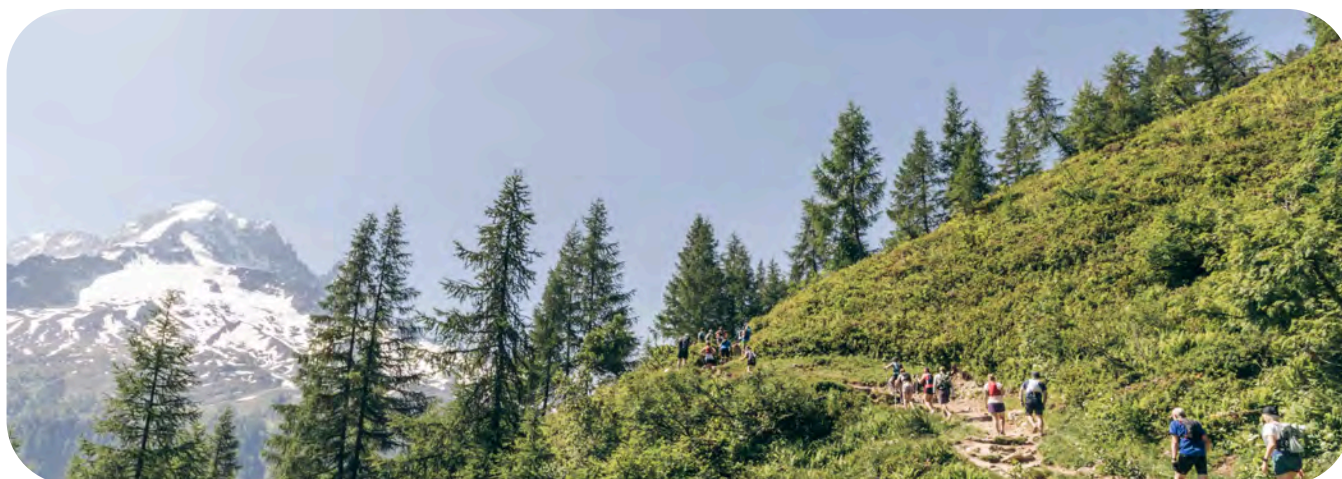
With hood (Gore-tex type) and fitted to size

**Blanket**

Emergency blanket (140cmx200cm)

