



ENGLISH VERSION



DDM TRAIL 2024 ROADBOOK

OLDEST TRAIL RACE IN EUROPE

DISCOVER - ENJOY - APPRECIATE

PREPARED BY :
DDM TRAIL TEAM

RAIFFEISEN



systema



FONDS DU SPORT
SPORT-FONDS
LOTTERIE
MONT-ROUGE

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PROGRAM

FRIDAY, SEPTEMBER 13

10:00 Departure DDM “Découverte” - Champéry

From 18:30 DDM “Découverte” dinner and party - Mex

SATURDAY, SEPTEMBER 14

06:00 First start DDM 57k - Champéry

First day DDM Relay - Champéry

07:00 Second day DDM “Découverte” - Mex

08:30 Start DDM 32k “initiativ” - Vérossaz

09:00 Second start DDM 57k - Champéry

Second start DDM Relay - Champéry

11:00 Start DDM Kids - Champéry

13:00 Start DDM 13k adults - Champéry

Start DDM Junior - Champéry

Start DDM Entreprises - Champéry

BIBS & RESULTS

FRIDAY, SEPTEMBER 13

09:00 - 09:45

- DDM | D - Champéry place de l'église

15:30 - 18:30

- All races - Monthey, "Berdoz Vision & Audition" store

SATURDAY, SEPTEMBER 14

05:00 - 05:45

- Champéry (covered parking lot)

07:30 - 08:30

- Champéry (covered parking lot)

10:00 - 12:30

- Champéry (covered parking lot)

15:00

- DDM | 13k + DDM | K results - Champéry

18:00

- DDM results | 57k + DDM | 32K + DDM | R - Champéry



LOCATION

LOCATION



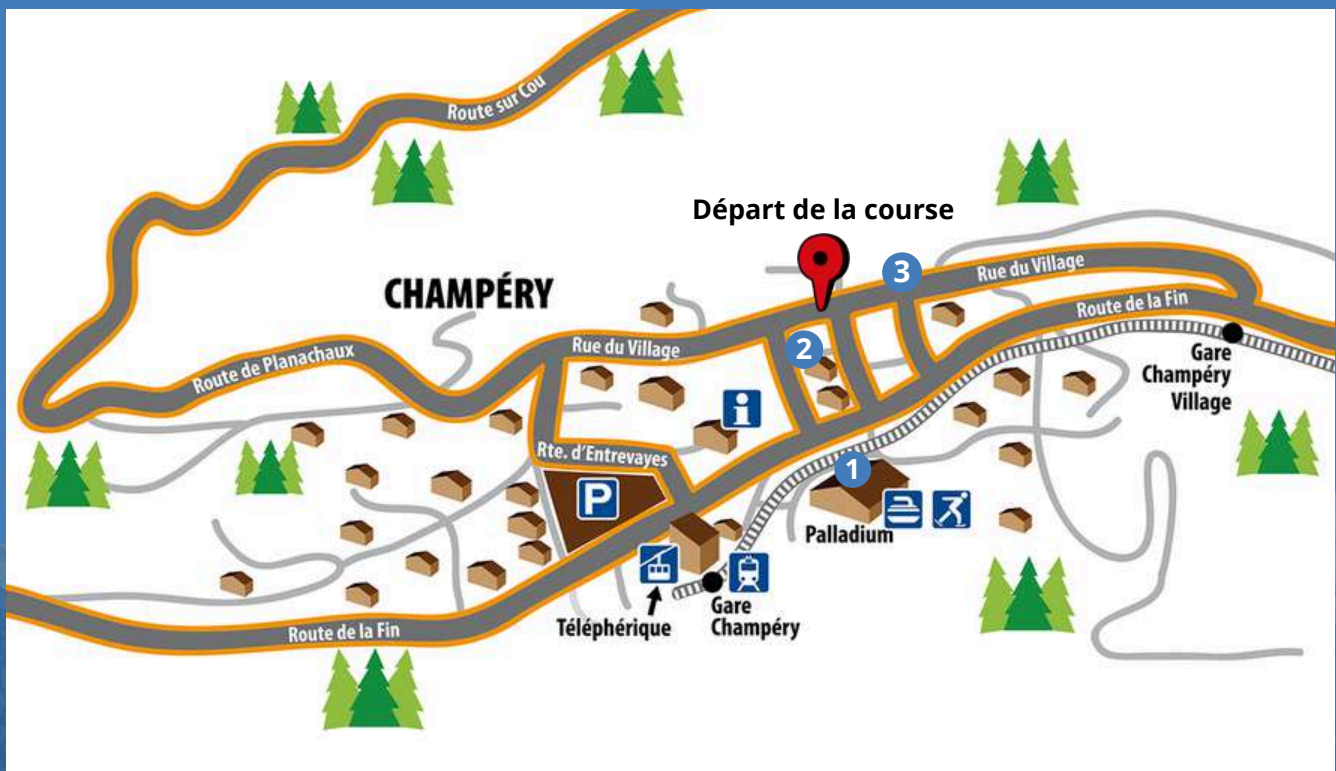
HOW TO GET TO CHAMPERY

Train :

1. Leaving Aigle: Take a SBB (Swiss Federal Railways) train to Monthey or Saint-Maurice.
2. Arrival in Monthey: Get off in Monthey and transfer to the TPC (Transports Publics du Chablais) train to Champéry.
3. Final journey: The TPC train takes you directly to Champéry. The total journey takes about 1 hour and 30 minutes.

Car

1. Route: From Aigle, take the A9 freeway towards Martigny/Simplon.
2. Exit: Exit at Monthey, then follow signs for Champéry.
3. Mountain road: Follow the main road to Champéry. The drive takes about 45 minutes, depending on traffic and weather conditions.



