

# PARTICIPANTS BOOK

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# MARATHON CÔTE INDIGO

FLEURY D'AUDE, SAINT-PIERRE LA MER & LES CABANES DE FLEURY

EVERYTHING YOU NEED TO PREPARE YOUR WEEKEND CÔTE INDIGO MARATHON



**CÔTE INDIGO**  
FLEURY D'AUDE - SAINT PIERRE LA MER - LES CABANES DE FLEURY

  
**MARATHON**  
CÔTE INDIGO  
**18/19**  
**AVRIL**  
**2026**



## 4° EDITION OF THE MARATHON

The Côte Indigo Marathon returns for its 4th edition. Experience a sporty and... festive weekend!

This year, you'll find: **marching bands, brass bands, concerts, children's races**, a morning run, a walk and 5 km race in support of Refuge Arpan, a relay marathon, Nordic walking... and of course the 10 km race, the half marathon, and the full marathon.

**NEW FOR 2026:**  
**SATURDAY, APRIL 18 - 9:45 PM - FIREWORKS**

Come and enjoy a magical moment under the stars! In partnership with the City of Narbonne, the sky will light up with a spectacular fireworks display launched from the harbor jetty.

**OVER 4,000 REGISTERED PARTICIPANTS**

Last year, more than 4,000 of you joined us – a growing enthusiasm that shows no signs of slowing down. And once again, all signs point to a new record being set!

## POSTCARD-WORTHY SCENERY

Run along golden beaches, admire the retreating waves, cross vineyards, explore the Clape massif... the Indigo Coast Marathon offers truly picture-perfect landscapes.

Between sea, vineyards, and Mediterranean scrubland, every stride is an invitation to discover or rediscover the beauty of the Indigo Coast.



# Program

FRIDAY, APRIL 17

Village opening 2PM - 7PM

Bib collection & official shop open

SATURDAY, APRIL 18

Village opening 9AM - 8PM

Bib collection up to 1 hour before the race

**10AM**

MORNING RUN

Training session with Yohan Durand (all levels, 1 hour)

From  
**2PM**

CHILDREN'S RACES

Ages : 7-9 / 10-11 / 12-13

**4:30PM**

5 KM RACE

Walk & run for Refuge Arpan

**6:00PM**

10 KM RACE

**7:00PM**

PRIZE CEREMONY

SUNDAY, APRIL 19

Village opening 7AM - 3PM

Bib collection up to 1 hour before the race

**8:30AM**

MARATHON START

**10:00AM**

HALF MARATHON  
START

**10:05AM**

NORDIC WALKING  
START

**12:30PM**

PRIZE CEREMONY

# MARATHON VILLAGE



LOCATED IN THE HEART OF SAINT-PIERRE-LA-MER (BOULEVARD DES EMBRUNS).

