

# REGULATIONS 2025

## 1. INTRODUCTION:

- Trail des Marcaires (65km / 3310 D+), solo or as a relay of two,
- Défi de Muhlbach (34km / 1650 D+)
- P'tite Trail des Marcaires (12km / 600 D+)
- Jung's Trail Cadet.te ( 5km )
- Jung's Trail Minime ( 3km )

These races are timed trail running competitions open to experienced runners **but not open to walkers**. There will be an official timing and classification with prizes for each category.

- P'tite Trail des Marcaires (12km / 600 D+) walk not timed

**This is an event for walkers, non competitive, not timed officially and with no prizes.**

Each race takes place on a marked course over forest and mountain paths between 437 and 1363 m altitude, in semi-autonomy on the 8th June 2025.

### ITRA Points for finishers

- The **Trail des Marcaires** : 3 points ITRA Montagne and UTMB 50km
- The **Défi de Muhlbach** : 6 points Montagne and UTMB 20km

The **Trail des Muhlbach** is part of the Trophée des Vosges 2025.

The organising committee reserves the right to change the race rules and the courses depending on the different administrative authorisations as well as the weather conditions.

## 2. ORGANISATION:

The event is organised by Colmar Marathon Club.

## 3. PROGRAM FOR 2025:

### Friday 6th June 2025:

**10:00-12:30** : Race number collection for all races at the [Run Aventure, Colmar](#)

**13:30-19:00** : Race number collection for all races at the [Run Aventure, Colmar](#)

### Saturday 7th June 2025:

**09:00-12:00** : Race number collection for all races at the [Run Aventure, Colmar](#)

**15:00-18:00** : Race number collection for all races in the sports hall Muhlbach-Sur-Munster

### **Sunday 8th June 2025:**

**03:30 - 08:30** : Race number collection for all races in the sports hall Muhlbach-sur-Munster

**05:00** : Start of the Trail des Marcaires

**08:30** : Start of the Défi de Muhlbach

**09:00** : Départ du P'tite Trail des Marcaires

**10:30** : Start of the Jung's Trail Cadet.te and Minime

**07:00 – 18:00** : stand [Run Aventure Colmar](#) + partner stands with various special offers at the sports hall Muhlbach sur Munster

**11:00-18:00** : Market with local producers (specialities from the Munster valley).

**12:00-19:00** : Award ceremony for the 3 races.

For organisational reasons, the start times of the different races could still be modified.

## **4. RACE ENTRIES:**

Race entries are possible on the internet with : [www.sporkrono.fr](http://www.sporkrono.fr)

### **Important!**

Except for the 12km race (increased price), it will not be possible to enter races on the day of the race. The cut-off date for entries for the other three races is the 28th May 2025 midnight. If the race is full before this date, entries will be closed.

Race entry to the Trail des Marcaires and the Défi de Muhlbach includes a meal after the race as well as a gift for each runner.

Race entry for all four races, includes a gift-pack for each runner.

For your race entry to be valid you **must** present:

- Your French athletics licence or a copy, **Athlé Compétition, Athlé Entreprise, Athlé Running** or a **Pass' "J'aime Courir"** valid on the day of the race.
- OR a **licence for sport** valid on the day of the competition issued by an officially recognised federation, upon which it is stated that you have no impediment to the practice of competitively running, or a copy thereof.
- OR a **medical certificate** stating that you have no impediment to the practice of running competitively. The certificate must not be more than 12 months old on the day of the competition. Photocopies accepted.
- OR for **runners without a sports licence** or **resident outside France** : For all competitions from the 1st April 2025 onwards, the new **Parcours Prévention Santé**

(PPS) replaces the medical certificate. You can obtain your PPS by following the following link : <https://pps.athle.fr>

**If these documents/information are not provided it will not be possible to deliver your race number.**

## **5. PARTICIPATION:**

French athletics rules state that les minimes (14-15 ans) sont limités à 5 km, cadets (16-17 years old) cannot run further than 15km in a competitive race and are limited also by altitude gain. Juniors (18-19 years old) are limited to 25km.

