

ULTRA TRAVERSÉE DE BELLEDONNE

REGULATION RACE

L'ÉCHAPPÉE BELLE

ÉCHAPPÉE BELLE INTÉGRALE 149 KM & 11 300 M D+
TRAVERSÉE NORD 84 KM & 6 140 M D+
PARCOURS DES CRÊTES 64 KM & 4 800 M D+
SKYRACE DU ROCHER BLANC 21 KM & 2 000 M D+

25, 26 & 27 AOÛT 2023

GRAPHISME : ID+ Design



www.lechappeebelledonne.com



L'ÉCHAPPÉE BELLE

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GENERAL INFORMATIONS

1.1 ACCEPTANCE

The regulation is available for all runners and pacers, whatever the race chosen.

The fact of participating in the competition assumes the pure and simple acceptance of the present regulation in its entirety. The regulation is available on and as well on the spot the day of the competition.

However it could be changed, the last update will be available on the web site.

Waste sorting bins will take place on all refreshment post and must be used.

You must follow the marked path without taking shortcuts (you'll cause harmful erosion of the path) and don't throw your garbage. Those two actions can justify a disqualification.

1.2 ORGANISATION

The association Echappée Belle organize L'Échappée Belle with the support of Espace Belledonne, the municipalities, the associations of local authorities and the department of Isère and Savoie.

1.3 DESCRIPTION

L'Échappée Belle is a mountain trail running race taking the paths, trails and route of the Belledonne Massif.

This race is difficult because its profile and above all by the high technicality of its trails. You'll run in a wild and mountainous area.

The races:

Race	Distance	D+	Start	Time	Start place	Time limit
Échappée Belle Integrale	149km	11 400 m D+	August 25th Friday, 2023	5h-5h30-6h	Vizille	54 hours
Traversée Nord	88km	6 140 m D+	August 26 Saturday, 2023	5h-5h30-6h	Fond de France- Haut Bréda	30 hours
Parcours des Crêtes	64km	4 700 m D+	August 26 saturday, 2021	8h-8h30-9h	Allevard	26 hours

The start time will be defined with your heat times. The best ones will start in the first heat time.

The path will be indicated by markers, and for better night vision some section include yellow reflective marker to be easily visible with your head lamp. Netherless a marking is not infallible, it's recommend to have all the time the road-book with you.

REGISTRATION

It's possible to register only for one race.

This year, none of the races will be submitted to a draw.

A waiting line will be open when the race is full.

2.1 REGISTRATION FEES

The fees increase on June 15th

	Fees	From June 15 th
149 km	190 €	205 €
88 km	100 €	110 €
64 km	77 €	85 €
PACER	45 €	45 €
SKYRACE	40 €	40 €

2.2 MAXIMUM NUMBER OF RUNNERS

2100 runners in total :

- 700 for the 149 km
- 600 for the 84 km
- 600 for the 64km
- 200 for the Skyrace

Some « wild cards » will be distributed for Elite runners.

- 650 volunteers !!

2.3 CONDITIONS TO PARTICIPATE

To participate, it's essential:

- To be totally aware of the length and the specificity of the race, and to be well prepared for it.
- To have acquired, before the race, a real capacity of self-autonomy on the mountains which permits the management of problems induced by this type of race, and in particular:
 - To know how to face without outside help of weather coverly difficult due to the altitude, wind, rain or snow.
 - To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor wounds...
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems
- To be really aware, that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

Races are available for everybody, men or women, being over 20 at the day of the race (Senior to Master 4), licensed or not. Rankings will be done following the past FFA classifications.

Master 4 : Over 64 years old

Master 3 : From 55 to 64 years old

Master 2 : From 45 to 54 years old

Master 1 : From 35 to 44 years old

Senior : From 22 to 3 years old

Espoir : From 20 to 21 years old

2.4 MEDICAL CERTIFICATE

Your medical certificate must be uploaded in your **online account before August 10th**. No medical certificate will be treated by email.

Warning : if you choose the **bib delivery**, your medical certificate has to be uploaded **before July 31st 23h59**. The organisation needs time to validate the certificate before the delivery.

Medical certificates have to be written in FRENCH.

No medical certificates will be accepted on the bib pick up. Departure will be refused in case of absence of medical certificate validation.

