



## IMPORTANT INFORMATION TO BE READ BY ALL PARTICIPANTS OF THE 6D MARATHON

For the success of your race and your safety:

**START IN AIME: 5:30 AM Attention new time** (in front of the village hall) and opening of the starting area from 5:10 AM

**Cut-off times:** 9:30 AM at Plagne Centre, 11:15 AM at Plagne Bellecôte, and 4:00 PM at Montchavin (no time limit)

**Award ceremony:** 6:30 PM in Aime at the "Théâtre de Verdures"

**MANDATORY EQUIPMENT:** (random checks may occur during the race)

- A cup and a zip-lock bag for refreshments
- At least 500ml of water
- Mobile phone
- A long-sleeved waterproof and breathable jacket. If you use it, the bib must be on the jacket (visible). Please remember that it can be cold at high altitudes.

### **SELF-SUFFICIENCY:**

Your cup is to be used at the refreshment points. Plan your water and food supply according to your personal consumption in relation to the refreshment points.

### **MARKING / BIB / ROUTE:**

Blue tape, orange points, and arrows on the ground (marking every 150m).

Follow the marking strictly, do not cut the switchbacks, under penalty of disqualification.

For information: yellow tape for the 6000D.

Mandatory passage at all checkpoints.

Visible bib flat on the front (sponsors must be visible), under penalty of disqualification.

In case of route modification for safety and weather reasons, this will be communicated to you by the organizer at checkpoints and refreshment points.

**ABANDONMENT:** Despite your preparation, if you are forced to abandon: **Report it** to a person from the organization or call the race headquarters (the numbers are on your bib, 06.85.94.68.25 or 04.58.24.01.02 or 06.75.84.62.67). **The bib must be IMPERATIVELY returned to a checkpoint or refreshment point.** Do not hesitate to assist a runner in difficulty by reporting it to the organization members on the course. For abandonments at altitude, a minibus is available at Bellecôte from 10:00 AM to 4:00 PM for return to Aime in the valley and one from Montchavin from 10:00 AM to 5:30 PM.

**A free shuttle** is available from Aime at 5:30 AM (for Plagne Centre relay), 11:30 AM, 1:30 PM, and 3:30 PM, and at Plagne Bellecôte at 12:30 PM, 2:30 PM, and 4:30 PM (schedules available in your 6000D program).

**ON YOUR BIB** you will find a detachable coupon

- a ticket to collect your runner's gift at the dedicated area in the 6D Expo village in Aime or in the morning when collecting the bibs
- a ticket for the post-race beer (to be collected at the 6D EXPO refreshment stand) and the post-race pasta box.

In your envelope, you will find **the flyer of the official photographer**

HAVE A GREAT RACE, EVERYONE!

Live Trail Tracking at →

