



Uphill road event Women & Men Sunday, 31.08.2025

- Organizers :** Race Walking Club of Monthey
- Place - course :** From Epinassey (414m) to Mex (1118m). 8km. Safety : mandatory to walk on the right side of the road as the course is not closed to traffic
- Events :**
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|---------------------------------------|-----|-------|
| Women & Men | 8km | 09h00 |
| Masters & U20 & U18 Juniors & Walking | 8km | 09h00 |
| U16 & U14 & U12 & Walking | 2km | 09h30 |
- Call :** 10 minutes prior the start time at the start line : Rte d'Epinassey, Z.I. Les Marais 1, at Epinassey. Limited free parking spaces at the start
- Entries :** Please reach frederic.bianchi71@gmail.com until 17.08.2025
- Bib numbers :** Please keep your bib received on Saturday (same bib number for Saturday and Sunday events). If you participate only to the Sunday event, bib will be given close to the start line
- Changing room :** 2 showers are available at the restaurant / hotel l'Auberge de l'Armailli at the finishing line
- Water stations :** At 4km & at 6km. You may carry your personal refreshment with you all the way up
- Ceremony :** At Mex village. We will have lunch all together in collaboration with "Auberge de l'Armailli" at Mex (Valais) - www.auberge-armailli.ch
- Information :** Frédéric Bianchi : +41 78 / 608 15 25 or by email frederic.bianchi71@gmail.com
- Remarks :** Our website is currently under construction but you can find information under the « News » section : www.swisswalking.org

Monthey, le 3 mai 2025

Pour le CE de SwissWalking

Frédéric Bianchi

Pour le CM Monthey