The certificate must necessarily :

- include the mention of no contraindicated to the practice :
 - du sport en COMPETITION
 - de la course à pied en COMPETITION
 - du triathlon en COMPETITION
- be less than one year old on the date of the race
- be signed and stamped by the doctor who delivers the certificate

You can present a sport license instead of a medical certificate. This license (FFA or FFTri) is valid as well as the "Pass Courir) only if it's for the current season.

FSGT or CAF licenses are not valid.

For more informations, check out the FAQ on the race website : <https://www.lechappeebelledonne.com/en/faq/>

Medical certificate example :

<https://www.lechappeebelledonne.com/wp-content/uploads/2017/01/certificat-me%CC%81dical.pdf>

2.5 CANCELLATION

Cases of cancellation :

- accident, disease preventing to run (medical certificate necessary),
- death affecting spouse, first degree of ascendant or descendant,
- for all reasons you need to send us an email to : contact.belledonne@gmail.com

Refunds :

- before June 30th 23h59, refund of 100%, less 10% for administration fees
- between July 1st and July 31st 23h59, refund of 50%,
- From August 1st, no refund can be made.

If the organisation chooses to cancel the race, you'll be refunded at 80% of the registration price (except in case of force majeure, there isn't any refund).

2.6 OPTIONS

Several options are available during your registration :

- Shuttles : place of arrival → place of departure
- Arrival lunch accompanying
- To send the bib by mail (only in France)
- Pasta party
- Race T shirt

ALL THESE OPTIONS ARE AVAILABLE AND EDITABLES directly in your runner space (online) UNTIL JULY 31st 23H59. Past this time, you'll have to go on site to buy them (in the limit of availabilities).

	FEES
PASTA PARTY	10 €
ARRIVAL LUNCH ACCOMPANYING	10 €
SHUTTLE	10 €
BIB DELIVERY (only in mainland France)	10 €
TEE-SHIRT	15 €

2.6.1 SHUTTLES

Shuttles service is available for all the races ending in Aiguebelle.

Shuttles will leave Aiguebelle the morning of the race, heading to the place of departure chosen (Vizille for the 149 km, Fond de France for the 88 km and Allevard for the 64 km).

Shuttle time and places of departure : visit the website.

Shuttle is not include in your registration and need to be paid when registering.

You will receive a pass at the same time than your race bib. Give it to the shuttle driver. The departure of the shuttle is in Aiguebelle between the gymnasium and the park Rochette (arrival place). We can not guarantee the availability of place when collecting your race bib if you didn't pay the shuttle during your registration (limit time to book your option online : July 31st 23h59).

More infos : <https://www.lechappeebelledonne.com/en/shuttles/>

Book before July 31st or on the arrival site in the limit of availabilities.

2.6.2 BIB DELIVERY

Available until July 31st, 23h59 only for mainland France residents.

The bib can be sent only if your medical certificate has been accepted by the organisation.

This is an option to avoid going to the bib pick up in Aiguebelle.

Contents :

- Bib
- Echappée Belle magazine
- Race flyer
- Runner bracelet
- Spare bag (only for 149 km and 84 km)
- Options chosen (T shirt, shuttle, pasta party,...)
- Sweet words from the organisation (subject to availability).

Your bib package will be sent in the first 10 days of August.

2.6.3 BIB PICKUP

If you don't live in France or you want to pick up your bib the day before the race, you can choose a time slot when you register online or later in your account. You can pick up your bib between 15h and 19h.

For **149 km** and **88 km** : no bibs will be distributed on the departure zone (Vizille or Fond de France). Pick up is mandatory in Aiguebelle.

For **64 km**, you can pick up your bib the day before the race in Aiguebelle or the morning of the race in Allevard, between 7h and 8h45.

It's possible to pick up the bib of a friend only if its file is full (medical certificate accepted) and with presentation of the ID of the person who runs.

To know more about bibs pickup, check out on the race website :

<https://www.lechappeebelledonne.com/en/bibs-runner-collect/>

2.6.4 TEE-SHIRT

This year, the race tee-shirt is an option. In a global re thinking of our carbon footprint, and also to limit our registration's fees, you can choose to buy Echappée Belle 2023 t shirt (cotton) for 15€.

