

2025 edition - From 16 to 19 July

Welcome to the 2026 edition of Ut4M!

We're very proud of what we're going to offer you for this 14th edition, and we hope you'll have a great time on the trails, despite the challenges you'll face and despite the few hiccups we'll undoubtedly have to work through together. It will be a tough race—be sure of that from the start, as the course is both spectacular and grueling. So let the race begin, and we hope you'll keep in mind the four key words that will make this adventure a collective success: FUN, CAUTION, RESPECT, and SOLIDARITY!

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

You must keep all required equipment with you at all times during the race. The organizers will conduct checks at the start and along the course to verify that runners have the required equipment, and will stop any runners who are not properly equipped.

| Matériel | 180 Xtrem | 100 Master | 180 Challenge | 80 Challenge | Ut4M Marathon (40Vercors, 50Taillefer, 50Belledonne, 40Chartreuse) | Ut4M Half-Marathon (20Vercors, 20Taillefer, 20Belledonne, 20Chartreuse) |
|--|-----------|------------|---------------|--------------|--|---|
| Personal cup | x | x | x | x | x | x |
| Mess kit or equivalent container and utensils | x | x | | | | |
| Water supply: at least 2 L | x(3) | x(3) | x(3) | x(3) | x(3) | x(3) |
| Food supply | x | x | x | x | x | x |
| Emergency blanket | x | x | x | x | x | x |
| Whistle | x | x | x | x | x | x |
| Cell phone | x | x | x | x | x | x |
| Elastic band | x | x | x | x | x | x |
| Waterproof and breathable hooded jacket | x | x | x | x | x | x |
| Buff, cap, or equivalent | x | x | x | x | x | x |
| Sunscreen | x | x | x | x | x | x(4) |
| Medical information card for ongoing treatment | x | x | x | x | x | x |

2025 edition - From 16 to 19 July

| | | | | | | |
|--|------|------|------|--------------|------|-----------|
| Main flashlight with spare batteries or rechargeable battery | x | x | | x(2) | | x(2) |
| Backup flashlight | x | x | | | | |
| Long pants or tights | x | x | x(1) | | x(1) | |
| Warm, long-sleeved garment (second layer) | x | x | x(1) | x(1) x(2) | x(1) | x(1) x(2) |
| Waterproof overpants | x(1) | x(1) | | | | |
| Beanie | x(1) | x(1) | | | | |
| Warm, waterproof gloves | x(1) | x(1) | | | | |

(1) The Organization may decide before the race start to classify this equipment as recommended rather than mandatory (typically based on the weather forecast). The announcement will be made during the race briefing. (2) This equipment is required only for the Ut4M 20 Chartreuse stage (night race). (3) The Organizer may decide before the race start to reduce the minimum water supply to 1.5 liters instead of 2 liters. (4) Not required for the 20 Chartreuse.

Runners must have all of the above equipment with them and be able to present it at the bib pickup. All clothing must be the runner's size and unaltered from its original factory condition.

(1) The Organizer may decide before the race start to make this equipment recommended rather than mandatory (typically depending on the weather forecast). The announcement will be made during the race briefing. (2) This equipment is required only for the Ut4M 20 Chartreuse stage (night race). (3) The Organizer may decide before the race start to reduce the minimum water supply to 1.5 liters instead of 2 liters. (4) Not required for the 20 Chartreuse.

Runners must have all of the above equipment with them and be able to present it at bib pickup. All clothing must be the runner's size and must not have been altered since leaving the factory.

During the briefing, we will provide you with the final list of required gear.

- Since the weather is expected to be very hot, the minimum water requirement is 2 liters. We encourage you to bring an additional water bottle or sealed container to increase your supply to 2.5 liters so you can cool off between water stations.
- We recommend bringing a sponge to cool off at the various water stations.
- During the race, we encourage you to hydrate very regularly, adjust your pace to the current conditions, and take advantage of every water station to drink and cool off. **NEVER LEAVE A REFRESHMENT STATION WITHOUT FILLING UP ON WATER.**
- Stay aware of how you're feeling: if you experience headaches, dizziness, nausea, chills, severe cramps, unusual fatigue, or confusion, these may be early signs of heatstroke. Slow down immediately, move into the shade, cool off, and notify a volunteer or the First Aid Center. Do not take any medication without advice from first aid personnel, especially anti-inflammatory drugs.
- Please note that sunscreen is mandatory this year, except for the 20 Chartreuse race, which takes place at night: be sure to reapply it regularly. You can bring a small container (liquid sunscreen or a stick).
- Since conditions are currently expected to be very warm, warm gear (waterproof overpants, a warm, waterproof hat, and gloves) may be downgraded to "recommended" for the 180Xtrem and 100Master, but we're waiting for the latest forecasts: it can get cold quickly at night in the mountains! The same applies to warm pants and long-sleeved tops for the Marathons and 180Challenge, which are currently mandatory but may become recommended. Finally, long-sleeved tops may become recommended for the Half-Marathons, except for the 20 Chartreuse, where they will remain mandatory since the race takes place at night.