**Cash**

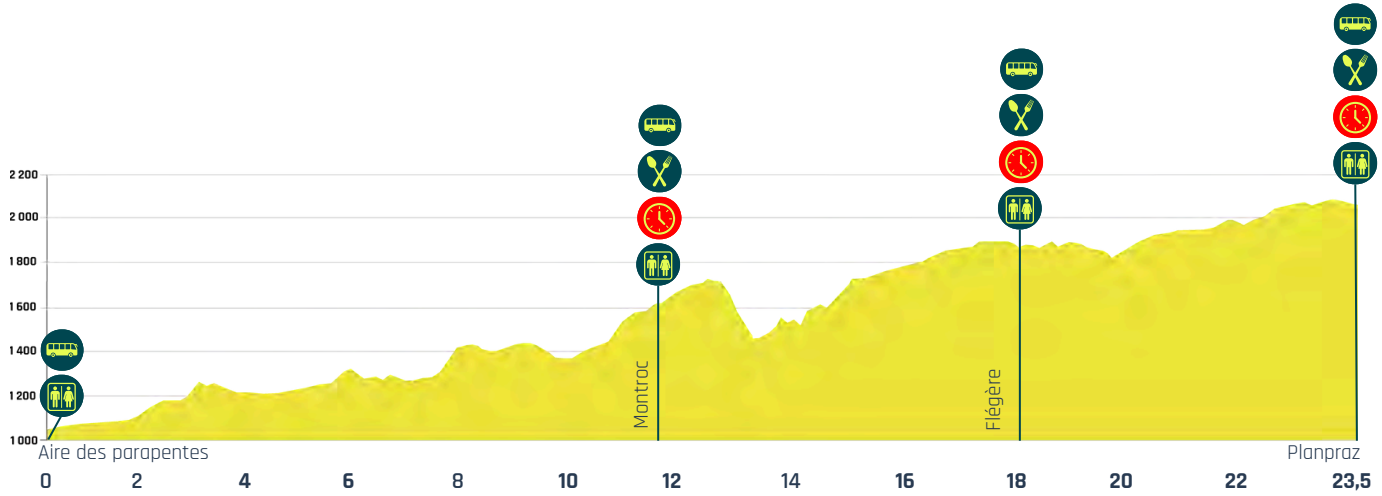
Bus/train payment if withdrawal

**Cup****Whistle**

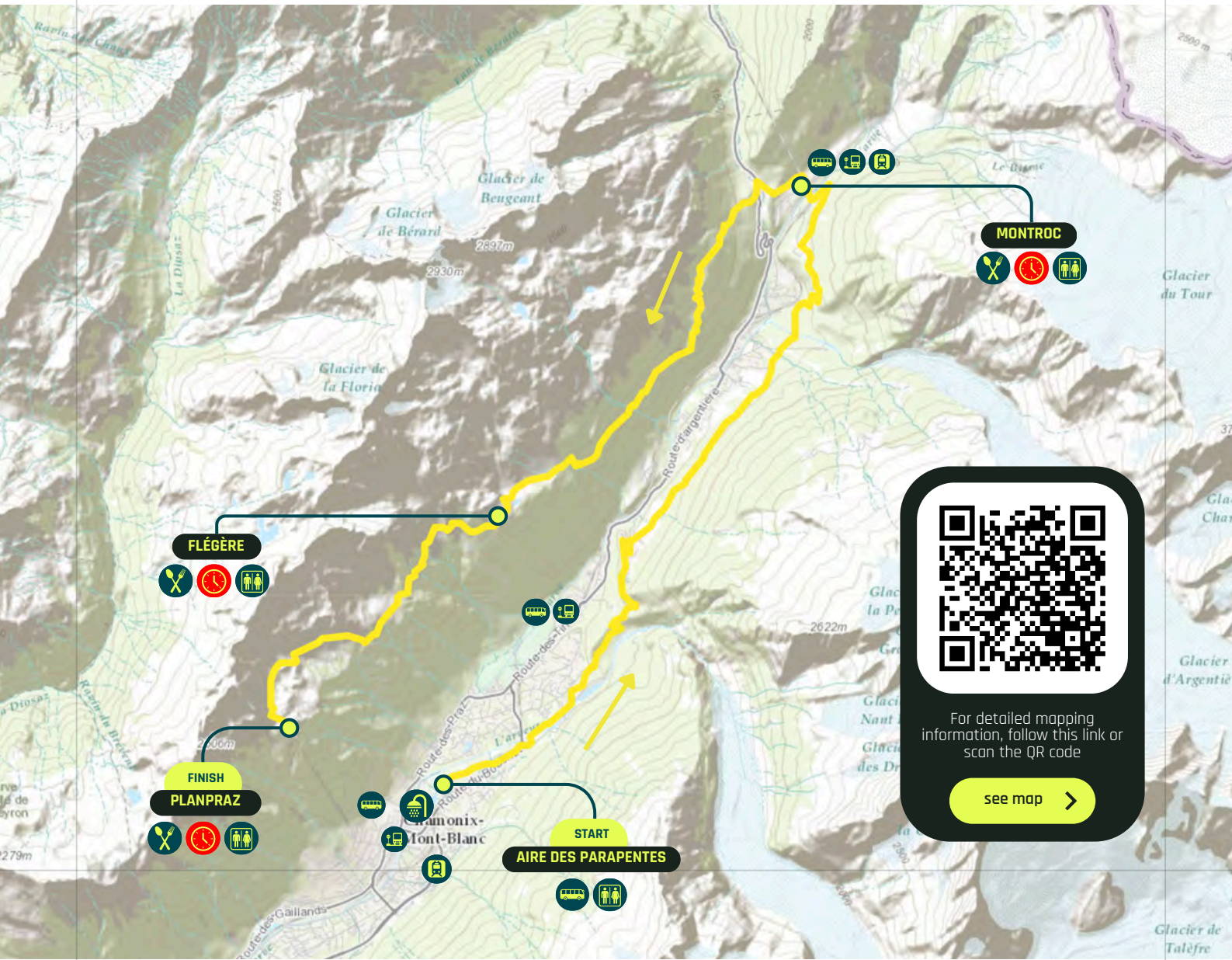
P35

## Semi-independent short trail

**UTMB index > 270**  
(recommended)



- Full refreshment
- Water supply
- Cut-off
- Organisation shuttle
- SNCF Train station
- Bus station
- WC
- Shower





For detailed mapping information, follow this link or scan the QR code

see map >

## INFOS COURSE - 23 KM DU MONT-BLANC

| LOCATION NAME                            | REFRESH-<br>MENT | INTERDISTANCE<br>BETWEEN<br>REFRESHMENTS | CUMU-<br>LATED<br>DISTANCES<br>KM | ALTITUDE<br>METERS | ELEVATION +<br>METERS | ELEVATION -<br>METERS | FIRST<br>RUNNER<br>ESTIMATED<br>TIME | LAST RUNNER<br>ESTIMATED<br>TIME<br>(MAX 6H) | CUT OFFS + AVERAGE<br>RUNNING SPEED                        |
|--|------------------|--|-----------------------------------|--------------------|-----------------------|-----------------------|--------------------------------------|--|--|
| CHAMONIX START<br>AIRE DES<br>PARAPENTES |                  |  | 0                                 | 1036               | 0                     | 0                     | 08:00                                | 08:50  |  |
| LES BOIS                                 |                  |  | 2,33                              | 1090               | 41                    | 0                     | 08:06                                | 09:29  | 4.5km/h  |
| LE LAVANCHER                             |                  |  | 5                                 | 1200               | 218                   | 56                    | 08:17                                | 10:06  |  |
| LA ROSIÈRE                               |                  |  | 7,7                               | 1252               | 354                   | 134                   | 08:27                                | 10:34  |  |
| ARGENTIERE                               |                  |  | 8,7                               | 1270               | 374                   | 139                   | 08:30                                | 10:44  |  |
| LE PLANET                                |                  |  | 10                                | 1382               | 502                   | 163                   | 08:37                                | 11:03  |  |
| <b>MONTROC</b>                           | full             | <b>11,4 km</b>                           | 11,4                              | 1363               | 574                   | 246                   | 08:43                                | 11:20  |  |
| TRE LE CHAMP                             |                  |  | 12                                | 1385               | 604                   | 257                   | 08:46                                | 11:22  | 3.5km/h  |
| LE BÉCHAR                                |                  |  | 14                                | 1700               | 921                   | 270                   | 08:59                                | 12:00  |  |
| BOIS DU PLAGNOLET                        |                  |  | 15                                | 1451               | 921                   | 509                   | 09:03                                | 12:30  |  |
| BAS DU TÉLÉSIÈGE<br>DE LA TRAPPE         |                  |  | 16,7                              | 1740               | 1083                  | 555                   | 09:13                                | 12:54  |  |
| <b>LA FLÉGÈRE</b>                        | full             | <b>7 km</b>                              | 18,4                              | 1894               | 1405                  | 555                   | 09:27                                | 13:20  | <b>Departure H last<br/>starting wave +<br/>4h30</b>       |
| LA CHARLANON                             |                  |  | 21                                | 1810               | 1614                  | 844                   | 09:43                                | 14:27  | 3.3km/h  |
| <b>PLANPRAZ FINISH</b>                   | full             | <b>5 km</b>                              | <b>23,5</b>                       | <b>2048</b>        | <b>1680</b>           | <b>874</b>            | <b>10:00</b>                         | <b>14:50</b>                                 | <b>Max race time = H<br/>start of each wave<br/>+ 6h00</b> |



# 10 km du Mont-Blanc

# 10

P37

Discovery trail

UTMB index > ∅

Distance

**10 km**

Elevation gain

**D+/-  
325m**

Max allowed  
race time

**2h30**

Runners

**2000**

# 10 km



MARATHON  
MONT-BLANC



Program

before  
your race

during  
your race

after  
your race



trail  
camp

Distance

**10 km**

Elevation gain

**D+/-  
325m**Max allowed  
race time**2h30**

Runners

**2000**

## 2023 Winners



Tristan VACHAT

00:37:04

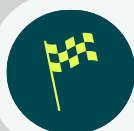
M



Elodie ALEXANDRE

00:45:19

F



## Start

Saturday, June 29th

Start at 10:30 am

Aire des parapentes

Chamonix

Starting wave n°1

10:30 am

then 5 starting waves every 5 minutes



## Refreshments

1 at the finish line



## Other info

Open to "Cadet" category

Poles forbidden



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## Registration

**It includes:** bib, refreshment, finisher medal.



## Maximum allowed time race

The maximum allowed race time for the entire course is 2h30. After this time, runners will not be classified and will be stopped by the broom wagon, so they will not be allowed to cross the finish line.

**Warning!** The maximum allowed race time is calculated from the official time of your starting wave.



## WARNING

If you didn't send your medical certificate to the organization, or if it was refused because it doesn't comply with the regulations, you won't be able to collect your bib number. No medical certificate will be accepted on site.



## Mandatory equipment

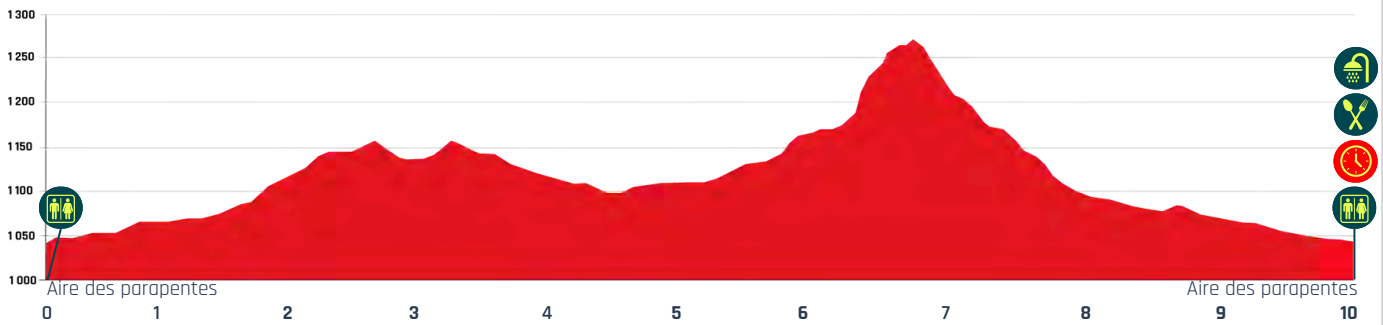


Water supply

0,5 liter minimum



Cup



- Full refreshment
- WC
- Cut-off
- Shower





Distance  
**800m  
to 3km**

Max. number of  
children  
**1000**

Date of birth  
**Between  
2009 and 2017**

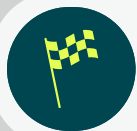


MARATHON  
MONT-BLANC

Distance  
**800m to 3km**

Max. number of children  
**1000**

Date of birth  
**Between 2009 and 2017**



## Start

**Saturday, June 29th**  
Starting at 2:00 pm

**Aire des parapentes**  
Chamonix

One starting wave per age group:  
**2:00 pm** : 800 m (born between 2015 and 2017)  
**2:15pm** : 2 km (born between 2013 and 2014)  
**2:45pm** : 3 km (born between 2009 and 2012)



