



## **\*\*SPORTING REGULATIONS AND GENERAL TERMS & CONDITIONS**

### **MARATHON DES ALPES – 2026 EDITION\*\***

This document defines:

1. The sporting regulations of the event,
2. The general terms and conditions of sale applicable to any order of products or services related to the MARATHON DES ALPES, placed with the organizer via the registration platform “Yaka Chrono”.

The terms “you”, “your” and “yours” refer to you as a participant or consumer, or to your parent or legal guardian (over 18 years old) if the participant or consumer is a minor in their country of residence. Participation in the event implies your express and unconditional acceptance of the General Terms and Conditions of Sale and of these Sporting Regulations. This document supplements the Terms of Use of the online registration platform “Yaka Chrono.”

In the event of any contradiction between the terms of use of “Yaka Chrono”, these General Terms and Conditions of Sale and the Sporting Regulations, the Sporting Regulations shall prevail, followed by the General Terms and Conditions of Sale, which themselves shall prevail over the Terms of Use of “Yaka Chrono.”

The organizer may revise and update the General Terms and Conditions of Sale and the Sporting Regulations at any time; participants are invited to consult them regularly. Any changes shall apply immediately after notification, by any means whatsoever, including publication of a revised version on the event website. In the event of a significant modification, the organizer will endeavor to inform participants by email.

**Important:** “Yaka Chrono” is an intermediary platform allowing professional sellers and organizers to list and sell their products and services. Although the “Yaka Chrono” platform facilitates transactions, it is neither the seller nor the organizer. Consequently, any contract for products or services related to the event is concluded solely between the participant and the organizer, who remains fully responsible for sales, claims, or any other issue related to the event.

**Marathon bib collection**

**Half-Marathon bib collection + solidarity walk armbands**

---

## **SPORTING REGULATIONS**

### **1. ORGANIZATION**

The event complies with the regulations of the CDCHS and the French Athletics Federation (FFA), and with Articles L.331-1 and R.331-3 of the French Sports Code.

As the event takes place wholly or partly on public roads or areas open to public traffic, it also complies with Articles R.331-6 to R.331-17-2 of the Sports Code and R.411-29 to R.411-32 of the French Highway Code.

The 4Events Association, with authorization from the municipalities of Bourg-Saint-Maurice and Séez, organizes three road races:

- a Marathon,
  - a Half-Marathon,
  - a 10 km race.
- 

### **2. SCHEDULE**

**⚠ Please strictly comply with bib collection times, otherwise participation in the race may be refused.**

**Bib collection is preferably scheduled on Friday 15 and Saturday 16 May 2026.**

**Friday, May 15:**

- **1:00 PM – 7:00 PM: Bib collection (all races)**
- **No on-site registration**

**Saturday, May 16:**

- **9:00 AM – 7:00 PM: Bib collection (all races)**
- **No on-site registration**

**Sunday, May 17:**

- **No on-site registration**
- **8:00 AM – 10:00 AM: Bib collection (10 km only)**
- **8:00 AM: Marathon start**
- **9:30 AM: Half-Marathon start**
- **9:40 AM: Solidarity Walk start**
- **11:30 AM: 10 km start**
- **1:30 PM: Awards ceremony**

**Bibs must be collected upon presentation of the bib collection confirmation received by email.**

**Bib collection will take place exclusively in the designated areas:**

- **In front of Intersport on Friday 15 and Saturday 16**
- **Intersport at the Bourg-Saint-Maurice funicular for the 10 km on Sunday 17**

The bib must be fully visible and worn on the front during the race, including in bad weather, under penalty of disqualification.

No transfer of registration or bib is permitted. Any participant transferring their bib to another person remains solely responsible for any damage caused or suffered by that person during the race. The organization declines all responsibility in such cases. Each participant is responsible for their personal belongings; the organizer accepts no liability for loss, theft, or damage.

---

### **3. PARTICIPATION**

The races are open to all participants, women and men, licensed or non-licensed.

The 10 km race is open to para-athletes. Para-athletes will compete on the same course as able-bodied runners and will be ranked in a specific handisport category, with the same start time.

