



MARATHON  
du  
MONT-BLANC

# Welcome guide

MARATHON DU MONT-BLANC

FROM 26 TO 29 JUNE 2025



new balance



# Welcome

Dear athlete,

**We're delighted to see you on the starting line of one of the Mont Blanc Marathon races this year.**

As an elite runner, you play a major role in the recognition and visibility of the event. That's why we've created a **welcome guide**, to remind you of the commitments made by our organization and provide you with all the practical information you need to take part.



The Mont Blanc Marathon is organised by the **Club des Sports de Chamonix**, a non-profit-making association under **the law of 1901**.

This year, the races will take place from **26 to 29 June 2025**.

## Informations



Elite riders may be **invited to various events** (official presentation, press conference, etc.). If so, **their presence is highly appreciated** and considered an integral **part of their commitment** to the organization.



**Team managers must be accredited before Friday 20 June** and collect their accreditation from the cross-country ski foyer. Accreditation gives them access to the "Team Zone" at the refreshment points and to the finish line (which is closed to the public).

**Accreditations Team Manager**



Please note that accreditation does not give you access to transport or ski lifts. You will need the corresponding ticket or pass if you wish to use them.



Elite runners and team managers are reminded to show **courtesy and respect to volunteers and members of the organization**, especially in the feed zones.



Team managers have **access to the supply tents to collect food and drink, but cannot set up inside the tent**. They may set up within **100 meters before or 100 meters after the supply tent**. Refuelling outside these zones will not be permitted and may result in time penalties.



We encourage you to consult the **roadbook** when it becomes available, between now and the **beginning of June 2025**. This document is essential and must be read by all riders, **including elite athletes**.



# Compulsory Equipment

To ensure everyone's safety, compulsory equipment is required for every race in the Mont Blanc Marathon. As an elite athlete, you are fully concerned by the rules, and your status implies that you must pay particular attention to compliance with them. Checks may be carried out during the race or at the finish.



Sticks **allowed**

90  
KM

- Cell phone in working order and with a subscription adapted to the countries crossed by the race (France and Switzerland).
- Photo ID card.
- Water supply of at least one liter.
- Waterproof jacket with hood (gore-tex type) adapted to your size.
- Warm second-layer garment (with long sleeves) adapted to your size.
- Headlamp or chest lamp with spare batteries.
- Survival blanket (140cm x 200cm).
- Whistle.
- Tumbler.
- Bowl and spoon.
- Cash.



Sticks **allowed**



42  
KM

- Cell phone in working order.
- Minimum 0.50-liter water supply.
- Waterproof jacket with hood (gore-tex type) adapted to your size.
- Survival blanket (140cm x 200cm).
- Tumbler.
- Whistle.
- Cash.



23  
KM



Sticks **allowed**



# Compulsory Equipment

To ensure everyone's safety, compulsory equipment is required for every race in the Mont Blanc Marathon. As an elite athlete, you are fully concerned by the rules, and your status implies that you must pay particular attention to compliance with them. Checks may be carried out during the race or at the finish.



Sticks **allowed**



Sticks **prohibited**

- Cell phone in working order.
- Water supply of at least 0.50 liters.
- Waterproof jacket with hood (gore-tex type) adapted to your size.
- Survival blanket (140cm x 200cm).
- Whistle.
- Tumbler.

**For the Duo étoilé**

**Head or chest lamp in working order, with spare batteries.**



Sticks **allowed**



Sticks **prohibited**

- Cell phone in working order.
- Minimum 0.50-liter water supply.
- Tumbler.



# Withdrawal of race bibs



In the EMC2 room, Place du Mont-Blanc, Chamonix

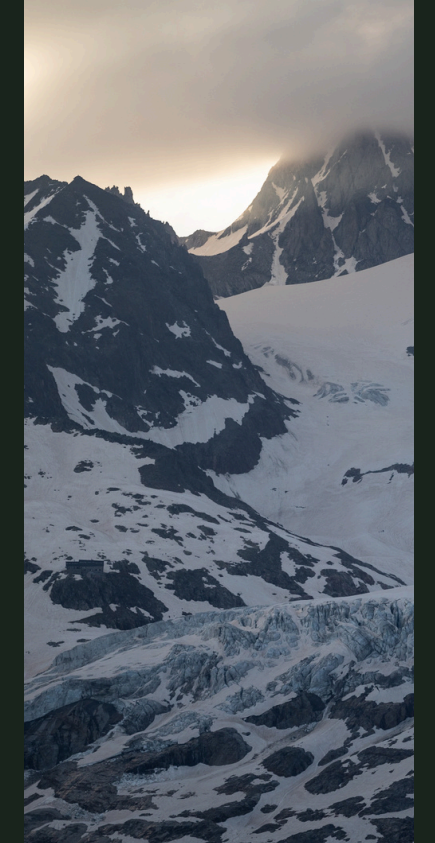
Race bibs will only be issued to runners **in person and on presentation of photo identification**. Each runner must bring a race bag containing all the compulsory equipment for the race in which he or she is taking part so that a timing chip can be fitted.