① - Palladium Sports Center

- Changing rooms
- Showers
- Massage area

② - Parish hall

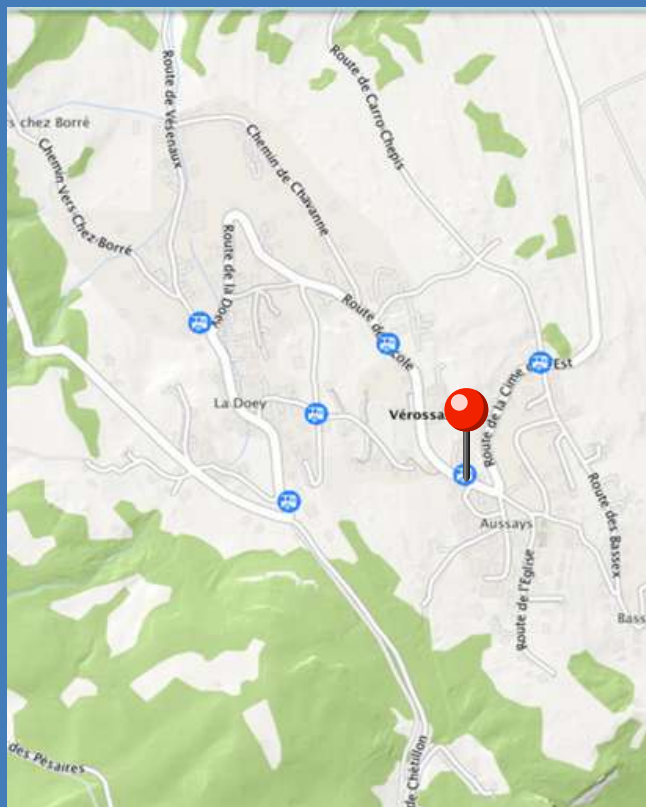
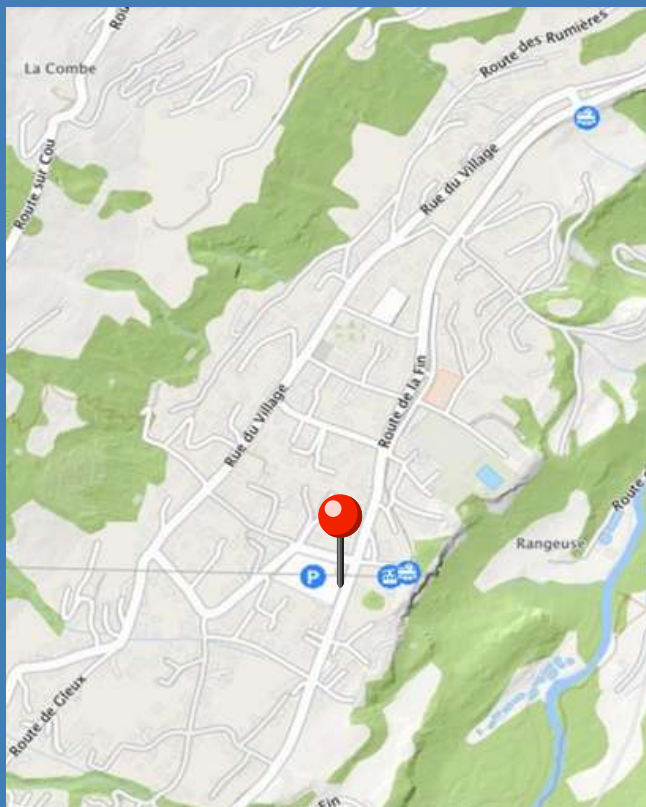
- Dining room
- Stock of equipment and bags

③ - Covered parking lot

- Bib number pick-up

SHUTTLES

CHAMPERY - VEROSSAZ



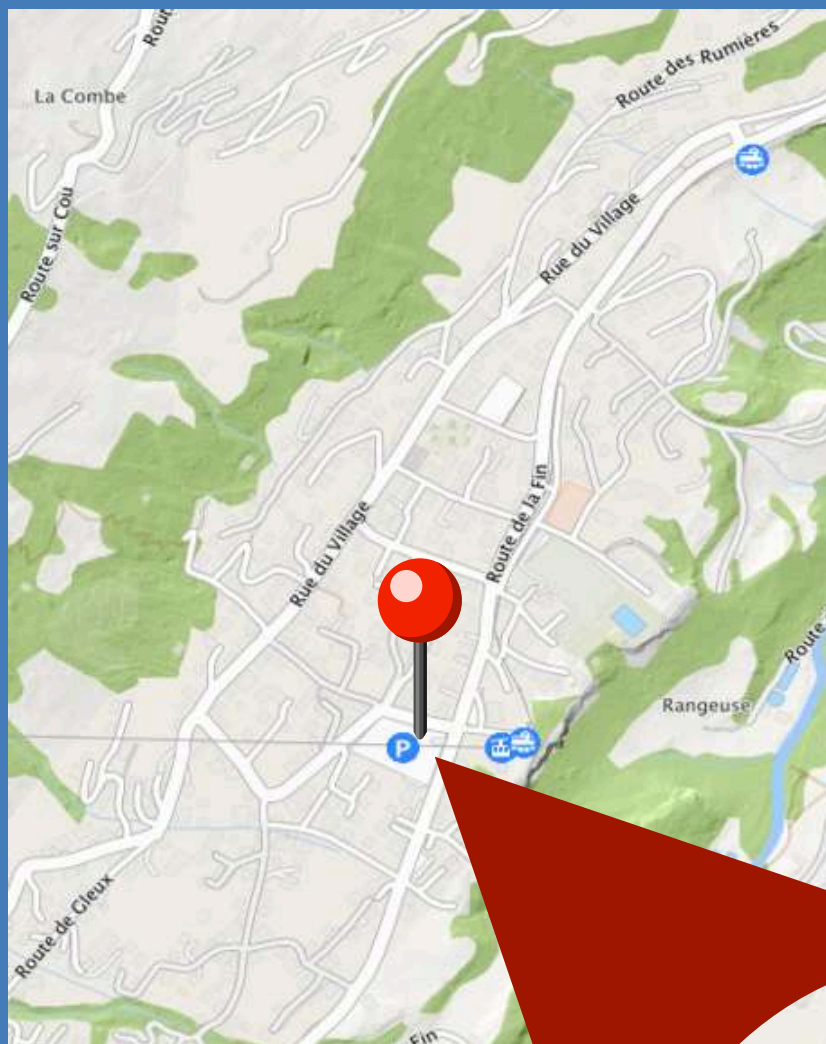
Alternating free shuttles will connect the 2 sites between 6:45 am and 2:15 pm.

A 50-seater shuttle will leave at 6.45am, followed by a 50-seater shuttle and a 20-seater shuttle at 7.00am. Priority to competitors.