## OPENING HOURS

**FRIDAY**  
**2PM - 7PM**

**SATURDAY**  
**9AM - 8PM**

**SUNDAY**  
**7AM - 3PM**

## AVAILABLE SERVICES

Reception  
Information point

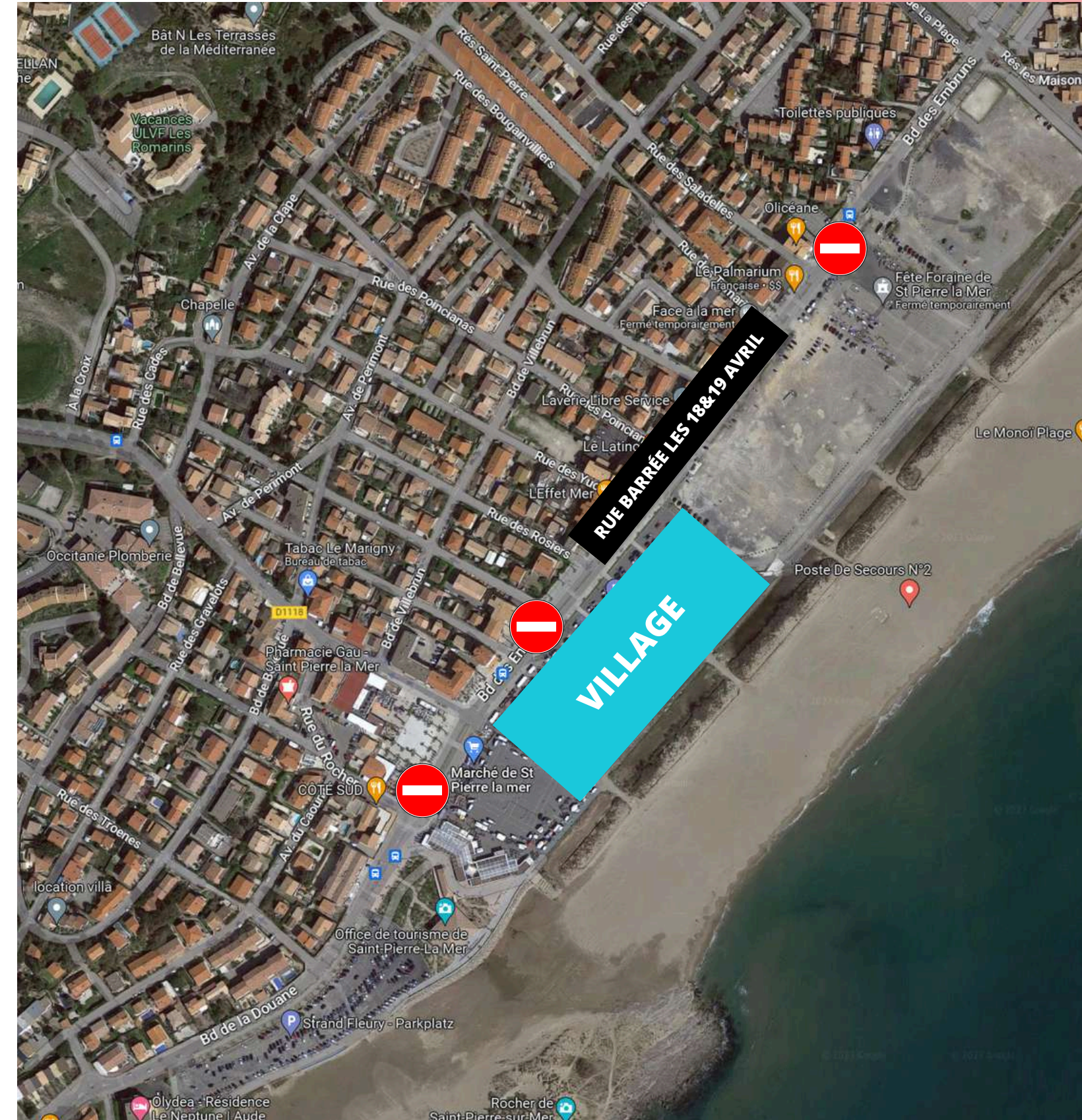
Bib collection  
Official shop

Bag storage  
Beverage

## PARTNER STANDS

Running Conseil Béziers  
Children's entertainment stands

Les Foulées du Parc  
Foul&es Narbonne





# BIB COLLECTION

## IMPORTANT INFORMATION

FRIDAY

**2PM - 7PM**

SATURDAY

**9AM - 8PM**

SUNDAY

**7AM - 9:30AM**

Bib collection will take place at the **Marathon Village, Boulevard des Embruns in Saint-Pierre la mer**. Available until **1 hour before your race**.

## REQUIRED DOCUMENTS

Your QR code, sent by CHRONOSTART 7 days before the race

ID card

FFA license or valid Health Prevention Course (PPS), if not already provided

For collecting someone else's bib, you will need a copy of their ID  
+ QR code required



# RACE DAY INFORMATION

IMPORTANT INFORMATION

## In case of withdrawal

Please report to the emergency number printed on your bib.



