



CHARTER FOR THE FUTURE MEDOC MARATHON RUNNER

BY REGISTERING FOR THE 40TH MEDOC MARATHON, I COMMIT TO:

- complete the 42.195km in the allotted time, i.e. 6h30 maximum.
meeting the time limit also means respecting the people who supervise the event : doctors, paramedics, police, firefighters, musicians, volunteers, they contribute to your happiness of being among the 8,500 registered.
- disguise myself while respecting a certain clothing ethic (many families and children on the circuit).
- taste in moderation the wines offered by the owners on the route.
- respect our beautiful territory by throwing away my waste in areas dedicated to this purpose.
- ensure (for your safety) that my bike and scooter guides are only present on the bike route.
- Respect the safety rules, do not leave your bag unattended.
- respect this charter, for the pleasure of all.

