

# ALPS EPIC 2025

## RACER INFORMATION

### ➡ MOBILE APPLICATION ALPS EPIC

Your best ally throughout the event is the Alps Epic mobile web application: [www.app-alpsepic.com](http://www.app-alpsepic.com). You'll find everything you need there : a day-by-day programme, maps, accommodation information, GPS access to key locations and much more.

⚠ Please note **there will be no SMS communication** this year. All announcements, last-minute changes, alerts and important information will be sent exclusively via this application.

➡ Don't forget to add it to your home screen (via the browser's "...") and, above all, to **activate notifications** so that you can receive our messages in real time.

### 🏁 RECEPTION AND COLLECTION OF REGISTRATION PACKS

Le departure official will take place on Saturday 21 June 2025 , but we look forward to welcoming you on **Friday 20 June**.

- **For participants in the week-long format** : packs must be collected on Friday 20 June between 10am and 5pm.
- **For the participants at format weekend- end** : withdrawal possible either on Friday 20 June or Saturday 21 June between 6.30 and 7.30am.

📍 The reception will take place at **the Puy-Saint-Vincent 1400 town hall**.

At the participants who have booked accommodation via the organisers must leave their bikes in the secure bike park. No bikes will be allowed in the accommodation. For the others, you are free to manage as you wish, but we recommend that you use this service.




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- ➡ Accommodation will be available once you have collected your pack. If you have booked an optional night from 19 to 20 June, you can y directly on arrival.

## **CYCLIST ARRIVING BY CAR**

For those taking part in the **week**, once unloaded at Puy-Saint-Vincent, drivers will have to park their vehicles at **Montgenèvre on the afternoon of Friday 20 June**. A **shuttle bus** (GPS point specified in the app) **will leave the bus station at 3pm** to take drivers back to Puy-Saint-Vincent. Please take into account the time it will take you to get to Montgenèvre from Puy- Saint-Vincent (around 1 hour). This **rotation is unique**. There will be no return shuttle at the end of the race.

 For the **weekend** formats, the shuttles will take place either on **Friday 20 in the afternoon** or on **Saturday 21 early in the morning** (depending on what you booked when you registered). You will also receive the info the most important via the application's notifications. Be sure to **activate notifications in your settings**.

## **LUGGAGE & PERSONAL BELONGINGS** **( P A C K S B L U E & B L A C K )**

Each **registered in pack** Blue or Black( week or week-ends) will receive two Alps Epic bags :

- **A 60L bag**: to be used for your personal belongings throughout the week. This bag will be transferred each day from your departure accommodation to your arrival accommodation. We ask you to transfer your belongings into it on the first day, when you collect your runners' packs. No other luggage will be accepted.
- **A 10L bag**: to be used as a day bag. It will follow you to the start line and can be collected directly from the finish line. This will allow you to keep an extra jacket, for example, until the start and pick it up at the finish to avoid getting stiff.



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If you have any extra equipment (e.g. bike cover), drop it off at the stand at this at when you collect your pack. It will be transported to Montgenèvre and be collected at the end of the race.



## DEPARTURE & ARRIVAL OF EACH STAGE

Everyday, you will receive a **briefing via the application**, to read the day before. So don't forget to **check your phone every evening**.

▶ Start times for each stage can be found on the programme at sit web or on la web application. Show up **30 minutes before your start time** to be placed according to your ranking. When you arrive at the strat line, drop off your day bag in the box indicated.

▶ On arrival, you will collect your day bag. If your accommodation is far away, a shuttle will take you there.



## MATERIAL OBLIGATORY

The following equipment **is compulsory** and may be checked at anytime :

### By cyclist :

- Headphones,
- Survival blanket,
- Phone charged,
- Windbreaker or light jacket,
- Minimum 1,5 L water ( or hydrapack),
- A few energy bars (recommended),
- Repair kit with derailleur hanger.

### By team (or solo):

- Full first-aid kit (see regulatory list),
- GPS (1 compulsory per team, 2 recommended),
- Chain drift.



It is compulsory to wear the mountain bike number plate, wristband, tracker and stopwatch chip supplied by the organisers.




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## MEDICAL LICENCE OR CERTIFICATE


For all formats (5 days or 2 days):

- **With licence** : provide a copy of a valid licence (UCI, FFC, UFOLEP, FFTRI, FSGT, FNRM).
- **Without a licence** : provide a **medical certificate** less than one year old on the day of the race+ 3 days.