## Refreshments

1 at the finish line



## Registration

**It includes:** race bib, refreshments, finisher's medal



## Bib pick-up

Bibs will be distributed at the VML (Vaincre les Maladies Lysosomales) stand at Trail Camp. Thursday June 27 and Friday June 28 from 9am to 8pm, Saturday June 29 from 9am to 1pm. Children must be accompanied by a parent to collect their race bib.



## Other info

- Prize-giving: To the 1st finisher of each age group at the Triangle de l'Amitié square at 4.00 pm.
- Lottery: At the end of the races at the paragliding area.



## Races

- Blue race **800M**
- Yellow race **2KM**
- Red race **3KM**



LA FRASSE

P43

Semi-independent short trail

UTMB Index > 240  
(recommended)

Distance

**21km**

Elevation gain

**D+/-  
1450m**

Max. allowed  
time race

**6h30**

Teams

**500**



# DUO étoilé

MARATHON MONT-BLANC



Program

before  
your race

during  
your race

after  
your race



trail  
camp

P44

Semi-independent short trail

UTMB Index > 240  
(recommended)

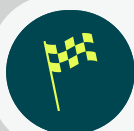
Distance

**21km**

Elevation gain

**D+/-  
1450m**Max. allowed  
time race**6h30**

Teams

**500**

## Start

**Saturday, June 29th**

from 7.30pm

**Place du Triangle de l'Amitié**

Chamonix



## Refreshments

2 full refreshments + 1 at finish line



## WARNING

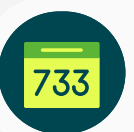
Please note: Teams must stay together throughout the course, cross the time gates and finish line together.



## Other info

Open to "Espoir" category.

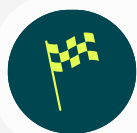
Poles allowed - if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.

A runner can not collect his teammate's bib.



## SAFETY

The Duo Étoilé route is exclusively on hiking trails, which are sometimes narrow and airy. Weather conditions can change rapidly in the mountains. To take part in this race, you need to have good mountain running experience, be comfortable on all types of terrain and be self-sufficient for several hours.

**During the entire race, the pair must remain together. If a team is not together at a checkpoint, the single rider will not be allowed to pass the checkpoint. He must wait for his teammate.**



## WARNING

To enter the start area, you must have your headlamp on.



## Registration

It includes: race bib, refreshments, t-shirt (for those who request one when registering), finisher's medal.

To complete the Duo Étoilé in 6 hours and 30 minutes, the average running speed is 3.3 km/h.



## Cut-offs and maximum allowed race time

The cut offs purpose on the Duo étoilé is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.

**Warning! Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.**

P46

Semi-independent short trail

UTMB Index > 240  
(recommended)

Distance

**21km**

Elevation gain

**D+/-  
1450m**Max. allowed  
time race**6h30**

Teams

**500**

## Mandatory equipment

**Cellphone**

Cell phone in working order

**Water supply**

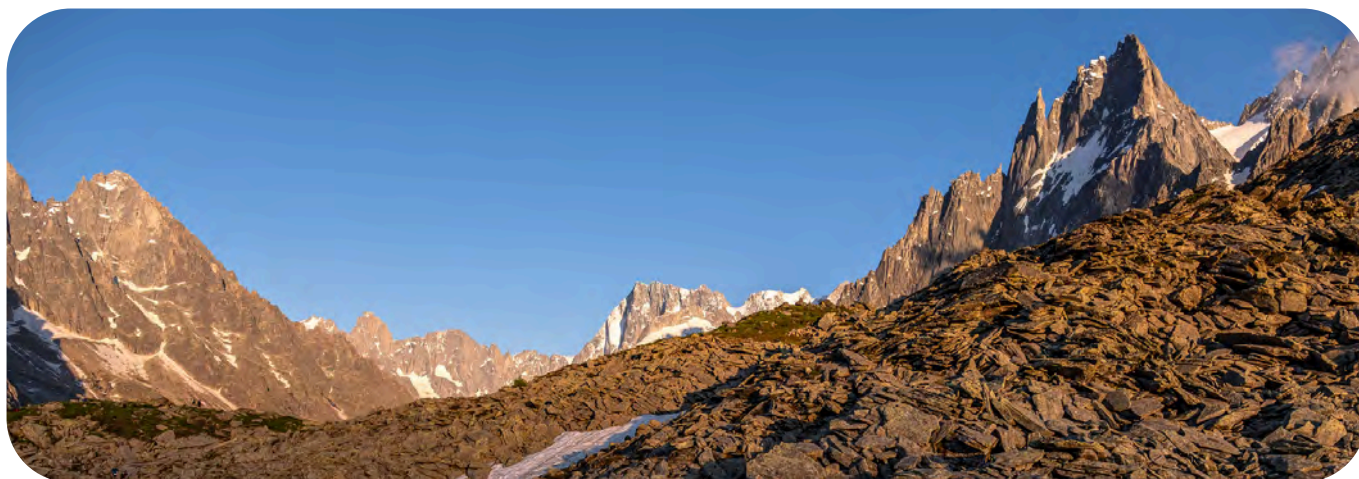
0,5 liter minimum

**Waterproof jacket**

With hood (Gore-tex type) and adapted to size

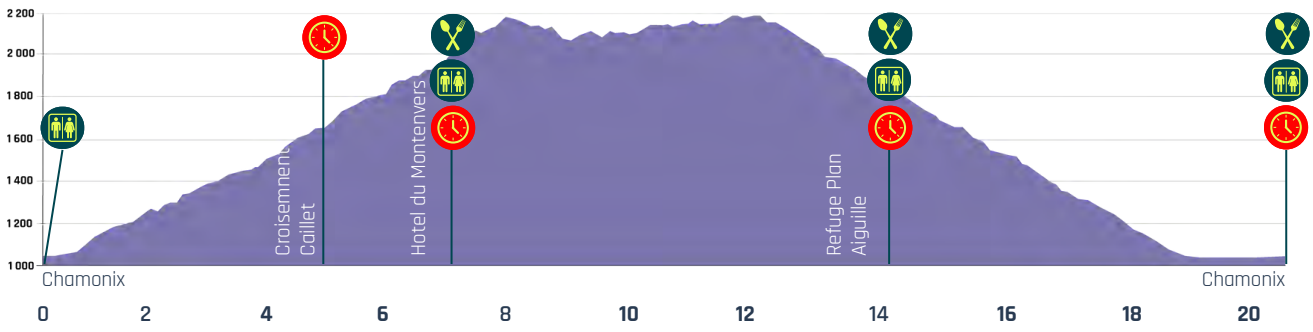
**Lamps**Head or chest lamp  
with spare batteries**Blanket**

