

Welcome to the 2022 edition of Ut4M

We are very proud of what we are offering to you in this 10th edition. And we hope that you will love living it, despite the difficulties that you will face, and despite some always possible glitches that we will manage together.

It will be a difficult race, you should know that from the start of this spectacular but gruelling course.

So let the race start, while keeping in mind the 4 keywords that will turn this adventure into a collective success: ENJOYMENT, VIGILANCE, RESPECT, SOLIDARITY

As Coluche, a famous French humorist, used to say: WE ARE COUNTING ON YOU too!!!

Weather forecast

It will be given during the race briefing in Grenoble Base camp.

Final course decision

It will be given during the race briefing in Grenoble Base camp.

Mandatory gear

When you collect your bib, you are committed to keep the mandatory equipment with you (see race regulations). This is of course an essential safety element in the mountains. During the briefing, we will inform you of our decision on the binding of the following equipment:

- The weather forecast being very hot, water supply is increased to a minimum of 2 L
 - We recommend you take a sponge to refresh you at the different water points (station, torrent, ...)
 - For Ut4M 160 Xtrem and 100 Master, the weather forecast being very hot, warm clothing required in the mandatory equipment might be recommended and no more necessary (winter hat, waterproof over pants and waterproof gloves)
 - For the Ut4M 40 Series and 160 Challenge, pants and warm clothing might be recommended and no more necessary
- Runners of Ut4M160 Challenge, Ut4M40 and Ut4M20 races (and only them) can take a lighter material (one lamp, some of the warm clothing excluded from the list).

The organisation will establish controls on the course to check for specific equipment and stop runners who are not properly equipped.

Don't forget your drinking cup and billy, none will be given at the supply stations. Don't forget either your mobile phone (working with French network), keep it on and fully charged, with the safety numbers of the organization store in your contacts and don't hide your number.

We recommend having at least 20 Euros in case you decide to eat at the refuge de la Pra (there is a drinking station but no food)

Reminder of the penalty clauses

BREACH OF RULES	PENALTY - DISQUALIFICATION
No mandatory safety equipment	Immediate disqualification
Non-compliance with traffic	Immediate disqualification
Refusal of control equipment required	Immediate disqualification
Refusal of checking at control station	Immediate disqualification
Not following the course (cutting path)	5h Penalty
Littering (voluntary act) by a competitor or a member of his entourage	Immediate disqualification
No respect for people (organisation, volunteers or runners)	Disqualification for life
Non-assistance to a person in trouble	Disqualification for life
Assistance outside authorized areas	5h Penalty

BREACH OF RULES	PENALTY - DISQUALIFICATION
Cheating (e.g. use of a means of transport, sharing number ...)	Immediate disqualification
Failure of a visible number	5h Penalty
Refusal of a doping control	Immediate disqualification
Refusal to comply with an order of the direction of the race, a race marshal, a leader of a control station, a doctor or a paramedic	Immediate disqualification

Safety instructions

- **Reminder:** These races take place on the principle of self-sufficiency and require from runners some autonomy between two supply stations in terms of clothing, safety, food. This point is very important for the 19kms between Croix de Chamrousse and Col de Pré Long with only one water station at La Pra refuge.
- Respect the highway code (traffic lights, sidewalks, pedestrian crossings ...)
- If no post signs on off road or paths every 30 meters, stop and turn back. You're probably not on the course. On the road or paths, the markup can be distant of 100m maximum.
- Follow the route (if one path is blocked, do not take it)
- Areas where a handrail is installed. Follow the instructions (passing by walking): The areas concerned are the descent of the Col de l'Arc to the waterfall (Vercors), the ascent of Rioupérourx at the Arselle (Belledonne), the crossing between the cross of Chamrousse and Col de Pré Long (Belledonne)
- Assist any injured runner (recover his race number and communicate it by telephone to the first flagman or member of the organisation you meet).
- Connect your phone and ensure its proper functioning in particular from Alpe du Grand Serre to allow the emergency crew to contact you or the organisation to inform you of problems of security.
- Beware of ticks bite

Precautions when meeting with Pyrenean Sheep dogs (developed by DDT)