**No bibs will be given to anyone other than the runner.**

**No bibs will be issued to runners who do not have their identity papers or all the compulsory equipment.**



Numbers can only be collected by appointment, using the number collection card sent to you a few days before the race.  
Appointment times can be booked in your runner's area.





# Health Prevention Plan

In application of the law of March 2, 2022 aimed at democratizing sport in France, the **French Athletics Federation** has decided to replace the requirement for a medical certificate of no contraindication, with an educational and information course on the health risks associated with the practice of athletics, called the **"(or "PPS")"**.

Link to the site:

**[Health Prevention Plan](#)**

This obligation applies to **all adult runners wishing to register for a race, who must complete the Health Prevention Course within three (3) months prior to the event concerned.**

However, **the rules have not been changed for minors**, who must still present a valid license or complete a health questionnaire.

**These regulations apply to all persons wishing to register for the Marathon du Mont-Blanc 2025, whether of French or foreign nationality. The PPS number must be added to your runner space before May 31, 2025.**



## Age of participant

## Type of document required

Participant of legal age  
(18 years and over)

Presentation of an Athlé Compétition, **Athlé Entreprise, Athlé Running license issued by the FFA** issued by the FFA and completed by the doctor, valid on the date of the event. Other licenses issued by the FFA (Health and Management) are not accepted.

**OR** presentation of a **certificate stating that you have completed the Health Prevention Course (or "PPS")** set up by the FFA via its dedicated platform. **The PPS is valid for 3 months only.**

Minor participant  
(17 years and under)

Presentation of an **Athlé Compétition, Athlé Entreprise, Athlé Running license issued by the FFA** issued by the FFA and completed by the doctor, valid on the date of the event. Other licenses issued by the FFA (Health and Management) are not accepted.

**OR** presentation of a **health questionnaire** completed jointly by the minor participant and the persons exercising parental authority. If one of the answers is "yes", **the minor must also provide a medical certificate attesting to the absence of contraindication** to the practice of the sport or discipline concerned "in competition", **dating from less than six (6) months** and including the contact details, signature and stamp of the doctor who carried out the examination.

The screenshot shows the 'ATHLÉ PPS' logo at the top, with 'PARCOURS PRÉVENTION SANTÉ' underneath. Below this is the title 'Health Prevention Course'. A descriptive paragraph follows: 'The FFA's Health Prevention Course (Parcours de Prévention Santé) is a four-stage tool designed to raise awareness of the risks, precautions and recommendations relating to runners' health. At the end of the course, you can download a certificate to give to the organizer of your next race.' There is a text input field labeled 'Enter the date of your next race' with a calendar icon and the placeholder text 'Race date'. Below the field, it says 'The pps is valid for 3 months.' and a blue 'Next' button. At the bottom, there is a small disclaimer: 'By using the Health Prevention Course you accept the terms of use. Consult the privacy policy.'



# Elites SAS

On certain races, an elite SAS is set up.

**Access to this SAS will be determined according to participants' gender and UTMB index.**

Your SAS number and race number will be sent to you by e-mail on June 22, together with **your number withdrawal card.**

The organization is setting up SAS Élites on the following races only:

- 90 KM du Mont-Blanc (1 mixed SAS)
- 42 KM du Mont-Blanc (1 women's SAS and 1 men's SAS)
- 23 KM du Mont-Blanc (1 mixed SAS)



**Please note: for the 42km, the elite women's SAS starts at 6.45 am, while the elite men's SAS starts at 7.15 am.**



  
**MARATHON<sub>du</sub>  
MONT-BLANC**



# Refreshments



We have eliminated all plastic bottles and single-use dishes from our refreshment stands (during the race and at the finish line).

Drinks (still water, sparkling water, Coca-Cola, mint syrup, tea, bouillon...) are self-service and **you must bring your own flask, cup, bowl and cutlery** (see compulsory equipment).



If you want a bottle of water at the refreshment points or at the finish line, your team manager will have to provide it.



# Disqualification Penalty

Each runner taking part in the Mont Blanc Marathon races undertakes to respect the rules to ensure a fair race. It is vital that you respect these commitments, otherwise you may be penalised.

As an Elite runner, you will be surrounded by a great deal of media attention, so **you must be exemplary in this respect.**

The race marshals present on the course and the officials in charge of the various checkpoints and refreshment posts are empowered to ensure that the rules are respected and to apply an immediate (\*) penalty.

