



# TRANS SAHARA MARATHON

## **MX3-200KM-NON-STOP** **MOROCCO – 2026 - english**

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## **ART 1 : ORGANISATION**

The Raidlight Desert Trophy is organised by TRAIL TO BE ALIVE, SAS with a capital of €50,000 - Registered office located at 65 rue de Perquelin 38 380 Saint-Pierre-de-Chartreuse, registered 401 713 169 RCS Grenoble (38), hereinafter the "Organiser" or the "Organisation".

These sporting regulations supplement the General Terms and Conditions of Sale (GTC) of TRAIL TO BE ALIVE (available on [www.trailtobealive.fr](http://www.trailtobealive.fr)) which apply in the first place and govern the conditions of the trip.

### **Partners of the Organization:**

- The Raidlight brand, a trail equipment manufacturer, is the main sponsor of the Raidlight Desert Trophy.
- The MX3 brand, manufacturer of freeze-dried meals and sports nutrition products, is the main sponsor of the 200KM-NON-STOP.
- AE AHANSAL, a receptive agency in Morocco, is the local organizing partner.

## **ART 2 : DEFINITION DU RAIDLIGHT DESERT TROPHY – TRANS SAHARA MARATHON**

The Raidlight Desert Trophy – Trans Sahara Marathon is a sporting event organized in Morocco in the region of Zagora and Erg Chegaga, in three parallel formats:

- a stage running event of approximately 150 kilometres in total, hereinafter referred to as the "TRAIL course",
- a running or stage hiking event of approximately 100 kilometres in total, hereinafter referred to as the "HIKING route".
- a NON-STOP running event of approximately 200 kilometers in total, hereinafter referred to as the "200KM-NON-STOP course".

These regulations only concern the 200KM-NON-STOP, other specific regulations are established for the TRAIL and RANDO formats.

## **ART 3 : CONDITIONS OF PARTICIPATION**

The MX3-200KM-NON-STOP is open to all, men or women, licensed or not. Registration is allowed from the SENIOR category.

The MX3-200KM-NON-STOP is reserved for trained runners, in good physical condition and able to run or walk alone and independently during the planned distance, in semi-self-sufficiency, and in conditions that can be made difficult by weather conditions, fatigue, and the repetition of stages.

The Organization requests the prior submission of:

- an electrocardiogram (ECG) established within 3 months prior to the test.
- and:
- the specific medical certificate provided by the organisation issued within 3 months before the date of the event. The specific medical certificate is mandatory.

#### **ART 4 : PROGRAMME**

As part of a Morocco travel program with other tourist days, the MX3-200KM-NON-STOP sporting event will be broken down as follows:

- 09/02/2026: untimed prologue of about 10 kilometers at free pace (mandatory)
- 10/02/2026 : Departure at 7:00 am for a non-stop route of about 200 kilometers
- Arrival before the 75-hour time limit.

Organized in Morocco in the Erg Chegaga desert, the terrain is sandy for most of the route, partly on wide tracks, partly in the middle of nature and in the dunes. The difference in altitude is generally not significant, about 1,500 positive meters in total.

The above distance is announced for information purposes, the precise distance will be detailed in the roadbook that will be provided a few days before the event. The organization reserves the right to modify the above route and distance at any time if circumstances require it.

The route is NOT MARKED, the route is mandatory and must be followed with a GPS. Limit times will be defined for each checkpoint, which will be recorded on the roadbook. The organization may proceed with disqualifications when these race times are exceeded.

The participants carry their personal belongings, the nights are spent in time of effort or in bivouacs, tents and water are provided by the Organization.

#### **ART 5: RANKINGS AND AWARDS**

The MX3-200KM-NON-STOP event is timed.

The following special rankings are established: scratch, men, women. The prizes are detailed on the Organization's website and will be distributed at the end of the event, according to the men's and women's rankings.

#### **ART 6 : BIBS**

The Organization will provide 2 bibs per person.

The bib must be affixed in its entirety, it is forbidden to fold or cut it out.

It is IMPERATIVE to position 1 bib at the front, and 1 bib at the back, in a VISIBLE way, in order to allow the scoring and controls of all participants. The absence of one of the bibs may result in penalties or the non-classification of the participant.

