

VENTOUXMAN

TRIATHLON - FRANCE

FINISHERS

FRENCH CYCLARD

MONTEUX

VAUCLUSE
LE DÉPARTEMENT

EXTRA
SPORTS

FINISHERS

FRENCH CYCLARD

EXTRA
SPORTS

@ventouxman



SEPT. 19 & 20
2026

MONTEUX - VAUCLUSE

11TH EDITION

TRIATHLON L (2 | 104 | 18) | TRIATHLON S (0,75 | 20 | 5) | SOLO & RELAY

DUATHLON L (9 | 104 | 18) | GRAVEL TRIATHLON (1 | 30 | 9)

10KM RACE

PROGRAMME

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FOREWORD

VENTOUXMAN WAS CREATED IN 2015 BY CHARLES DOUSSOT AND JEAN-FRANÇOIS RIBET. IT INTRODUCED A LONG-DISTANCE TRIATHLON IN AN EXCEPTIONAL SETTING, WINDING THROUGH THE VINEYARDS AND TRADITIONAL VILLAGES OF THE VAUCLUSE, WITH THE ASCENT OF MONT VENTOUX - THE GIANT OF PROVENÇE AND ONE OF THE WORLD'S MOST ICONIC CYCLING CLIMBS - AT THE HEART OF THE RACE.

OVER ITS FIRST TEN EDITIONS, THE RACE HAS CROWNED SOME OF THE FINEST FRENCH AND INTERNATIONAL TRIATHLETES, INCLUDING MARCEL

ZAMORA, WILLIAM MENNESSON, SCOTT DEFILIPPIS, CARRIE LESTER AND JEANNE COLLONGE, WHO IS ESPECIALLY IN OUR THOUGHTS TODAY. AFTER EIGHT POINT-TO-POINT EDITIONS, FIRST STARTING FROM THE LAKE AT PIOLENC AND LATER FROM LES GIRARDES LAKE IN LAPALUD, THE VENTOUXMAN ORGANISERS TOOK A ONE-YEAR BREAK AFTER THE 2022 EDITION TO REDESIGN THE EVENT. THE NEW LOOPED BIKE COURSE IS MUCH SIMPLER FOR BOTH THE ORGANISERS AND FOR ATHLETES AND THEIR SUPPORTERS.

SINCE 2024, VENTOUXMAN HAS BEEN BASED BESIDE THE LAKE AND THE TOWN OF MONTEUX, 30 KM SOUTH OF THE LEGENDARY SUMMIT. THIS IDEAL VENUE AND SETTING HAVE PLAYED A MAJOR ROLE IN GIVING THIS UNIQUE EVENT FRESH MOMENTUM.

NEARLY 1,500 ATHLETES ARE EXPECTED IN MONTEUX FROM 18 TO 20 SEPTEMBER FOR THE 11TH EDITION.