Minimum age requirements (by December 31, 2026):

- **Marathon: 20 years old**
- **Half-Marathon: 18 years old**
- **10 km: 16 years old**

Checks may be carried out during the event to ensure compliance with age requirements and medical certification.

---

### **4. COURSE & REFRESHMENT STATIONS**

The official race distances are:

- **42.195 km for the Marathon**
- **21.097 km for the Half-Marathon**  
in accordance with international road race regulations (IAAF / World Athletics and FFA).

The Half-Marathon course will be completed twice by Marathon runners.

The course consists of a double loop on small country roads, through a wooded, green, and shaded environment, with rolling terrain and gentle climbs along the cycle path running alongside the Isère River for nearly 10 km.

#### **Refreshment Stations**

Refreshment stations offering water and solid food will be available approximately every 5 km and at the finish line.

Refreshment areas will be clearly marked with barriers, tables, ground markings, and signs indicating the beginning and end of the zone. Additional water points may be added in case of hot weather.

#### **Accompanying Persons**

No accompanying persons or unauthorized vehicles, including bicycles, are allowed on the course. Accompanying persons must not cross the course or take refreshments from aid stations.

#### **Signage**

Courses will be clearly marked with directional signs indicating potential difficulties and hazards, supplemented by marking tape. Each course will have a specific color:

- Yellow: Marathon
- Red: Half-Marathon
- Orange: 10 km
- Pink: Walk

Urban intersections will be secured by race marshals and Municipal Police. On public roads, participants must comply with traffic regulations and are solely responsible for any violation.

---

## TIME LIMITS

### Marathon

- Start: 8:00 AM
- 21.1 km cut-off: 10:45 AM (2h45)
- 30 km cut-off: 12:00 PM (4h00)
- Finish (42.195 km): 1:30 PM (5h30)

### Half-Marathon

- Start: 9:30 AM
- 7 km cut-off: 10:30 AM (1h00)
- 12 km cut-off: 11:30 AM (2h00)
- Finish (21.1 km): 12:30 PM (3h00)

### 10 km

- Start: 11:30 AM
- 5 km cut-off: 12:30 PM (1h00)
- Finish: 1:30 PM (2h00)

### 5.5 km Walk

- Start: 9:40 AM
- Finish: 11:30 AM (2h00)

No participant will be timed after the above cut-off times. Any participant continuing beyond these limits will be removed from the race and proceeds at their own risk. The organizer declines all responsibility for any accident occurring after the cut-off times.

Medical staff on the course are authorized to withdraw any participant deemed medically unfit to continue.

### Other grounds for disqualification

- Taking refreshments outside designated zones

- Littering (bottles, packaging, paper, plastic) outside refreshment areas (more than 20 meters before or after a station)
- Cheating

## 5. LICENSE – PPS – MEDICAL CERTIFICATE

By taking part in the event, you are participating in a sports competition organized or approved by sports federations. Therefore, your participation is subject to the mandatory submission to the organizer of one of the following documents. Four options are accepted to participate in the Marathon des Alpes:

### 5.1. A License

- Athlé Compétition,
- Athlé Entreprise,
- Athlé Running issued by the FFA (French Athletics Federation),
- A “Pass’ J’aime Courir” issued by the FFA and completed by a doctor, valid on the date of the event.

Attention: other FFA licenses (Santé / Health, Encadrement / Coaching, Découverte / Discovery) are not accepted.

### 5.2. A Sports License

A valid sports license on the date of the event, which must state (by any means) no contraindication to practicing sport in competition, competitive athletics, or competitive running, issued by one of the following federations:

- Fédération des Clubs de la Défense (FCD),
- Fédération Française du Sport Adapté (FFSA),
- Fédération Française Handisport (FFH),
- Fédération Sportive de la Police Nationale (FSPN),
- Fédération Sportive des ASPTT,
- Fédération Sportive et Culturelle de France (FSCF),
- Fédération Sportive et Gymnique du Travail (FSGT),
- Union Française des Œuvres Laïques d’Éducation Physique (UFOLEP).

### 5.3. Completion of the Health Prevention Pathway (PPS)

Completion of the PPS (Parcours Prévention Santé): <https://pps.athle.fr/> set up by the French Athletics Federation.