2025 edition - From 16 to 19 July

- It's also worth noting that no cups, bowls, or utensils will be provided at the aid stations. So don't forget to bring your own (bowls and utensils are mandatory only for the 180 Xtrem and 100Master).
- Also, don't forget to bring your cell phone (save the organization's emergency numbers—found on your race bib—to your contacts, keep your phone turned on, do not block your number, and make sure your battery is fully charged before you start). Turn on your ringer: you must be reachable at all times during the race!!!

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) | Time penalty: 10% of the time of the last finisher |
| Littering (voluntary act) by a competitor or a member of his entourage | Immediate disqualification |
| No respect for people (Organization, volunteers or runners) | Disqualification for life |
| Non-assistance to a person in trouble | Disqualification for life |
| Assistance outside authorized areas | Time penalty: 10% of the time of the last finisher |
| Cheating (e.g. use of a means of transport, sharing number ...) | Immediate disqualification |
| Failure of a visible number | Time penalty: 10% of the time of the last finisher |
| 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 17kms between Croix de Chamrousse and Col de Pré Long with only one water station at La Pra refuge. The Pra Shelter is not a resupply station!**
- 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 mark up 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

2025 edition - From 16 to 19 July

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

- Watch out for Patou bites (Vercors, Taillefer, La Pra). The herds have normally been moved. If you encounter one, the basic rule is to stop running and walk very slowly through the herd.
- Basic rules for interacting with the dog: Do not run away, as this mimics the natural behavior of prey. Stop, stay calm, and wait for the dog to calm down. Remain still and relaxed; do not make any sudden movements, and do not try to pet the dog. Do not stare the dog in the eyes—this is a sign of provocation. Do not shout, or if the dog is far from the flock, command it to return with “Go to the sheep!” Do not raise your stick; instead, keep it low between you and the dog to keep it at a distance. If you do not have a stick and are afraid, protect yourself with a bag or a piece of clothing. If the dog approaches from behind or circles around you, face it head-on—be careful of vicious dogs. Do not throw stones. This will make the dog more aggressive toward people, and it will direct that aggression toward the next hiker. In the event of a bite, notify the shepherd, the rancher, city hall, the police, and the DDT.

Herds crossing Instructions (developed by Fédération des Alppages 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.

2025 edition - From 16 to 19 July

Shuttle buses schedule (reservation mandatory at registration)

If you have chosen the shuttle service option to get to the race starting locations, there is only one stop along the shuttle route: the speed ring next to the Halle Clémenceau in Grenoble. Return shuttles depart from the race finish area, heading to Grenoble with a single stop: the speed ring next to the Halle Clémenceau in Grenoble. If other stops are available, they will be listed on the race page. The shuttle schedules are available on our website, on the race page: <https://ut4m.fr/fr/courses/les-12-courses>

- Of course, you'll need to be on time :-). Access to both the outbound and return shuttles will be verified using your bib pickup card or your race bib.
- The shuttle for the 50 Belledonne and Stage 3 of the 180 Challenge is MANDATORY FOR ALL RUNNERS: the starting location will not be accessible by car (parking prohibited).

Checkpoints

The starting area opens 30 minutes before the start. The 50Belledonne and 180Challenge Stage 3 will start in three waves; the other races will start in a single wave.

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 measure for both you and us. Be sure to run over the timing mat or pass within one meter of the LiveTrail gates, or show your race bib to the volunteer in charge of manual scanning.

As a reminder, your race bib must be worn on your chest or stomach and must be visible at all times. For the Ut4M 180 Xtrem, the Ut4M 180 Challenge, and the Ut4M 100 Master, you'll receive a second chip when you pick up your race bib: attach it to your backpack (if you're switching backpacks for the 180 Challenge, don't forget this backpack chip!). These two items ensure better tracking of runners.

Course/Vigilance points (AMM = mid-mountain guide)

Vercors:

- Equipped descent of the Col de l'Arc with a mid-mountain guide (AMM).
- Crossing of a spillway after a waterfall that requires caution
- Nesting area for a pair of eagles with their eaglet on the cliff below the Chemin du Marchand. Please keep noise to a minimum over a stretch of about 1 km to preserve the tranquility of the site.
- Semi-urban area between Vif and St Georges de Commiers (traffic controllers present at departmental road crossings) — Obey traffic laws.