TROUVE TES PROCHAINS TRIATHLONS



Calendrier

En France et à l'étranger

Infos pratiques

FINISHERS

VENTOUXMAN EVENT SCHEDULE

SATURDAY 19 SEPTEMBER

09H00 - 19H00 : EXPO VILLAGE OPEN AND BIB COLLECTION FOR ALL RACES

TRIATHLON S

07H00 - 08H30 : BIB COLLECTION OPEN

7H30 - 8H45 : MANDATORY BIKE CHECK-IN

09H00 : WOMEN'S START

09H02 : RELAY START

09H05 : MEN'S START

10H30 - 12H00 : TRANSITION AREA OPEN FOR BIKE COLLECTION

11H00 : PRIZE-GIVING CEREMONY

GRAVEL TRIATHLON M

09H00 - 11H30 : BIB COLLECTION OPEN

11H00 - 11H45 : MANDATORY BIKE AND TRANSITION-BAG DROP-OFF

12H00 : GRAVEL TRIATHLON START

15H00 - 17H00 : TRANSITION AREA OPEN FOR BIKE COLLECTION

19H00 : PRIZE-GIVING CEREMONY AT LAC DE MONTEUX

10 KM

09H00 - 17H30 : BIB COLLECTION OPEN

17H00 - 17H30 : SHUTTLES DEPART FROM LAC DE MONTEUX FOR THE START, 5 KM AWAY

18H00 : 10 KM START
PLACE SÉNATEUR BÉRAUD, MONTEUX

19H00 : PRIZE-GIVING CEREMONY

SUNDAY 20 SEPTEMBER

10H00 - 17H00 : EXPO VILLAGE OPENING
REFRESHMENT STAND / BAR OPENING
PHYSIOTHERAPISTS & PODIATRISTS

TRIATHLON L

06H00 - 7H15 : MANDATORY BIKE CHECK-IN

07H20 : RACE BRIEFING

07H30 : VENTOUXMAN WOMEN'S START

07H35 : VENTOUXMAN RELAY START

07H40 : VENTOUXMAN MEN'S START

11H00 : FIRST ATHLETE COMPLETES THE BIKE LEG

12H15 : FIRST ATHLETE FINISHES

14H00 : LONG-DISTANCE PRIZE-GIVING CEREMONY

14H30 : TRANSITION AREA OPENS FOR BIKE COLLECTION

17H30 : FINAL FINISHER

DUATHLON L

06H00 - 7H15 : MANDATORY BIKE CHECK-IN

07H40 : RACE BRIEFING

07H45 : LONG-DISTANCE DUATHLON START

11H00 : FIRST ATHLETE COMPLETES THE BIKE LEG

12H15 : FIRST ATHLETE FINISHES

14H00 : L-DISTANCE PRIZE-GIVING CEREMONY

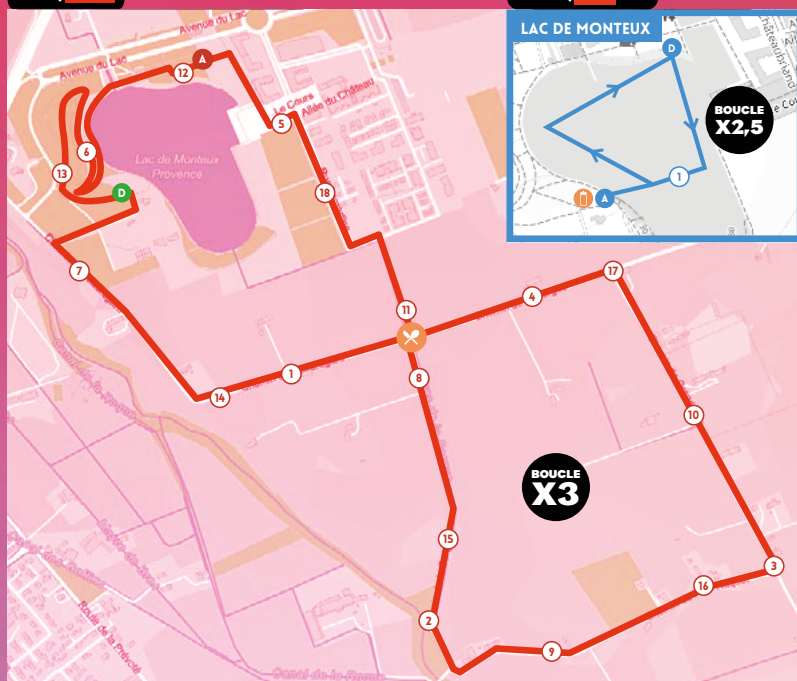
14H30 : TRANSITION AREA OPENS FOR BIKE COLLECTION

17H30 : FINAL FINISHER

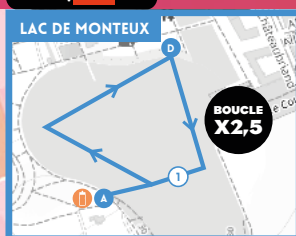


TRIATHLON L

RUN | 18 KM



SWIM | 2 KM



SATURDAY 19 SEPTEMBER

09H00 - 19H00 : BIB COLLECTION

SUNDAY 20 SEPTEMBER

06H00 - 07H15 : MANDATORY BIKE CHECK-IN
 07H20 : L TRIATHLON RACE BRIEFING
 07H30 : VENTOUXMAN WOMEN'S START
 07H35 : VENTOUXMAN RELAY START
 07H40 : VENTOUXMAN MEN'S START
 12H15 : FIRST FINISHER
 14H00 : PRIZE-GIVING CEREMONY
 14H30 - 18H00 : TRANSITION AREA OPEN FOR BIKE COLLECTION