# SEMI-MARATHON



# 25000

DOSSARD & CO.  
SEMI-MARATHON

Numéro d'urgence : 06.70.74.75.99

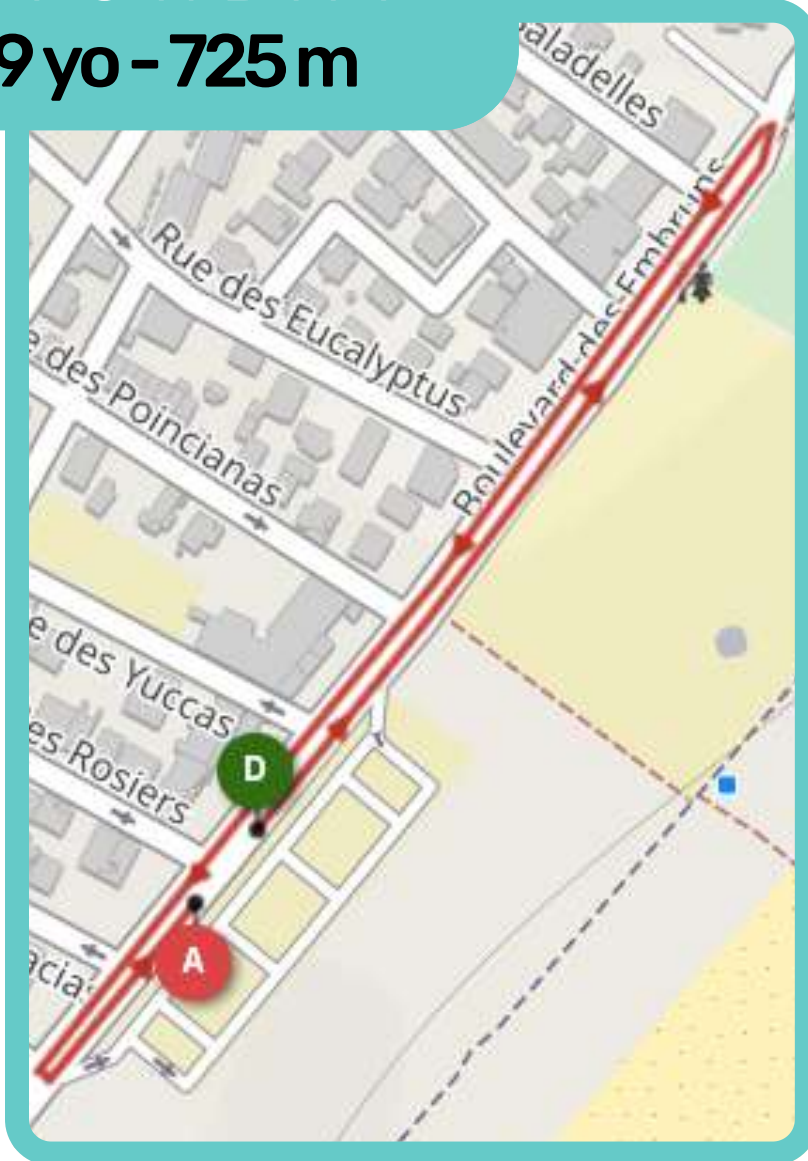


# CHILDREN'S RACES

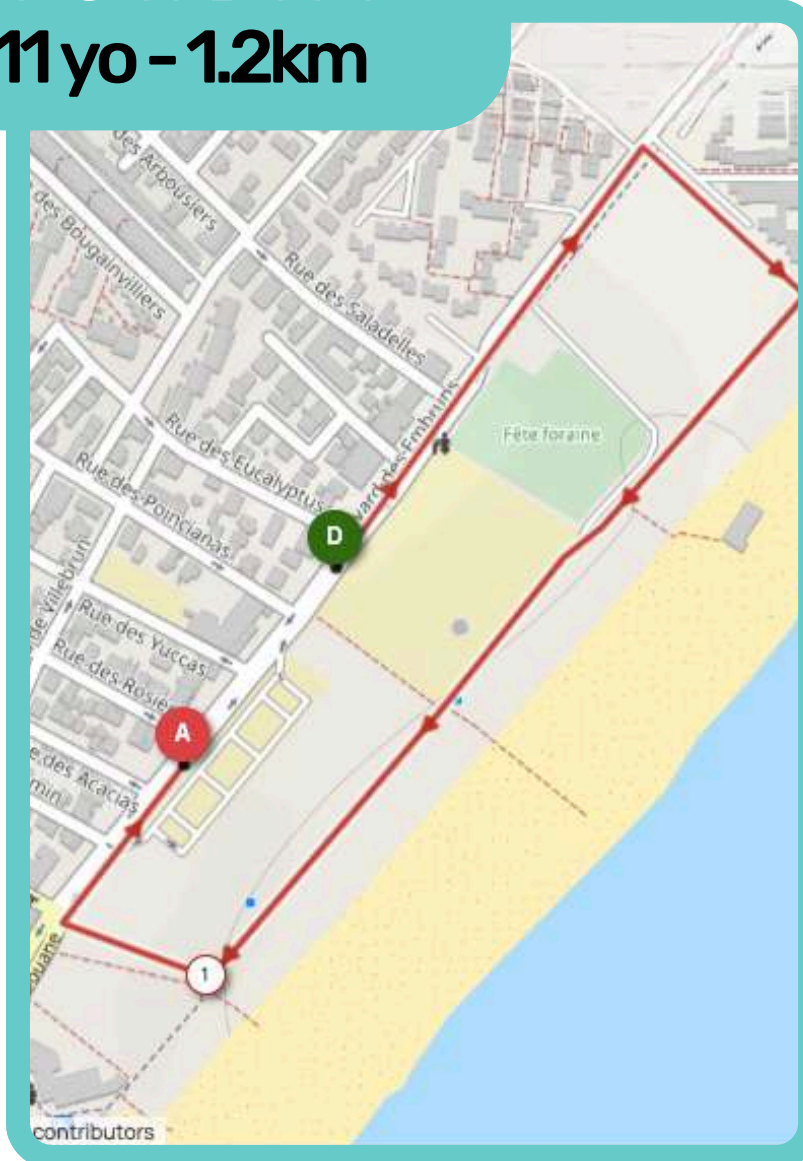
START SATURDAY, APRIL 18 AT 2PM

You can collect your race bib **until 1PM at the Marathon Village**. All young runners will receive a surprise gift, a **medal, and a free snack**! There will be no official ranking for the children's races.

SATURDAY  
7-9 yo - 725m



SATURDAY  
10-11 yo - 1.2km



SATURDAY  
12-13 yo - 2km



# RACES DETAILS

START SATURDAY, APRIL 18 AT 4:30PM AND 6PM

## 5 km

You can collect your race bibs **until 3:30PM at the Marathon Village**, the start will be at **4:30PM**.

Elevation: +20m / Minimum age : 14 yo / Open to walkers

[See race details on OpenRunner.](#)

## 10 km

You can collect your race bibs **until 5PM at the Marathon Village**, the start will be at **6PM**.

Elevation: +40m / Minimum age : 16 yo

[See race details on OpenRunner.](#)

PACE RUNNERS

**40' - 45' - 50' - 1h**



# Marathon

**START SUNDAY, APRIL 19 AT 8:30AM**

You can collect your race bibs **until 7:30AM** at the **Marathon Village**, the start will be at **8:30AM**.