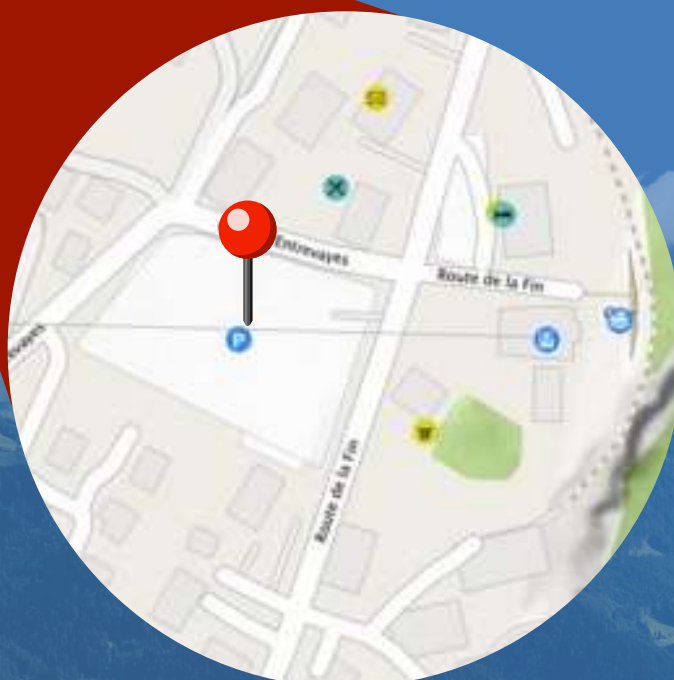
PARKING

CHAMPERY



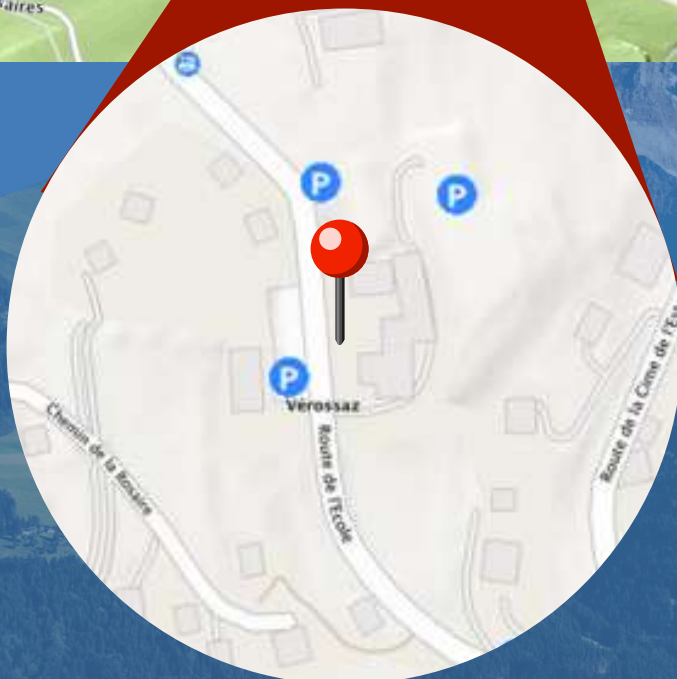
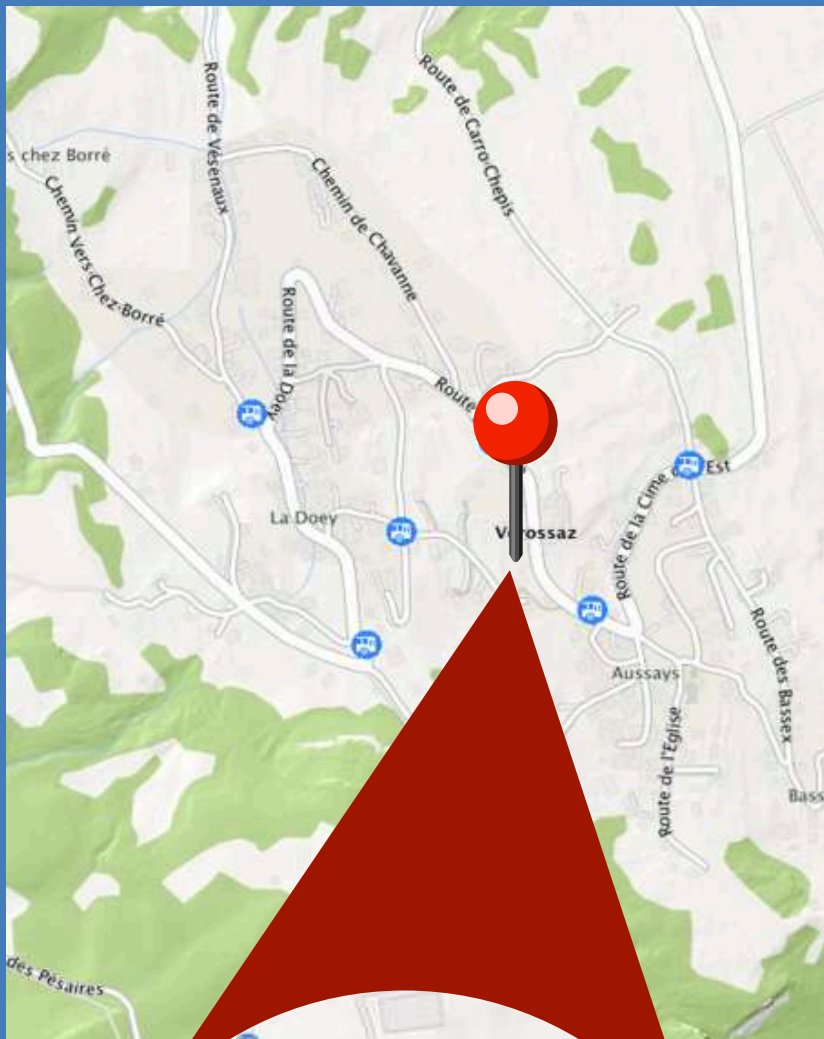
To get around Champéry, we suggest you use public transport.

TPC is a partner of the Trail des Dents-du-Midi. You can find all the information you need on their website (www.tpc.ch).



PARKING

VEROSSAZ - GENERAL



We ask you to respect the parking instructions given by the volunteers in Vérossaz.

Thank you for your understanding.

The TPC is a partner of the Trail des Dents-du-Midi. You can find all the information you need on their website (www.tpc.ch).



BEFORE / AFTER THE RACE

STAYING IN CHAMPERY

You'll find nearby accommodation solutions directly on our website under the “accommodation” tab. A number of hotels, hostels and inns are listed for your convenience.

RUNNER GIFT

You can collect your runner's gift directly after finishing your race in Champéry (from 12:00). There's a stand next to the finish where volunteers will be on hand to give you your prize.