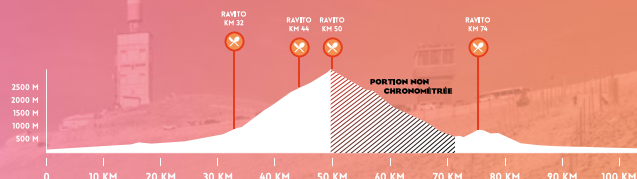
CUT-OFF TIMES:

SWIM EXIT : 08H45
 BIKE - KILOMETRE 43 : 12H15
 BIKE - KILOMETRE 73 : 13H45
 START OF THE RUN : 15H00
 RUN - KILOMETRE 7 : 15H45
 RUN - KILOMETRE 14 : 16H30
 FINISH LINE : 17H30

BIKE | 104 KM - 2200 MD+



FOR YOUR SAFETY, TIMING IS SUSPENDED ON THE DESCENT OF MONT VENTOUX. THE SECTION FROM KILOMETRE 50 AT THE SUMMIT TO KILOMETRE 72 AT THE EXIT FROM MALAUCÈNE WILL NOT COUNT TOWARDS YOUR RACE TIME. PLEASE DESCEND WITH CAUTION.



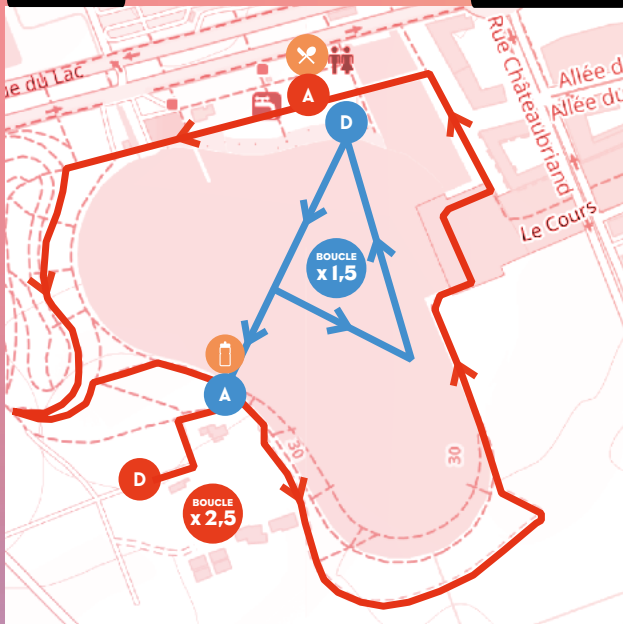
PLAN TRANSITIONS TRIATHLON L



TRIATHLON S

RUN | 5 KM

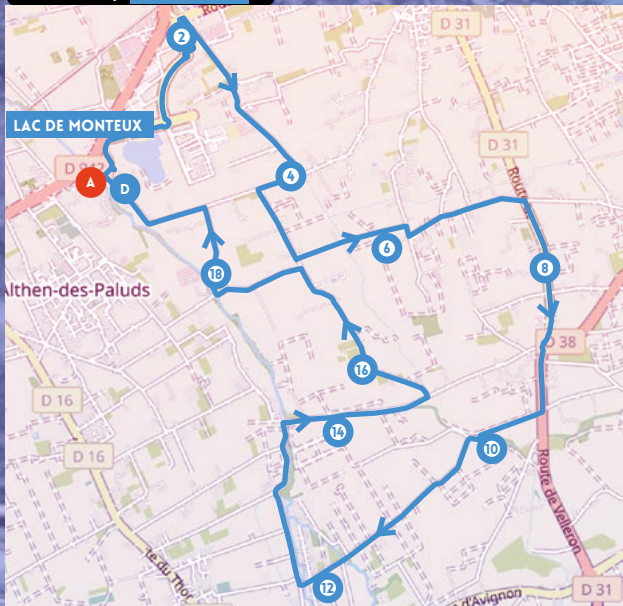
SWIM | 750 M



PLAN TRANSITIONS TRIATHLON S



BIKE | 20KM



SATURDAY 19 SEPTEMBER

07H00 - 08H30 :	BIB COLLECTION
07H30 - 08H45 :	MANDATORY BIKE CHECK-IN
08H50 :	RACE BRIEFING
09H00 :	WOMEN'S START
09H02 :	RELAY START
09H05 :	MEN'S START
10H30 - 12H00 :	TRANSITION AREA OPEN FOR BIKE COLLECTION
11H00 :	PRIZE-GIVING CEREMONY

CUT-OFF TIMES :

SWIM EXIT :	09H40
START OF THE RUN :	10H40
FINISH LINE :	11H30

BIKE



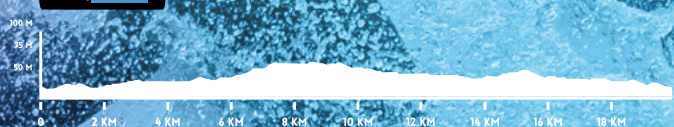
