

9ème édition 

# ecOTRAIL®

de Paris Ile-de-France

**LA COURSE NATURE S'INVITE EN VILLE !**  
**17/20 MARS 2016**



**LE TRAIL 80KM**

ARRIVÉE AU 1<sup>ER</sup> ÉTAGE  
DE LA TOUR EIFFEL

**LE TRAIL 50KM**

**LE TRAIL 18KM**  
HAUTS-DE-SEINE

LES MARCHES NORDIQUES  
BY DESTINATIONS NATURE

**LE TRAIL 30KM**

LES RANDOS  
BY DESTINATIONS NATURE

renseignements et inscriptions sur [ecotrail-events.com](http://ecotrail-events.com)

17 MARS 2016



# LA 1<sup>ÈRE</sup> COURSE ASCENSIONNELLE

[www.verticaletoureiffel.fr](http://www.verticaletoureiffel.fr) - [www.ecotrail-events.com](http://www.ecotrail-events.com)

19/20 MARS 2016

LE TRAIL 80KM

LE TRAIL 50KM

LE TRAIL 30KM

LE TRAIL 18KM HAUTS-DE-SEINE

LES MARCHES NORDIQUES

LES RANDOS



**PARIS** MARCH 17-20<sup>TH</sup> 2016

**OSLO** MAY 21<sup>ST</sup> 2016

**BRUSSELS** SEPT 24<sup>TH</sup> 2016

**FUNCHAL** OCT 22<sup>ND</sup> 2016

**MADRID** NOV 12<sup>TH</sup> 2016

**STOCKHOLM** JUNE 2017



# «**TRAIL-RUNNING COMES TO TOWN**»

LA COURSE **NATURE** S'INVITE **EN VILLE**

FORMATS : TRAIL - TRAIL M - TRAIL L

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[www.ecotrail-events.com](http://www.ecotrail-events.com)



Devenez Fan/Follower

## PRESS RELEASE

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- 3 DAYS, 4 DISCIPLINES AND 13 COURSES -
- RACE FOLLOW-UP -
- PARTNERS-

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EcoTrail<sup>®</sup> Events website :  
[ecotrail-events.com](http://ecotrail-events.com)

EcoTrail<sup>®</sup> de Paris websites  
[www.traildeparis.com](http://www.traildeparis.com)  
[www.verticaletou Eiffel.fr](http://www.verticaletou Eiffel.fr)

Pressroom :  
[ecotrail.pr.co](http://ecotrail.pr.co)

## A WORD FROM THE ORGANISATION

It is in a complex environment that the teams of the EcoTrail<sup>®</sup> de Paris have prepared this 9th edition, but also in the difficulty they have drawn the energy required to guarantee the initial project, namely: Offer true cross-country races that highlight the territory of the Ile de France but also the values of authenticity and sharing held by practitioners. Our responsibility is now greater since it is close to 40% of neophytes that the event will welcome this year. It is to the organization that comes the duty of enlightening these new Trail enthusiasts that the principle of eco-responsible for running practice should be imposed.

To explain to 5,000 people that they should not in any case pollute the sites visited whether it be managing their waste or respect for the followed trails. The good news is that the message is truly accepted and that all change their behaviour and this can only please the organization which from the beginning have advocated a different approach to running. The EcoTrail is now also a day dedicated to Nordic walking and hikes with the support from the Destination Nature Show that has wished to associate itself fully with these events by inviting visitors to the Show to take part; a way to open up the event to people other than athletes.

It will also be the 2<sup>nd</sup> consecutive year in which the Verticale de la Tour Eiffel to opens the event program, a glimpse at the to the vertical kilometre now offered by many Trail events with the unique character that the Eiffel Tower gives this unique event.

The EcoTrail<sup>®</sup> of Paris Ile de France is pursuing its development and this year is again looking forward to hosting more than 12,000 people who will also realize that the City can also accommodate genuine cross-country races!

**Jean-Charles PERRIN**

EcoTrail<sup>®</sup> de Paris organiser

## THE EVENT

### L'ECOTRAIL<sup>®</sup> DE PARIS 2016

#### 9<sup>TH</sup> EDITION FROM MARCH 17 TO 20, 2016

With about 90% of paths in the proposed courses, the event has become an indisputable reference for Nature events in France, and addresses the greatest number: walkers, hikers and trail runners both amateur and elite!

## 3 DAYS, 4 DISCIPLINES, 13 COURSES

**THURSDAY MARCH 17**  
**LA VERTICALE**



**SATURDAY MARCH 19**  
**PERFORMANCE**

**TIMED RACES**

**THE TRAIL 80KM**

**THE TRAIL 50KM**

**THE TRAIL 30KM**

**THE TRAIL 18KM** Hauts-de-Seine

**TIMED NORDIC WALK**  
 30km

**SUNDAY MARCH 20;**  
**DISCOVERY**

**NO TIMED RACES**

**THE HIKES**

**3 NORDIC WALK**  
 no timed

### THURSDAY MARCH 17 : LA VERTICALE DE LA TOUR EIFFEL<sup>®</sup>

This ascent race of the 1,665 steps of the Eiffel Tower<sup>®</sup> - in a super-fast race format, timed, on the model of an against the clock (ski race, for example) - is a real sporting challenge.

It is also an exciting challenge because unlike other international staircase races, it unfolds with breathtaking views of Paris and in the open.

In 2015, for its first edition, la Verticale de la Tour Eiffel<sup>®</sup> welcomed 61 participants from 16 countries representing all disciplines of running (road, trail, path, staircase race ...). This year, the event has grown and gathered together more than 450 entries with 23 nationalities represented, 1/3 more than last year and will host 100 veteran athletes: 40 international elite athletes selected by a committee of international experts running, 50 amateur athletes drawn 10 athletes selected by the organization (as a wildcard).

## SATURDAY MARCH 19

### THE PERFORMANCE DAY

#### WITH THE TRAILS AND THE TIMED NORDIC WALKED

The program for this day, the iconic test of the 80 km with its Finish on the 1st floor of the Tower Eiffel® but also the events of the trail 50km, 30km and 18km and the Nordic walking.