You will find opposite the **table of penalties applicable** during the Mont Blanc Marathon races in the event of failure to comply with the rules and in particular in the event of the absence of compulsory equipment.

FAILURE TO COMPLY WITH THE RULES		TYPE OF PENALTY		90km, 42km, 23km, 10km, YR, KMV & Duo étoilé	
Throwing of garbage outside the garbage cans (deliberate act) by a competitor or a member of his entourage		Disqualification			
Refusal to undergo a compulsory equipment check or a medical check as part of health policy					
Non-assistance to a person in difficulty					
Refusal to obey an order from race management, a race steward, a station chief, a member of the medical or rescue team or any member of the event organization					
Cheating (sharing, exchanging, giving or selling race numbers to a third party; use of a means of transport, etc.)		Lifetime disqualification			
Non-respect of people (organization, volunteers, riders, companions, journalists, photographers, team managers, ....)					

FAILURE TO COMPLY WITH THE RULES	90km	42km	23km & Duo étoilé	10km, KMV & YR
Assistance outside authorized zones	TYPE OF PENALTY : Time penalties			
No visible race number	45'	30'	15'	10'
Non-respect of the marked course (cutting trails, using another route)				

FAILURE TO COMPLY WITH THE RULES	TYPE OF PENALTY	90km	42km	23km & Duo étoilé	10km, KMV & YR
Absence of mandatory safety equipment and/or if more than 3 items are missing	Time penalties and/or disqualification	45' Yes	30' Yes	15' Yes	5' -

(\*) Any other breach of the rules will be penalised as decided by the Race Jury.

# 2025 program

## FRIDAY 27 JUNE

### Place du Triangle de l'Amitié

**04.00 am:** Start of the 90km du Mont-Blanc

**02.30 pm:** 1st finish of the 90km

**04.00 pm:** Start of the KM Vertical

**09.00 pm:** KM Vertical prize-giving ceremony

## HIGHLIGHTS

## SATURDAY 28 JUNE

**02.00 pm:** Press conference with the 42km male and female favourites and the 90km male and female winners.

**06.00 pm:** Official presentation of the 42km elite, followed by a signing session.



The presence of the invited elite is **required** for these 2 highlights



## SATURDAY 28 JUNE

### Paragliding area

**08:00 am:** Start of the Mont-Blanc 23km

**10:30 am:** Start of the Mont-Blanc 10km

**From 02.00 pm:** Mini-Cross start

### Planpraz

**10:00 am:** First finishers of the 23km

### Maison de la Montagne

**02:00 pm:** Press conference

### Place du Triangle de l'Amitié

**03:00 pm:** Start of The Young Race

**03:05 pm:** 90km, 10km and 23km Mont-Blanc prize-giving ceremony

**04:00 pm :** First finishers of The Young Race

**05:00 pm:** Mini Cross and The Young Race prize-giving ceremony

**06:00 pm:** Elite presentation

**07:30 pm:** Start of the Star Duo

### The House of Mountains / Brasserie de l'M

**07:00 pm:** The Young Race Party



## SUNDAY 29 JUNE

### Place du Triangle de l'Amitié

**06:45 am:** Start of the elite women's 42km

**07.15 am:** Start of the elite men's 42km

**10:45 am:** First finishers of the 42km

**04:50 pm:** Presentation of Club des Sports de Chamonix solidarity bibs

**05:00 pm:** Duo étoilé and 42km du Mont-Blanc prize-giving ceremony



# Prize-giving ceremony

All the prize-giving ceremonies take place on the Place du Triangle de l'Amitié.

- **27 June at 09:00 pm:** prize-giving ceremony for the KMV.
- **28 June at 04:30 pm:** prize-giving ceremony for the 90km, 23km and 10km of Mont-Blanc.  
**05:00 pm:** the Mini Cross and Young Race Marathon prize-giving ceremony.
- **29 June at 05:00 pm:** prize-giving ceremony for the Mont-Blanc 42km and the Duo étoilé.

## PRIZE MONEY



Men/Women

1st : 10 000€	6th : 1 000€
2nd : 6 000€	7th : 800€
3rd : 4 000€	8th : 700€
4th : 3 000€	9th : 600€
5th : 2 000€	10th : 500€



Men/Women

1st : 500€  
Time record : 500€



Men/Women

1st : 3 000€
2nd : 2000€
3rd : 1 000€
4th : 800€
5th : 500€



Men/Women

1st : 2 000€
2nd : 1 200€
3rd : 800€



To receive your prize money, you must be present at the prize-giving ceremony to send us your bank details.





# Your visit to Chamonix

## Map of Chamonix



## Accommodation

Our new partner Emerald Stay, which exclusively manages the seasonal rental of premium properties, offers personalized support before and during your stay, and a team on site around the clock in Chamonix. They offer a unique experience to holidaymakers while contributing to local life.

