

SIERRE ZINAL®

LA COURSE DES CINQ 4000

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WELCOME TO SIERRE-ZINAL 2026!

As an invited athlete in the Sierre-Zinal elite field, we are delighted to welcome you to the 53rd edition of the race.

Below, you will find all the information you need to prepare for your race weekend. Please read this briefing carefully and check Sierre-Zinal's official communications regularly for any updates.

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NEW WOMEN'S START

To increase the visibility of the women's elite field and ensure a fairer race, the women will start at 10:30 am.

WOMEN

Bus departure from Zinal: 8:30 am

Race start in Sierre: 10:30 am

MEN

Bus departure from Zinal: 9:00 am

Race start in Sierre: 11:00 am

This new format will result in more overtaking between the different race categories. We are counting on your fair play, your respect for the other participants and your vigilance.

GETTING TO THE START

Regardless of how you arrive in Sierre, **you must first go to the mandatory [welcome area](#)**. This new arrangement is due to the construction work currently taking place at the start site.

IF YOU ARE STAYING IN ZINAL

Dedicated buses for invited athletes will leave at the following times:

 **Women: 8:30 am**

 **Men: 9:00 am**

The buses will take you directly to the welcome area.

IF YOU ARE TRAVELLING TO SIERRE INDEPENDENTLY

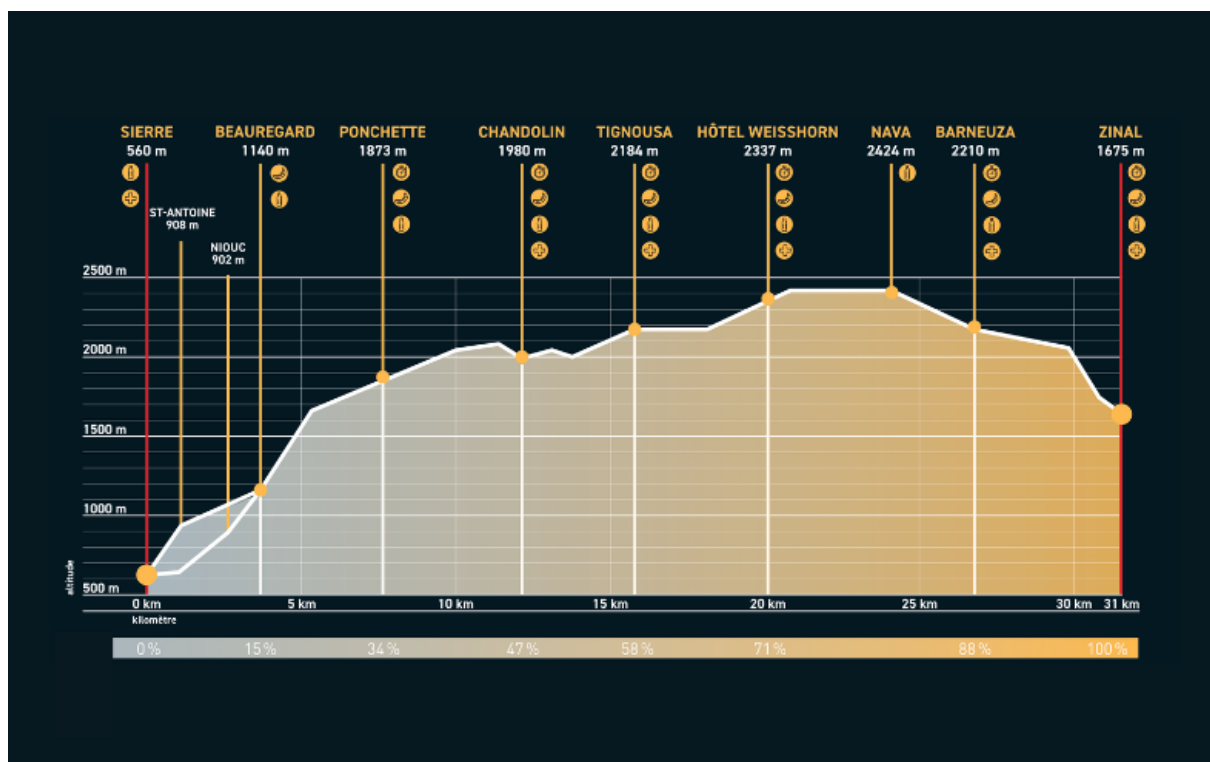
You must make your way to the mandatory welcome area by following the instructions provided on [Access to the start from Sierre](#) and [Participant access](#) pages.