### 5.4. A Medical Certificate

A medical certificate stating no contraindication to practicing sport in competition, competitive athletics, or competitive running, dated less than one year before the race date, or a copy.

Medical certificates are no longer mandatory; however, they may be required if the participant answered YES to a question in the health questionnaire or in the PPS.

The organizer will retain, as applicable, a record of the license presented (number and issuing federation), the original or a copy of the medical certificate, or the PPS document for the legal retention period (10 years).

Foreign participants must provide a medical certificate or PPS confirming no contraindication to practicing sport in competition, competitive athletics, or competitive running, even if they hold a competition license issued by a federation affiliated with World Athletics (IAAF).

Authenticity checks of medical certificates and licenses may be carried out on site.

---

## 6. REGISTRATION TERMS AND FEES

Registration is available exclusively via “Yaka Chrono” from September 1, 2025, and will close on May 13, 2026 at 9:00 PM. You must complete the registration form and accept the terms of use and privacy policy without reservation.

### Fees

Until March 31, 2026 / From April 1, 2026

- Marathon (Solo): €60 / €65
- Half-Marathon: €35 / €40
- 10 km: €20 / €25
- Solidarity Walk (MS/SEP): €10 / €10

Group rate: 1 free bib for every 10 registered participants. Please contact us by email for group registrations.

Online payments on “Yaka Chrono” are made via a secure payment platform, with additional verification measures to ensure security and prevent fraud. Your card details are encrypted using an SSL security protocol.

The fee includes:

- FINISHER medal
- FINISHER T-shirt
- Official photographers
- Results displayed upon finish
- Electronic chip timing
- Live Timing
- Sports refreshments

**Important:** any registration without payment, without PPS, without certificate, or with an incomplete license will not be processed. No refunds, except upon presentation of a medical certificate. See cancellation terms in Section 15 of these regulations.

---

## **7. PARA-ATHLETES (HANDISPORT)**

For para-athlete reception, dedicated parking areas will be available near facilities (toilets, registration, start, finish). The 10 km race of the Marathon des Alpes is open to para-athletes; registration is free of charge.

Participation requirements are the same as for able-bodied runners, including the course and medical requirements.

### **Recommendations**

The 10 km course is on firm, fast terrain with one steep section on hard dirt track.

Wheelchair para-athletes are not allowed.

An athlete and/or their guide may carry water or refreshments by hand or attached to them at any time, provided it has been carried from the start or collected from an official aid station.

Racing wheelchair athletes (Categories T32–34, T51–54) may carry their own refreshments.

---

## **8. ANTI-DOPING CONTROL**

Anti-doping controls may be conducted on site. In such case, selected participants must comply with instructions from the AFLD physician. Controlled participants will receive prizes once anti-doping results are known.

The event is organized under the authority of the FFA, therefore anti-doping controls may be implemented. Participants agree to strictly comply with anti-doping bans and control procedures in accordance with applicable laws and regulations, notably Articles L.230-1 and following of the French Sports Code.

---

## **9. TIMING**

Timing will be provided via bib by YAKA CHRONO, an FFA-approved timing company.

All participants will receive a bib with an electronic chip (a strip attached to the back of the bib), automatically activated at the start line and used as a compliance checkpoint every 5 km. Any participant not following the official course will not be ranked.

The electronic detection system is selected according to strict reliability criteria. Despite manufacturer testing, a very small percentage of non-detection remains possible. Missing data resulting from non-detection will prevent the organizer from publishing the official or net time of the participant concerned in the results. The organizer cannot be held responsible.

---

## **10. AWARDS**

A FINISHER medal will be awarded to all participants who cross the finish line of the marathon, half-marathon, or 10 km.