Emergency blanket (140cmx200cm)

**Whistle****Cup**

Program

before  
your raceduring  
your raceafter  
your race90  
KM42  
KM23  
T.M.10  
KMKM  
VERTICALDUO  
ÉTOILÉYOUNG  
RACEMINI  
CROSStrail  
camp



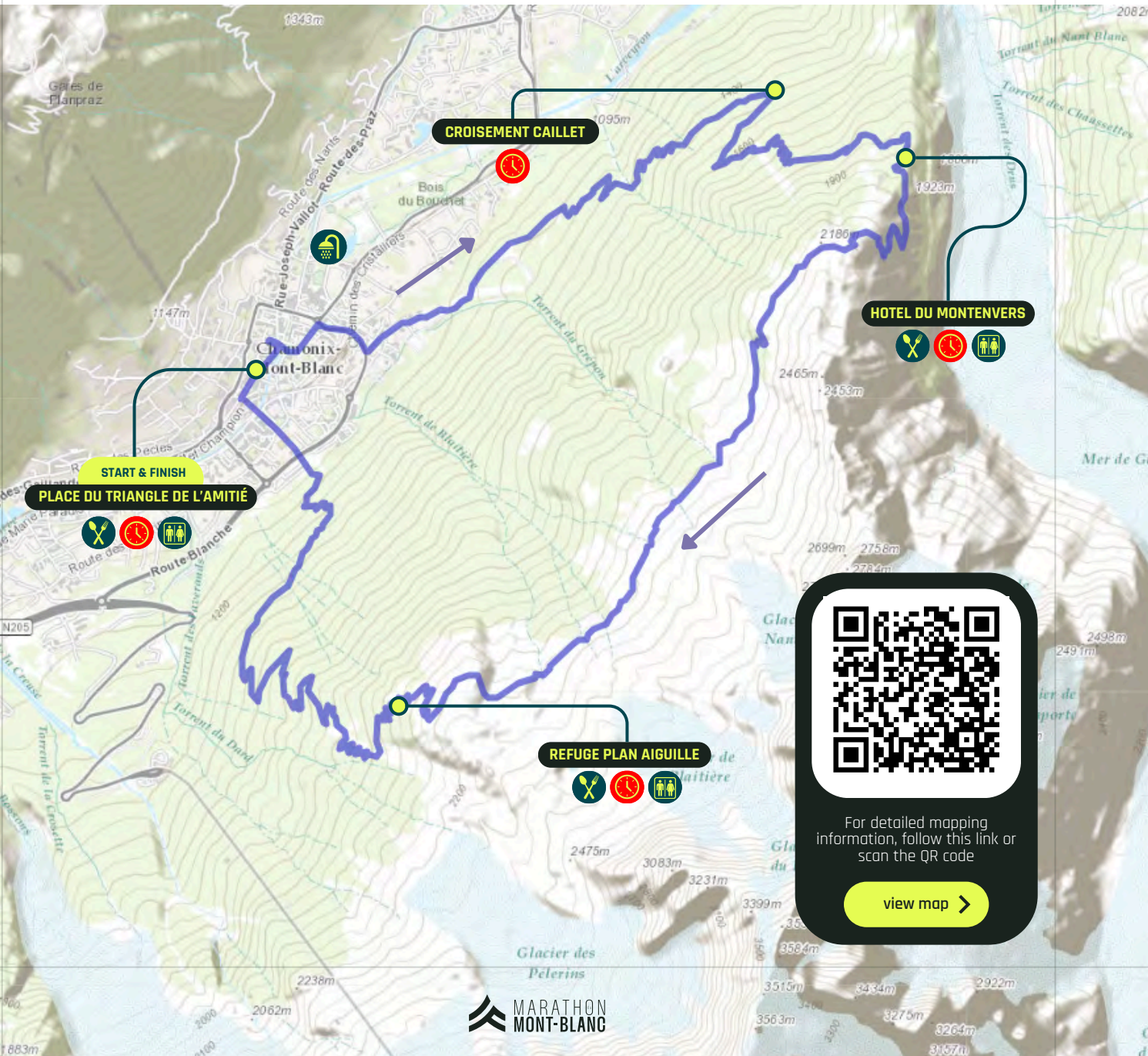
Refreshment



WC



Cut off



For detailed mapping information, follow this link or scan the QR code

[view map >](#)

### RACE INFO - STAR DUO

| LOCATION NAME                | REFRESHMENTS | INTERDISTANCE BETWEEN REFRESHMENTS | CUMULATIVE DISTANCES KM | ALTITUDE METER | ELEVATION + METERS | ELEVATION 6 METERS | FIRST RUNNER ESTIMATED TIME | LAST RUNNER ESTIMATED TIME (MAX 6H30) | CUT OFFS + MAXIMUM ALLOWED TIME RACE        |
|------------------------------|--------------|------------------------------------|-------------------------|----------------|--------------------|--------------------|-----------------------------|---------------------------------------|---|
| START CHAMONIX               |              |                                    | 0                       | 1036           | 0                  | 0                  | 19:30                       | 19:30                                 | 3.8km/h                                     |
| CROISEMENT CAILLET           |              | 4.8 km                             | 4.8                     | 1461           | 511                | 46                 | 19:54                       | 20:45                                 | Departure H last starting wave + 1h15       |
| BUVETTE CAILLET              |              |                                    | 5.4                     | 1582           | 619                | 61                 | 20:06                       | 21:13                                 | 2.2km/h                                     |
| HOTEL MONTENVERS             | Full         | 2.8 km                             | 7.6                     | 1904           | 953                | 82                 | 20:22                       | 22:00                                 | Departure H last starting wave + 2h30       |
| SIGNAL                       |              |                                    | 9.4                     | 2200           | 1257               | 87                 | 20:43                       | 22:55                                 | 3km/h                                       |
| REFUGE DU PLAN DE L'AIGUILLE | Full         | 6 km                               | 13.7                    | 2190           | 1424               | 260                | 21:09                       | 23:58                                 | Departure H last starting wave + 4h30       |
| PARKING GREPON               |              |                                    | 20.5                    | 1036           | 1430               | 1421               | 21:40                       | 01:43                                 | 3.8km/h                                     |
| FINISH CHAMONIX              | Full         | 7.7 km                             | 21.4                    | 1036           | 1450               | 1450               | 21:46                       | 02:00                                 | Max race time = H start of each wave + 6h30 |



**-20%** Offre Spéciale  
Marathon du Mont-Blanc

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# LAGO

## Lampes frontales



[www.lagolight-shop.com](http://www.lagolight-shop.com)



©MathisDecroux

Conçues et fabriquées au pays du Mont-Blanc, Ancey French-Alps

P50

Semi-independent trail

UTMB Index > 350  
(recommended)

Distance

**42 km**

Elevation gain

**D+/-  
2540m**

Max. allowed  
time race

**10h**

Runners

**2300**

# 42 km



MARATHON  
MONT-BLANC

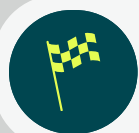
Distance

**42 km**

Elevation gain

**D+/-  
2540m**Max. allowed  
time race**10h**

Runners

**2300**

## Start

**Sunday June 30th**

Start from 6.45 a.m.