## **ART 7: EQUIPMENT**

The following list is the MANDATORY equipment that each participant must keep and carry individually throughout the event:

- Backpack 10 liters minimum (25 liters recommended Raidlight LEGEND /ULTRALIGHT /ENDURANCE)
- Sleeping bag with a minimum temperature of 10°C and a minimum weight of 280 grams
- Hydration device with a minimum potential capacity of **4 liters of water**
- Eco-cup or equivalent, no disposable cups or water bottles will be provided
- Headlamp (and spare battery) for moving around at night and following the route
  
- Race top + bottom (worn by the competitor during the race)
- Trail shoes (worn by the runner during the event)
- Desert gaiters (worn by the runner during the event)
  
- In addition to the list above: 1 long top + 1 long bottom
- Cap or bucket hat or hat
- Sunglasses
  
- Survival blanket,
- Safety mirror
- Whistle
- Suction pump
- Knife
- 8 safety pins
  
- 2 visible bibs 1 front and 1 back (provided by the Organization)
- Roadbook (provided by the Organization)
  
- Passport
- €50 in cash
- Sunscreen
- Toilet paper

## **PHARMACY:**

- First aid kit containing (at least when leaving, and as you consume it afterwards):
  - 1 tube crème anti-irritation
  - 1 pair of small scissors
  - 5 adhesive bandages
  - 5 x 10ml physio serum pods
  - 1 antiseptic bottle + 5 sterile compresses 10cm x 10cm (or 5 antiseptic compresses)
  - 2 elastoplast strips with a minimum width of 5cm and a minimum length of 1 meter
  - 5 hydrocolloid double skin dressings for ampoules (Compeed type)
  - 10 tablets of analgesic drugs such as Paracetamol
  - 10 tablets of anti-diarrhoeal treatment drugs such as Tiorfan
  - 10 sachets of oral rehydration solution such as Viatol
  - Optional but highly recommended: antibiotic for travellers' diarrhea azithromycin 4 tablets 250mg (on prescription, consult doctor on site before intake)

#### FEEDING:

- • Each runner will manage his or her diet freely and independently
- • It is recommended a minimum of 2,000Kcal per day, consisting of freeze-dried meals, energy bars, gels, etc.
- • Runners will be able to have the food they have prepared in the DROP-BAGS, and wear whatever they want between each checkpoint.

#### Safety and GPS:

- The INREACH GARMIN Beacon will be provided by the Organization.

- **1x personal SMARTPHONE with apps:**

- **Garmin Messenger**  
**(to connect to the INREACH beacon if needed SMS)**
- **1 software with GPX track with cached aerial view**  
**(e.g. Komoot)**
- **1 software with GPX track with local map in cache**  
**(e.g. Openrunner)**

- **1x GPS in WATCH or MANUAL GPS format, allowing you to follow the GPX route**

The GPX track will be provided a few days before the trip. Synchronization and loading of routes can also be done during technical inspections at the hotel. The supply of cables and the installation of software suitable for data transfers is the responsibility of the rider.

**The autonomy and recharging of the devices is at the expense and discretion of the runners, to be managed in the drop-bags with adapted batteries**

Competitors must individually keep all the mandatory equipment throughout the event, with the possible exception of instructions written in the roadbook.

The Organization will check this equipment at the delivery of the bibs. The Organization will then be able to check this equipment at any time, during the race, at the checkpoints, at the finish.

## Summary on electronic equipment for security:

### DISPOSITIF SUIVI GPS 220KM-NON-STOP RAIDLIGHT DESERT TROPHY...

**Balise Inreach Mini 2**  
(fournie par l'organisation)



*Sécurité avec le suivi de la position GPS à distance par le PC course (via satellite)*

*Bouton SOS (via satellite)*

*Communication par SMS avec PC COURSE*

**Montre GPS**



**fortement conseillé « GPS Foretrex 401 »**



*Suivi point à point idéal dans le désert avec distance prochain point et écart avec la trace*

**Smartphone pour fond de carte avec KOMOOT & GARMIN MESSENGER**

*AVEC KOMOOT pour vue géolocalisée sur photo aérienne en cache en mode avion*

*AVEC GARMIN MESSENGER pour messagerie balise Inreach via bluetooth*



## ART 8: CHECKPOINTS, WATER, DROPBAG

The checkpoints will be positioned approximately every 20km or so, and the DROP-BAGS every 40km on average. The exact locations will be confirmed in the roadbook.

