



## IMPORTANT INFORMATION

### TO BE READ BY ALL PARTICIPANTS OF THE 6000D and the 6000D IN RELAY 3

For the success of your race and your safety:

**START AT AIME: 5:00 AM** (in front of the community hall) and opening of the starting area from 4:00 AM

**Time barriers:** 10:00 AM at Plagne Centre, 1:15 PM at Col de la Chiaupe (return direction from the highest point Live 3000 - Note, estimated time to complete the round trip to the Glacier is 2 hours), 3:00 PM at Plagne Bellecôte, and 4:30 PM at Montchavin (no time limit at the finish)

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

**MANDATORY EQUIPMENT:** (random checks possible during the race)

A cup and a zip-lock bag for refreshments, a mobile phone, crampons (unless contraindicated by the organization via email), a headlamp, a whistle, an emergency blanket, a waterproof and breathable long-sleeved jacket. If you use it, the bib must be visible on the jacket. Remember that it can be cold at high altitude and you need a minimum of 500ml of water.

**SELF-SUFFICIENCY:**

Plan your water and food stock according to your personal consumption and the refreshment points. Your cup and zip-lock bag are to be used at all refreshment points.

**MARKING / BIB / COURSE:**

YELLOW tape for the 6000D and the 6000D in relay 3, orange dots and arrows on the ground (marking every 150m).

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

For information: BLUE tape for the 6D Marathon.

**Mandatory passage at all control points.**

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

If the course is modified for safety and weather reasons, it will be communicated by the organizer at control points and refreshment stations.

**ABANDONMENT:** Despite your preparation, if you are forced to abandon: **Notify** a member of the organization or call the race headquarters (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 handed back at a control point or refreshment station.** Do not hesitate to assist a runner in difficulty by notifying members of the organization on the course.

In case of abandonment or missing time limits at high altitude, be aware that if you wish to return to the valley, **you will need to make your own way to Plagne Bellecôte or Montchavin** where a shuttle will be available from 10:00 AM to 4:00 PM at Plagne Bellecôte and from 10:00 AM to 5:30 PM at Montchavin to take you to Aime.

Be aware that in case of abandonment, the organization is not obligated to take you back down.

**A free shuttle** is provided 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).

**ROC DE MIO AND GLACIERS GONDOLAS:**

The Plagne development company is pleased to offer each participant of the 6000D and 6000D in relay 1 free access for an accompanist to the 2 gondolas. These two lifts allow access to the runners' passage points: Plagne Bellecôte / Belle Plagne / Roche de Mio / Col de Chiaupe / Live 3000 on Saturday, July 27, 2024 (bikes prohibited). For additional accompanists, tickets will be on sale at the lift ticket offices at a preferential rate of €12.

**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 on Thursday or Friday or in the morning during bib collection on Saturday.

- A ticket for the post-race beer (to be collected at the 6D EXPO refreshment stand) and the post-race pasta box.

You will find the flyer of the official photographer in your envelope.

HAVE A GREAT RACE, EVERYONE!

Live Trail Tracking at →