WARNING : limited quantity !

2.6.5 PASTA PARTY

Thursday and Friday in Aiguebelle (between 18h and 21h).

The price for the meal is 10€. It is an option you can choose during your registration (before July 31st 23h59) or in onsite, within the limits of available places.

RACE INFORMATION

3.1 SEMI-AUTONOMY

Runners are in semi-autonomy. You don't have to rely only on refreshment stop!

The longest run between 2 refreshment post can take 8 hours.

So it's necessary to have throughout the race a food reserve and drink to reach the next refreshment post.

You'll find in Belledonne many sources, torrents and drinkable lakes. For people sensitive to this water of mountains, be reasonable, or used purification tablets.

The refreshment post of La Pra, Jean Collet and Périoule are brought by helicopter before the race, so they're lighter in food and drink than the other post.

Consider the difficulty of the path for your road map. Use the color of the walking table to evaluate the quality of the path.

3.2 PACER

The pacer is an accompanying person. Only solo 149km can have one.

The pacer can join his (her) runner from The Pleynet for the portion of their choice and leave him (her) in the place of their choice. The beginning and the end of the pacer must be on a refreshment post.

The pacer has a race bib and has access to the refreshment post, as well as the finisher food.

There's no ranking for the pacer, but he will receive the registration gift and the finisher prize.

His (her) mission is to follow the runner, to reassure, to support and to help him (her) to pass the finish line. However the pacer is not allow to carry the material, towing or to push his (her) runner.

It's possible to have only one pacer.

Warning : if you want a pacer during the race, he needs to register on in own (limited places).

3.3 SHOWERS AND TOILETS

Showers and toilets will be available:

- In Vizille in the gymnasium (start)
- In Aiguebelle in the gymnasium (finish).

The access to the shower in Aiguebelle are reserved to the runners. The toilets of the refuge are inaccessible excepted in case of agreement of the person in charge of the post.

3.4 ABANDONMENT AND REPATRIATION

Without any injury, it's possible to stop the race only on the check point. The runner must warn the person in charge of the check point, who definitely invalidates his (her) bib number.

The repatriation will be decide by the person in charge of the post, according to the following regulations:

- Shuttle are available in le Pleynet which is the main area and the best place to stop the race about logistics
- Jean Collet, La Pra, Habert d'Aiguebelle and Fontaine Noire are not the best place to stop because they're difficult to access and need a long walk to reach the shuttles
- Arselle, Gleyzin, Super Collet, and le Bourget en Huile are accessible by car
- Runners who can not join Le Pleynet / Les 7 Laux have to reach any check point and to warn the staff or volunteer, or directly a member of the organization or rescuer if he (she) find some on the track. They'll be repatriated by the organization on the same time of the leaving of the volunteers with the coming of the race sweepers, depending the enough space in the shuttle
- In case of very bad weather which justified to stop the race, the organization provide the repatriation of the runners in the best delay to be transported to Aiguebelle, Le Pleynet or Vizille

If the race sweepers pass a runner, he (she) will invalidate the bib race, and the runner is no longer under the organization's responsibility.

3.5 CALM AND REST AREA

Some areas are reserved for your rest time. Nevertheless the rest time is timed to allow all runners to take advantage of it and to share with the volunteers. We can not guarantee the availability for everybody.

Name	Maximum rest time	Maximum beds (cot)
Le Pleynet	2 hours	100 beds in the gymnasium
Gleyzin	20 minutes	30 beds in the sheepfold
Super Collet	20 minutes	10 beds under tent
Val Pelouse	20 minutes	10 beds in the chalet
Bourget en Huile	20 minutes	10 beds
Aiguebelle	N/A	100 beds in the gymnasium

Beyond these areas for runners, there are a few shelters and refuges with rudimentary comfort to shelter and/or sleep. These cabins can be occupied, you don't have any priorities because of the race. They're not reserved for the runners, but could be a nice place to rest...

We don't have any agreement with the refuges (except for medical emergency) to accommodate you as they're in high season:

- Jean Collet
- La Pra
- Les 7 Laux,
- L'Oule
- La Pierre du Carré

However we invite you to stop there during your stays in Belledonne. You'll have a good time.