RUN



RUN | 5 KM



BIKE | 20 KM



GRAVEL TRIATHLON

SATURDAY 19 SEPTEMBER

09H00 - 11H30 : BIB COLLECTION
 11H00 - 11H45 : MANDATORY BIKE AND TRANSITION-BAG DROP-OFF
 11H50 : RACE BRIEFING
 12H00 : GRAVEL TRIATHLON START
 15H00 - 17H00 : TRANSITION AREA OPEN FOR BIKE COLLECTION
 19H00 : PRIZE-GIVING CEREMONY AT THE LAKE

CUT-OFF TIMES :

START OF THE BIKE LEG : 12H45
 START OF THE RUN : 14H30
 FINISH LINE : 16H00

ATHLETES MUST MAKE THEIR OWN WAY BACK TO THE START VENUE AT LAC DE MONTEUX.

BIKE | 30 KM - 500 MD+



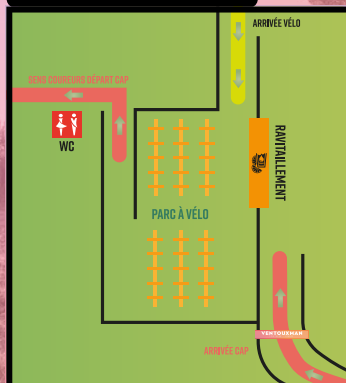
RUN | 9 KM - 250 MD+



PLAN TRANSITION 1



PLAN TRANSITION 2



BIKE



RUN



TRANSITION BAGS AND BAG DROP

PLEASE LEAVE YOUR RUNNING KIT AT THE BAG DROP IN THE DRAWSTRING BAG SUPPLIED BY THE ORGANISERS, WITH THE YELLOW LABEL ATTACHED.

WE WILL TRANSPORT IT TO T2. YOU MAY LEAVE OTHER PERSONAL BELONGINGS AT THE BAG DROP DURING YOUR RACE. PLEASE USE YOUR OWN BAG, WITH A MAXIMUM CAPACITY OF 20 LITRES, AND ATTACH THE RED LABEL

REMEMBER TO LEAVE YOUR CYCLING KIT DIRECTLY IN THE TRANSITION AREA AT T1.