- Beware of Pyrenean Sheep dogs bites (Vercors, The Grand Pra and Colon). The herds have moved away normally. If you meet some, the basic precaution is to stop running and to cross the herd by walking very slowly.
- Basic rules regarding the dog: Do not run away (this is what a prey would do). Stop, keep calm, and wait until the dog is calm. Stay still and relaxed, no sudden movements, do not try to pet it. Do not look the dog in the eyes, a sign of provocation. Do not shout but you can order it to return to the flock if he is distant from it by a "Back to the sheep!" (Not sure it understands English! 😊 😊) Do not lift your walking stick but keep it in the low position between the dog and you to hold it off. If you do not have a stick and you're scared, protect yourself with a bag or a coat. If it comes from behind you or bypasses you, faced it, beware of vicious dogs. Do not throw stones. You will make it more aggressive towards man and it will report this aggression on the following hiker. If bitten prevent the shepherd, the farmer, the town hall, the gendarmerie and the DDT.

Herds crossing Instructions (developed by Fédération des Alpages de L'Isère)

- The pastures are grazed by herds of cows and sheep, led in semi freedom under the supervision of a shepherd. They are well structured/ organized workspaces, hosting an important agri-pastoral activity. The latter allows the growth of alpine resources to feed herds as well as the enhancement of agri-environmental and economic balances of mountain territories.
- When running a trail, our movements are fast, silent, at any time of day or night. They are therefore not in the habits of animals and can trigger panic that could endanger both the animals and the people. It is therefore necessary to warn them with a few simple attitudes:

Be aware of the animals' behavior and adapt in accordance with

- Be very attentive to the presence of herds. It is for us to anticipate and identify them.

- At their approach, slow down and speak with a deep voice saying "Ola, Ola, I am coming," repeated several times until there is contact, without shouting but with a strong voice.
- Ear movements, looks, changes of direction, restarting grazing indicate that animals have perceived our presence. **If we see panic signs and quick movements (they start moving heads up, ears back ...), we stop and we continue to talk**
- Go slowly around animals, always speaking with the deepest voice possible.
- **Avoid sudden movements** and always favor soft and slow movements
Consider the possible presence of guard dogs (Pyrenean sheep dogs)

Instructions for the respect of the environment

- You are crossing two natura 2000 areas - you must stay on the trails. Disqualification of any runner caught cutting.
- Sorting bins are arranged on the supplies stations and must be used.
- Any runner seen throwing trash on the course will be disqualified.
- Each of you signed the charter of the race at registration, charter that reminds you the obligation to keep on you all your waste and throw them in a recycling bin.

Markup

2 types of markup are used on the trail:

- pennant with Reflexite to make it visible at night (pennant hung on trees or pennants on stake)
- Orange marking spray during the day and light reflecting during the night

CAUTION: If you do not see markup anymore, turn back!

Also, some roads are cut using standard barrier tape.

Car Park

Free P+R parking at Vallier-Catane is available. Free access with your bib to Grenoble urban transportation (bus and tramway).

Shuttle buses Schedule (reservation mandatory at registration)

If you took the shuttle option to go to the race departure place, there are 2 shuttle stops on the way there: Place Victor Hugo and in front the P+R Vallier-Catane parking. For the returning shuttle, they start from the finish area to Grenoble with 2 stops : P+R Vallier-Catane parking and Place Victor Hugo

Races	Start time	Return time
Ut4M20 Vercors & 80 Challenge		from 2pm
Ut4M40 Vercors & 160 Challenge		from 3pm
Ut4M20 Taillefer & 80 Challenge	Fri 7/22, 6:10am	from 12:30pm
Ut4M40 Taillefer & 160 Challenge	Fri 7/22, 6:30am	from 4pm
Ut4M40 Belledonne & 160 Challenge	Sat 7/23 6:00am	from 4pm
Ut4M20 Belledonne & 80 Challenge	Sat 7/23, 8:30am	from 2pm
Ut4M100 Master	Sat 7/23, 5:30am	Finish Grenoble
Ut4M20 Chartreuse	Sat 7/23 10:00pm	Finish Grenoble
Ut4M40 Chartreuse & 160 Challenge	Sun 7/24 6:00am	Finish Grenoble

To go back, the runners will be deposited at the same places. Be on time, of course :-). Controls for the shuttle buses will be done with the bib.