WARM-UP AREA

From **9:30 am** for women and **10:00 am** for men, we recommend passing through the welcome area to reach the warm-up zone located along the 600-metre stretch leading to the start line. You may use this section freely to warm up.

HYDRATION AT THE START

No water station will be available in the start area. Please bring your own drink. In case of very hot weather, ice will be provided.



Assistance at aid stations

Assistance at aid stations is permitted only within a 200-metre area before and after the official aid stations.

Any assistance received outside these designated areas may result in a penalty or even disqualification. Please make sure your support team is aware of this rule.

COURSE

AID STATIONS

SPORTING INTEGRITY AND ANTI-DOPING

Sierre-Zinal is fully committed to protecting the integrity of the competition, the health of all participants and the ethical values of the event.

We are counting on you to behave in accordance with the rules and values of the race.

Anti-doping tests may be carried out:

- before the event;
- at the finish.

RULES

INVITATION ANTI-DOPING EDUCATION

Know what to do

[WMRA](#) together with the [Athletics Integrity Unit \(AIU\)](#) and Sierre-Zinal invite you to meet together where we are giving you the chance to learn and to ask your questions to Aditya Kumar from the AIU anything about fairness in sport and anti-doping.

The AIU are responsible for all of Anti-Doping for [World Athletics](#) and integrity in our sport.

This will be held on **Friday 7th August at 10:30 am** in the Zinal Gym and we want ALL athletes to come since it is your opportunity know your rights and responsibilities. **This morning session is ONLY open to athletes and it is very important you attend this meeting.**

A second time at **14:00 on Friday** is for coaches and managers, brand representatives etc and anyone who would like to meet the AIU and know about the process can come to this second session.

A document is available from this: [here](#) and please use this to prepare your questions.

We look forward to seeing you soon in Zinal at the meeting.

ATHLETE GUIDE

AWARDS CEREMONY AND PRIZE MONEY

The awards ceremony will take place at 4:45 pm on the main stage in Zinal and will last approximately one hour.

The following athletes will be invited onto the stage:

-  **The top three finishers in each category;**
-  **Men who finish in under 2:40**
-  **Women who finish in under 3:10**

Men who finish in under 2:50 and women who finish in under 3:20 may also be eligible for prize money, in accordance with the official prize money table. Athletes who are eligible for prize money but are not invited onto the stage will receive their prize after the ceremony, behind the stage.

Prize money will not be sent at a later date.

[VIEW THE PRIZE MONEY TABLE](#)

GOLDEN TRAIL WORLD SERIES SEGMENTS

Three official Golden Trail World Series segments are included on the Sierre-Zinal course:

-  **BEST CLIMBER**
-  **BEST SPRINTER**
-  **BEST DOWNHILLER**

The five fastest athletes on each segment will earn bonus points towards the overall GTWS ranking. These points will only be validated for athletes who complete the race.

[SEGMENTS AND POINTS](#)

[WATCH THE SEGMENT VIDEO](#)

WEATHER, BAGS AND EQUIPMENT

Depending on the weather conditions or any exceptional circumstances, the organisers may issue additional recommendations or instructions before the start.

Please refer to the official Sierre-Zinal rules, which remain authoritative.

[RULES](#)



A bag drop service will be available at the start. Your belongings will then be transported to Zinal.



Poles and headphones are not permitted.



No mandatory equipment is required under normal race conditions.

OFFICIAL INFORMATION

Until race day, please remember to check Sierre-Zinal's official communication channels regularly:

- newsletters;
- the official website;
- official social media channels.

Any changes relating to the weather, the course, the organisation or the rules will be communicated exclusively through these channels.

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Thank you for being part of the elite field for this 53rd edition!
We wish you all the best with your final preparations and look forward to welcoming you very soon to Sierre-Zinal.

- The Sierre-Zinal Team



UBS

SALOMON

Since 2018, the only Swiss race bringing together two prestigious international series.

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