



## **IMPORTANT INFORMATION TO BE READ BY ALL PARTICIPANTS OF THE 6D LACS**

For the success of your race and your safety:

**START AT PLAGNE BELLECOTE : 9:00 AM** (in front of the community hall) and opening of the starting area from 8:15 AM

**Time barriers:** 1:15 PM at Plans Bois (no time limit)

**Award ceremony:** 3:30 PM at Plagne Bellecote

### **EQUIPMENT:**

- **MANDATORY :** A cup and a zip-lock bag for refreshments
- Highly recommended: a mobile phone and at least 500ml of water
- Please note that it can be cold at high altitudes; if you use a windbreaker, the bib must be worn over the windbreaker (visibility).
- Poles are allowed from Dou du Praz (not allowed in the first climb to Dou du Praz due to overcrowding)

### **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:**

Red tape for the 6D Lacs, orange points and arrows on the ground (marking every 150m).

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

For your information: yellow tape for the 6000D and blue for the 6D Marathon.

### **MANDATORY PASSAGE AT ALL CONTROL POINTS**

Visible bib on the front (sponsors must be visible), under penalty of disqualification.

In case of course modification for safety and weather reasons, this will be communicated to you by the organizer at the 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.

### **ROC DE MIO AND GLACIERS GONDOLAS :**

The La Plagne development company is pleased to offer each participant of the 6D Lacs one free access for an accompanying person to the two gondolas. These two lifts provide access to the runners' passage points: Plagne Bellecôte / Roche de Mio / Col de Chiaupe + Live 3000 on Friday, July 26, 2024 (bikes prohibited)

For additional accompanying persons, tickets will be on sale at the lift ticket offices at a preferential rate of €12.

To limit vehicles at Plagne Bellecôte, the free inter-station shuttle (Plagne Centre - Plagne 1800 - Plagne Bellecôte) will start at 7:30 AM until 11:00 PM from Plagne Centre, then every 30 minutes. More information on [la6000D.com](http://la6000D.com) / practical information.

### **ON YOUR BIB** you will find a detachable coupon:

- a ticket to collect your runner's gift at the dedicated area at the 6D Expo village in Aime on Thursday or Friday morning when collecting the bibs at Plagne Bellecôte.

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

Due to the closure of the Plagne Bellecôte pool, there will be no shower access for this edition.

HAVE A GREAT RACE, EVERYONE!

Live Trail Tracking at →