## SUNDAY MARCH 20

### THE DISCOVERY DAY

#### IN PARTNERSHIP WITH DESTINATIONS NATURE

This year the EcoTrail® de Paris and the Destination Nature Show have joined together to offer Nordic walking and hikes on Sunday, March 20, 2016.

These events are a great opportunity to discover unknown paths of the Ile-de-France region and appreciate the local heritage. The different courses will lead to Salon Destinations Nature, the unmissable event for lovers of travel and outdoor activities.

STARTS	EVENTS	LOCATION
<b>THURSDAY 17 MARCH</b>		
From 20H00 to 22H00	THE VERTICALE DE LA TOUR EIFFEL	Eiffel Tower (75)
<b>SATURDAY 19<sup>TH</sup> MARCH → PERFORMANCE DAY WITH TRAILS AND TIMED NORDIC WALKS</b>		
From 9H to 9H30	THE TRAIL 18KM HAUTS-DE-SEINE 	Avenue du château de Meudon (92)
From 10H to 10H30	THE TRAIL 30KM	Avenue du château de Meudon (92)
10H30	THE TIMED NORDIC WALK	Avenue du château de Meudon (92)
From 10H45 to 11H15	THE TRAIL 50KM	Domaine du château de Versailles (78)
12H15	THE TRAIL 80KM	Ile de loisirs de St Quentin en Yvelines (78)
<b>SUNDAY 20<sup>TH</sup> MARCH → DISCOVERY DAY WITH HIKES AND NORDIC WALKS BY DESTINATIONS NATURE</b>		
7H15	THE HIKE 95	Place du Maréchal Foch – Enghien les Bains
8H15	THE NORDIC WALK «SUSTAINED»	Domaine de Saint-Cloud (92)
8H30	THE HIKE 78	Statue de Louis XIV – Château de Versailles
8H30	THE NORDIC WALK «DISCOVERY»	Domaine de Saint-Cloud (92)
9H00	THE NORDIC WALK «TOURIST»	Parvis Beaubourg, Place Georges Pompidou (75)
10H00	THE HIKE 75	Parvis Beaubourg, Place Georges Pompidou
10H00	THE HIKE 94	Château de Vincennes

## THE COURSES

9<sup>ème</sup> édition  
**ecotrail**<sup>®</sup>  
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**LA COURSE NATURE S'INVITE EN VILLE !**  
 17/20 MARS 2016

- Le Trail 80km
- Le Trail 50km
- Le Trail 30km
- Le Trail 18km Hauts-de-Seine
- La Marche Nordique chronométrée by Destinations Nature

www.ecotrail-events.com

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 de Paris Ile-de-France

**LES RANDONNÉES ET MARCHES NORDIQUES**  
 BY

salon destinations **NATURE**  
 17-20 MARS 2016

- La Rando 75 «Les Pompons doux» 13km
- La Rando 78 «De château en fort» 18km
- La Rando 94 «Du bois au livre» 18km
- La Rando 95 «Il était un petit navire, qui...» 24km

www.ecotrail-events.com



## ZOOM ON THE NOVELTIES OF THE 9<sup>TH</sup> EDITION



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### LA VERTICALE DE LA TOUR EIFFEL<sup>®</sup>

The number of participants increases for this 2<sup>nd</sup> edition. \* These are 100 participants who will compete in the 1,665 steps of the Iron Lady. \* (Detail page 12)

- 40 elite athletes from different worlds of running (road, trail, stair races ...).
- 50 riders confirmed drawn at the press conference on 15 December 2015.
- 10 competitors who received a wildcard for the event



### THE TRAIL 18KM HAUTS-DE-SEINE

For this edition, the Trail 18 km Hauts-de-Seine becomes a real timed Nature Trail following largely unpaved tracks. Riders can enjoy a brand new course designed in the heart of the nature of the Hauts-de-Seine.



©Anthony Chaumontel

### THE HIKES AND THE NORDIC WALKS BY DESTINATIONS NATURE

This year, l'EcoTrail<sup>®</sup> de Paris and the Destinations Nature Show have joined up to offer hikes and Nordic walks open to the general public.



## THE DESTINATIONS NATURE SHOW AGAIN OPENS ITS DOORS TO THE ECOTRAIL !

Destinations Nature will be hosting the Village EcoTrail<sup>®</sup> for the 3<sup>rd</sup> consecutive year.

On the village, participants will be able to withdraw their race bib for one of the 12 events proposed by the EcoTrail<sup>®</sup> de Paris (trails, hikes, Nordic walks) and also find the material suitable for their practise. An exhibition area of over 2,000 m<sup>2</sup> will welcome the actors in the Trail market and Trail organisers

### EXHIBITORS LIST:

#### • Equipment :

New Balance ; WAA-Ultra ; Cébé ; Raidlight ; Icebreaker ; DuSon & SOJ ; BV Sport ; Epitact Sport ; Ceinture Boa ; Thyo ; We Perf / Sportlast

#### • Distributors :

Au Vieux Campeur ; Boutique Officielle de l'EcoTrail<sup>®</sup> de Paris ; Accessoires Running ; Planet Jogging ; Trail Market

#### • Nutrition :

Isostar ; Meltonic ; Overstim.s ; Gu Energy - Clif Bar

#### • Running training :

Xrun

#### • Preparation :

Simalti ; Up by Genoa

#### • Specialist Presse :

V02 : Trail Endurance Mag ; Zatopek Magazine

#### • Organisers :

EcoTrail Oslo ; EcoTrail Bruxelles ; EcoTrail Madeire ; Serre Chevalier Trail Salomon ; Dolomiti Extreme Trail ; Euronordic Walk Vercors ; Verama ; Azur running tour ; No Finish Line ; Sur les Traces du Loup ; Mongolie « La Piste des Oasis » ; L'Ultra Marin Raid Golfe du Morbihan ; Azores Tail Run