**Place du Triangle de l'Amitié**

Chamonix

**Women elite's start**

6:45 am

**Men's elite start**

7:15 am

then 5 starting waves every 10 min



## 2023 Winners



Rémi BONNET

03:35:04

M



Sophia LAUKLI

04:12:39

F



## Refreshments

3 full refreshments + 1 at finish line



## Transportation

Free shuttle from Les Houches and free train from Vallorcine to go to the start.  
Mandatory booking.

**Don't forget the free shuttles for your companions!**

For further information

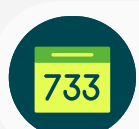
[Click here >](#)



## Other info

Open to "Espoir" category

Poles allowed - if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.

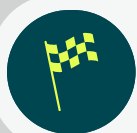
Distance

**42 km**

Elevation gain

**D+/-  
2540m**Max. allowed  
time race**10h**

Runners

**2300**

## Start

**Sunday June 30th**

Start from 6.45 a.m.

**Place du Triangle de l'Amitié**

Chamonix

**Women elite's start**

6:45 am

**Men's elite start**

7:15 am

then 5 starting waves every 10 min



## 2023 Winners



Rémi BONNET

03:35:04

M



Sophia LAUKLI

04:12:39

F



## Refreshments

3 full refreshments + 1 at finish line



## Transportation

Free shuttle from Les Houches and free train from Vallorcine to go to the start.  
Mandatory booking.

**Don't forget the free shuttles for your companions!**

For further information

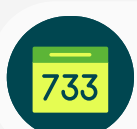
[Click here >](#)



## Other info

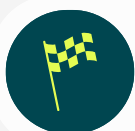
Open to "Espoir" category

Poles allowed - if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## SAFETY

The 42 km du Mont-Blanc is a technical race! Even though the race takes place exclusively on hiking trails, these are sometimes very narrow and airy. The weather can vary quickly in the mountains (wind, precipitation, heat/cold).

To take part in this race, it is recommended to have a good experience of mountain running, to be comfortable with all terrain and to be self-sufficient for several hours.



## Registration

**It includes:** race bib, refreshments, t-shirt (for those who request one when registering), finisher's medal.

**To complete the 42km Mont-Blanc in 10 hours, the average running speed is 4.2 km/h.**



## Cut offs and maximum allowed race time

The cut offs purpose on the 42km du Mont-Blanc is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

**Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.**

**Warning!** Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.

Distance

**42 km**

Elevation gain

**D+/-  
2540m**Max. allowed  
race time**10h**

Runners

**2300**

## Mandatory equipment

**Cellphone**

Cell phone in working order

**Water supply**

0.5 liter minimum

**Waterproof jacket**

With hood (Gore-tex type) and adapted to size

**Blanket**

Survival blanket (140cmx200cm)

**Cash**

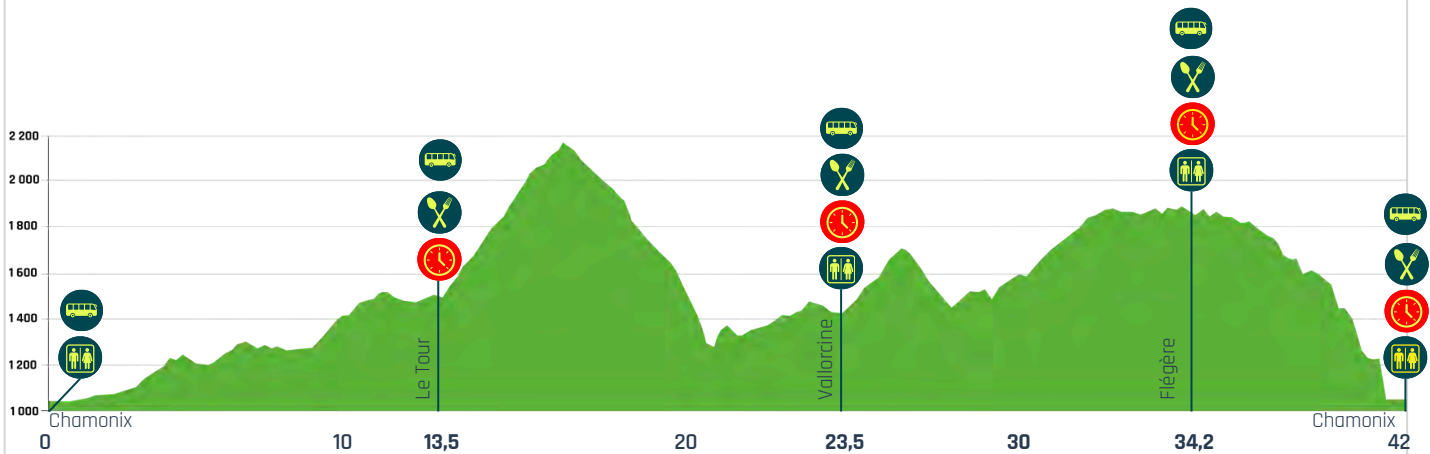
Bus/train payment in case of withdrawal

**Cup****whistle**

P54

Semi-independent trail

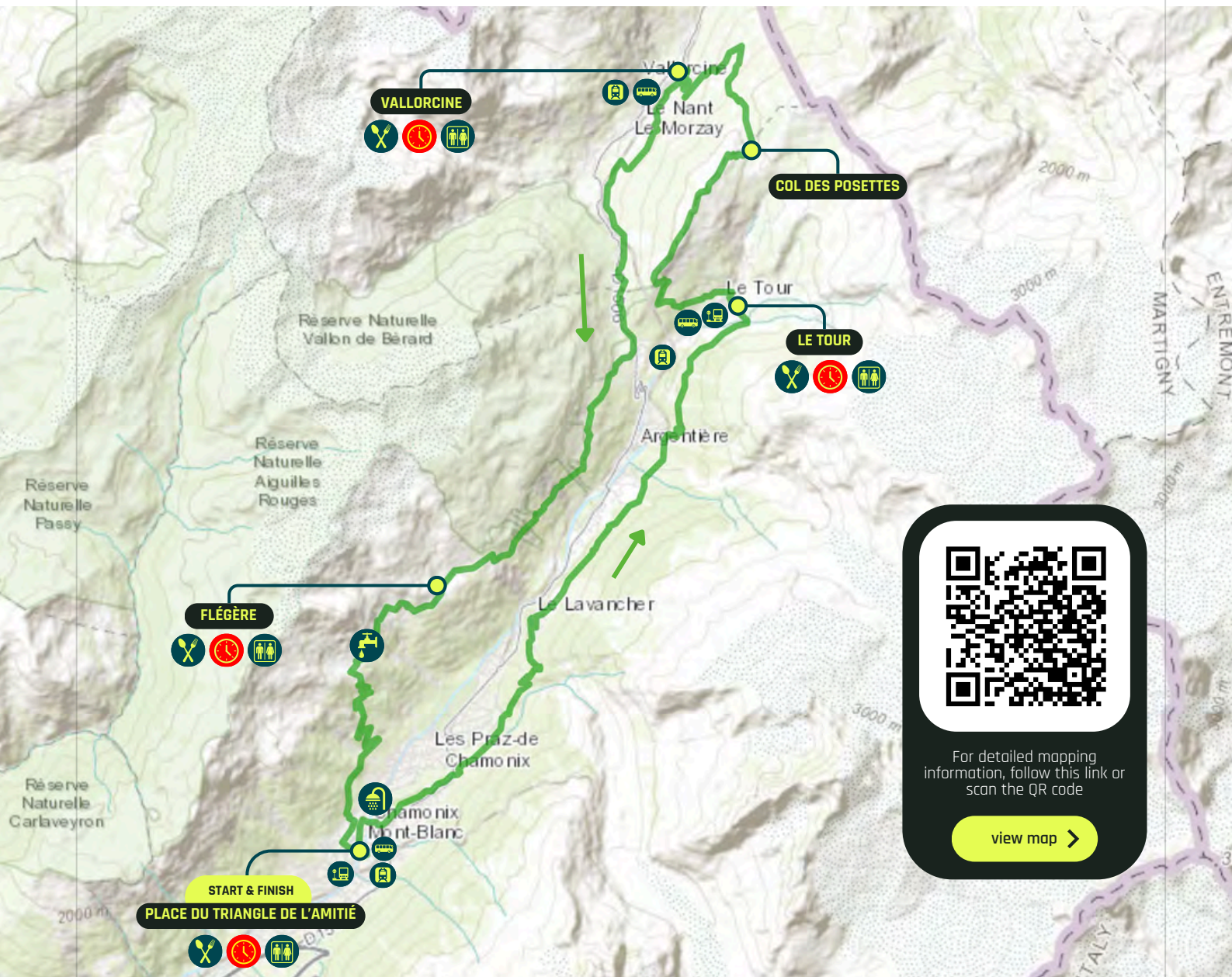
UTMB Index > 350  
(recommended)



