

34th GLIERES MARATHON

20th March 2022

Rules and regulations-Registration

On Sunday, five **FREE STYLE** races

Ready for the show: 5 rounds for the racers on the start area (For 42km)

Winning point at km 2 :

- at the top of the slopes Boucle chauffe (warming up circuit for the Men)
- at the end of the slope Montée de la Noire (Climb the Black for the Women)
- START
 - 8h30 Early start Handisport all distances
 - 8h45 Ladies race 30km Seniors & Masters
 - 8h50 Race U17 & PROMO 10km
 - 8h55 Race MINI U13 & U15 3 & 4km
 - 9H00 Race 22km U20 - Masters & 42km Seniors - Masters

Start in 2 different lines with one minute gap between each line to ensure a better flow

Early start Handisport:

Each year, the marathon welcomes one or more disabled athletes: they benefit from an early start but are included in the classification for the distance they have selected for their real performance.

DISTANCES and REGULATIONS FFS rules:

All participants must be able to show a valid medical certificate before the start, proving their physical ability to enter competition.

MARATHON (42KM), 9h:00 start, one line after the other

For the 1st and 2nd line, enrolment limited to 600 people.

For participants born in 2001 and before.

FFS members and licensees or carte neige holders.

Non FFS members (before the race) will pay a fee to get a temporary membership called TICKET COURSE (15€) + Compulsory medical certificate.

Start on 1st ligne if less than 250 points FFS, or arrived in the first 110th position on Marathon des Glières 2019, or allowance according to recent justified performances during (2021-2022), or according to the regulation Marathon Ski Tour FFS.

Men overall score taken into account for the Marathon Ski Tour FFS and Haute-Savoie Nordic Challenge

GLIERES' ladies (30KM), 8h45 start

For ladies born in 2001 and before, limited to 200 people.

For FFS members, licensees or carte neige holders.

Non FFS members (before the race) will pay a fee to get a temporary membership called TICKET COURSE (15€) + Compulsory medical certificate.

Start only in one line:

Ladies overall score taken into account for Marathon Ski Tour FFS Haute-Savoie Nordic Challenge

GRAND PLATEAU (22 KM), 9h:00 start in line

Start for the 1st and 2nd line, limited to 300 participants.

Race for all participants born in 2004 and before.

Non FFS members (before the race) will pay a fee to get a temporary membership called TICKET COURSE (15€) + Compulsory medical certificate.

Start on 1st line if less than 250 points FFS.

Palmarès D & H category U20.

Palmarès limited D & H Seniors to masters.

PETIT PLATEAU (10KM), 8h50 start

Enrolment limited to 200 people.

Race open to participants born in 2006 and before.

Non FFS members (before the race) will pay a fee to get a temporary membership called TICKET COURSE (15€) + Compulsory medical certificate.

Palmarès only for category FFS U17, H & D

MINI GLIERES (3 & 4km), start 8h55

Young, M & F, born in 2007, 2008, U15, 4km and 2009, 2010 U13, 3km.

Non FFS members (before the race) will pay a fee to get a temporary membership called TICKET COURSE (6€) + Compulsory medical certificate.

Separated start in one line

Poles

The association and the company SWIX can lend you poles during the race, they should be given back at the end of the race.

If a pole is damaged or broken during the race, Six will demand reimbursement.

Bibs

Available only on Sunday from 7h15

Bibs must be returned at the finish line, if not, a reimbursement of 10€ will be charged.

Timing with ankle chip must be returned at the finish line, if not, a reimbursement of 60€ will be charged.

Rental of equipment

The rental shop will be open as of 8h00 on Sunday tel. 04.50.22.44.81

Prizes

Prizes for all categories

Prize Monique REZVOY: a reward will be given to first man and first lady wining the sprint.

Timing restrictions

Warning: timing will be stopped at 14h

According to snow conditions and security reasons, a timing restriction can be organised on the second round of the Marathon. The racer concerned will be redirected to the arrival and his timing and place will be calculated on a 22 km basis.

RESULTS

Will be displayed by race control and can be checked at all times on the website <https://www.marathondesglieres.com/resultats/>

AWARDS CEREMONY

Cat U13, U15 (4km) & U17 (10km): 11h:00 at the Plateau next to the finish area.
Ladies 22 & 42km: at 13h:00 at the dining area.

COPYRIGHT

All participants should allow use of photos and videos for the promotion of the Marathon des Glières without charge or rights of image.

FOOD

Provided free of charge at the Plateau for all participants, except MiniGlières (snack).
Family or friends can purchase a meal if they so wish.

ENQUIRES

Michel CHALAND tel. +33 6 72 99 36 20

REGISTRATION

Price increase +10€ from Tuesday 16/03, 0h:00 (or Tuesday 16/03, 00h:00), except for 4km without price increase:

REGISTRATION FEES:

- 42 KM 40 € - Price reduced to 25€ for license holders FFS, Swiss or Spanish Federation
- GLIERES'DAMES ... 37 € - Price reduced to 22€ for license holders FFS, Swiss or Spanish Federation
- 22 KM 37 € - Price reduced to 22€ for license holders FFS, Swiss or Spanish Federation
- 10 KM 32 € - Price reduced to 17€ for license holders FFS, Swiss or Spanish Federation
- 4 KM 13 € - Price reduced to 7€ for license holders FFS, Swiss or Spanish Federation

Reimbursement possible for cancellation with an administration fee of 5€

End of registration Friday 18th March 12h:00

REGISTRATION ON-LINE



REGISTRATION BY POST

On a piece of paper or with our enrolment form:

Same increase as for the registration on-line +10€ for all registrations by post received on Tuesday 15th March, the fee will be required when collecting the bib.

Postal registrations to the following address:

Michel CHALAND, 5, résidence de la colline, 74330 La Balme de Sillingy - France

Warning: no more registration from Friday 18th March PM afternoon.

RECIPROCITY

Swiss & Spanish participants, licences from the Swiss and Spanish Federations are allowed to enter the French event without TICKET COURSE or FFS Licence. They must fill in the document for licence validation



COVID19

Changes to Sanitary measures will override the current regulations stated in this document