Time and place of departure

race	time	where
Ut4M40 Vercors et 160 Challenge n°1	7/21, 8am	Grenoble-Seyssins
Ut4M20 Vercors et 80 Challenge n°1	7/21, 9am	Grenoble-Seyssins
Ut4M40 Taillefer et 160 Challenge n°2	7/22, 8am	Vif
Ut4M20 Taillefer et 80 Challenge n°2	7/22, 8am	Laffrey
Ut4M160 Xtrem	7/22, 3pm	Grenoble-Seyssins
Ut4M100 Master	7/22, 7am	Uriage
Ut4M160 Challenge n°3	7/23, 8am	Livet & Gavet - Rioupérourx
Ut4M40 Belledonne	7/23, 8:20am	Livet & Gavet - Rioupérourx
Ut4M20 Belledonne et 80 Challenge n°3	7/23, 10am	Uriage
Ut4M20 Chartreuse et 80 Challenge n°4	7/24, 12am	Sappey en Chartreuse
Ut4M40 Chartreuse et 160 Challenge n°4	7/24, 7am	St Nazaire les Eymes

Checkpoints

The starting area opens 30 minutes before the start of the waves.

The lack of scanning at a checkpoint can result in a penalty, even disqualification. Ask confirmation of your scan at checkpoints.

This is an important safety feature for you and for us. Thank you to comply and make sure you register at each passage at a timing point.

To recap, the race number must be placed on the chest or abdomen and be visible at all times. . For all races but UT4M80 Challenge and Ut4M20 Series, a second chip will be provided to be tied to your back pack.

If you give up, do not forget to let us know. We will guide you to the closest repatriation point. It is a peculiarity of this race to get you in the mountains while staying close to roads where a repatriation shuttle is accessible.

Before the race, we recommend you download the **LiveRun by LiveTrail** application on your smartphone to be able to inform of your abandonment during the race thanks to it.

Course/Vigilance points

Vercors:

- Descent of the col de l'arc with the presence of a mountain guide.
- Crossing of a spillway after this waterfall requiring attention
- semi-urban area between Vif and St Georges de Commier (presence of flagmen for the crossing of departmental road) - Respect the highway code
- Road closed to traffic on one way between Vif and St Georges de Commier.

Taillefer

- Passage through the woods of the la Grande Casse then by le pas de la Vache where mountain guides will remind you the need for vigilance
- During the ascent of the pas de la Vache, watch out for pebbles falls triggered by your passing. Do not forget to enjoy the view at the top. It is breathtaking.
- Presence of rescuers at the cabin of Lake Brouffier
- Caution in the descent on Lake Claret just before you get on the road Poursollet - There is a slab that can be slippery. A vigilance panel is installed.
- Passage through the plateau des lacs where mountain guides will remind the need of vigilance near the waterfall of la Vallette
- Descent to Rioupérourx from the chalets de la Barrière. A huge cleanup job was done by the General Council. A wild place and not much traffic...

Belledonne

- Climb of the plateau of Arselle where soldiers from the 27th Alpin Brigade are there to remind you the need for vigilance. Handrails were installed. It is essential to use them and walk carefully (given the slope, this should be the case for each of you)
- Crossing to the refuge de la Pra: You are in the mountains and the terrain is very difficult. Watch out to not get sprains. Soldiers are positioned for your safety in the valley of the Echaillon where the passage is narrow.
- Refuge de la Pra: a haven to rest if necessary before the crossing to Col de Pré Long.
- Some delicate passages up to Col de Pré Long. Soldiers on place will inform you. Take your time ...

Gresivaudan

- Several crossings of county roads where flagmen will remind you to respect the Highway Code
- Passage of the Isère bridge and the motorway bridge. Be careful to use the sidewalks.

Chartreuse

- Climb to the col de la Faita on a path widely used but with some exposed passages. Be careful to keep your vigilance.
- Back and forth to Chamechaude with a control at the highest point.
- Passage on the platform of the Fort St Eynard before the descent of the Col de Vence. Beware of falling. Flagmen present to remind you
- Crossing of the county road at the Col de Vence. Flagmen will remind you the need to respect the highway code

Life base bag

Except for Ut4M 40 Chartreuse, Ut4M 20 and 80 Challenges, runners receive bags (1 to 3) that you can retrieve at your arrival or passage on the 3 bases life (Vif except Ut4M 160 Xtrem, Rioupérourx, St Nazaire). Thank you to affix labels with your bib number. Only these bags are accepted. The walking sticks are not allowed.

You can recover them in Grenoble from Saturday, July 23 at 11am on presentation of your race number or ID card.

Cut off times

They are imposed for your safety and for the proper functioning of the race: 52hrs maximum for Ut4M160 Xtrem, 36hrs for Ut4M100 Master, 13hrs for Ut4M40 Taillefer & Belledonne, 12hrs for Ut4M40 Vercors & Chartreuse.