 Please **racers@alpsepic.com** or bring them with you on the day. Without them, you will not be able to take the start.

## UCI RANKING

- Only **Solo participants (5 days)** holding a valid **UCI Elite Men's or Women's licence** can claim UCI points.
- There is no separate classification for the U23s.
- The Duo format of the Alps Epic does not allow you to be classified in the UCI rankings.
- Masters riders are not eligible for UCI points.

 Your UCI licence will be checked when you collect your numbers. If you wish to change from Duo to Solo mode and take part in the UCI ranking, please indicate this at the time.

 All the rules concerning the **UCI ranking** are specified in the **chapter 11 of the Alps Epic rules**, available on our website.

## SERVICES AFTER EACH STEP

At the Alps Epic village, you'll find :

- **Bike wash**: Carried out by us for Black Packs; self-service for Blue Packs (if you are in a Blue Pack or do not have a Pack but still wish to have your bike washed by us at the end of each stage, a special package will be available for purchase when you collect your numbers).



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- **Workshop mechanics** : check daily included for the Black pack. Parts and labour are your responsibility.
- **Guarding bike** : one bike park secure will be at your disposition at the end of each stage for all participants.
- **Massage**: included in Black Pack / optional for others.
- **Shuttle accommodation**: for Pack Bleu & Noir.
- **Post-race meal**.



## ACCOMODATION & MEALS

Accommodation details will be sent to you by email and a label will be attached to your bag. The race service is there to guide you if necessary.

Bed linen is provided. Bring your own toiletries.

### Meal times :

- Breakfast : from **6h30**
- Lunch : from **12h30 according to your arrival**
- Dinner: from **7.30pm**



Our hosts are aware of your nutritional requirements. Please let us know as soon as possible if you have any food allergies.



## MARKUP & NAVIGATION

The route will be lightly signposted, but **the GPS will be your main reference**. Tracks will be given to you beforehand. In the event of any discrepancies, **always follow the GPS**.



You will be crossing sensitive areas (nature, mountain pastures, roads):

- Follow the instructions,
- Get off your bike if there are sheepdogs around,
- Don't throw your rubbish away,
- Respect the highway code (you do not have priority on any part of the road).



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From barriers time not are set in place. They result in penalties, but of elimination  
You will then the course of fallback.



## ASSISTANCE AREAS

External assistance (mechanical or solid and liquid refuelling) is authorised **only in the zones defined** by the organisers (indicated on the app and map). Teams found in breach of this rule will be disqualified.



For UCI riders :

- 2 assistants authorised per rider, at must be worn,
- Wristbands identification (distributed race numbers)
- Replacement parts OK (not the bike),
- It is forbidden to run alongside the rider, to throw water or to make a half-lap around the course to reach the assistance zone.



## OTHER UCI POINTS

Some rules rules to respect for the riders entered in the UCI rankings:

- The **continental and national champions at XCM** must wear their distinctive jersey on every stage.
- **On-board cameras** are strictly **forbidden** on riders' bikes and equipment.
- Any form of **remote communication** (radios, earphones, etc.) is forbidden during the race.
- If a rider leaves the course, he is obliged to it exactly where it left off.



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## END OF THE EVENT

The final stage takes place **on Wednesday 25 June**. After the finish, all the usual services will be available.

□ In the evening, we invite you to a festive and convivial **closing evening** with a meal, grills and music. This will mark the end of this 10<sup>e</sup> edition. The official closing of the Alps Epic will take place after this evening. You will then be free to extend your stay in the Hautes-Alpes as you wish (don't hesitate to ask us for advice ).□

## THE WORD OF THE ORGANISATORS

We would like to say a huge thank you to each and every one of you. □

The Alps Epic is the crazy challenge we set ourselves ten years ago, with the aim of raising the profile of mountain bike well beyond our frontiers.

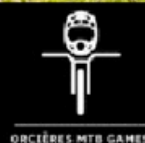
Each past edition has been an incredible human and sporting adventure, marked by commitment, sharing and strong emotions. You have been at the heart of this wonderful story.

Today, we are particularly happy and proud to welcome you to this **10<sup>o</sup> edition**, which promises to be more than ever... **EPIC!** 🌟

*Seb & Lolo  
Team Alps Epic*



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SUD PROVENCE  
CÔTE D'AZUR

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PUIS  
VINCENT

LES  
ECLIPS

Serre Chevalier Vallée  
Briançon

Montgenèvre

KENNY