Elevation: +150m / Minimum age : 20 yo

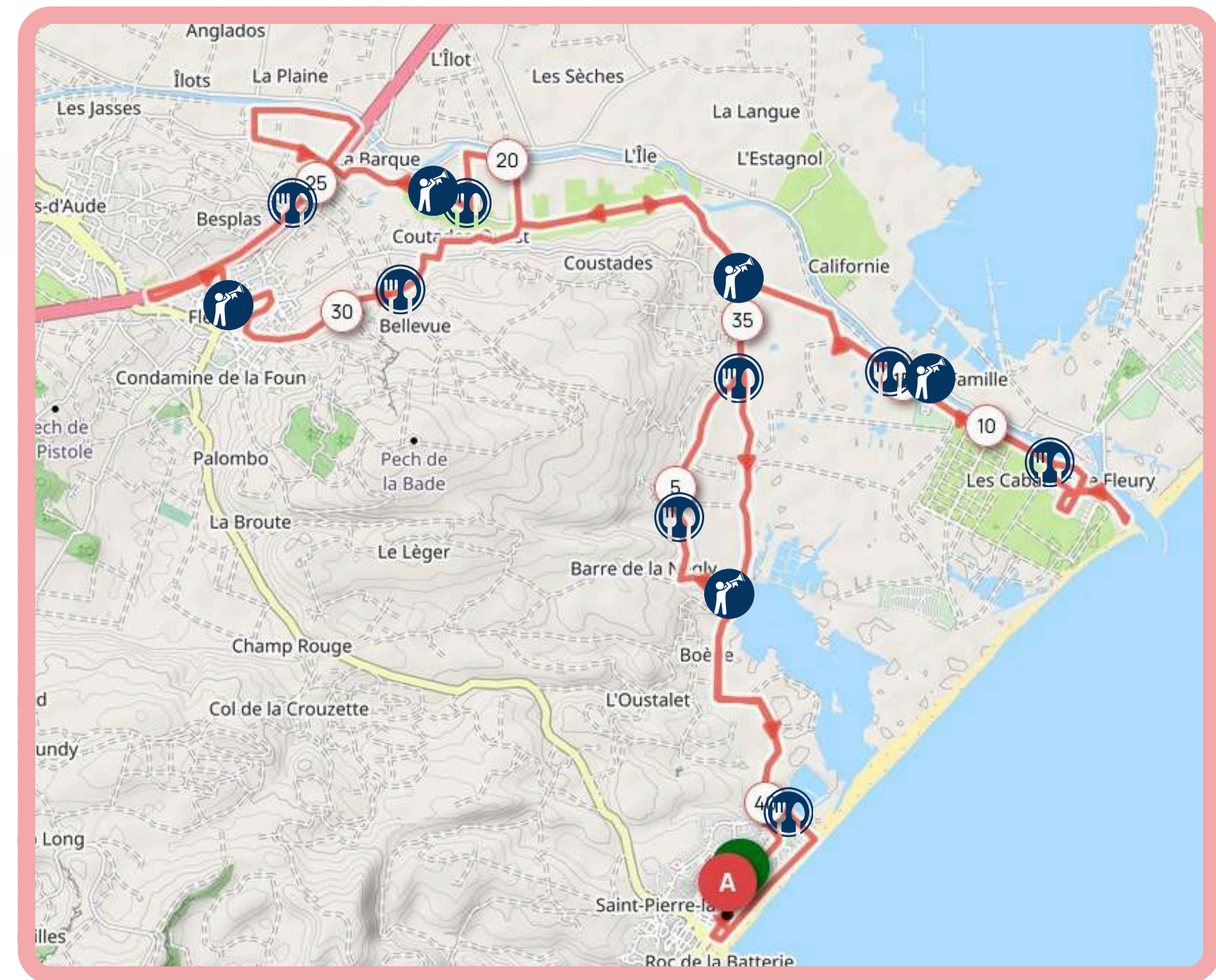
[See race details on OpenRunner.](#)

PACE RUNNERS

**3h30' - 3h45' - 4h - 4h15' - 4h30' - 5h**

START ZONES (FREE ACCESS)

**3h - 3h30' - 4h**



# RELAY MARATHON

**START SUNDAY, APRIL 19 AT 8:30AM**

You can collect your race bibs **until 7:30AM** at the **Marathon Village**, the start will be at **8:30AM**.

The relay point will be at the **Chapel of Notre Dame de Liesse** at kilometer 22.