- Full refreshment
- Water supply
- Cut off

- Organisation shuttle
- SNCF train station
- Bus stop

- WC
- Shower



For detailed mapping information, follow this link or scan the QR code

[view map >](#)

## RACE INFO - 42 KM DU MONT-BLANC

Women  
elite start  
waveStarting  
wave  
SAS 1Starting  
wave  
SAS 6

6:45 am

7:15 am

8:05 am

| LOCATION NAME                 | REFRESHMENTS | DISTANCE BETWEEN REFRESHMENTS | CUMULATIVE DISTANCES KM | ALTITUDE METER | ELEVATION + METERS | ELEVATION - METERS | CUT OFFS + MAXIMUM ALLOWED RACE TIME         | FIRST WOMAN RUNNER ESTIMATED TIME | FIRST MAN RUNNER ESTIMATED TIME | LAST RUNNER ESTIMATED TIME (max 10h) |
|-------------------------------|--------------|-------------------------------|-------------------------|----------------|--------------------|--------------------|--|-----------------------------------|---------------------------------|--------------------------------------|
| CHAMONIX START                |              |                               | 0                       | 1039           | 0                  |                    | 4.9km/h                                      | 06:45                             | 07:15                           | 08:05                                |
| LES BOIS                      |              |                               | 3.5                     | 1090           | 65                 | 5                  |  | 06:56                             | 07:26                           | 08:39                                |
| LE LAVANCHER                  |              |                               | 6.5                     | 1200           | 250                | 60                 |  | 07:08                             | 07:38                           | 09:15                                |
| LA ROSIERE                    |              |                               | 9.5                     | 1252           | 400                | 140                |  | 07:21                             | 07:51                           | 09:53                                |
| ARGENTIERE                    |              |                               | 10.5                    | 1270           | 420                | 150                |  | 07:27                             | 07:52                           | 10:05                                |
| LE PLANET                     |              |                               | 11.3                    | 1382           | 620                | 150                |  | 07:32                             | 08:02                           | 10:28                                |
| LE TOUR                       | Full         | 13.5 km                       | 13.5                    | 1465           | 730                | 210                | H last starting wave +2h45                   | 07:48                             | 08:10                           | 10:52                                |
| LE CHALEYRE                   |              |                               | 15.5                    | 1617           | 930                | 250                | 3.6km/h                                      | 08:00                             | 08:20                           | 11:21                                |
| AIGUILLETTE DES POSETTES      |              |                               | 18                      | 2200           | 1450               | 250                |  | 08:30                             | 08:40                           | 12:22                                |
| COL DES POSETTES              |              |                               | 19.5                    | 1999           | 1450               | 440                |  | 08:38                             | 08:50                           | 12:36                                |
| TELECABINE VALLORCINE         |              |                               | 20                      | 1933           | 1450               | 500                |  | 08:40                             | 08:52                           | 12:41                                |
| VALLORCINE                    | Full         | 10 km                         | 23.5                    | 1276           | 1450               | 1180               | H last starting wave + 5h30                  | 08:57                             | 09:07                           | 13:22                                |
| COL DES MONTETS               |              |                               | 27                      | 1461           | 1650               | 1180               | 3.5km/h                                      | 09:05                             | 09:15                           | 14:06                                |
| LE BECHARD                    |              |                               | 29.5                    | 1700           | 1965               | 1220               |  | 09:30                             | 09:31                           | 14:55                                |
| BOIS DU PLAGNOLET             |              |                               | 30.5                    | 1448           | 1970               | 1520               |  | 09:46                             | 09:47                           | 15:25                                |
| BAS DU TELESIEGE DE LA TRAPPE |              |                               | 33.2                    | 1579           | 2300               | 1540               |  | 10:06                             | 10:08                           | 15:39                                |
| FLEGERE                       | Full         | 10.7 km                       | 34.2                    | 1894           | 2480               | 1540               | H last starting wave + 8h30                  | 10:16                             | 10:13                           | 16:40                                |
| CHARLANON                     |              |                               | 36.8                    | 1810           | 2540               | 1690               |  | 10:36                             | 10:26                           | 16:52                                |
| CHAMONIX FINISH               | Full         | 7.8 km                        | 42                      | 1039           | 2540               | 2540               | Max race time = H start of each wave + 10h00 | 10:59                             | 10:50                           | 18:05                                |



P56

Semi-independent discovery trail

UTMB Index > Ø

Distance

**15km**

Elevation gain

**810M+/  
1160M-**

Runners

**200**



# Young Race Marathon

MARATHON  
MONT-BLANC



Program

before  
your race

during  
your race

after  
your race



trail  
camp

Distance

**15km**

Elevation gain

**810M+/  
1160M-**

Runners

**200**



## 2023 Winners



Jules DELABELLE

M

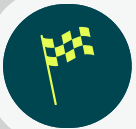
01:24:16



Alice GOODALL

F

01:37:45



## Start

**Sunday June 30th**

at 10:30 a.m.

**Montroc**



## Refreshments

1 full refreshment + 1 at finish line



## Other info

For Espoir and Junior categories only.

Poles allowed : if you choose to take poles, you must keep them with you along the whole race. It is forbidden to pick up poles during the race.



## Transportation

You can use public transport to go to the start :  
Train departure at 09:28 am from Chamonix.  
Free on presentation of a guest card.  
By bus with line 2, leaving from Place du Mont-Blanc at 9:21 am.