3.6 SPARE BAGS (149KM AND 88KM)

You'll receive a spare bag labeled with your race number. You must leave it on the start area on the morning of the start in Vizille for the 149km and in Fond de France for the 84km.

- For the 149km you'll have access to your spare bag in Le Pleyhet / Les 7 Laux, then in Super Collet and to finish in Aiguebelle.
- For the 88km you'll have access to your spare bag in Super Collet and in Aiguebelle.

RACE INSTRUCTIONS

4.1 NATURAL RESERVE OF LUITEL AND NATURA 2000

During your adventure, you will follow the Natural Reserve of Luitel, which is a protected wetlands. Here we ask you to not use your poles, to be quiet and to stay on the track.

This area excluded the welcome of public.

During the crossing of the area Natura 2000 (Arselle to Freydane), we ask you to respect the track. Specific markers are in place in this area.

Particular instructions to cross these area are in the road-book and will be supplied during the start briefing.

Severe penalties (**disqualification**) are planned in case of failure to respect these instructions.

If you want to know more about this area : <https://www.reserves-naturelles.org/lac-luitel>

4.2 EQUIPMENT

You must carry the obligatory material all along the race. You could be controlled by volunteer or official staff in any place of the race. Some bibs will be controlled at random when accessing the departure area.

OBLIGATORY FOR ALL RACES!

- **PERSONAL BEAKER to drink on the refreshment stop**
- **Whistle**
- **Adhesive elastic band enable making a bandage or a strapping (mini 100cm x 6 cm)**
- **Survival blanket (non-cut)**
- **Waterproof jacket (as Gore Tex membrane) with hood**
- **Pant or tight (3/4 accepted)**
- **Mid Layer or Thermal**
- **Dry first layer to use in case of emergency**
- **Waterproof pocket (plastic bag or other)**
- **Food reserve with minimum 2 energy bars**
- **1 or more water reservoir to bring minimum 1,5 liter**
- **Beanie or Buff**

- **Gloves**
- **Cellular phone with full battery and the security number saved (written on the race bib)**
- **Head lamp with extra battery**
- **Security sheet on road book/ID**
- **Bin**

RECOMMENDATION:

- Strong head lamp with 300 lumens or more
- Rain cape
- Extra clothes
- Poles
- GPS with the track saved
- Cash in €
- Full road-book
- Gaiter
- Anti-friction cream
- Sun cream
- Sunglasses
- Altimeter (GPS or barometric)
- Pills to clean the water

4.3 RACE BIB

Each race bib is individually given to each runner. Race bib included a bar code allowing to be scanned on the different check points.

Race bib must be visible all along the race.

It must be positioned above any garments. The name and the logo of the partners have to be neither modified, nor hidden.

Race bib will allow you to access to the refreshment stop, area spare bags and showers, also for the restaurant for your food runner and finisher beer.

Bibs are nominatives. It is forbidden to run with the bib of another person.

4.4 ASSISTANCE

The assistance is allowed only on the feeding zone. One personne by runners, on this area. It's forbidden to assist outside the feeding zone.

4.5 CHECK POINT AND REFRESHMENT POSTS

Each runner must cross all electronic check point and all different refreshment post (check on the road book). Be careful the post of Le Pleyne/Les 7 Laux is a lock check, so you must be check to your entrance and when you leave it! **Only the runners carrying a visible and duly controlled race bib have access to the refreshment post.** The race

guide and the relevant page on the web site give a clear list of the refreshment post, water source, aid station and will be visible on the road-book. In case of a last minute change the organization will inform on the start briefing.-

4.6 MAXIMUM AUTHORIZED TIME AND TIME BARRIERS

The maximum authorized time for the different races are:

- **54 hours** for the 149 km
- **30 h 30** for the 88 km
- **27 hours** for the 64 km

The time barriers of the 149 km are calculated for your safety and to give you a limit guide line to be finisher in Aiguebelle.