LONG-DISTANCE DUATHLON

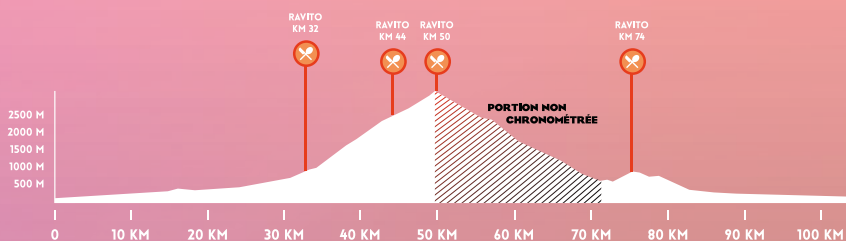
SUNDAY 20 SEPTEMBER

07H45 : LONG-DISTANCE DUATHLON START
14H00 : LONG-DISTANCE PRIZE-GIVING CEREMONY
14H30 : TRANSITION AREA OPENS FOR BIKE COLLECTION
17H30 : FINAL FINISHER

PLAN TRANSITIONS DUATHLON L



COURSE À PIED 1 | 9KM



BIKE | 104KM - 2200M D+



FOR YOUR SAFETY, TIMING IS SUSPENDED ON THE DESCENT OF MONT VENTOUX. THE SECTION FROM KILOMETRE 50 AT THE SUMMIT TO KILOMETRE 72 AT THE EXIT FROM MALAUCÈNE WILL NOT COUNT TOWARDS YOUR RACE TIME. PLEASE DESCEND WITH CAUTION.



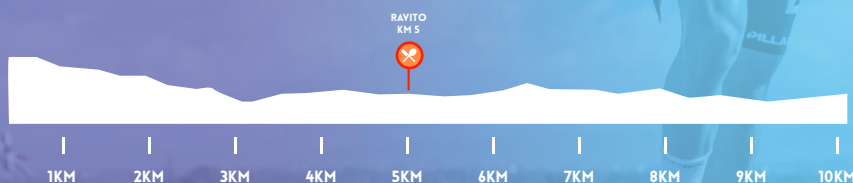
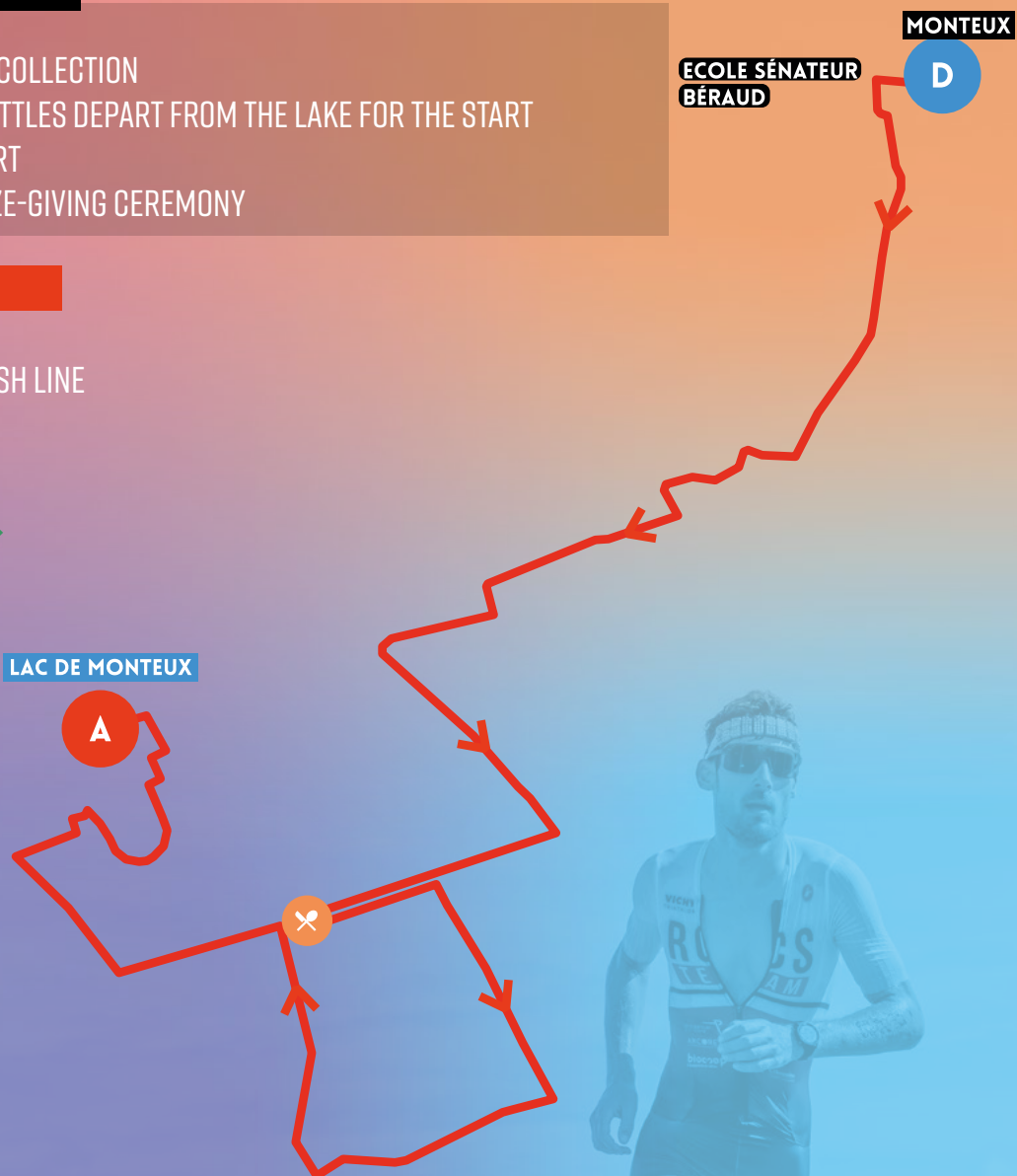
10KM