## Bibs pick-up

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



## SAFETY

The Young Race Marathon is a technical race! Even though the race takes place exclusively on hiking trails, these are sometimes very narrow and airy. The weather can vary quickly in the mountains (wind, precipitation, heat/cold).

To take part in this race, it is recommended to have a good experience of mountain running, to be comfortable with all terrain and to be self-sufficient for several hours.



## Registration

It includes : race bib, refreshments, t-shirt (for those who request one when registering), finisher's medal.



## WARNING

If you didn't send your medical certificate to the organization, or if it was refused because it doesn't comply with the regulations, you won't be able to collect your bib number. No medical certificate will be accepted on site.



P59

Semi-independent discovery trail

UTMB Index > ∅

Distance

**15km**

Elevation gain

**810m+/  
1160M-**

Runners

**200**

## Mandatory equipment



Cellphone

Mobile phone in working order



Water supply

0,5 liter minimum



Waterproof jacket

With hood (Gore-tex type) and adapted to size



Blanket

Emergency blanket (140cmx200cm)

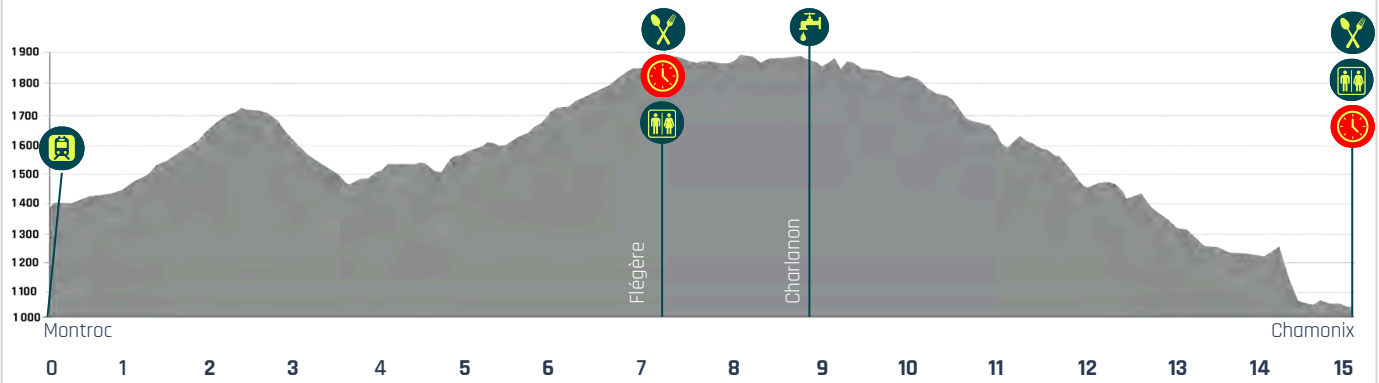


Whistle

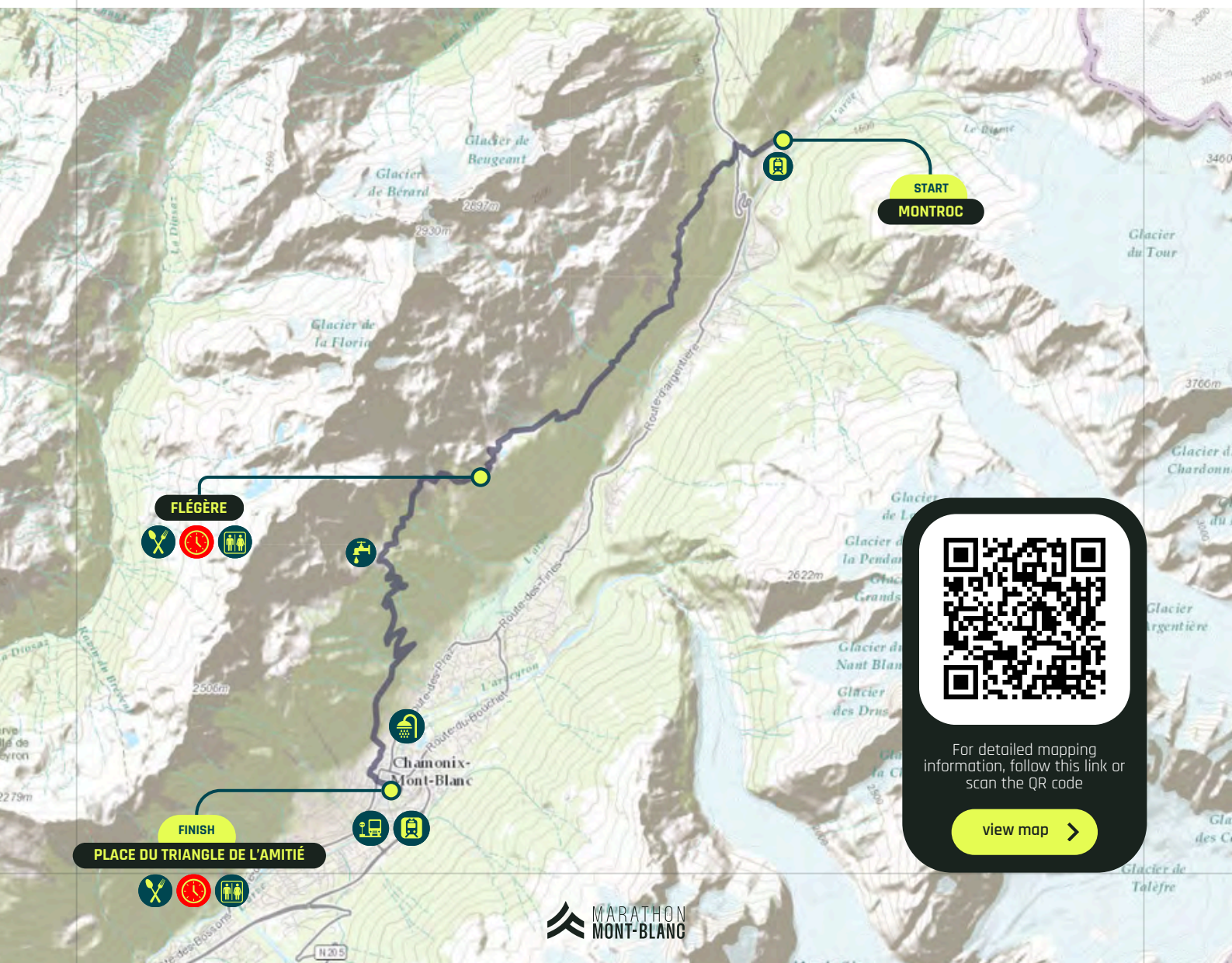


Cup





- Full supply
- SNCF train station
- WC
- Water supply
- Bus stop
- Shower
- Cut off
- Parking