#### • Others :

Ile de Loisirs de Saint-Quentin en Yvelines ; Naitup ; Mitsubishi ; Le Rire Médecins

### OPENING HOURS OF THE VILLAGE ECOTRAIL<sup>®</sup>

- Thursday 17 March 2016 from 10h to 19h
- Friday 18 March 2016 from 10h to 19h
- Saturday 19 March 2016 from 10h to 19h
- Sunday 20 March 2016 from 10h to 18h

**PORTE DE VERSAILLES  
 PARC DES EXPOSITIONS DE PARIS - PAVILLON 4**



## THE HIKES BY DESTINATIONS NATURE

The Hikes of the EcoTrail® de Paris by Destinations Nature represent the will of the organizers to make the event accessible to the greatest number. Four walking distances will be offered on Sunday: 13km, 15km, 18km and 26km.



## THE NORDIC WALKS BY DESTINATIONS NATURE

More sporting than «Hikes», the Nordic walks are practiced at a fast pace and with specific sticks for this discipline, their main characteristic being therefore walk with four limbs. Three distances are offered, 13, 19 and 24 kilometres for three different speeds depending on the pace of leader (4 to 6 km / h); many choices of ways to discover or rediscover the Île-de-France.

## THE OTHER NOVELTIES

### ESTABLISHMENT OF A PARTNERSHIP WITH THE ASSOCIATION LES BONNES FÉES

The organization partners with the association Les Bonnes Fées. The full amount of the pre-registration for the Verticale de la Tour Eiffel is paid (net of administration costs valued at € 1) to this association, or € 4,059 for 2016.  
**For more information about this association : <http://www.lesbonnesfees.fr>**

### THE LATEST ECOTRAIL® APP

AUSY, the official supplier IT to the EcoTrail® de Paris, has accompanied the growing success of this Cross-Country race since its inception in 2007. For this 9th edition, the EcoTrail® de Paris App gets a makeover with a new modern design. It also includes all new features: the recording of training sessions on official portions of the course and the ability to share on social networks and the ability to receive notifications of updates.

Intuitive, ergonomic and dynamic, it is the perfect tool to inform, follow and live real-time racing throughout the event through various features:

**Download it now ... available on Google Play and App Store.**

## STATISTICS AND KEY FIGURES

SOURCE : ECOTRAIL ORGANISATION

**90 % paths** on the whole of the courses

**Women represent about 27%** of the participants

**94 French Departments** represented

**13 000 Registered expected for the 2016 event**

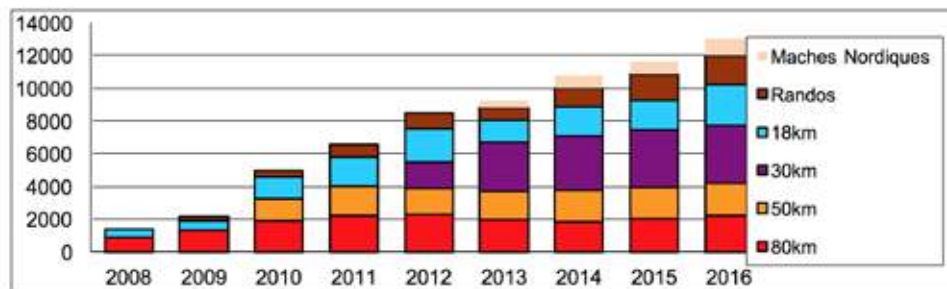
**67 nations** represented

**9 years old**, age of the **youngest participant** in the 2015 event (Hike)

**89 years**, age of the **oldest participant** in the 2014 event  
 (Timed Nordic Walk)

**Close to 31 700€** collected and paid to different bodies be they ecological, humanitarian or cultural partners of the 2015 event

### DISTRIBUTION OF THE DIFFERENT EVENTS IN THE ECOTRAIL<sup>®</sup> DE PARIS



9ÈME ECO-TRAIL DE PARIS <sup>®</sup>	Verticale	80KM	50KM	30KM	18KM	RANDOS	MARCHES NORDIQUES
NB INSCRITS 2016	100	2200	2000	3500	2500	1800	1000

ANNÉE 1ÈRE ÉDITION	2015	2008	2010	2012	2008	2009	2013
INSCRITS 1ÈRE ÉDITION DE L'ÉPREUVE	61	900	1360	1600	500	230	440

## L'ECOTRAIL<sup>®</sup> DE PARIS, A RESPONSIBLE EVENT

### ZOOM ON THE UNDERTAKINGS

Organized around 6 major pillars, EcoTrail<sup>®</sup> of Paris shows its exemplary and strength to mobilize its eco-players by offering innovative solutions, and sharing expertise of its teams environmentally responsible organizer partners, organizers, service , athletes, participants and volunteers. After COP 21, Thierry BRAILLARD, Secretary of State for Sports Isabelle AUTISSIER, President of WWF France, have presented the «Compendium of outstanding and innovative initiatives of French sport to fight against climate change.» The EcoTrail of Paris<sup>®</sup> was present among its exemplary initiatives.



#### ECO MOBILITY

- Encourage the use of public transport by offering transport tickets for inclusion in partnership with SNCF. Incentive to carpool.
- Placing shuttles between the resorts and arrivals of 50 lines and 80 km.



#### CULTURAL & NATURAL HERITAGE

- Development of tourist and natural heritage of the region îdF.
- Participation in the rehabilitation of natural sites and monuments of Versailles.
- Valuation of course last 30 km with the cleaning by the brigade of volunteers eco actors (WWF sports movement).
- Preservation of a NATURA 2000 site on the recreational island of St-Quentin-en-Yvelines.



#### CATERING

- Encourage providers to provide a local supply, seasonal and organic.
- Valuing organic waste.
- Deleting individual meals and organization of a larger supply at the finish of the race, avoiding meals and industrial food waste.