- V14h00 - R2 : Refuge de La Pra - **149km**
- V 18h30 - R3 : Refuge Jean Collet (filtre médical) / (medical checks) - **149km**
- V 22h00 - R4 : Habert D'Aiguebelle - **149km**
- S 04h00 - R5 : Les 7 laux/Le Pleynet - **149km**
- S 10h30 - R6 : Gleyzin - **149km**
- S 18h00 - R8 : Station du Super Collet d'Alleverd - **149km / 88km**
- S 18h00 : Col de la Frèche - **64km**
- S 00h00 - R12 : Fontaine Noire - **64km**
- D 02h00 - R9 : Val Pelouse - **149km / 88km / 64km**
- D 08h00 - R10 : village du Pontet - **149km / 88km / 64km**
- D 12h00 - Arrivée Aiguebelle - **149km / 88km / 64km**

To be authorized to continue the race, runners must set off again from the check point the fixed time (whatever their arrival hour at the check point).

Every runner put off the race and wanting to continue the race can make it only having restored his (her) bib number, under his (her) own responsibility and in complete autonomy.

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

4.7 DISQUALIFICATION

Race officials present on the race, in charge of different control and refreshment posts are authorized to uphold regulations and to immediately impose a disqualification for non-respect, based on the following chart:

- Not presenting or refuse to cross the departure lock to activate the electronic chip
- Not respecting the regulation or the chart
- Shortcutting the track
- Throwing away rubbish (voluntary act) by the runner or a member of their team
- Not respecting people (organization or runner)
- Not respecting the regulation about the crossing of the Natura 2000 Area and the Natural Reserve of Luitel
- Not assisting a person in difficulty
- Cheating (using transport, sharing bib number)
- Lacking of the electronic chip
- Not passing through a check point
- Lacking of obligatory material
- Refusing to comply with an order from race controller, race official team, head post, doctor, rescuer
- Refusing an anti-drug control
- Leaving a check point after the time barrier

- Receiving help outside the authorized area

Any other breach of the regulations will be sanctioned by the race director.

4.8 ANTI-DRUG CONTROL

Any competitor can be submitted to an anti-drug control before, during or at the end of a race. If he (she) refuses or abstains, the runner is treated as if found guilty of taking drugs.

RESCUE AND MEDICAL ASSISTANCE

5.1 MOBILE PHONE NETWORK

The GSM network doesn't work everywhere due to the mountain. However you must have a cellular phone fully charged during the race. Thank to charge it on the base camp of Le Pleyne, to be sure to get enough battery until Aiguebelle.

5.2 RADIO LINK

The organization is committed to deploying a temporary radio relay that allow the rescue team and volunteers to communicate quickly. However we can't guarantee 100% coverage. A dedicated professional company will work to have good radio communication on the mountain.

5.3 RESCUE SYSTEM

The organization provides a complete process to support your safety. Nevertheless no system is 100% valid. We've planned for your safety:

- o Mobile rescue units on posts requiring a particular attention
- o Fixed rescue units on advanced posts on the path allowing the repatriation
- o 1 helicopter dedicated to bring rescuer and to evacuate the slightly injured runner
- o 2 race communication station in Le Pleyne / Les 7 Laux and in Aiguebelle
- o 2 advanced medical posts in Le Pleyne / Les 7 Laux and in Aiguebelle
- o 1 medical team of regulation takes place all along the race in Le Pleyne / Les 7 Laux and in Aiguebelle
- o Volunteer controllers all along the path with manual control
- o A timing system by bar codes with 10-15 check point
- o Few definitive exit in case of abandonment or light injury
- o Various options of back course to have the maximum of chance to join Aiguebelle even in bad weather, without being able to guarantee it

5.4 RESCUE PROCESS

The rescue posts are intended to assist any person in danger with the specific mean to the organization or contracted. It's up to the runner in difficulty or seriously injured, or witness of an accident to contact the rescue number. For this there's several option:

- By presenting to one rescue post
- By phoning the race communication station (the phone number is on the bib race)
- By asking to another runner to alert a rescue post

It's up to each runner to assist any person in danger and to call rescue team.

Don't forget that hazards of all kinds, linked to the environment and the race, can make you wait for the rescue longer than expected. A runner calling a doctor or a rescuer de facto submits to his authority and agrees to accept his decision.

Rescuers on medical advice and doctors are empowered in particular:

- **To declare out of race** (by invalidating the bib race) any runner not able to continue the race
- To evacuate by any means at their convenience the runners whom they judge to be in danger.