## RACE INFO - YOUNG RACE MARATHON

| LOCATION NAME                 | REFRESHMENT | DISTANCE BETWEEN REFRESHMENTS | CUMULATIVE DISTANCES KM | ALTITUDE METER | ELEVATION + METERS | ELEVATION - METERS | FIRST RUNNER ESTIMATED TIME | LAST RUNNER ESTIMATED TIME |
|-------------------------------|-------------|-------------------------------|-------------------------|----------------|--------------------|--------------------|-----------------------------|----------------------------|
| <b>MONTROC START</b>          |             |                               | <b>0</b>                | <b>1389</b>    | <b>0</b>           |                    | <b>10:30</b>                | <b>10:30</b>               |
| LE BECHARD                    |             |                               | 2,5                     | 1700           | 311                | 40                 |                             |                            |
| BOIS DU PLAGNOLET             |             |                               | 3,8                     | 1448           | 311                | 300                | 10:52                       | 11:25                      |
| BAS DU TELESIEGE DE LA TRAPPE |             |                               | 4,5                     | 1579           | 641                | 300                |                             |                            |
| FLEGERE                       | Full        | 7,7 km                        | 7,7                     | 1894           | 760                | 300                | 11:17                       | 12:47                      |
| CHARLANON                     |             |                               | 10,2                    | 1810           | 800                | 390                | 11:29                       | 13:13                      |
| <b>CHAMONIX FINISH</b>        | Full        | <b>8,3 km</b>                 | <b>16</b>               | <b>1039</b>    | <b>810</b>         | <b>1160</b>        | <b>11:54</b>                | <b>14:31</b>               |



# The Trail Camp



## Free access

The Trail Camp brings together over **60 outdoor sports equipment suppliers and brands** on the Place du Mont-Blanc.

**TRAIL CAMP OPENING**

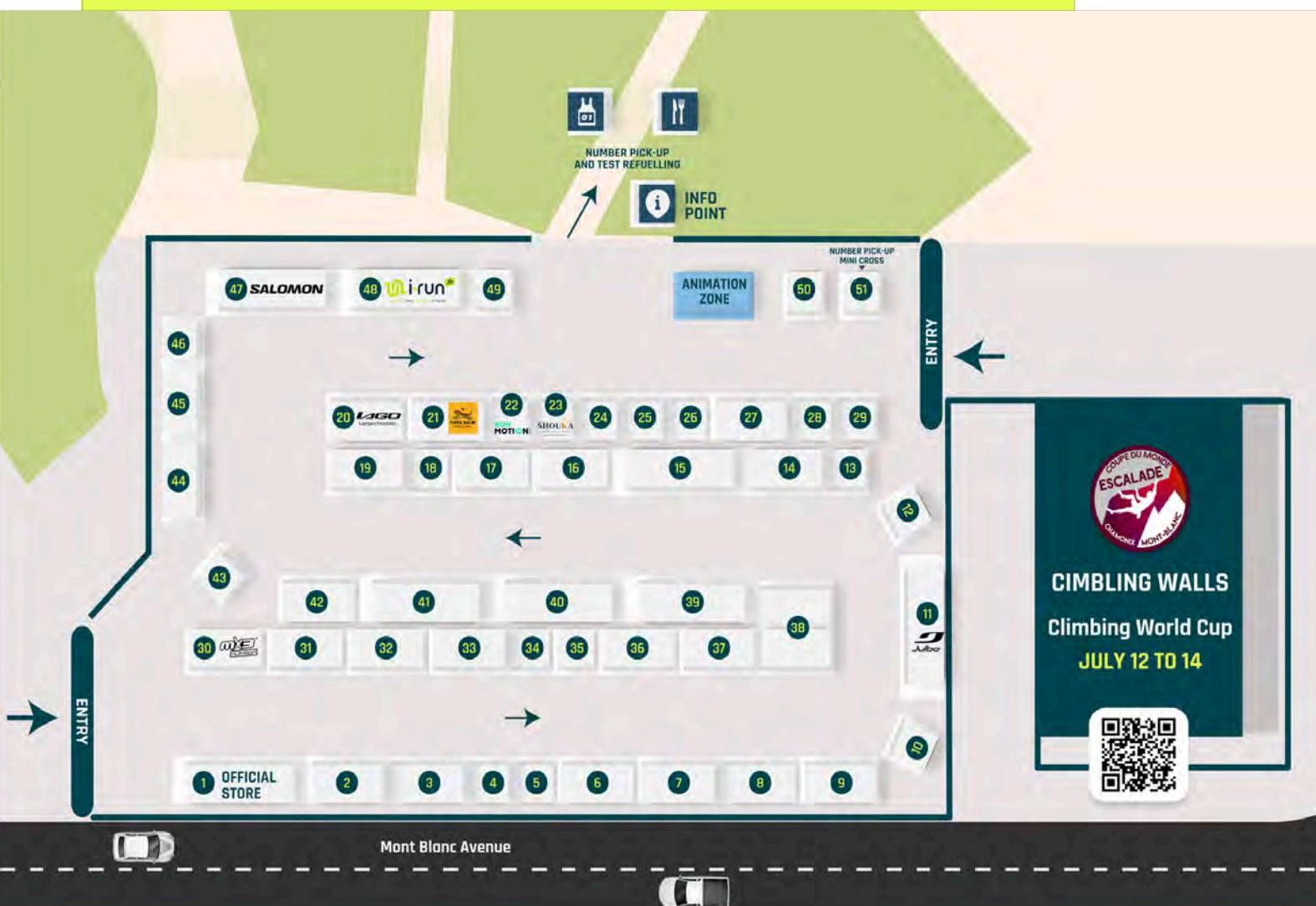
From June 27th to June 29th  
From 9 am to 8 pm

**LOCATION**

Chamonix  
Place du Mont-Blanc

### PARTNERS PRESENT AT TRAIL CAMP

# P63 The Trail Camp - Map



|   |                   |                                  |   |
|---|-------------------|----------------------------------|---|
| 1 Official shop of Marathon du Mont-Blanc | 14 Ravel & Co     | 27                               | 40 Otso Sport   |
| 2 Compex                                  | 15 The North Face | 28 Contraste Running             | 41 Kiprun   |
| 3 Baouw                                   | 16 Compressport   | 29 Camina Go                     | 42 Brooks   |
| 4 Moov 360                                | 17 Mammut         | 30 Mx3                           | 43 Ultra Trail des Montagnes du Jura  |
| 5 Run'Hard                                | 18 Dynafit        | 31 Sport Vision / Instinct Trail | 44 Overstims  |
| 6 New Balance                             | 19 Raidlight      | 32 BV Sport                      | 45 Evil Eye   |
| 7 Ta Energy                               | 20 Lagolight      | 33 Oxsitis                       | 46 Naak   |
| 8 Adidas Terrex                           | 21 Baume du Tigre | 34 Altra                         | 47 Salomon  |
| 9 Rossignol                               | 22 Run Motion     | 35 La Chaussette de France       | 48 I-Run  |
| 10 Ultra Trail Atlas Toubkal              | 23 Shouka         | 36 Wise                          | 49 Garmin   |
| 11 Julbo                                  | 24 Shokz          | 37 Lurbal                        | 50 EMHM Chamonix  |
| 12 Bix                                    | 25 Incylence      | 38 Merell                        | 51 Vaincre les maladies lysosomales   |
| 13 Tingerlaat                             | 26 Maurten        | 39 Stimcare / Lakota             |  <b>MINI CROSS BIBS PICK-UP</b><br>On the "Vaincre les Maladies Lysosomales" stand |



# Partners

## ORGANIZERS



## TITLE PARTNER

**SALOMON**

## MAJOR PARTNER



## TOP SPONSORS



## INSTITUTIONAL PARTNERS



## OFFICIAL SUPPLIERS



Program

before your race

during your race

after your race



trail camp



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