PODIUM

The podium ceremony takes place at 6pm on Saturday September 14 in the area next to the finish. Runners finishing in the top 3 will then be able to step up to the podium to receive their prizes.

Unfortunately, prizes cannot be sent by post if you are unable to attend the ceremony.

AFTER THE TRAIL

Food and drink stalls are on hand, and the whole Trail team will be delighted to exchange a word (and a 7peaks beer) with you after the races are over.

MASSAGES

A massage stand with masseuses is available for runners returning to Champéry. It is located in the Palladium sports center (see map page 10.)



THE TRAILS



Le tour complet: 57K

Relais 1: 33K

Relais 2: 24K

Parcours 13K

Parcours 32K

Point d'Arrivée/Départ: 

Poste de ravitaillement: 

Poste de contrôle: 

Trail 57K
Arrivée
Départ

Trail Relais
Arrivée
Départ

Trail 32K
Départ

Trail Découverte
Mittée



THE TRAILS

ALL THE TRAIL



You can find the complete trace of the trail via the following QR code on the Trace de Trail website



THE TRAILS

DDM | 57K - INDIVIDUAL

The Trail des Dents-du-midi course is 57km long, with 3700m of ascent.

Start and finish are in the village of Champéry.

There are 2 starting times: 06:00 and 09:00. You are free to choose your start time. The stopwatch is simply triggered by the runner crossing the start line, thanks to our timing partner MSO. Please note, however, that the time limits are identical for all runners, i.e. 12:45 in Vérossaz and 15:45 in Salanfe. Adjust your choice of start according to the time you expect to take.



THE TRAILS

DDM | 57K - INDIVIDUAL - START 06:00

Saturday 14.09

05:00 - 05:45

- Bib number collection in Champéry

06:00

- Departure from Champéry

09:00

- Checkpoint opens in Vérossaz (no entry before 09:00)

12:45

- Vérossaz checkpoint closes

15:45

- Salanfe checkpoint closes

21:00

- Champéry checkpoint closes

Time barriers

Vérossaz	12:45
Salanfe	15:45
Champéry	21:00

Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

THE TRAILS

DDM | 57K - INDIVIDUAL - START 09:00

Saturday 14.09

07:30 - 08:30

- Bib number pick-up in Champéry

09:00

- Departure from Champéry

12:45

- Closing of Vérossaz checkpoint

15:45

- Salanfe checkpoint closes

21:00

- Champéry checkpoint closes

Time barriers

Vérossaz	12:45
Salanfe	15:45
Champéry	21:00

Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

DDM 57K I - INDIVIDUAL

Caption

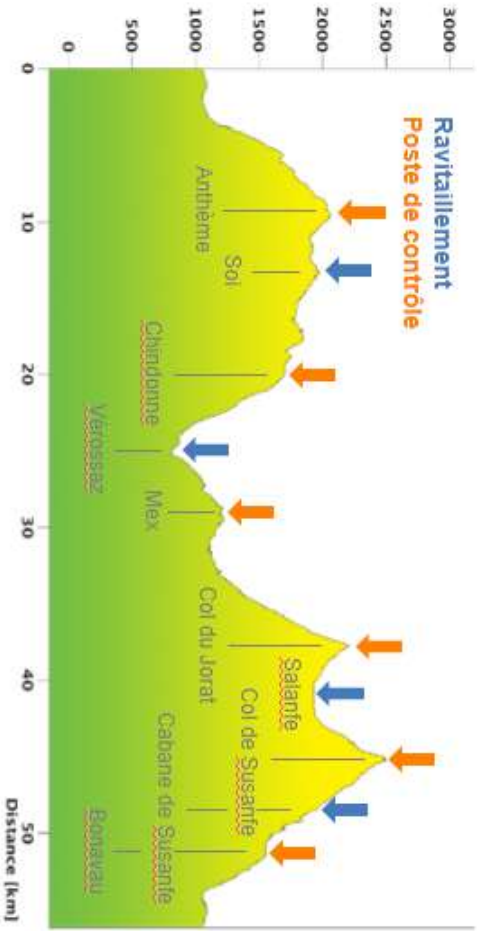
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



Location	Cumulative distance	Ascent + cumulative	Ascent - cumulative	Time barrier	Services
Soi	14 km	+1'100	-200		
Vérossaz	25 km	+1'600	-1'900	12:45	
Mex	33 km	+1'900	-2'000		
Salanfe	41 km	+3'050	-2'300	15:45	
Col de Susaŋfe	47 km	+3'650	-2'300		
Cabane de Susaŋfe	49 km	+3'650	-2'700		
Champéry	57 km	+3'700	-3'700	21:00	

THE TRAILS

DDM | 32K - INDIVIDUAL

This Trail des Dents-du-midi course is 32km long and includes 2100m of ascent.

It starts in the village of Vérossaz and finishes in Champéry. Race starts at 08:30 from Vérossaz.



THE TRAILS

DDM | 32K - INDIVIDUAL - START 08:30

Saturday 14.09

06:45 - 07:00

- Shuttle bus to Vérossaz, departing at 06:45 (50 seats) and 07:00 (70 seats) in front of the Champéry gondola.

07:15 - 08:15

- Bib number collection for DDM 32k in Vérossaz, near the church.

08:30

- Race start - Vérossaz

15:45

- Checkpoint closes in Salanfe

21:00

- Checkpoint closes - Champéry

Time barriers

Salanfe	15:45
Champéry	21:00

Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

DDM | 32K - INDIVIDUAL

Caption

Full provisioning

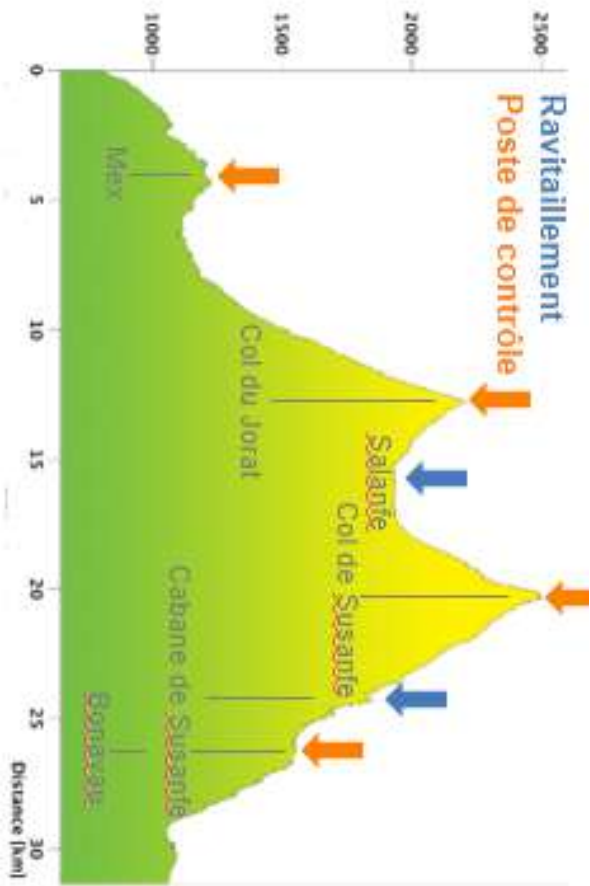
Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier

Location	Cumulative distance	Ascent + cumulative	Ascent - cumulative	Time barrier	Services
Mex	8 km	+300	-100		
Salanfe	16 km	+1'450	-400	15:45	
Col de Susanfe	22 km	+2'050	-400		
Cabane de Susanfe	24 km	+2'050	-800		
Champéry	32 km	+2'100	-1'800	21:00	



THE TRAILS

DDM | RELAY - DUO

“The Relay for those who like to run as a couple or with a friend”.

The Trail des Dents-du-midi course can be run as a Relay. It comprises two routes;

- 1st relay: 25km distance, 1500m vertical drop. Starts in Champéry and finishes in Vérossaz.
- 2nd relay: 32km distance, 2200m ascent. Start from Vérossaz and finish in Champéry.

There are 2 starting times for the races: 06:00 or 09:00. You are free to choose your start time. The stopwatch is simply triggered by the runner crossing the start line, thanks to our timing partner MSO. Please note, however, that the time limits are identical for all runners, i.e. 12:45 in Vérossaz and 15:45 in Salanfe. Adjust your choice of start according to the time you expect to take.



THE TRAILS

DDM | R - DUO - DEPARTURES 06:00 - 09:00

Saturday 14.09

05:00 - 05:45

- Bib number collection in Champéry

06:00

- 1st start from Champéry

07:30 - 08:30

- Number pick-up in Champéry

09:00

- Checkpoint opens in Vérossaz (no entry before 09:00)
- 2nd start from Vérossaz

12:45

- Vérossaz checkpoint closes

15:45

- Salanfe checkpoint closes

21:00

- Closing of Champéry checkpoint

Time barriers

Vérossaz	12:45
Salanfe	15:45
Champéry	21:00

Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

DDM | RELAY - DUO

Caption

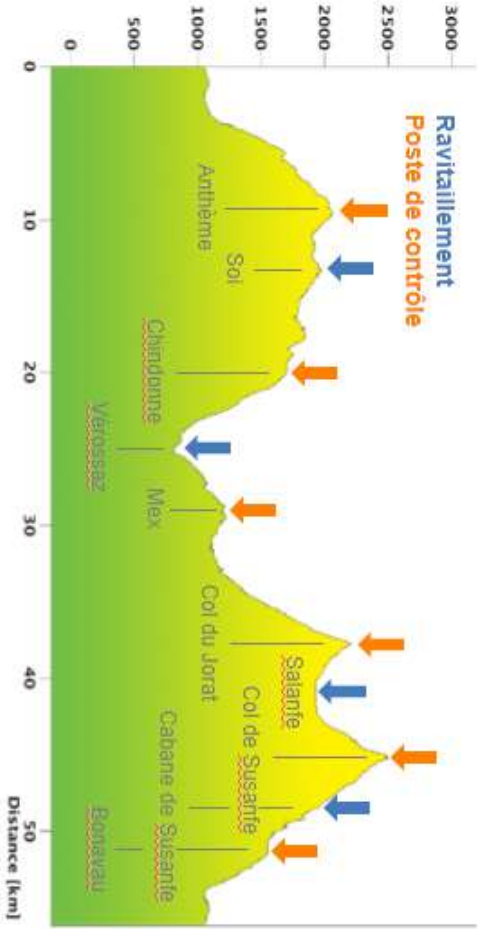
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



Location	Cumulative distance	Ascent + cumulative	Ascent - cumulative	Time barrier	Services
Soi	14 km	+1'100	-200		
Vérossaz	25 km	+1'600	-1'900	12:45	
Mex	33 km	+1'900	-2'000		
Salanfe	41 km	+3'050	-2'300	15:45	
Col de Susaŋfe	47 km	+3'650	-2'300		
Cabane de Susaŋfe	49 km	+3'650	-2'700		
Champéry	57 km	+3'700	-3'700	21:00	

THE TRAILS

DDM | DISCOVERY - INDIVIDUAL

“The trail for those who like to take their time”.

The Trail des Dents-du-midi can be completed in 2 days. It comprises two routes;

- Day 1: 33km distance, 1900m elevation gain. Departure 10:00 from Champéry (DEPARTURE FRIDAY SEPTEMBER 13).
- Day 2: 24km distance, 1800m ascent. Start 07:00 village of Mex (Saturday, September 14).



THE TRAILS

DDM | DISCOVERY - INDIVIDUAL - DEPARTURE 10:00

Friday 13.09

09:00 - 09:45

- Bib number collection in Champéry

10:00

- Departure from Champéry

From 18:30

- Meal and evening at Mex (*bag transport taken care of by the organization at departure*)

Saturday 14.09

07:00

- Start of 2nd stage from Mex

Time Barriers

Mex	18:30
Salanfe	15:45
Champéry	21:00

Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

DDM | DISCOVERY - INDIVIDUAL

Caption

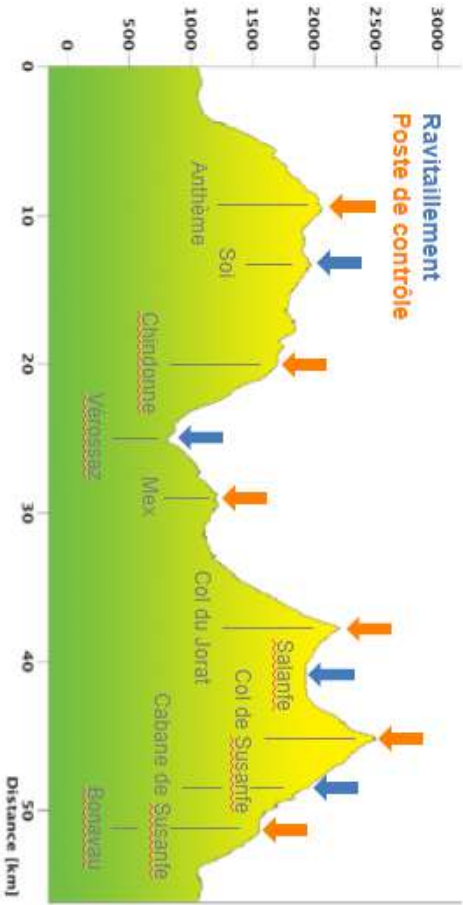
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