In case of fatigue no longer allowing you to continue:

You have to **signal your presence** to the race communication station by any means. You **can't leave the track** without warning the race communication station. **Anyone is no longer on the official track race is no longer under the responsibility of the organization.** In case of force majeure if you have to shelter, even a few meters from the official track, you must notify it to the race communication station, and materialize your presence on the track by any possible means so that the race sweepers can join you.

5.5 NIGHT ROUTING OR FOG

The race controllers (volunteers on the track) can ask you to stay with a small group if your condition of fatigue imposes it, for any weather condition. So you may be asked to wait for another runner to stay in group.

5.6 PATOUS AND HERDS

The alpine pastures of Belledonne are frequented by herds of sheep guarded by patous. Instructions were given to the shepherds in order to keep the herds away from the race track during the weekend of the event. Nevertheless, if you meet patous, recommendations are simple:

- Stop to run
- Stay up, give it time to identify you
- Don't use your poles to frighten it
- Continue your way slowly and quiet
- Phone the race communication to alert it or tell it directly to a volunteer.

Particular instructions are on the web site about the behavior to be faced with a herd. Respect the work shepherds, slow down to not scare the animals and for your safety.

RESPONSABILITY AND INSURANCE

6.1 CHANGE / CANCELLATION OF THE RACE

The organization reserves the right to modify at any moment the track and the positioning of the rescue and refreshment posts, without warning.

In case of unfavorable weather conditions (important quantities of rain or snow on altitude, strong risk of storms....) the start may be postponed. In case of poor meteorological conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

A refund of 80% of registration fees will be made in case of cancellation of the race by the organisation. There will be no refund in case of force majeure.

6.2 INSURANCE

6.2.1 CIVIL RESPONSABILITY

The organizer has taken out civil responsibility insurance for the duration of the event with Generali. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the runners.

6.2.2 INDIVIDUAL ACCIDENT

During the registration we insure you automatically with :

- Rescue research and service by helicopter
- Repatriation fees
- Civil responsibility linked with a sport practice (in addition to or in replacement of existing personal insurance)
- An individual accident insurance

In case of medical care you must immediately notify the organisation and your insurance so that it can work. Otherwise the expenses will be under your responsibility. A helicopter can cost several thousand €.

In case of abuse in helicopter transport demand, no medical voucher will be delivered by the doctor and the bill will be your own charge.

6.3 DISCHARGE

Every runner declare:

1. To carry with him (her) the complete obligatory material during all the race, and discharge the organization of any responsibility in case of accident, injury or faintness due to the lack of obligatory material
2. To know the list of obligatory material of the regulation
3. To accept the control of the obligatory material which may be done at any time during the race, to be fully aware that the absence of a single stuff of the obligatory material provided by the organization may result to the disqualification, and to accept the final judgement of the team organization responsible of the control
4. To discharge the organization Echappée Belle, the race director and the track responsible, of any responsibility concerning the damage in the goods or people, including the personal accident and/or death
5. To assume all the responsibility concerning the damage which he (she) could cause to third parties or in the properties of third parties.

6.4 PHOTO COPYRIGHT

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his (her) image.

« lechappeebelledonne » is a legal trademark. Any communication about the event or use images of the event should be done with respect of the name of the event, trademarks and with the official agreement of the organization.

No sale of photo of L'Echappée Belle may be made without the agreement of the organization and race director.

6.5 GENERAL DATA PROTECTION REGULATION

In accordance with data protection law of august, 6th 1978 and conform to General Data Protection Regulation, all competitors have free and rectification access on its own datas.

Informations are collected as part of any Echappée Belle race's registration.

Legal limit data storage is 10 years from the registration year.

After these 10 years, and without runner authorization, all personal datas are suppressed except civil status datas that keeps rankings.

Any runner can ask for personal datas removal storage by sending an email to the organisation.

RESULTS

7.1 RANKING AND REWARDS

For the Échappée Belle 149km, 84km and 64km, only runners who will arrive in Aiguebelle will be ranked.

- There is no prize money
- The 3 first men and the 3 first women of the general ranking, as well as the first man and first woman of each category will receive a reward

All result are on line on www.lechappeebelledonne.com

7.2 ITRA/UTMB INDEX

The Échappée Belle is classified for ITRA and UTMB Index.

About the UTMB Index, no running stones are distributed following your participation.