

2024 edition - From 18 to 21 July

Welcome to the 2024 edition of Ut4M!

We are very proud of what we are offering to you in this 12th 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 **might** be increased to a minimum of 2 L : this will be indicated at the briefing.
- We recommend you take a sponge to refresh you at the different water points (station, torrent, ...)
- For Ut4M 180 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) : this will be indicated at the briefing.
- For the Ut4M Marathons and 180 Challenge, pants and warm clothing **might** be recommended and no more necessary : this will be indicated at the briefing.

Runners of Ut4M180 Challenge, Ut4M Marathons and Ut4M Half-Marathons races (and only them) can take a lighter material (see the rules).

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

BREACH OF RULES	PENALTY - DISQUALIFICATION
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
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) and the ascent of Rioupéroux at the Arselle(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)

2024 edition - From 18 to 21 July

- 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.

Shuttle buses schedule (reservation mandatory at registration)

If you took the shuttle option to go to the race departure place, there is only one shuttle stop on the way there: Anneau de vitesse, next to Halle Clémenceau at Grenoble. For the returning shuttle, they start from the finish area to Grenoble with one stop : Anneau de vitesse, next to Halle Clémenceau at Grenoble.

Shuttle timetables can be found on our website, on the race page: <https://ut4m.fr/fr/courses/les-12-courses>

Be on time, of course :-). Controls for the shuttle buses will be done with the number withdrawal card or your bib.

Time and place of departure: see our website, on your race page <https://ut4m.fr/fr/courses/les-12-courses>

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 the Ut4M 180 Xtrem, the Ut4M 180 Challenge and the Ut4M 100 Master, a second chip is given to you when you pick up your bib numbers: it

2024 edition - From 18 to 21 July

is to be attached to your backpack (if you change your backpack for the 180 Challenge, remember this backpack chip!). These two elements guarantee better rider tracking.

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 **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 Commiers.

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 Rioupéroux from the chalets de la Barrière. A huge cleanup job was done by the General Council. A wild place and not much traffic...

Belledonne

- Crossing the Chamrousse Himalayan footbridge: walk during the crossing, do not overtake. Watch out for pedestrians who may be coming from the opposite direction.
- Climb of the plateau of Arselles where mountain guides 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. Mountain guides are positioned for your safety in the valley of the Echaillon where the passage is narrow.
- Herds and patous may be present in the La Pra area, so be sure to follow instructions and stay on marked paths.
- Refuge de la Pra: a haven to rest if necessary before the crossing to Col de Pré Long.

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 and exit ramp. 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

2024 edition - From 18 to 21 July

Life base bag

Except for Ut4M 40 Chartreuse, Ut4M Half-Marathons and 80 Challenge, runners receive bags (1 to 3) that you can retrieve at your arrival or passage on the 3 bases life (Vif except Ut4M 180 Xtrem, Rioupéroux, St Nazaire). Thank you to affix labels with your bib number provided with your race number. Only these bags are accepted. The walking sticks are not allowed. For withdrawals, you can recover them in Grenoble from Saturday, July 20 at 12am 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. Thank you to respect them. We will be uncompromising. They will be implemented by the post leaders.

You can find the barriers on our website, on your race page: <https://ut4m.fr/fr/courses/les-12-courses>

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...)

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 04 65 84 89 63**. 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

04 65 84 67 40 (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.

PLEASE NOTE: shuttle buses will only run to sites where a shuttle bus is indicated in the timetable barriers section and also on the race profile on your race number. In case of abandonment that does not require the intervention of emergency, you will potentially walk to the next pickup point.

Have a good race, the race direction