SATURDAY 19 SEPTEMBER

09:00-17:30: BIB COLLECTION
17:00-17:30 : SHUTTLES DEPART FROM THE LAKE FOR THE START
18H00 : START
19H00 : PRIZE-GIVING CEREMONY

CUT-OFF TIME

19H30 : FINISH LINE





**VOTRE CLUB, VOTRE ADN
VOTRE MAILLOT**

LFCC

FRENCHCYCLARD



Votre maillot personnalisé chez nous ... C'EST :

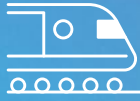
-  Un minimum de 5 pièces seulement,
-  Réassort à partir de 1 pièce !
-  Des délais respectés ! 6 semaines & 5 jours seulement cette année !
-  + de 140 produits : cyclisme, triathlon, running, après course...

Comme + 300 clubs,
4 équipes cyclistes professionnelles UCI,
3 équipes de Première Division FFTRI de triathlon,
et 25 triathlètes pro IRONMAN :

Scannez le QR
et entrez en contact
immédiatement avec le tur-fu.



GETTING HERE



BY TRAIN

FROM AVIGNON STATION, TAKE A TRAIN TOWARDS
MONTEUX



BY BUS

FROM AVIGNON BUS STATION, TAKE ROUTE 5.2
TOWARDS PERNES-LES-FONTAINES

EVENT VILLAGE MAP



NUTRITION

LONG-DISTANCE RACES ONLY :

POWERBAR BARS AND GELS
BISANTRA ELECTROLYTE DRINK



AID STATIONS ACROSS ALL COURSES

STILL WATER, CRISTALINE,
ST-YORRE AND COCA-COLA
BANANAS, MELON, WATERMELON AND ORANGES
SWEETS, FRUIT JELLIES, FRUIT PURÉE AND
SAVOURY CRACKERS



RULES

CYCLING: ONCE ON THE ROAD, THE COURSE WILL BE MARKED WITH ARROWS AND ROAD SIGNS, WITH SUPPORT FROM VOLUNTEERS AND LAW-ENFORCEMENT OFFICERS.