Juniors will only be able to run La P'tite Course des Marcaires. Due to the altitude gain per km, Cadets are excluded from this race. The Trail des Marcaires and the Défi de Muhlbach are open to men and women aged 20 years or older.

Participants must have experience running over mountainous terrain.

We strongly advise that you check the weather the day before the race and prepare your kit accordingly. The weather and temperatures can change quickly in the mountains.

Any non-sporting comportment will be sanctioned by disqualification or downgrading, e.g. leaving litter on the course, not using your own cup or bottle at a feeding station ...

## **6. RACE NUMBER COLLECTION:**

Race numbers can be collected from the [Run Aventure, Colmar](#)

Friday 6th June 2025 from 10:00 to 12:30

13:30 to 19:00

Saturday 7th June 2025 from 09:00 to 12:00

Race numbers can be collected from the **sports hall, Muhlbach-sur-Munster:**

Saturday 7th June 2025 from 15:00 to 18:00

Sunday 8th June 2025 from 03:30 to 10:30 for the **Trail, Défi, P'tite** and **Jung's** races.

## **7. RACE DAY TIMETABLE:**

**Sunday 8th June 2025:**

- Trail des Marcaires: 05:00
- Défi de Muhlbach: 08:30
- P'Tite Course des Marcaires: 09:00

- Jung's Trail cadets and minimes: 10:30

The organising committee reserves the right to change the timetable depending on the weather conditions. In this case you will be informed on the Internet site and Facebook pages.

All races start in front of the sports hall in Muhlbach-sur-Munster.

Estimated arrival times for each race are listed below.

Race	First Runner	Last Runner
Trail des Marcaires	11:50 (6:50)	18:00 (13:00)
Défi de Muhlbach	11:20 (2:50)	15:05 (6:35)
La P'tite Trail des Marcaires	09:50 (00:50)	11:45 (2:45)

Alert! For security reasons there will be cut-off times.

The number of kilometres may vary slightly.

### Trail des Marcaires:

There are three cut off times in the race. Runners must arrive before each time barrier to be able to continue.

- **Cut-off point No. 1: at 08:45** (separation point for the 34km and 65km races), just before the Altenweiher lake. Runners arriving after the cut off time will be directed to complete the Défi de Muhlbach (30km) race (and classified in the race).
- **Cut-off point No. 2: at 12:15** (Aid station No.3 Ferme Auberge Uff Rain). Runners will be stopped, their numbers removed and will be repatriated to the Finish by the organisation.
- **Cut-off point No. 3: at 16:30** (Aid station No.4 Ferme Auberge de Rothenbrunnen). Runners will be stopped, their numbers removed and will be repatriated to the Finish by the organisation.

Cut-off times may be adjusted depending on weather conditions.

### Défi de Muhlbach:

**Cut off time** at 13:30 at the second Aid station in Mittlach . Runners arriving after the cut-off time will be stopped and their race number removed. Volunteers will repatriate any stopped runners back to the Finish area.

Cut-off times may be changed depending on weather conditions.

For these 3 races all runners must arrive before 18:30 in order to be classified.

### **Race briefings:**

All race briefings will be held on the start line 10 minutes before departure.

## **8. MANDATORY KIT**

All runners on the 65km and 34km races **must have a personal drinking cup**. No disposable cups will be available at aid stations.

The three longer races have **mandatory** equipment for **security** reasons. Runners will be competing over mountainous terrain with potentially changeable weather.

The race organisers reserve the right to change the mandatory kit list according to the weather conditions. You will be alerted via Facebook, the website and displays in the departure area.

For security and fairness, the mandatory kit for all competitors will be checked before race number collection. Random checks can also be made during the race. Any runner not able to produce the mandatory equipment will receive a 10-minute penalty per missing item.

In good weather conditions, certain items on the mandatory kit list may be downgraded to optional. The race organisation will inform you of the final list at the race registration.