# EMERALD STAY

Visit [emeraldstay.com](https://emeraldstay.com) and save 10% on your reservations with code MMB25.

CONTACT

[hello@emeraldstay.com](mailto:hello@emeraldstay.com)



# Communication



Your **relay** and **support** as an elite athlete is **invaluable**, as it contributes to the excitement of the entire trail community around your race and the event.

That's why we've put together a **“toolbox” for you**, with various elements to help you communicate about your participation in the Mont Blanc Marathon.

A **publication on your social networks**, be it a photo, a video or a post, allows you to reinforce the reach of the event while promoting your own participation.

We invite you to identify **@marathondumontblanc** on Facebook and Instagram, as well as **@marathonMtBlanc** on X (formerly Twitter), to facilitate the distribution of content.

Finally, don't hesitate to promote your participation on social networks by sharing **the Youtube live** feed for all the races, as well as the 42km broadcast on the **L'Équipe TV channel**.



**L'ÉQUIPE**

**Elite athlete communication**  
**toolbox**

 **MARATHON<sup>du</sup>  
MONT-BLANC**



# Image rights



The Club des Sports de Chamonix is the organiser of a sporting event called the 'Marathon du Mont-Blanc' which will take place from 27 to 30 June 2024.

In application of the provisions of article L 333-1 of the French Sports Code, the Club des Sports de Chamonix is the exclusive owner of the right to exploit this event.

In this context, the Club des Sports de Chamonix is the sole owner of the image rights of each of the competitors taking part in the event, who have expressly waived this right at the time of registration.

Any communication about the event or use of images of the event must respect the name of the event, registered trademarks and with the official agreement of the organisers.

**Consequently, only the organisers have the right to use runners' images and may transfer this right.**

**Unless a licence is obtained from the Club des Sports de Chamonix, the capture and use of images is strictly forbidden.**

**This means that the use of any images of runners in a race is subject to a licence issued by the Club des Sports de Chamonix.**

**If you wish to purchase this licence, please fill in the form:**

**[FORM](#)**

**[VIEW LICENCE](#)**

 **MARATHON  
du  
MONT-BLANC**



# An ecofriendly Marathon

The carbon footprint of the 2024 event is indisputable:

**96% of the carbon footprint is linked to the transport of participants between their homes and Chamonix!**

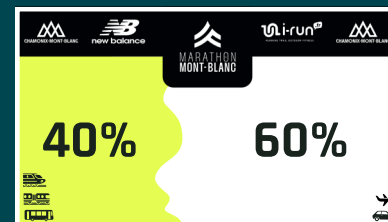
To reduce this figure, we have introduced new measures for the 2025 edition. Our aim is twofold: **to encourage people to use public transport** to come to Chamonix and **to reduce the number of cars in the valley**, thereby encouraging those who take the plunge!

## TRAIN / BUS BIBS

Runners coming to the 2025 Mont Blanc Marathon **by train or bus** were able to register for the **Duo Etoilé**, the **90km**, the **42km** and the **23km** of Mont Blanc... **without going through the draw.**

**40%** of race numbers **are affected by this new measure**

The remaining **60%** of race numbers are dedicated to **the usual draw.**



Each runner taking part in the Mont Blanc Marathon races therefore undertakes to **respect the eco-responsible measures and actions promoted by our organisation**, in line with our environmental commitments. It is essential to respect the latter, on pain of penalty.

As an elite, you benefit from high visibility, and your example can make all the difference. **Don't hesitate to share this subject with your community** if you wish - your influence counts!

**Together, let's make this a more environmentally-friendly event!**





# An ecofriendly Marathon

## Reducing and offsetting the carbon impact of transport

In 2024, on a voluntary basis, **19.2% of registered runners** chose to **offset the carbon emissions of their transport**, raising **€6,000**. All of this money was donated to the Sylv'acetes association and CREA Mont-Blanc.

In 2025, we have decided to make **carbon offsetting compulsory for all runners, including elite runners**. All the money raised will be donated to environmental associations.

The objective is not to penalise, but to encourage good practice.



Three races organised as part of the Mont Blanc Marathon cross the **Aiguilles Rouges Nature Reserve**: the 90km, the 42km and the 23km.

We are therefore keen to raise runners' awareness of the need to protect the environment, by applying **zero tolerance to littering and trail cutting**. We are also inviting them to keep their eyes open to observe the remarkable animals, flowers and plants along the trails, and above all not to disturb the animals that have made their home in the reserve (ibex, chamois, wild boar, eagles, etc.)!

Finally, we would like to thank you for respecting the signposting along the route. It is essential for safety, sporting fairness and the preservation of the environment that everyone stays on the paths.





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