VENTOUXMAN FOLLOWS THE FRENCH TRIATHLON FEDERATION RULES, AVAILABLE AT: [FFTRI.COM/REGLEMENTATION-SPORTIVE](https://fftri.com/reglementation-sportive)

THE RACE WILL BE OFFICIATED BY FEDERATION-APPOINTED OFFICIALS.



I. DRAFTING IS PROHIBITED IN THE LONG-DISTANCE RACE

THE DRAFTING ZONE IS 10 METRES LONG AND 3 METRES WIDE. ONCE AN ATHLETE ENTERS THIS ZONE, THEY HAVE 20 SECONDS TO OVERTAKE THE OTHER TRIATHLETE. IF THEY FAIL TO DO SO, THEY WILL BE CONSIDERED IN BREACH OF THE RULES. ON THE ASCENT OF MONT VENTOUX, THESE DIMENSIONS ARE REDUCED TO 3 METRES LONG AND 1 METRE WIDE.



2. FOLLOW THE HIGHWAY CODE

RIDE ON THE RIGHT AND DO NOT CROSS SOLID WHITE LINES UNLESS INSTRUCTED OTHERWISE BY VOLUNTEERS OR LAW-ENFORCEMENT OFFICERS. ROADS REMAIN OPEN TO TRAFFIC.