## L'ECOTRAIL<sup>®</sup> DE PARIS, A RESPONSIBLE EVENT

### ZOOM ON THE UNDERTAKINGS



#### PREVENTION & AWARENESS

- Awareness of the participants, organizers and eco actors in «Destination Nature» with the animation of the Charter on 10 Eco gestures.
- Organization of an awareness morning on the development of sports and waste ecomobility related to sporting events.
- Organizing a training day for young schoolgirls, future eco volunteer actors.
- Mobilization of the brigade eco actors for cleaning path, collecting shoes, animations on environmental education.



#### HEALTH & SOLIDARITY

- Organization of courses accessible to everyone.
- Increase the involvement of women each year
- Support to four humanitarian organizations through registration



#### WASTE WATER AND ENERGY

- Decrease in plastic water bottles. Encouraging riders to use individual containers.
- Provision of water tanks with SEDIF the refreshment zones and at the Finish of the races.
- Phasing out 20,000 reusable cups (accountability of runners).
- Recovery of organic waste with Moulinot, plastic bottles with Lemon Tri, food surplus with PHENIX and les Restos du Coeur.

## L'ECOTRAIL DE PARIS IN ECO-FIGURES

**800 volunteers** of which signalers

**1 brigade** eco actors

**70 eco-actors** (WWF volunteers)

**30 young secondary school volunteers**  
to train into Eco actors (UNSS îdf , CDOS 78)

**2 training sessions** planned for the brigade of eco actors

**1 Label** « Sustainable Development, Sport is Involved » (renewal request)

selection among the **18** best initiatives at the **COP 21**

**22 partenaires** Eco Acteurs

**3 charity association** supported with the registration of 13, 000 runners

**700 Kg of bio-waste** TO SORT by the Eco-Actors  
(To collect / evaluate by MOULINOT)

**440 kg of recyclable waste** (plastic, cans, cardboard,..)  
to sort and collect

**960 kg of OM waste** to collect

DISTRIBUTION of **4 water tanks** ( SEDIF )

Progressive suppression de **20 000 cups**  
(encouragement to runs to obtain their own cups)

**Rehabilitations** of deteriorated sites in the Estate forest of Versailles  
and Meudon (ONF) and of the monuments of the château de Versailles.

## ETHICAL CHARTER OF THE ECOTRAIL<sup>®</sup> DE PARIS

By participating in the EcoTrail of Paris<sup>®</sup> each person makes the commitment to setting an example and :

### 1

#### RESPECTING LA NATURE

- **FOCUS ON FRIENDLY TRANSPORT** (public transport, cycling, carpooling, car sharing ...) for moving about.
- **AVOID WASTE**, over packaging, over-consumption (food, paper, equipment ...).  
Ex. Gourde et non bouteille plastique.
- **RESPECT THE SOIL** carefully following the path laid out by the organizers, which implies not cutting across paths so as to preserve traversed sites.
- Do not throw anything on the ground, **RESPECT THE WILDLIFE**.
- **PARTICIPATE** in sorting waste.
- **USE PRIORITY** toilets available.
- Reduce your impact on the environment through **SIMPLE AND CONCRETE GESTURES** of everyday life.
- **SENSIBILISER** les autres participants, les spectateurs et votre entourage aux **ÉCO-GESTES**.
- To make other participants, spectators and others aware of environmentally **FRIENDLY PRACTICES**.

### 2

#### RESPECT PEOPLE

- **DO NOT CHEAT** either before, during or after the race.
- **DO NOT GIVE YOUR RACE NUMBER** to another person or you will be banned from all events organized by EcoTrail Organization.
- **DO NOT USE ANY** doping substance.
- **RESPECT OTHERS** whether the other runners, volunteers but also the spectators / companions crossed during the competition.
- For all, the EcoTrail Paris<sup>®</sup> must be a **FESTIVE TIME**
- **EXPLORE LIMITATIONS** with respect for oneself, keeping in mind the motto of Pierre de Coubertin : «The important thing is not to win but to take part.»

### 3

#### RESPECT THE VALUES OF SOLIDARITY

- **HELPING ANYONE** in dangerous situations, or in trouble.
- **ENCOURAGE** all the participants.
- **SUPPORT** as much as possible by your presence and / or by donations to associations supported by Les Trailers de Paris.



## 3 DAYS, 4 DISCIPLINES ET 13 COURSES

### MARCH 17 : THE MAGIC OF THE VERTICALE DE LA TOUR EIFFEL<sup>®</sup>



©Anthony Chaumontel

### LA VERTICALE DE LA TOUR EIFFEL

La Verticale de la Tour Eiffel<sup>®</sup> is a complete ascent race of the most visited monument in the world, the «vertical km» of EcoTrail<sup>®</sup> of Paris. This is a super-fast race format, timed, on the model of an against the clock (start every 30 seconds or every minute).

**Start :** Foot of the Eiffel Tower  
**Start Time :** From 20H20 to 21H50  
**Finish :** 3<sup>rd</sup> level of the Eiffel Tower  
**Participants :** 100  
**Ascent + :** 1,665 steps – 279 metres of pure ascent

### LISTING OF ATHLETES SELECTIONNED BY THE COMITY EXPERTS

N°	NAMES	FIRST NAME	NATIONALITY
19	ALTMAYER	HUGO	France
30	BEKKALI	Omar	Belgium
54	BLANCK	Emmanuelle	France
52	BONACINA	Cristina	Italia
7	BOURNE	Mark	Australia
12	CELKO	Tomas	Slovakia
21	CHOQUERT	Benjamin	France
39	COUTAND	Francois	France
4	FLEURETON	Cedric	France
24	HAUSLEITNER	Klaus	Austria
28	HEIMANN	Görge	Germany
45	HUCKO	Stephanie	USA
18	JAILLARDON	Renaud	France
9	JALLU	Jérôme	France
14	LEBLACHER	Eric	France
1	LOBODZINSKI	Piotr	Polond
48	LOGAN	Brooke	Australia
23	LOISEL	Etienne	France
13	LOVE	Sproule	USA
17	MANZI	Emanuele	Italia