Location	Cumulative distance	Ascent + cumulative	Ascent - cumulative	Time barrier	Services
Soi	14 km	+1'100	-200		
Vérossaz	25 km	+1'600	-1'900		
Mex	33 km	+1'900	-2'000	18:30	
Salanfe	41 km	+3'050	-2'300	15:45	
Col de Susanfe	47 km	+3'650	-2'300		
Cabane de Susanfe	49 km	+3'650	-2'700		
Champéry	57 km	+3'700	-3'700	21:00	

THE TRAILS

DDM | 13K - ALL CATEGORIES - START 13:00

Saturday 14.09

10:00 - 12:30

- Bib number pick-up in Champéry

13:00

- Departure from Champéry

From 15:00

- Proclamation of results on the church square in Champéry

Time barriers

Champéry

15:00

Highly recommended

- ☐ Cup

Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

DDM | 13K - ALL CATEGORIES

Caption

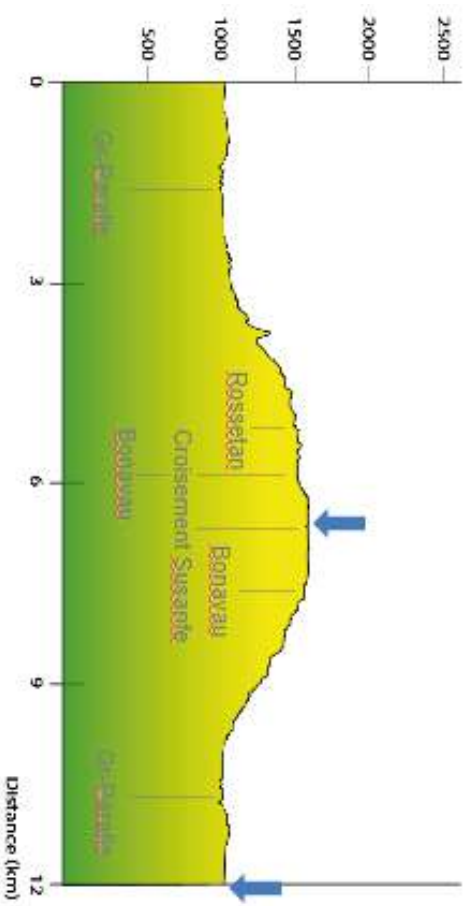
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



Location		Cumulative distance	Ascent + cumulative	Ascent - cumulative	Time barrier	Services
Grand-Paradis		2 km	+30 m	-30m		
Rossetan		5 km	+430 m	-30 m		
Passerelle Belle-Etoile		5,9 km	+480 m	-50 m		
Croisement Susanfe		6,6 km	+550 m	-60 m		
Bonnavau		7,4 km	+560 m	-60 m		
Grand-Paradis		10,5 km	+560 m	-560 m		
Champéry		12,7 km	+590 m	-590 m	15:00	

THE TRAILS

DDM | 13K - ALL CATEGORIES

The trail des Dents-du-midi offers a race that can be a first training for the DDM|32 or DDM|57 in subsequent years.

This race of almost 13km starts from the same place as the basic race, crossing the districts and village of Champéry to finish at the same place, under the original large arch of the mythical Trail.

Junior

The Trail des Dents-du-midi attracts many new and young trailers and their families, who come to cheer on their fathers, mothers and other relatives. While the advanced runners pursue their passion, we've set up an activity for the others.

This race of almost 13km is proposed for young people aged 12 to 17, starting from the same place as the basic race, crossing the districts and village of Champéry to finish at the same place, under the big original arch of the mythical Trail.

Companies

This is the philosophy that the DDMTrail team wishes to bring to this race, which is designed to strengthen ties, federate teams and, of course, the health of each and every one of us.

Within the reach of almost everyone, the trail des Dents-du-midi is a 3-person team competition that enables employees and their managers to compete against each other wearing their company's colors. It's a great way to get your staff involved in corporate sports, by running or walking a 13 km course!

THE TRAILS

DDM | KIDS

The Dents-du-midi trail is a popular event for families, who come to cheer on their fathers, mothers and other relatives. While the grown-ups enjoy their passion, we've set up an activity for the little ones so they can do what the grown-ups do: the DDM Kids.

This little 0.9km race is reserved for children aged 4 to 12, and winds its way through the village of Champéry, starting and finishing in the same place, under the original, large arch of the mythical Trail.

The start is on Rue du Village, between the commune building and the Hôtel National in Champéry, the same start as the main race.



THE TRAILS

DDM | KIDS - START 11:00

Saturday 14.09

10:00 - 11:15

- Bib number collection in Champéry

11:00

- Departure from Champéry

Barrières horaires

Champéry

Snack time

Highly recommended

Suggested

- ☐ Cap or bandana
- ☐ Sun cream
- ☐ Mom or Dad at the finish
- ☐ A big smile

A full-page photograph of a female trail runner ascending a rocky mountain trail. She is wearing a light blue t-shirt, dark shorts, and a backpack with two water bottles. She is holding trekking poles and has a race bib on her waist. The background features a large, rugged mountain peak under a clear sky. The word "REFRESHMENTS" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

REFRESHMENTS

REFRESHMENTS

LOCATIONS

- Soi
- Verossaz
- Salanfe
- Susanfe
- Champéry

DRINKS (use of personal cup)

- Water
- Rivella red
- Isotonic
- Hot / cold tea
- Syrup
- Coca-Cola

FOOD

- Lemons
- Cheese
- Oranges
- Bananas
- Apples
- Melons
- Watermelons
- Dried fruit
- Dates
- Hazelnuts
- Croutons
- Chocolates
- Gingerbread
- Snickers