PACING AND OUTSIDE ASSISTANCE ARE PROHIBITED

IF YOU BREAK THE RULES, AN OFFICIAL WILL PENALISE YOU BY

► BLOWING A WHISTLE ► CALLING OUT YOUR BIB NUMBER ► STATING THE OFFENCE ► SHOWING THE RELEVANT CARD

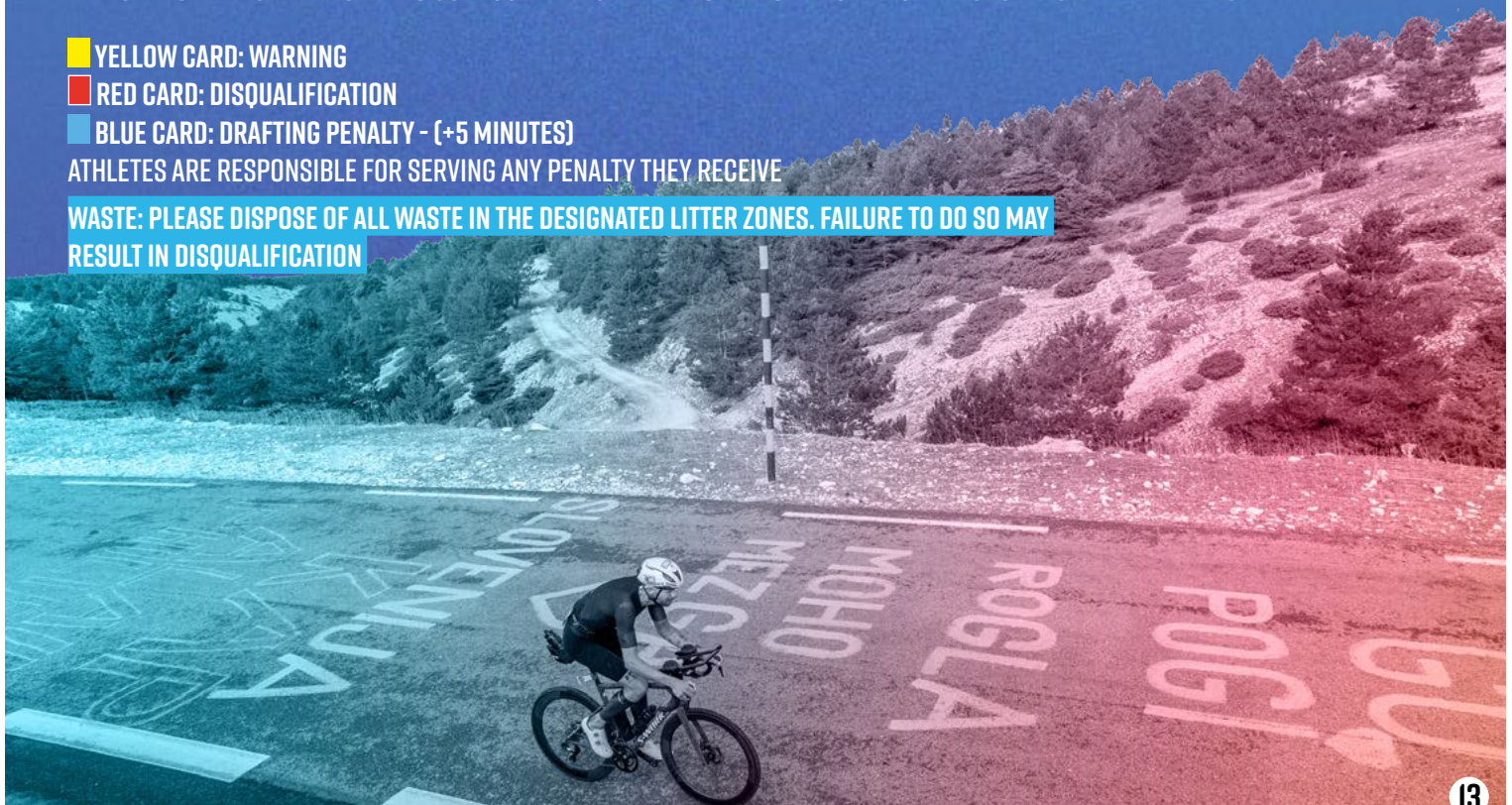
YELLOW CARD: WARNING

RED CARD: DISQUALIFICATION

BLUE CARD: DRAFTING PENALTY - (+5 MINUTES)

ATHLETES ARE RESPONSIBLE FOR SERVING ANY PENALTY THEY RECEIVE

WASTE: PLEASE DISPOSE OF ALL WASTE IN THE DESIGNATED LITTER ZONES. FAILURE TO DO SO MAY RESULT IN DISQUALIFICATION

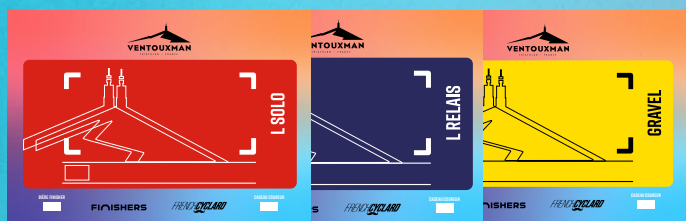


BEFORE THE RACE

BIB COLLECTION

YOU WILL RECEIVE:

A NUMBERED RACE BIB; AN ORCA SWIM CAP WHICH MUST BE WORN DURING THE SWIM; NUMBERED STICKERS FOR YOUR BIKE AND HELMET; TWO TEMPORARY TATTOOS; ONE ELECTRONIC TIMING CHIP; AND A PARTICIPANT GIFT.



RELAY INFORMATION

YOU WILL RECEIVE TWO DIFFERENT RACE BIBS: ONE FOR THE CYCLIST AND ONE FOR THE RUNNER.

THE ELECTRONIC TIMING CHIP MUST BE WORN ON THE LEFT ANKLE AND SERVES AS THE RELAY BATON BETWEEN TEAM MEMBERS.

IT IS YOUR RESPONSIBILITY TO BE ON TIME FOR THE HANDOVER. YOU WILL BE ALLOWED INTO THE TRANSITION AREA ON PRESENTATION OF YOUR RACE BIB



OFFICIAL PARTNERS

FINISHERS

FRENCHCYCLARD

OFFICIAL SUPPLIERS

orca



OFFICIAL SUPPORTERS



iDO APP

S^t-Yorre

SUPER U

Monteux Horizon Provence

MEDIA PARTNERS

TRIMAX
IMAGINE

INSTITUTIONAL PARTNERS

VAUCLUSE
LE DÉPARTEMENT


MONTEUX



Sorgues du Comtal
■■■■■ AGGLO