### **Award categories**

- **Marathon overall (scratch): 1st, 2nd, 3rd Men**

- **Marathon overall (scratch): 1st, 2nd, 3rd Women**
  - **Half-marathon overall (scratch): 1st, 2nd, 3rd Men**
  - **Half-marathon overall (scratch): 1st, 2nd, 3rd Women**
  - **10 km overall (scratch): 1st, 2nd, 3rd Men**
  - **10 km overall (scratch): 1st, 2nd, 3rd Women**
  - **10 km Handisport overall (Men & Women combined): 1st, 2nd, 3rd**
- 

## **11. SAFETY**

The organizer, security staff, race marshals and emergency services are entitled to refuse access to the event or to stop a participant from continuing if their behavior may disrupt the event, including (non-exhaustive): introducing any object that may interfere with the race or endanger others; displaying any sign promoting, in any form, a political, philosophical or religious opinion likely to harm the image of the event.

Medical stations will be deployed along the routes. Emergency resources include ambulances, ASE first-aiders with support from SMUR, coordinated by Centre 15. If needed, evacuation to an emergency medical facility will be provided by firefighters or on-site ambulance within 30 minutes.

The organizer has taken out Civil Liability insurance in accordance with applicable legislation and has provided proof to local authorities as part of the administrative authorization process.

The organizer strongly recommends that runners who do not have personal insurance covering bodily injury (especially non-licensed participants) take out personal accident insurance.

Road safety is ensured by the Prefecture of Police.

---

## **12. USE OF TERRESTRIAL AND AERIAL IMAGES**

### **12.1. Participant's Image**

As the event may be recorded for public communication purposes in any form (photo, video, etc.), on any existing or future media, in any format, worldwide, for any purpose including advertising and/or commercial use, each participant expressly authorizes the organizer, its successors and assigns (including commercial partners) to record and reproduce, on any medium and by any means, and subsequently to publish and display, without any remuneration, their name, voice, image and more generally their sporting performance as part of the event (hereinafter "their Image"), for a period not exceeding 10 years after the event date. The participant authorizes the organizer to grant event partners sublicenses to use their image for commercial and advertising purposes.

To meet advertising, promotional and/or commercial needs, each participant expressly and irrevocably authorizes the organizer and its partners to:

1. **make any modification, addition or deletion deemed useful for the use of their Image under the conditions above;**
2. **associate and/or combine their image with any signatures, slogans, captions, brands, distinctive signs, legal notices, visuals, and more generally any element chosen by the organizer to illustrate communication media.**

The participant guarantees that they are not bound by any exclusive contract relating to the use of their Image.

The participant is informed and fully accepts that participation in the event implies that their image may be captured by the organizer's official service providers. Photos and/or videos will be accessible on the event website under "Photos / Videos". For the event website, the participant accepts that any internet user may identify them by their last name, first name, bib number and region.

## **12.2. Event Images**

Any fixed image and/or video sequence of the event captured by the participant during participation must be limited to personal use and may not, under any circumstances, be used for external promotional and/or commercial purposes.

## **12.3. Aerial Footage**

Participants are informed that:

- On event day, remotely piloted aircraft (drones) may be used for filming.
- Participants may be within 30 meters of these aircraft during all or part of the event.
- If applicable, safety instructions will be provided and must be strictly followed.

---

## **13. ENVIRONMENTAL RESPECT**

To respect the environment and the natural areas crossed, it is strictly forbidden to abandon waste (paper, plastic packaging, etc.) on the course. Bins will be available at each aid station and "collection zones" will be set up and signposted at various points along the course. Participants must use them.

Participants must keep their waste until reaching the designated areas.

The organizer reserves the right to apply time penalties or to disqualify participants who intentionally discard waste outside designated zones.

---

## **14. REGISTRATION – CANCELLATION – REFUND**

Any registration is personal, final and non-refundable for any reason, except as specifically provided by these regulations, namely if the runner purchased insurance at registration or presents a medical certificate. Each registration entitles the runner to one bib. No bib transfer is permitted for any reason. Any person transferring their bib to a third party will be held responsible in case of an accident caused by or involving that third party during the race. The organizer declines all responsibility in such cases.

A "cancellation insurance" option is available at registration on "Yaka Chrono". It must be purchased before the order is validated. Under the insurer's conditions, this option may allow full or partial reimbursement of the bib price.

If circumstances require, the organizer reserves the right to modify the course, the location of aid stations and timing points, and to postpone the date and/or schedule of the event.