SUPPORTERS

SUPPORTERS

PASSAGE OF RUNNERS AT KEY POINTS

Passage points

DDM | 57k - Départ 06:00

DDM | 57k - Départ 09:00

Start from Champéry

06:00

09:00

Passage to Anthème

06:50 - 07:45

09:45 - 10:30

Passage to Soi

07:15 - 08:30

10:00 - 11:15

Passage to Chindonne

08:15 - 09:30

10:45 - 12:00

Passage / relay in Vérossaz

09:00 - 10:45

11:15 - 13:15

Passage to Mex

09:00 - 11:45

11:45 - 14:15

Passage to Salanfe

10:30 - 15:00

13:00 - 16:45

Passage to Col de Susanfe

11:30 - 17:30

13:45 - 18:15

Passage to Bonavau

12:30 - 19:30

14:30 - 20:00

Arrival in Champéry

13:00 - 21:00

15:00 - 21:00

ROUTE DETAILS

Champéry - Soi ((supporters))

We invite you to enjoy Champéry and all the activities organized for you. Canteen, entertainment, visits to local merchants: everything has been done to ensure that waiting for your favorite runner to arrive is done in the best possible atmosphere.

Early birds can head straight up to the Antème hut to admire the sunrise (a little after the first runners have passed through) and the magnificent view over the Val d'Illiez and the Dents. A perfect place to enjoy the morning between the lake and the hut.

For those wishing to walk a little, the ascent to Rossetan will enable you to see the runners in the first difficulties of the course. You can then continue your walk towards Bonavau and its canteen. What better way to discover or rediscover the region!

For the more courageous, we suggest pushing on to the Susanfe hut, where Fabienne and her team are unrivalled in making the Susanfe valley unforgettable.

Soi - Vérossaz *(supporters)*

The Soi refreshment station is an ideal place to cheer on the runners. After the race, you can climb up to Lac de Soi and admire the magnificent arrangements created by the Cherix brothers.

Accessible by car, Chindonne and its unique view of the Rhône valley is the next meeting point. The team at the Chindonne restaurant will prepare excellent dishes using local produce. Comfortably seated on the terrace, you can cheer on the trailers as they head downhill to Vérossaz.

It's in Vérossaz, the birthplace of the first Dents-du-Midi tour, that you'll witness the team relay. Entertainment and refreshments await you at midday. Access from the plain (Massongex).



Vérossaz - Salanfe *(runners)*

For the Grand Tour trailers, the start from Vérossaz could prove difficult. Accompanied by fresh relay runners, they will take their first steps on the “Pétolet” path to reach the soccer field road. After a few minutes on the tarmac, you'll find a forest track (with a few llamas on your right) leading you in the direction of Mex.

Be careful, as it's a downhill path on the left that takes you back to the original Dents-du-Midi trail and its rolling passage towards Mex. After around 5 km and a further 450 m of ascent, the village comes into view. After descending through the “old” village, you'll reach the road to the St-Barthélémy dam, the last breath of fresh air before the famous ascent to the Col du Jorat.

The 1000m difference in altitude for some 5 km that awaits you has left many tired! If you're thirsty, there's fortunately a fountain in the middle of the climb. Don't miss it, there's still a long way to go to Salanfe.

For the best, the race will certainly be played out here. The view that awaits you is the best way to make you forget your fatigue: breathtaking! Don't hesitate to make the most of it before tackling the descent to Salanfe and its refreshment station. Aline, Délphine and the whole team will make you forget...that there's only 15 km to go.

Salanfe - Susanfe *(runners)*

The last climb of the day takes you along the shores of Lac de Salanfe. About 1 km of flat to get back into shape, before the path on your right straightens out for... just a few metres before a new uphill slope takes you to the foot of the Col de Susanfe.

From the very first meters, the atmosphere changes and you now enter the most mountainous part of the route. Just under 600m of ascent and 3km for a climb just the way we like them: beautiful, just the right amount of technique and a lunar passage as the icing on the cake. For the more “difficult” parts, no problem, the guides will have prepared the ground.

It will take the special atmosphere of the Col de Susanfe and the proximity of the Haute Cime (on your right) to make you forget that 12km and 1500m of negative altitude difference await you.

Initially easy and pleasant, the descent quickly becomes more technical and irregular once you enter the Susanfe valley. It takes another 2 km to reach the Susanfe hut and enjoy Fabienne's warm, smiling welcome.



Susanfe - Champéry (runners)

Pleasant as it is, we have to leave Susanfe and her team's cabin.

After just over 1 km, the Pas d'Encel awaits you. A place feared by some, awaited by others (admittedly rarer), it will leave a memory for everyone. The guides will be on hand to guide you through this last technical section. A few more minutes and you'll see the last refreshment point at Bonavau, manned by Fabrice and his team.

Just 500m of ascent and 6km to Champéry.

A final descent through the forest, a passage through Grand-Paradis and the “stroller path”, walked a few hours earlier, bring you back to Champéry's main street. The aches and pains are forgotten, the legs feel lighter, and you cross the finish line to the applause of the spectators.