6	MATHOU	PAUL	France
20	MAYER	Jakob	Austria
25	MOREAU	Julien	France
22	MOZZONE	Eddy-Olivier	France
2	NIKOLOV	Kiril	Bulgaria
5	RANCON	Julien	France
53	REID	Cindy	Australia
56	RICCITIELLO	Oriane	France
3	RIEDL	Christian	Germany
41	ROSSI	Francesca	Italia
26	SCHNEIDGEN	Patrik	Slovakia
11	SIRAKOV	Ivan	Bulgaria
31	SIRRS	Richard	United Kingdom
49	SOENEN	Virginie	Belgium
10	STOYNEV	Emil	Bulgaria
8	VICENTE	Laurent	France
40	WALSHAM	Suzy	Australia
15	WARDIAN	Michael	USA
42	WISNIEWSKA-ULFIK	Dominika	Polond
16	YRIS	Christopher	France

## LA VERTICALE DE LA TOUR EIFFEL

### LISTING OF ATHLETES DRAWING LOT

N°	NAME	FIRST NAME	NATIONALITY
36	ARNOULT	PATRICK	France
84	AUDIBERT	Gregoire	France
91	BALLIVET DE REGLOIX	Stanislas	France
80	BARADAT	David	France
47	BAUDOUX	Coralie	France
66	BLANC	Olivier	France
96	BOISSON	Jérémy	France
46	BROSSARD	Camille	France
87	BRUNISHOLZ	Christian	Germany
85	CAMBRES	Mickael	France
68	CARIOU	Yann	France
59	CASTELLO NORIA	Àngela	Spain
72	CHARRUE	Cyril	France
55	DAVIS	Amber	USA
88	DE CASTRO	Sebastien	France
27	FAULKNER	Paul	United Kingdom
65	FEBVRE	Olivier	France
74	FERRANDON	François	France
73	FOLLIN	Jérôme	France
81	FORTINEAU	Nicolas	France
67	FOURMENT	PHILIPPE	France
76	FRETIN	François	France
89	GEORGET	Guillaume	France
86	GIROD	Erwann	France
34	HASCHER	Ralf	Germany

95	KPATCHA	Essodom	Togo
82	LAGEL	Marc	France
97	LANGÉ	Jérémy	France
70	LAX	Philippe	France
78	LE HETET	Baptiste	France
90	LE POAH	Sébastien	France
71	LEPINOY	Nicolas	France
69	LIGER	Pierre	France
35	MAINGUY	Sylvain	France
93	MARAFFI	Samuel	France
33	NOONAN	Jonathan	Irland
64	OLLIVIER	Jacques	France
32	PARENT	Julien	France
83	PERRIN	Herve	France
92	PIGEAT	ROMAIN	France
79	QUESTERBERT	Emmanuel	France
43	RENAUD	Alexandra	France
44	RESPAUD	Maud	France
50	SCHREMPP	Lydia	Germany
57	STEINMEYER	Julie-Rae	USA
75	SUTTER	Eric	France
77	VAUTRIN	Olivier	France
94	VIDAL	Armand	France
60	WOO	Jaime Kate	Canada
37	WOO	Napoleon C.	Canada

### LISTING OF ATHLETES WILDCARDS

N°	NAME	FIRST NAME	NATIONALITY
100	AMALFITANO	GUY	France
61	BRISBOIS	Gilbert	France
38	CECETKA	Dano	Slovakia
98	DIAZ	Candido	France
62	ETIENNE	Samuel	France
63	FONTAINE	Benoît	France
99	FONTAINE	Paul	France
58	FONTILLAS RONK	Madeleine	USA
29	MAJCEN	Rolf	Austria
51	WOODWARD	Lucile	France

## LA VERTICALE DE LA TOUR EIFFEL

### COMPETITION MEN - 1<sup>st</sup> wave : 20h20-20h44

START	N°	NAME	FIRST NAME	NATIONALITY
8:20:00 PM	100	AMALFITANO	GUY	France
8:25:00 PM	99	FONTAINE	Paul	France
8:25:30 PM	98	DIAZ	Candido	France
8:26:00 PM	97	LONGE	Jérémy	France
8:26:30 PM	96	BOISSON	Jérémy	France
8:27:00 PM	95	KPATCHA	Essodom	Togo
8:27:30 PM	94	VIDAL	Armand	France
8:28:00 PM	93	MARAFFI	Samuel	France
8:28:30 PM	92	PIGEAT	Romain	France
8:29:00 PM	91	BALLIVET DE REGLOIX	Stanistas	France
8:29:30 PM	90	LE POAH	Sébastien	France
8:30:00 PM	89	GEORGET	Guillaume	France
8:30:30 PM	88	DE CASTRO	Sebastien	France
8:31:00 PM	87	BRUNISHOLZ	Christian	Germany
8:31:30 PM	86	GIROD	Erwann	France
8:32:00 PM	85	CAMBRES	Mickael	France
8:32:30 PM	84	AUDIBERT	Gregoire	France
8:33:00 PM	83	PERRIN	Herve	France
8:33:30 PM	82	LAGEL	Marc	France
8:34:00 PM	81	FORTINEAU	Nicolas	France
8:34:30 PM	80	BARADAT	DAVID	France
8:35:00 PM	79	QUESTERBERT	Emmanuel	France
8:35:30 PM	78	LE HETET	Baptiste	France
8:36:00 PM	77	VAUTRIN	Olivier	France
8:36:30 PM	76	FRETIN	François	France
8:37:00 PM	75	SUTTER	Eric	France
8:37:30 PM	74	FERRANDON	François	France
8:38:00 PM	73	FOLLIN	Jérôme	France
8:38:30 PM	72	CHARRUY	Cyril	France
8:39:00 PM	71	LEPINOY	Nicolas	France
8:39:30 PM	70	LAX	Philippe	France
8:40:00 PM	69	LIGER	Pierre	France
8:40:30 PM	68	CARIOU	Yann	France
8:41:00 PM	67	FOURMENT	Philippe	France
8:41:30 PM	66	BLANC	OLIVIER	France
8:42:00 PM	65	FEBVRE	Olivier	France
8:42:30 PM	64	OLLIVIER	Jacques	France
8:43:00 PM	63	FONTAINE	Benoît	France
8:43:30 PM	62	ETIENNE	Samuel	France
8:44:00 PM	61	BRISBOIS	Gilbert	France