**Parking** will be available on site.

Elevation : +150m / Minimum age : 20 yo

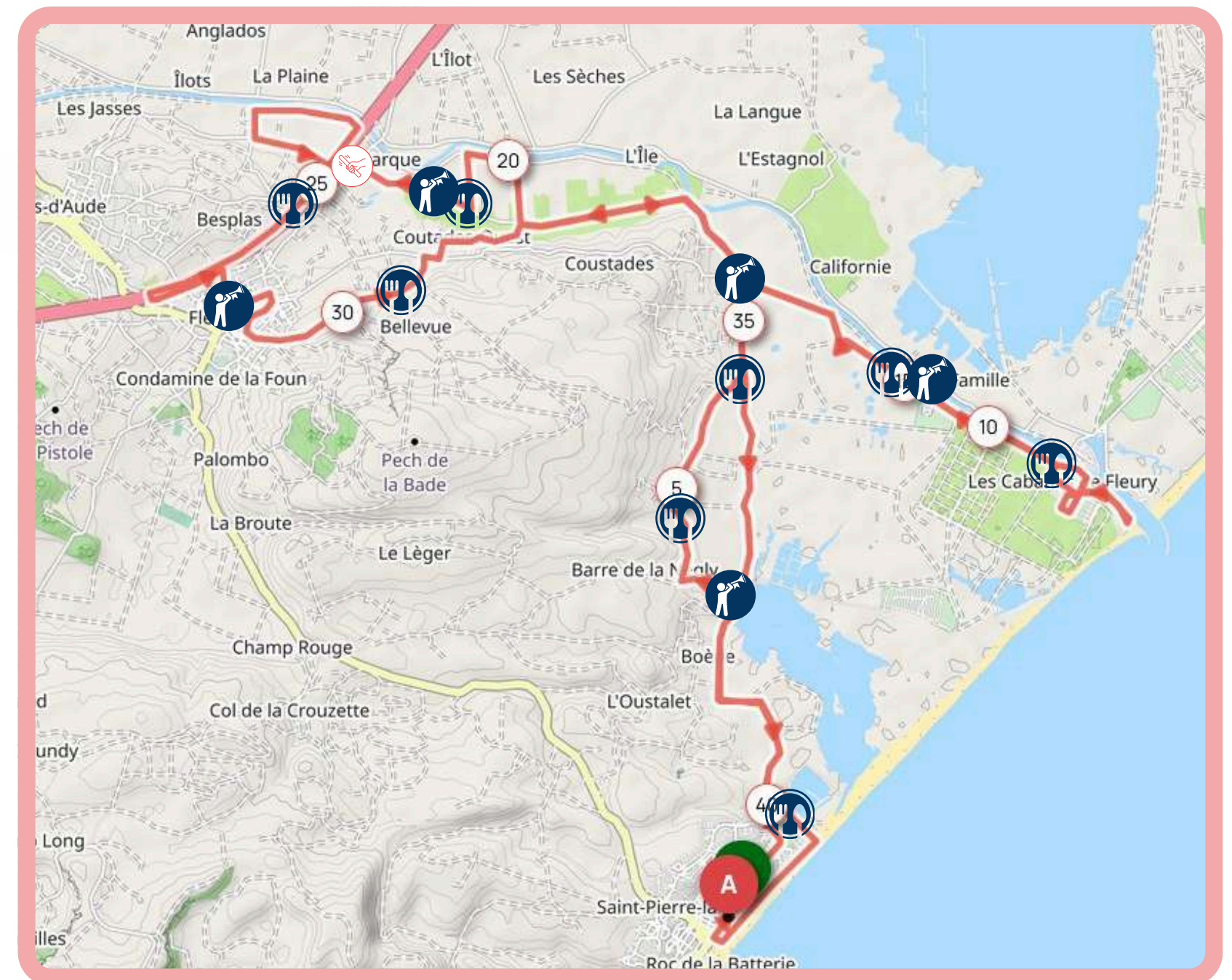
[See race details on OpenRunner.](#)

## PAGE RUNNERS

**3h30' - 3h45' - 4h - 4h15' - 4h30' - 5h**

## START ZONES (FREE ACCESS)

**3h - 3h30' - 4h**



**Refueling**



**Animation**



# HALF MARATHON

**START SUNDAY, APRIL 19 AT 8:30AM**

You can collect your race bibs **until 9:00AM** at the **Marathon Village**, the start will be at **10:00AM**.