### **Trail des Marcaires:**

- **2 litres of water or energy drink (minimum)**
- A survival blanket
- A mobile phone
- A **Headtorch**
- A whistle
- A drinking cup
- A windbreaker jacket
- Long running tights (optional)
- A long-sleeved thermal top (optional)
- A waterproof and breathable jacket (optional)
- Gloves (optional)
- Hat or Buff (optional)

### **Défi de Muhlbach:**

- 1 litre of water or energy drink (minimum)
- A survival blanket
- A mobile phone
- A whistle

- A drinking cup
- A windbreaker jacket
- Long running tights (optional)
- A long-sleeved thermal top (optional)
- A waterproof jacket (optional)
- Gloves (optional)
- Hat or Buff (optional)

## 9. RACE ROUTE:

You can see the race routes on our website or on [www.tracedetrail.fr](http://www.tracedetrail.fr).

The course will be marked using tape, flags and biodegradable paint. The marking colours will be provided at the race briefing.

The race courses will be clearly marked, it is the responsibility of each runner to check for and follow the markings.

## 10. AID STATIONS:

For sanitary reasons, Aid stations will be minimalist.

All the Aid Stations along the course are **without cups**

There will also be an Aid station in the Finish area for each race **without cups**.

### Trail des Marcaires: 4 Aid stations

- Aid Station 1: Auberge du Schiessroth. kilometre 9: food & liquids
- Aid Station 2: Steinwasen. kilometre 26: food & liquids
- Aid Station 3: Uff Rain. kilometre 39: food & liquids.
- Aid Station 4: Rothenbrunnen. kilometre 57: food & liquids

### Défi de Muhlbach: 2 Aid stations

- Aid Station 1: Auberge du Schiessroth. kilometre 9: food & liquids
- Aid Station 2: Mittlach. kilometre 22: food & liquids

### P'tite Course des Marcaires

- No aid/feeding stations, runners must be self-sufficient – food and liquids provided only at the finish area.

**ATTENTION:** The kilometrage listed for the aid stations are approximate.

**Assistance is only permitted at official aid stations. Any assistance provided at other areas along the course can lead to disqualification.**

## **11. TIMING and PRIZES**

### **Award ceremony**

All races will be timed with the aid of electronic chips. For all the races, the first 5 women and men from scratch in each race will be awarded a prize on the podium. Also the 1<sup>st</sup> Espoir and Junior in each race will be awarded a prize on the podium

A special prize will also be awarded to the club with the most runners.

## **12. Prize Ceremonies:**

The Prize giving ceremony will take place in the sports hall of Muhlbach-sur-Munster.

## **13. CHANGING ROOMS, SHOWERS, LEFT LUGGAGE:**

Changing rooms, showers, toilets and a left luggage system will be available at the Sports Hall in Muhlbach sur Munster.

## **14. PARKING**

There will not be a Shuttle bus service. Parking zones will be made available to runners in the area surrounding the start area.

## **15. INSURANCE:**

The race is covered by the organisers insurance policy.

## **16. RACE ENTRY CANCELLATION:**

In the case of cancellation by the runner: the organisation will not reimburse the entry fee. However, it is possible to transfer the entry to another runner.

In the case of cancellation by the organisation, the reimbursement will be:

- 80% 2 months before the race (excluding entry platform admin fee)
- 50% 1 month before the race (excluding entry platform admin fee)
- 20% 1 week before the day of the race (excluding entry platform admin fee).

## **17. ACCOMMODATION :**

If you require accommodation, contact the Muster tourist office: + 33 3 89 77 31 80,  
[www.vallee-munster.eu](http://www.vallee-munster.eu)

## **18. FIRST AID :**

First aid services will be provided by the F.F.S.S (Fédération Française de Sauvetage et de Secourisme). They will be present at the arrival area and at various points on the course.

A doctor will also be available as well as an Ambulance.

## **19. IMAGE RIGHTS:**

All race participants authorise the race organisers as well as their suppliers and partners to use photos or videos taken during the race or in the arrival area on which they might appear.