



Races information

MTBO Grand-Est regional championship Fontenay (88) – 28-29 march 2026

GENERAL INFORMATION

To ensure the safety of participants and to preserve the natural environment, please review the following information:

1) Organization – Welcome and Registration

Registration

Unlicensed riders must check in at the registration desk in advance to complete the required documents.

Entry fees

Fees must be paid **before the race weekend**.

Camper vans

It is possible to stay on-site (provided parking) overnight from Saturday to Sunday. However, there is no water or electricity, no waste disposal available, and generators are prohibited.

2) IMPORTANT: Finish procedure

⚠ ALL RIDERS MUST GO CHECK THEIR SPORTIDENT IMMEDIATELY AFTER CROSSING THE FINISH LINE ⚠

All participants must cross the finish line, **even if they withdraw from the race. You must go check your SI card** to confirm your return.

This procedure is essential to ensure everyone's safety. Thank you for your cooperation!

3) Terrain and safety conditions

Forestry

Forestry work has been underway for several months. As a result, and despite the efforts of the organizing team, the rideability of some trails may be worse than shown on the map (ruts, branches on the ground, obstructed sections).



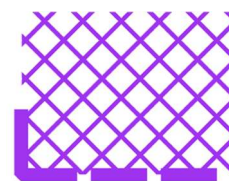
Risks associated with trees

Presence of dying or dead trees in certain areas of the forest.

⚠ Risk of falling branches or tree trunks: caution advised.

Forbidden areas

For reasons related to permits, safety, or the organizers' decisions (artificial constraints, visibility, etc.), several forbidden areas will be marked on the map with symbol 709 (restricted access area). In some places, the boundary of the restricted area will be marked with symbol 709.002 (intermittent marking) and will be partially taped in the forest.



Please respect these restrictions!

💡 *Please remember that it is strictly prohibited to leave marked trails and other areas designated for mountain biking, whether to reach a parallel trail or to follow an unmarked "track".*

Stream Crossings

This forest contains several sensitive streams. To minimize the impact on the natural environment, certain crossing points have been established.

Four stream crossings will be marked on the map with symbol 710.1 (crossing point), indicated on the ground with caution tape, and equipped with an existing bridge or pallets installed by the organizing team.



💡 *These crossing points are not mandatory, in the sense that your route choice may go elsewhere. However, if your route choice passes through one of these points, you are required to follow the tape and use the designated facilities.*

Sharing the path with other users

Many walkers and cyclists use the race area: You do not have priority! In accordance with competition rules: *"Competitors must follow with applicable traffic regulations—including traffic laws."*

Please be respectful to all users.

👉 It is recommended that you carry a bell (this equipment will, in fact, be mandatory at the next French Championships in Isère).
































































































































































































































































































SATURDAY 28: MIDDLE DISTANCE

1) Important: Map collection

Due to a denied permit, we were forced to reschedule Saturday's race at the last minute to use the same map as Sunday's race. Saturday's race maps will therefore be collected at the finish line and will be available at reception on Sunday after the mass start. We ask for your full cooperation in promptly handing over your map after crossing the finish line.

👉 If you withdraw from the race, you must go by the finish line to return your map!

2) Race info

Event center – Start: 700m

Finish – Event center: 600m

Specifications (H = Men, D = Women)

Courses (winning time)	Categories	OCAD distance	Real distance	Climb	Controls	Map
A (50-55')	H20 H21	12,9 km	18,0 km	350 m	19	A3 1/12 500
B (50-55')	D20 D21	11,1 km	15,5 km	275 m	17	A3 1/12 500
C (40-45')	H17 H40 H50	8,9 km	13,0 km	190 m	14	A3 1/12 500
D (40-45')	D17 D40 D50 H60	7,3 km	11,5 km	170 m	14	A3 1/12 500
D bis (40-45')	D60	6,2 km	10,0 km	160 m	10	A3 1/12 500
E (30-35')	D14 H14 H70 H75	6,1 km	9,0 km	140 m	11	A3 1/12 500
F (30-35')	D70 D75 D80 H80	5,3 km	7,0 km	130 m	8	A4 1/10 000
G (25-30')	D12 H12	4,0 km	5,0 km	85 m	9	A4 1/10 000
H (20-25')	D10 H10	2,4 km	2,5 km	40 m	9	A4 1/10 000
V (60')	E-MTB	9,5 km	12,0 km	250 m	12	A3 1/12 500

Start time

Individual start every 2 min (see Start list). Call 3 min before start time.

SUNDAY 29: MASS START

**⚠ PLEASE REMEMBER THE TIME CHANGE!
FIRST DEPARTURE AT 10 A.M., BUT IT WILL FEEL LIKE 9 A.M.! ⚠**

1) Important: Sharing the path with other users

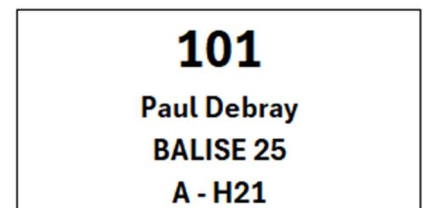
On Sunday morning, a walk organized in the area will follow a large trail located in the southern part of the map. Several 719 symbols (dangerous section) have been added to highlight the risk. We ask participants on courses A, B, and C to be especially careful in this section.



2) Bib number

Each participant has been assigned a bib number (for starting position and map distribution). However, to avoid the cost and waste associated with using single-use frame plates, we will simply provide individual paper bibs to slip into your mapholder before heading to the arena. These bibs can be left at the starting line once the maps have been distributed.

⚠ You must pick up your bibs at the registration desk (available starting Saturday) before following the convoy to the arena.