ENTERTAINMENT - CHAMPÉRY

Saturday 14.09

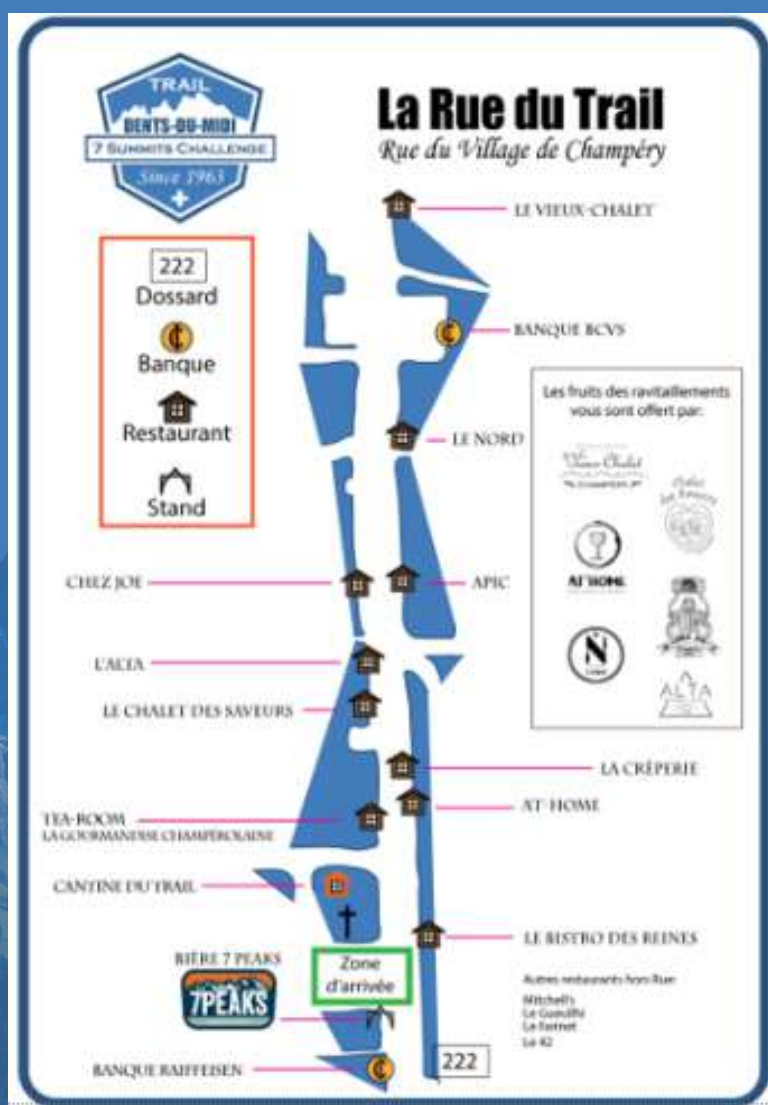
From 06:00	Speaker and race start in Champéry
From 08:00	Entertainment in Mex
From 08:30	DDM 32k race start in Vérossaz
From 09:00	Second race start in Champéry
From 11:00	Entertainment and lunch in Vérossaz and Champéry
From 13:30	Arrival of first relays and runners at 6:00 from Champéry
From 15:00	Proclamation of results - place de l'église in Champéry - DDM 13 + DDM K
From 18:30	Proclamation of results - place de l'église, Champéry

Village street - Champéry

Champéry has an attractive village street.

All the restaurants and shops are open for the Trail des Dents du Midi and will be there to welcome athletes and families throughout the day.

Here's a glimpse of the street:



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REGULATIONS

BIBS

Each runner receives an individual race number upon presentation of photo ID, race bag and all mandatory equipment. The number must be worn on the chest or stomach and must be visible at all times throughout the race.

PERSONAL BAGS

A bag with your personal belongings can be dropped off in Champéry and will be stored in a safe room for the duration of your race.

REFRESHMENTS

Only runners wearing a visible number on their chest will have access to the refreshment posts. Refreshment stands are set up according to transport possibilities, the food available in the region and the season.

CONTROLS

Each runner will be fitted with a microchip and must not, under any circumstances, remove it before the end of the race. Checkpoints will be automatic. If the runner has to stop the race, he/she must inform the race management and then hand over the beacon at the nearest aid station.

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SAFETY

Even the best runner is not immune to an injury that could leave him immobilized at night, in the cold. Rescue teams are on hand to provide emergency care. However, don't forget that the environment and the race may cause you to wait longer than expected for help. Here are our safety tips to help you stay safe during your race.

EQUIPMENT

A few common-sense reminders to cope with difficult weather conditions:

- Anticipate both cold and extreme heat
- Don't wait until you're shivering to cover up
- Don't change clothes in the wind
- Protect yourself from the sun

Depending on the conditions, the organisers reserve the right to make certain items of equipment compulsory in order to take part in the race.

NUTRITION & HYDRATION

Hydration and energy intake must be adapted to weather conditions and enriched with salt throughout the effort. Maintain a good balance between slow and fast sugars, and don't forget to drink enough.

BEHAVIOUR IN FRONT OF PATOUS

During your adventure, you may come across herd protection dogs, more commonly known as Patou. When hikers, cyclists, etc. encounter herds protected by herd protection dogs, conflicts can arise. To minimize such conflicts, official herd protection dogs are carefully trained, and their owners must take accident prevention rules into consideration. However, it is equally important that amateur sportsmen and women behave as correctly as possible towards these dogs.

Please visit www.protectiondestroupeaux.ch to find out what to do if this happens to you during the DDM Trail.



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TIME BARRIERS

They are calculated to enable participants to reach the finish in the maximum time allowed. They are indicated on the various documents provided. The time indicated by the time barrier is the time by which competitors must leave the checkpoint. The organizers may modify the time barriers if necessary for safety reasons. Runners arriving after the time barrier will be stopped.

ABANDONMENT AND REPATRIATION

Unless you are injured, you must not abandon anywhere other than at an abandonment point (= point where the organization bus is listed on the race description board). In this case, you **MUST** notify the station manager, who will permanently invalidate your number and recover your chip/GPS. The runner keeps the invalidated number. Repatriation is decided with the station manager, according to the following general rules:

- Shuttles are available from certain aid stations to take you back to Champéry.
- Runners who drop out at another aid or refreshment station, but whose state of health does not require evacuation, must return to the nearest repatriation point as quickly as possible and by their own means.
- In the event of abandonment before a checkpoint, it is imperative to return to the previous checkpoint and report the abandonment to the station manager. If the runner encounters closers on the way back, it is they who will invalidate the race number. The runner is no longer under the control of the organization.

COMPLIANCE WITH REGULATIONS

At the time of registration, each rider confirms that he/she has read the regulations and agrees to abide by them. These regulations may be amended at any time, and the latest version shall prevail. Please take note of any changes and respect them for the sake of the race.







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BEHAVIOUR WHEN FACED WITH MOUNTAIN CHAINS

MDD races are notoriously difficult, as you have to cross mountainous terrain, sometimes at altitudes of over 2,500 metres, with isolated sections and highly variable weather conditions. There are some tricky spots on the route, including the Pas d'Encel (Champéry region, between the Col de Susanfe and Barme). This passage is equipped with chains and/or fixed ropes. It is compulsory to hold the chain/fixed rope when it is present.

EMERGENCY NUMBER

The emergency number on your race number is for emergencies only (lost, injured, ill, etc.). For all other queries, please contact the various posts along the course, who will liaise with race HQ.

	144	Sanitätsnotruf Urgences Santé Ambulanza
	117	Polizei Police Polizia
	118	Feuerwehr Pompieri Pompieri
	1414	Rega
	145	Tox Info Suisse Tox Info Suisse Tox Info Suisse
	112	Europäischer Notruf Numéro d'urgence européen Numero d'emergenza europeo

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GOOD RUN !