20:59:30	51	WOODWARD	Lucile	France
21:00:00	50	SCHREMPP	Lydia	Germany
21:00:30	49	SOENEN	Virginie	Belgique
21:01:00	48	LOGAN	Brooke	Australia
21:01:30	47	BAUDOUX	Coralie	France
21:02:00	46	BROSSARD	Camille	France
21:02:30	45	HUCKO	Stephanie	USA
21:03:00	44	RESPAUD	Maud	France
21:03:30	43	RENAUD	Alexandra	France
21:04:00	42	WISNIEWSKA-ULFIK	Dominika	Poland
21:04:30	41	ROSSI	Francesca	Italy
21:05:00	40	WALSHAM	SUZU	Australia

### IN LIVE ON EUROSPORT

### COMPETITION MEN - 1<sup>nd</sup> wave : 21h15-21h53

START	N°	NAME	FIRST NAME	NATIONALITY
9:15:00 PM	39	COUTAND	FRANCOIS	France
9:16:00 PM	38	CECETKA	Dano	Slovakia
9:17:00 PM	37	WOO	Napoleon C.	Canada
9:18:00 PM	36	ARNOULT	Patrick	France
9:19:00 PM	35	MAINGUY	Sylvain	France
9:20:00 PM	34	HASCHER	Ralf	Germany
9:21:00 PM	33	NOONAN	Jonathan	Ireland
9:22:00 PM	32	PARENT	Julien	France
9:23:00 PM	31	SIRRS	Richard	United Kingdom
9:24:00 PM	30	BEKKALI	Omar	Belgique
9:25:00 PM	29	MAJCEN	Rolf	Autrichia
9:26:00 PM	28	HEIMANN	Görge	Germany
9:27:00 PM	27	FAULKNER	Paul	United Kingdom
9:28:00 PM	26	SCHNEIDGEN	Patrik	Slovakia
9:29:00 PM	25	MOREAU	Julien	France
9:30:00 PM	24	HAUSLEITNER	Klaus	Autrichia
9:31:00 PM	23	LOISEL	Etienne	France
9:32:00 PM	22	MOZZONE	Eddy-Olivier	France
9:33:00 PM	21	CHOQUERT	Benjamin	France
9:34:00 PM	20	MAYER	Jakob	Autrichia
9:35:00 PM	19	ALTMAYER	HUGO	France
9:36:00 PM	18	JAILLARDON	Renaud	France
9:37:00 PM	17	MANZI	Emanuele	Italy
9:38:00 PM	16	YRIS	Christopher	France
9:39:00 PM	15	WARDIAN	Michael	USA
9:40:00 PM	14	LEBLACHER	Eric	France
9:41:00 PM	13	LOVE	Sproute	USA
9:42:00 PM	12	CELKO	Tomas	Slovakia
9:43:00 PM	11	SIRAKOV	Ivan	Bulgaria
9:44:00 PM	10	STOYNEV	Emil	Bulgaria
9:45:00 PM	9	JALLU	Jérôme	France
9:46:00 PM	8	VICENTE	Laurent	France
9:47:00 PM	7	BOURNE	Mark	Australia
9:48:00 PM	6	MATHOU	Paul	France
9:49:00 PM	5	RANCON	JULIEN	France
9:50:00 PM	4	FLEURETON	Cedric	France
9:51:00 PM	3	RIEDL	Christian	Germany
9:52:00 PM	2	NIKOLOV	Kiril	Bulgaria
9:53:00 PM	1	LOBODZINSKI	Piotr	Poland

### IN LIVE ON EUROSPORT

### COMPETITION WOMEN 20h55-21h05

START	N°	NAME	FIRST NAME	NATIONALITY
20:55:00	60	WOO	JAIME KATE	Canada
20:55:30	59	CASTELLO NORIA	Ángela	Spain
20:56:00	58	FONTILLAS RONK	Madeleine	USA
20:56:30	57	STEINMEYER	Julie-Rae	USA
20:57:00	56	RICCITIELLO	Oriane	France
20:57:30	55	DAVIS	Amber	USA
20:58:00	54	BLANCK	Emmanuelle	France
20:58:30	53	REID	Cindy	Australia
20:59:00	52	BONACINA	Cristina	Italy

## LA VERTICALE DE LA TOUR EIFFEL THE RUNNERS TO WATCH

### **LOBODZINSKI Piotr - Polish**

Last year's winner – world champion of the 2014 Vertical circuit and 2015 was the most prolific for Piotre. He took part in 15 staircase races in the world for as many victories. What will he achieve in 2016 ?

### **WALSHAM Suzy - Australian**

Last year's winner but also former Australian champion of 800m and 1500m, finalist in the Commonwealth Games in the 1500 m, five times world «Tower Running » champion and four times in the Vertical circuit, she also returns in 2016 to defend her title.

### **FLEURETON Cédric - French**

Twice France Champion of Trail Running [short distances - 2014-2015], Cédric FLEURETON (TEam New-Balance) will come to challenge the podium

### **LA FAMILLE WOO – Canadians**

La Verticale de la Tour Eiffel<sup>®</sup> - a family history. The father and the daughter, working in the same restaurant in everyday life, will both take part in the event.

### **WARDIAN Michael - American**

To take part in the Verticale de la Tour Eiffel<sup>®</sup> on March 17th then to take on the 80 km (main race) of the Ecotrail<sup>®</sup> de Paris is the program of this American trailer who counts dozens of marathons and ultra-marathons to his credit and many unusual records.