3) Weather conditions and return after race

Given the weather forecast, we recommend that you dress warmly. You may leave your clothes in a sheltered area at the arena while you race.

At the end of your race, please check with the organizers for return options. In any case, please be mindful and show good sportsmanship toward any runners who may still be on the course.

4) Race info

The arena is located 3 km from the reception area, in the center of the map. A convoy will be organized from the event center. **The convoy departs at 9:30 AM.** Please ensure you are ready with your bike and bib number before 9:30 AM.

⚠ No access to the starting area is possible outside of this convoy!

💡 You may finish your warm-up on the last 300 meters of the route to the arena, but only until the first group is called to start (9:50 AM)

Specifications (H = Men, D = Women)

Courses (winning time)	Categories	OCAD distance	Real distance	Climb	Controls	Map
A (70-75')	H20 H21	18,8 km	28,0 km	550 m	25	A3 x2 1/12 500
B (70-75')	D20 D21 H40	17,2 km	24,3 km	450 m	22	A3 x2 1/12 500
C (55-60')	H17 H50	13,3 km	19,2 km	350 m	21	A3 1/12 500
D (55-60')	D17 D40 D50 H60	10,7 km	15,8 km	310 m	16	A3 1/12 500
D bis (55-60')	D60	8,8 km	13,2 km	230 m	12	A3 1/12 500
E (40-45')	D14 H14 H70 H75	6,5 km	10,7 km	175 m	12	A3 1/12 500
F (40-45')	D70 D75 D80 H80	5,9 km	8,4 km	130 m	13	A4 1/10 000
G (30-35')	D12 H12	4,4 km	6,6 km	120 m	12	A4 1/10 000
H (20-25')	D10 H10	2,8 km	3,0 km	70 m	10	A4 1/10 000
V (60')	E-MTB	8,9 km	12,7 km	260 m	10	A3 1/12 500

Start time

Call 10 min before start time.

Lineup 5 min before start time, placement based on bib number.

Mass start:

- **10:00: Course A**
- **10:07: Course B**
- **10:15: Course C**
- **10:20: Courses D & D bis**
- **10:25: Courses E, F, G, H & V**

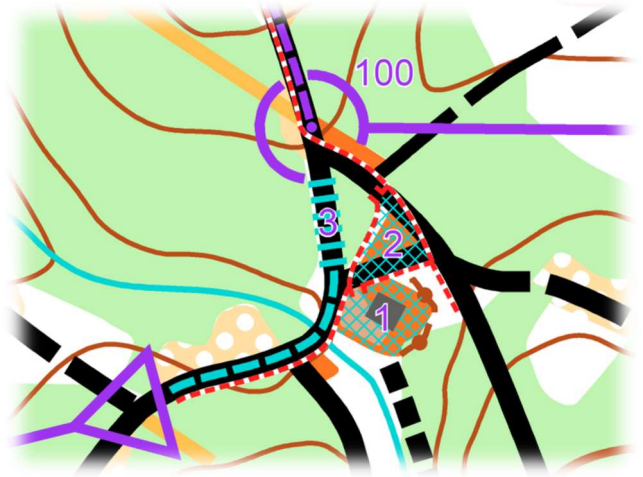
⚠ The course start times are organized to minimize risks in the forest. However, you will inevitably encounter competitors from your own course as well as from other courses, and perhaps even groups of athletes. **Stay alert, play fair, and be respectful!**



5) Arena description

Mass Starts

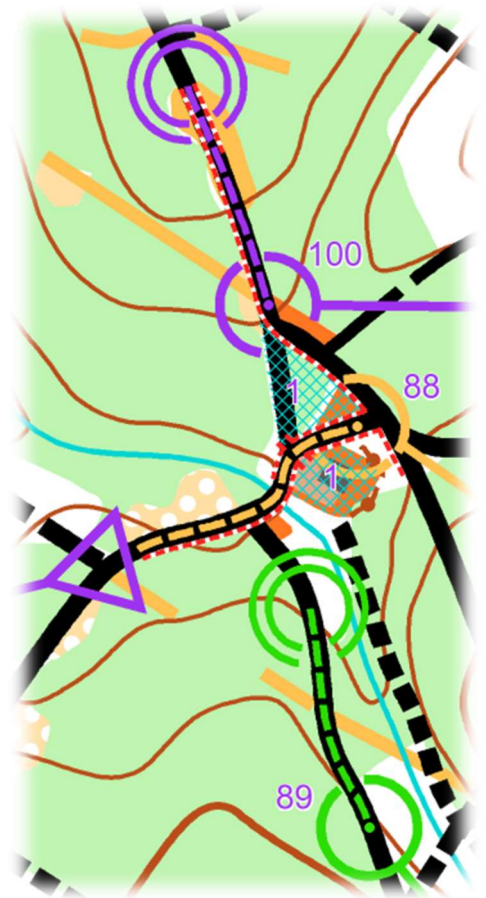
- 1 – Spectator/waiting area
- 2 – Call area, waiting for next start group (clean/check SIAC at the entrance of the area)
- 3 – Starting lines



Once the race has started

- 1 – Spectator/waiting area
- 88 – (Courses A & B) Arena passage & Map change
- 89 – (Courses H & V) Last control & Finish
- 100 – (Courses A to G) Last control & Finish

💡 For courses A & B, you may drop your first map when passing through the corridor (between 88 and the start triangle). The second map begins at the same start triangle at the end of the corridor.



💡 Final reminder: In a mass start and in case of sprint finish, it is the crossing of the bicycle (front wheel) over the finish line that counts. **The event advisor and/or an organizer will be positioned AFTER the line with a “finish” control with inactive SIAC.** You will be asked to quickly clear the finish line and then calmly punch the finish control in the order in which you crossed the line.