Elevation : +30m / Minimum age : 18 yo

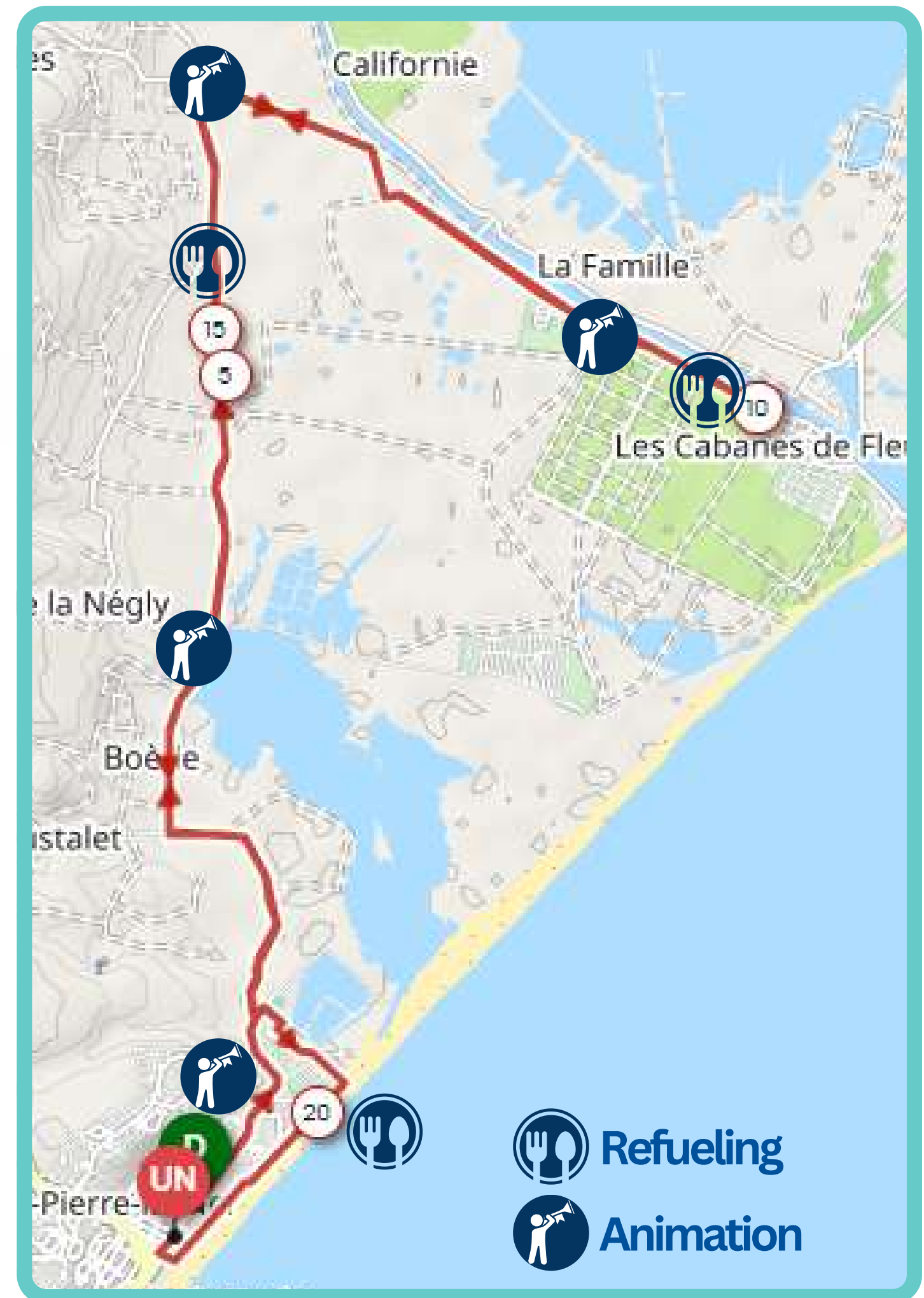
[See race details on OpenRunner.](#)

PACE RUNNERS

**1h30' - 1h40' - 1h50' - 2h**

START ZONES (FREE ACCESS)

