



NEWSLETTER Runners February 2014

Dear All,

With this newsletter we want to bring you information on a regular basis about the preparation of the second edition of the UT4M.



COURSE

We have good news to start with about the refreshment points. First, the city of Vif will allow you to use the gymnasium. Your family and friends, and also relay runners, will not wait for you under the burning sun of August. And you will have the chance to take a fresh break inside ;-)

At the Croix de Chamrousse, you will be welcomed at the brand new altitude restaurant after the veeeery long ascent from Rioupéroux. You can enjoy the comfort of the venue and the wonderful view over the valley.

Very important for you too : we are also currently reworking the time charts of the UT4M 160 et UT4M 160 Relay, so that most runners have a chance to be finisher. We heard the feedbacks from last years' runners and decided to loosen the time limits in Vercors and Taillefer, still with a total time of 53 hours. We will tell you more soon.

About the start in Grenoble , be aware that roadworks are over now : you can run on the tramway line all the way out of the city.



VOLUNTEERS

This adventure will not be a success without volunteers. Recruit among your relatives : your family and friends can come around and help ! The UT4M will thus be more than ever a party for all !



REGISTRATIONS

If you know other people registered for the UT4M 160 Relay _friends, work colleagues, family members_ do not forget you be part of the same community. Each runner needs to register it on his GeoFP profile. The most represented community will win the « challenge of the communities » trophy!!!



EXPLORATION

This year, between April and August, a dozen of meetings will be proposed to look round the race's path. There will be something for all tastes and all levels. From the little 2-hour going out to a complete weekend including a night in a shelter! Additionally, we would also like to involve some partners for equipment testing and preparation tips. Stay tuned, watch your mail and visit our web site regularly. You will just have to register if you are interested!



Rémy MARCEL, renowned runner from Grenoble, ultra trail specialist and trainer, makes us the honor of sharing his passion and experience at the UT4M. He will write in each newsletter some advices to help you in your preparation for this great event. He will also be present on certain dates of the exploration meetings for having an exchange with participants interested in. He will be the starter of the UT4M 160 race.

You can contact him on [his blog](#) or via the [3D Trail](#) one, which are also partners of our event.

The tips of the month:

If it is not yet done, you should consider the making of a coherent planning of your training runs and of your development stages. Personally, I think it's best not to participate in any competition within the preceding two months of an ultra trail race to focus on specific activities (such as the execution of run/walk programs in mountain trails) that would fit better with your goals and be less exhausting than competitions. This will also lessen the mental strain for the target race day.

Of course, your planning will depend on your requirements, desires, opportunities, experiences, ... Rather than accumulating large training sessions deadlines, seek to increase the duration of efforts. For example, for the UT4M 160 race, training runs could be : 30-kilometer runs in March, 50-kilometer runs in late April and 80-kilometer runs in



June. For the UT4M 90 race: 25-kilometer runs in March, 45-kilometer runs in late April and 60-kilometer runs in June.

The long hiking journeys will be unproductive in the coming months. Focus on quality by doing some Fartlek workout on easy paths. But be careful not to go overboard: if you're not used to Fartlek workout, do not exceed 3 sessions in a week. One weekly session will be enough... If it is familiar to you and you usually do it once a week, try to go to twice.

Finally, do not hesitate to diversify the fun by also doing some cross-country skiing, ski touring, snowshoeing, biking... This will advantageously complement your physical preparation.

Rémy

Do not forget to often have a look on our website and our brand new forum, new information is released every week on <http://ut4m.fr> !

Sportively,



Ut4M Team



Office de Tourisme
www.grenoble-tourisme.com