### **KPATCHA Essodom - Togolese**

Originating from Togo, he is the only representative from the African Continent.

### **AMALFITANO Guy - French**

One-legged since 18 years old, this French runner came 49th in 2015 and holds the world 4,000 m one-legged record

### **FONTAINE Benoît - French**

this passionate trailer has given himself the challenge of climbing Mont Blanc and the Eiffel Tower on the same day (March 17th)

### **ETIENNE Samuel - French**

Journalist and French television and radio presenter, he is an enthusiast athlete. Multi-finisher in Trails and Ultr-Trails, it's with much curiosity and excitement that he he comes to run shoulders with the best in the discipline.



## 3 DAYS, 4 DISCIPLINES, 13 COURSES

### LE 19 MARCH : A PERFORMANCE DAY



©Anthony Chaumontel

### THE TRAIL 80KM

This EcoTrail® de Paris project is born from the desire to offer a Nature race, close to Paris. What's more natural than to finally set the course of this 80km detour of training paths Parisian trailors, exploiting the many woods, forests, parks, highlighting natural and cultural heritage often overlooked ?

#### From Saint Quentin-en-Yvelines to the 1st level of the Tour Eiffel®

Leisure Island of Saint Quentin en Yvelines, Domaine de St Philippe, Meudon Observatory, National Domaine Saint Cloud, Estate Forests Versailles, Chaville, Meudon, the île Saint Germain, the Champ de Mars, so many special places you will discover as part of this unique experience. A true urban trail following over 90% of the tracks and paths, proof if it is a perfectly rational planning exploits its natural environment!

**Start :** Ile de loisirs de St Quentin-en-Yvelines  
**Start Time :** 12H15  
**Finish :** 1<sup>st</sup> level of the Eiffel Tower  
**Participants :** 2,500  
**Ascent :** 1500m  
**Distance :** 80km

**4 POINTS ITRA**



### THE TRAIL 80 KM ACCORDING TO THE TRAIL EDITORS OF ENDURANCE MAG



« ECOTRAIL® DE PARIS THE EIFFEL TOWER OFFERS ITSELF TO THE CHAMPIONS”.

Unusual event of the early season, the Ecotrail® de Paris attracts runners from around the world to come and challenge the different race formats. But it is also the privilege of climbing to the first floor of the Eiffel Tower, about 80km to cross the Finish line as the winner or just finisher.

And for many years, great champions have come to register their name in the history of the Queen of events, be they Thierry Breuil, multiple Mountain Running Champion of France, the 2011 World champion Erik Clavery, Sylvain Court laureate in 2013 becoming World Champion in 2015 and Manu Gault double winner in 2014 and 2015 who will be the favourite for the hat-trick.

He will face his dauphin 2015, Yoann Stuck to challenge him for victory, but also Perrignon Arnaud and Bertrand Collomb Patton, 8th in 2015.

In the women's class, Swiss Denise Zimmermann will be the favourite to succeed the French Badia El Hariri, but one should also count on the return of Laureline Gaussens on Sylvaine Cussot, second in 2015 and who dreams of hanging this race to her list of wins not to mention experienced Jaussaud Isabelle, a former member of the France's cross-country team and 3rd in the recent Saintétylon.



## THE TRAIL 50KM

By enrolling in the same philosophy as the 80 km, this journey through forests and woods offers a course made up 90% of trails and paths to find its epilogue at the feet of the Eiffel Tower<sup>®</sup>.

The course is challenging but holds the promise of beautiful scenery, the Palace of Versailles at Saint-Cloud National Estate through the water part of the Swiss.

**Start :** Domaine du Château de Versailles  
**Start Time :** 10H45 to 11h15  
**Finish :** Mail Branly  
**Participants :** 1,700  
**Ascent :** 1000m  
**Distance :** 50km

**2 POINTS ITRA**



## THE TRAIL 30KM

Making it accessible to the largest number of runners, the event is a real guiding principle for the trailers of Paris and this event is a perfect illustration.

Once again, the challenge remains to propose, as surprising as it may seem, a trail in the Ile-de-France with a Finish in the heart of Paris, at the foot of the Tour Eiffel<sup>®</sup>.

**Start :** Avenue du Château de Meudon  
**Start Time :** From 10H00 to 10H30  
**Finish :** Mail Branly  
**Participants :** 3,200  
**Ascent :** 600m  
**Distance :** 30km

**1 POINT ITRA**





©Christophe Guiardt

## THE TRAIL 18KM HAUTS-DE-SEINE

In previous years, the 18 km was more a discovery of the natural environment running a competition so to speak of. For this edition, the Trail 18km Hauts-de-Seine becomes a race timed to the heart of nature, following largely unpaved trails. Runners can enjoy a brand new course designed in the heart of the nature of the Hauts-de-Seine.

- Start :** Avenue du Château de Meudon
- Start Time :** From 9H00 to 9H30
- Finish :** Domaine national de Saint-Cloud
- Participants :** 2,500
- Distance :** 19,8km
- Ascent :** 400m



©Anthony Chaumontel

## TIMED NORDIC WALKS 30KM

Following the course for the Trail 30 km, with a Start of the Meudon Observatory and Finish at the feet of the Eiffel® Tour, this Nordic walk is the perfect opportunity to combine pleasure and competition.

The first stage of the Challenge of the 3 Nordiques Walks (challenge bringing together 3 events of Nordic Walking in France), this event will enable walkers to try their luck to win an all-inclusive holiday in Venice (Italy) on the occasion of the event NordicWalkinVenice.

- Start :** Avenue du Château de Meudon
- Start Time :** From 10H45 to 11H15
- Finish :** Mail Branly
- Participants :** 500
- Distance :** 30km
- Ascent :** 600m

## 3 DAYS, 4 DISCIPLINES, 13 COURSES

**MARCH 20 : FAMILY DAY ON THE THEME OF DISCOVERY**



### THE HIKES BY DESTINATIONS NATURE

The Hikes of the Walks EcoTrail<sup>®</sup> de Paris by Destinations Nature represent the will of the organizers to make the event accessible to the greatest number.