The schematic map shows the following distances and checkpoints:

- Prologue: 10km
- Étape 1: 50km (BIVOUAC 1)
- Étape 2: 30km (BIVOUAC 2)
- Étape 3: 28km (BIVOUAC 2)
- Étape 4: 32km (BIVOUAC 3)
- ARRIVÉE: 17km
- Drop bags: 50km, 75km, 100km, 120km, 130km, 140km, 160km, 180km, 200km

(schematics not definitive)

### All checkpoints will have:

- A collective rest tent (tent, + mattress on the ground)
- Drinking water for hydration and nutrition. Drinking water will be available as a drink. However, it must be used in a reasonable and limited way for personal watering during the test.
- The staff will prepare and provide hot water for the preparation of meals

### For specific DROP-BAGS checkpoints:

- Each runner will be able to find 1 bag that he or she has prepared per DROP BAG point
- Each bag must not exceed a volume of **20 liters and 8 kilograms**.

In order not to waste plastic cups, each runner will have to carry his personal cup, and of course his water reserve (bottles, flasks, water bladder...).

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## **ARTICLE 9: AUTONOMY IN MEDICAL CARE**

A medical team of doctors and nurses will supervise the medical part of the event. The medical team will be mobile on the course.

Each participant will have to independently manage the problems inherent in long-distance running over several days (irritation, blisters, minor wounds, diarrhea, slight pain, etc.).

**However, the medical team will be available to answer any questions, and obviously important and much-needed care will be carried out as soon as necessary.**

The medical team will have the authority to assess the physical and mental capacities of the participants, and if they deem it necessary to decide to disqualify a participant from the race for the day's stage or for the following stages. In the event of abuse of care or medication that is not on the mandatory list, the medical team reserves the right to decide on penalties.

## **ART 10: RETIREMENT AND PERMANENT DISQUALIFICATION**

In the event of abandonment at the deliberate choice of a participant, he or she must imperatively and without delay inform the organization and return his or her 2 bibs, and must not leave the race or the trip without the agreement of the organization. If searches were to be carried out due to negligence of this point, these searches would be recharged to the participant.

In the event of abandonment, permanent disqualification for medical reasons or due to penalties, the participant will be transported by the organization, and will carry out the rest of the program with it from bivouac to bivouac under the same conditions.

## **ART 11: PENALTIES**

For the following breaches of the rules, the following penalties will apply:

<b>Cause</b>	<b>Penalty</b>
Missing 1 item of mandatory equipment	30mn per article
Lack of sleeping bag	Disqualification
Waste left on the event	15 minutes per offence
Garbage left in the tent	15 minutes per offence
Absence of bib in front or behind	15mn per report
Unsportsmanlike spirit or not environmentally friendly	1 hour minimum
Motorized assistance (except for those required by the Organization)	Final withdrawal
Minor medical assistance	At the discretion of the medical service in the event of abuse of the rule of autonomy. (but the medical service will be available without penalties for advice and learning)
Important medical assistance	Infusion: 1 hour penalty, disqualification at the discretion of the medical service. Others: at the discretion of the medical service.
Non-compliance with French and international anti-doping rules	Final withdrawal

The organisation is free to adapt the application of the above penalty grid.

#### **ART 12: ETHICS**

Participants must be cordial and sportsmanlike.

Participants must provide assistance to other participants who are in difficulty.

All French and international anti-doping rules must be respected.

#### **ART 13: RIGHT TO ONE'S IMAGE**

By participating in the event, each runner expressly gives his or her consent to the Organiser, his or her beneficiaries, and his or her partners and sponsors for the use of his or her image, associated with his or her surnames, first names, voices, still or audiovisual images on which he or she could appear on all types of media, including publications on social networks and the internet, and including promotional and/or advertising materials of all kinds and all media.

#### **ART 14: APPLICATION AND ACCEPTANCE OF THE RULES**

The Organization remains free to interpret or adapt the rules without notice or justification.

Participants accept these rules without conditions, and agree to submit to the legislation in force in the host country.