Thank you to respect them. We will be uncompromising. They will be implemented by the post leaders

Km	Alt	Checkpoints	Checkpoint type	Rapatriment	Cut off times 40 Series & 160 Challenge	Cut off times 160 Xtrem
10,8	1250	St Nizier du Moucherotte	Food supply station	yes	21/7/22 11:00 AM	22/7/22 6:00 PM
19,0	1415	Lans-en-vercors	Food supply station	yes	21/7/22 2:00 PM	22/7/22 8:30 PM
29,6	390	St Paul de Varcès	Food supply station	yes	21/7/22 5:15 PM	23/7/22 11:15 PM
38,2	310	Vif	Base Camp	yes	21/7/22 8:00 PM	23/7/22 1:30 AM
51,5	910	Laffrey	Food supply station	yes	22/7/22 11:00 AM	23/7/22 5:20 AM
63,6	1370	La Morte	Food supply station	yes	22/7/22 2:00 PM	23/7/22 8:30 AM
75,6	1650	Poursollet	Food supply station	yes	22/7/22 6:00 PM	23/7/22 12:30 PM
82,4	1870	Chalets de la Barrière	Water	yes from Poursollet		
87,8	550	Rioupérourx	Base Camp	yes	22/7/22 9:00 PM	23/7/22 3:40 PM
92,5	1640	Arselle	Food supply station	yes	23/7/22 11:20 AM	23/7/22 6:40 PM
98,3	2240	Croix de Chamrousse	Food supply station	yes	23/7/22 1:00 PM	23/7/22 8:40 PM

Km	Alt	Checkpoints	Checkpoint type	Rapatiation	Cut off times 40 Series & 160 Challenge	Cut off times 160 Xtrem
104,9	2110	Refuge de La Pra	Water	no		
118,1	1193	Col de Pre Long	Food supply station	yes	23/7/22 6:30 PM	24/7/22 2:30 AM
126,3	250	Villard Bonnot	Water	yes	23/7/22 8:00 PM	24/7/22 4:00 AM
132,6	280	Saint-Nazaire-les-Eymes	Base Camp	yes	23/7/22 9:00 PM	24/7/22 5:15 AM
142,0	1410	Emeindras	Food supply station	no	24/7/22 10:40 AM	24/7/22 9:40 AM
151,6	1340	Col de Porte	Food supply station	no	24/7/22 2:00 PM	24/7/22 1:15 PM
157,3	1000	Le Sappey-en-Chartreuse	Food supply station	yes	24/7/22 3:00 PM	24/7/22 2:40 PM
164,7	775	Col de Vence	Food supply station	yes	24/7/22 5:00 PM	24/7/22 5:00 PM
174,0	220	Grenoble	Base Camp	yes	24/7/22 7:00 PM	24/7/22 7:00 PM

Any runner disqualified will be retired his race number and is not allowed to continue the course. If the person decides to continue to hike, he does it on its own responsibility.

Arrival

On arrival, thank you to give us the microchip of your bib and to get your finisher gift (we want you to retrieve it...) There is also a gift for those participants who have not managed to close the loop ...

Help instructions

They are imposed for your safety and implemented by the doctors of the race or the representative rescuers under their control. Thank you to respect them. We will be uncompromising.

The phone number to call in case of **emergency is 06 52 76 35 88**. You can also call 15, 18, or 112 if you did not manage to reach that number.

Instructions in case of storm

Depending on the weather, specific instructions will be provided by the regulator doctor.

Instructions if you are lost

Turn back to find the last trace of the route. The phone number to call in this case is

06 45 61 64 68 (PC Course).

Abandonment and Repatriation

In case of abandonment, it is imperative to report to a timing post. There is a portion to be removed from the bib in this case and your bib number will be disabled in the system. In case of abandonment between two control points, it is imperative to join the nearest checkpoint and report your abandonment at the timing post.

Transport facilities are provided to take you back to Grenoble from almost all supply stations. Contact volunteers on supply stations if necessary. They'll guide you and inform you about shuttles' schedule.

Two supply stations are particular: Croix de Chamrousse and Habert of Chamechaude. In case of abandonment that does not require the intervention of emergency, you will potentially walk to the next pickup point.

List of points of repatriation: see paragraph cut off times

Have a good race, the race direction