Walking remains among the most common sporting activities, practiced by the French.

For this 2016 edition, the Starts are given from 4 Departments of Ile de France (75, 78, 94, 95) for an Finish at EcoTrail<sup>®</sup> Village Paris Ile-de-France at the Salon Destinations Nature, Porte de Versailles (Hall 4).

#### • THE HIKE 75

«Les Pompons doux»

**Start :** Parvis Beaubourg, Paris IV  
**Start time :** 10h00  
**Finish :** Salon Destination Nature  
**Distance :** 13 km  
**Average duration :** 4h30

#### • THE HIKE 78

«De château en fort»

**Start :** Face au château de Versailles  
**Start time :** 8h30  
**Finish :** Salon Destination Nature  
**Distance :** 18 km  
**Average duration :** 4h30

#### • THE HIKE 94

«Du bois au livre»

**Start :** Château de Vincennes  
 Sortie du métro  
**Start time :** 10h00  
**Finish :** Salon Destination Nature  
**Distance :** 15 km  
**Average duration :** 4h00

#### • THE HIKE 95

«Il était un petit navire, qui...»

**Start :** Place du Maréchal Foch  
 Gare d'Enghien les Bains  
**Start time :** 8h15  
**Finish :** Salon Destination Nature  
**Distance :** 26 km  
**Average duration :** 7h15





## THE NORDIC WALKS BY DESTINATIONS NATURE

More sporting than the «Hikes», the Nordic Walks are practiced at a sustained pace and with specific sticks for this discipline, their main characteristic being so walk with four limbs.

Three distances are offered, **13, 19 and 24 kilometers** for three different speeds depending on the pace of leader (4 to 6 km / h); many choices of ways to discover or rediscover the Île-de-France.

### • SUSTAINED

**Start :** Domaine de Saint-Cloud  
**Start time :** 8h15  
**Finish :** Salon Destination Nature  
**Participants :** 400  
**Distance :** 24 km  
**Ascent :** 581 m

### • DISCOVERY

**Start :** Domaine de Saint-Cloud  
**Start time :** 8h30  
**Finish :** Salon Destination Nature  
**Participants :** 400  
**Distance :** 19 km  
**Ascent :** 322 m

### • LA TOURISTIQUE

**Start :** Parvis Beaubourg, Paris IV  
**Start time :** 9h00  
**Finish :** Salon Destination Nature  
**Participants :** 400  
**Distance :** 13 km  
**Ascent :** 165 m



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## RACE FOLLOW-UP

Web site EcoTrail de Paris :  
**[www.traildeparis.com](http://www.traildeparis.com)**

Web site live  
**[ecotrail.livetrail.net](http://ecotrail.livetrail.net)**

Application Mobile EcoTrail<sup>®</sup>

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**Making cars and guides available  
to follow the race leader**

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Get all the elements relative to the EcoTrail<sup>®</sup> de Paris  
(press releases, press pack, photos, videos, results, interviews) on

**<http://ecotrail.pr.co/>**

## PARTNERS

### MAIN PARTNER



New Balance is happy to take part in the Ecotrail® for the 3rd consecutive years with our athletes present on the 80km, 50km et 30km.

### OFFICIAL PARTNERS



« Our most obvious partnership as our visions are similar to self-transcendence, the sporting challenge, nature and respect for the environment!  
 Au Vieux Campeur, a village of 30 shops in the heart of the Latin Quarter, with their recognizable woody atmosphere and their huge choice of products for the practice of outdoor activities such as trail running, hiking, climbing, skiing, diving and many others. »

**Stéphanie FRANÇOIS, Marketing Au Vieux Campeur**



Isostar, expert brand of sports nutrition is pleased to accompany all Ecotrail® de Paris participants in the realization of their challenges.



AUSY is an international group for Advice and High Technology Engineering based on a strong culture of innovation applied to information systems and industrial systems.



From March 17 to 20 the 32th edition of the Destination Nature Show will take place at EXPO PARIS Porte de Versailles. Warm and friendly, it is the leading Show appointment inevitable for all outdoor lovers. This true meeting place is dedicated to outdoor sports (hikes, nordic walks and Trails marches nordiques, trail etc.) et aux voyages nature.



Present for the events of the National Trail Tour with the new Outlander 4x4 rechargeable hybrid, Mitsubishi Motors stakes its sporting and environmentally responsible DNA alongside EcoTrail® of Paris.



Founded in late 2012 when it bought a fleet of 2000 pylons FPS Towers has become the leading telecom hosting in rural areas as in urban areas. FPS Towers knows for 3 years average annual growth of over 40% of its turnover and has increased over the same period by 10 his highest points of the park. FPS Towers hosts on its entire fleet 4 mobile operators, telecom network utilities and telecom networks to connected objects.



## PARTNERS

### OFFICIAL SUPPLIERS



SimAlti partner of Ecotrail® de Paris for 4 years to accompany the runners in their recovery, breath and mind.



For those whose physical activity imposes sharp and efficient body care range Up By Qenoa its place among all sportsmen and paramedics who gravitate in these spheres



Cébé is solar eyewear manufacturer Champions Trail Running as Anna Frost, Nuria Picas, Sébastien Chaigneau and Francois d'Haene.



### OFFICIAL LODGERS



Paris Inn Group specialized in asset hotel management, joins the EcoTrail® of Paris by welcoming athletes in its 4- and 5-star hotels. For this leading hotel management, sport has been at large for many years as the vector of universal values.

### OFFICIAL SUPPORTS



## PARTNERS

### ECO-ACTORS



### MEDIA



### COMMUNES



### INSTITUTIONS



### ORGANISATIONS



### ASSOCIATIONS SUPPORTED



### PARTNER RACES



### FEDERATIONS / ASSOCIATIONS





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Find all the info about  
the EcoTrail® de Paris  
<http://ecotrail.pr.co/>