If the event is cancelled due to force majeure or any event likely to endanger the safety and/or health of runners, the organizer will propose, depending on circumstances, compensation such as: substitution with another event organized by the organizer, postponement, or reimbursement of the bib price minus, where applicable, administration fees, excluding any other amount.

## **Cancellation terms for your Marathon des Alpes registration**

### **With Cancellation Insurance:**

**Full refund possible up to D-4 before the event. No refund after this deadline; registration will be automatically deferred to the following year under the same conditions.**

### **Without Cancellation Insurance:**

**Full refund possible up to M-2 before the event. No refund after this deadline; registration will not be deferred to the following year.**

**Excluding online registration platform fees (fees are non-refundable).**

---

## **15. INSURANCE**

**Civil liability:** In accordance with applicable law, the organizer has taken out insurance covering the financial consequences of its civil liability, that of its staff and all participants. Regarding participants' civil liability, coverage is limited to accidents they may cause during the event. This coverage applies in addition to or in the absence of any other insurance the participant may have. Proof of insurance may be provided upon request.

**Property damage:** The organizer declines all responsibility for damage (theft, breakage, loss, etc.) to participants' personal belongings, even if the organizer has custody of them. Participants may not claim against the organizer for damage to their equipment. Taking out personal insurance covering these risks is each participant's responsibility.

---

## **16. PANDEMIC**

**As part of prevention measures against possible viral outbreaks, the event may be subject to constraints and restrictions. A "pandemic protocol" will be established by the organizer according to the rules in force on the event date. This protocol will be available on the event website and sent to all participants before the event.**

**By registering, the participant agrees to comply with this protocol and to communicate these rules to all accompanying persons. Failure by accompanying persons to comply may lead to the runner's immediate disqualification by race management.**

---

## **17. CNIL – DATA PROTECTION**

**Personal data provided by participants is intended for authorized staff responsible for processing such data. It is used to manage registrations. Participants may receive emails about the race they are registered for as well as other events. Participants may also receive information and/or offers from partner companies or associations.**

**Collected information is stored in a database for newsletter management. It is kept for a maximum of 3 years and is intended exclusively for the Marathon des Alpes. After the event, information related to your sporting performance (including results, photos and videos) is published on the event website.**

**In accordance with the French "Data Protection Act" of January 6, 1978, you may exercise your right to access, rectify or delete your personal data by contacting the organizer:**

- **by email: [marathondesalpes@gmail.com](mailto:marathondesalpes@gmail.com)**

- or by post, with a signed copy of an ID document, to:  
INTENSE PROJECT – 303 Résidence Elégie – Rue de l'Oratoire – 73210 Landry
- 

## 18. COMMITMENT / ACCEPTANCE OF RISKS / WAIVER OF CLAIMS

Each participant acknowledges having read these regulations (available on the website or upon request) and accepts all clauses. In consideration of my registration and participation:

1. I undertake to strictly comply with all safety rules and obligations relating to the use of the event site.
2. I undertake on my honor not to start early and to complete the full distance before crossing the finish line.
3. I declare on my honor that I have no health contraindication related to participation. I therefore waive any claim against the organizer in the absence of a medical certificate; I release 4EVENTS and its staff from any obligation or action related to injuries, including fatal injuries, that I may suffer.
4. I participate voluntarily and with full knowledge of all risks and dangers, before, during or after the event, including accidents and/or illness (injury, incapacity, disability or death). I waive any claim against any other participant for any accident linked to the sporting activity.
5. In accordance with Article L321-4 of the French Sports Code, I understand that I may insure myself against bodily injury (medical costs, total or partial permanent disability, death). I waive any action or claim for lack of advice or insufficient advice. If I do not take out such insurance, I understand that I assume all costs and loss of income in the event of accident, illness, incapacity or disability.

I have carefully read this document, fully understand it, and sign it freely and voluntarily.

---

## 19. ORGANIZER CONTACT DETAILS – LEGAL NOTICE

Association: INTENSE PROJECT

Website: <https://intenseproject.odoo.com/marathon-des-alpes>

Email: marathondesalpes@gmail.com

Race Directors:

- Geoffrey Heuzard +33 6 71 14 10 78
- Alexis Heuzard +33 6 88 93 30 49