Taillefer

- Hike through the Grande Casse Woods and then through the Pas de la Vache, where warning signs will remind you to stay alert
- On the ascent to the Pas de la Vache, watch out for falling rocks triggered by your passage. Don't forget to enjoy the view from the summit—it's breathtaking.
- First aid personnel are on site at the Lac du Brouffier hut
- Be careful on the descent toward Lac Claret just before reaching the Route du Poursollet—there is a slab of rock that can be slippery. A warning sign is posted there.
- Pass through the Plateau des Lacs, where safety signs will remind you to be vigilant near the Valette Waterfall
- Arrival at Rioupéroux: be careful when crossing the road

2025 edition - From 16 to 19 July

Belledonne

- Crossing the Chamrousse Himalayan footbridge: Walk while crossing; do not pass others. Watch out for pedestrians coming from the opposite direction.
- The ascent to the Arselle Plateau is secured with the help of AMMs to remind you to stay alert. Handrails have been installed. You must use them and proceed at a walking pace (given the slope, this should apply to all of you).
- Crossing to the Pra Refuge: you are in the mountains, if a reminder is needed. The terrain is very difficult. Watch out for the risk of sprains. AMM personnel are stationed for your safety in the Echaillon valley, where the path is narrow.
- Herds and mountain dogs may be present in the La Pra area; please follow the instructions carefully and stay on the marked trails.
- La Pra Refuge: a peaceful haven where you can rest if needed before the descent from Col de la Pra to Col de Pré Long. Please note that this is only a water source!
- AMM are in place between Col du Loup and Col de Pré Long

Gresivaudan

- Several crossings of county roads where traffic controllers will remind you to follow the rules of the road
- Cross the Isère Bridge, then the highway bridge and the exit ramp. Be sure to stay on the sidewalks.

Chartreuse

- Ascent to the Col de la Faita on a heavily used trail, but with a few exposed sections. Be sure to remain vigilant.
- Watch out for falling rocks between the Habert de Chamechaude and the Cabane de Bachasson—do not stop here!!!
- Round trip to Chamechaude with a checkpoint at the highest point.
- Pass through the Fort du St Eynard platform before descending to the Col de Vence. Watch out for falls. Marshals will be present to remind you.
- Cross the departmental road at the Col de Vence. Marshals will remind you to follow traffic laws.

Life base bag

With the exception of the Ut4M 40 Chartreuse, the Ut4M Half-Marathons, and the Ut4M 80 Challenge, runners in the other races have received bags (1 to 3) that they can pick up upon arrival or when passing through the three aid stations (Vif—except for the Ut4M180 Xtrem—Rioupérroux, St. Nazaire). Please attach the labels provided when you picked up your race bibs, which include your bib number. Only these bags will be accepted. Trekking poles are not allowed. If you withdraw from the race (180Xtrem or 100Master), you can retrieve your bags in Grenoble starting Saturday, July 18, at 12:00 PM upon presentation of your race bib or a form of ID.

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

When you arrive, pick up your finisher's gift (we hope you'll get one).

2025 edition - From 16 to 19 July

Emergency Guidelines

These guidelines are in place for your safety and are enforced by the race doctors or the first responders acting on their behalf under their supervision. Please follow them. We will be strict in enforcing them.

Emergency phone number: 04 65 84 91 92. If you are unable to reach this number, you may dial 15, 18, or 112.

If you see a runner in distress, stop and immediately notify the Emergency Command Center!

Instructions in case of a thunderstorm

Depending on the weather, specific instructions will be provided by the on-site medical director.

Instructions if you get lost

Turn back to find the last trace of the course. The phone number to call in this case is **04 65 84 67 40 (Race Control).**

Abandonment and Repatriation

If you must withdraw, you **MUST** notify us:

- A nearby volunteer
- The Livetrail app
- Call the RACE CONTROL CENTER

If you withdraw between two checkpoints, you must proceed to the checkpoint closest to your current location. Once you have notified us of your withdrawal, we will direct you to the nearest pickup point if possible (except for Chalet de la Barrière, Refuge de la Pra, and Emeindras, where you must descend on your own).

PLEASE NOTE: Shuttle buses will only operate at locations where a shuttle is indicated in the “Time Barriers” section and on your race profile printed on your race bib. If you withdraw without requiring emergency assistance, you may need to walk down to the pickup point below.

Support Personnel

Any individual assistance outside of aid stations is prohibited, as is accompanying a runner during the race. Anyone without a race bib is not permitted to accompany a runner during the event.

At aid stations, personal assistance (other than medical or paramedical care) may be provided in the areas designated for that purpose. Support staff may not enter the refueling stations but may assist their runners near the stations, in the areas designated for this purpose. An exception is made for elite runners: a gold wristband is issued at bib pickup and allows one support person to enter the refueling station.

Please note that companions must strictly adhere to the parking instructions at the various checkpoints. Access to Poursollet and Col de Pré Long is very difficult (narrow mountain road). Please keep access routes clear for emergency vehicles. Please note that it is **STRICTLY PROHIBITED TO DRIVE UP TO L’EMEINDRAS**. Parking is not permitted at Rioupéroux (except for support personnel for the 180Xtrem participants, who will receive a special sticker with their race bibs).

Have a good race, the race direction