**1h30' - 1h40' - 1h50' - 2h**



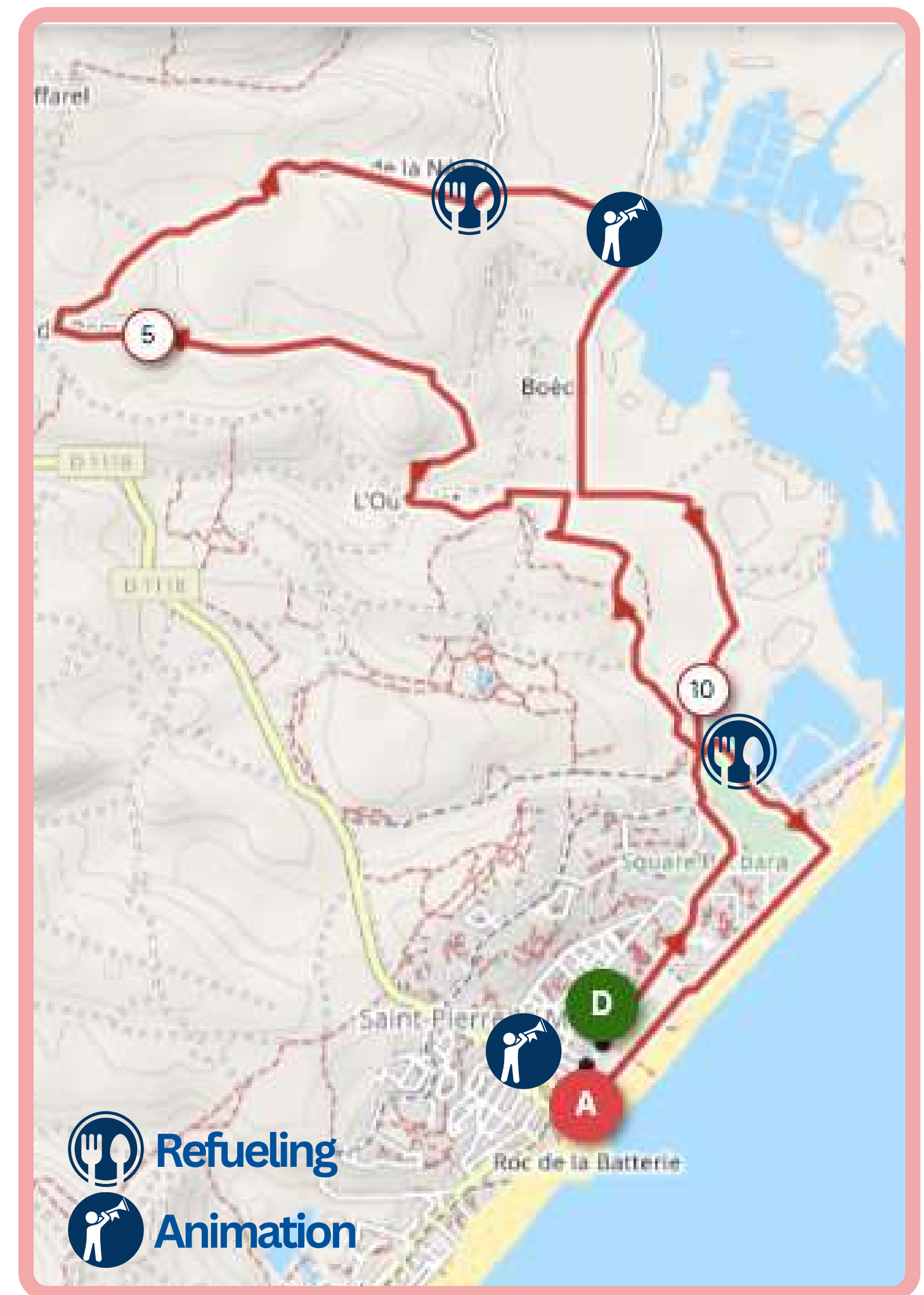
# HIKE/ NORDIC WALKING

**START SUNDAY, APRIL 19 AT 10:05AM**

You can collect your race bibs **until 9:00AM at the Marathon Village**, the start will be at **10:05AM**.

Elevation : +30m / Minimum age : 16 yo

[See race details on OpenRunner.](#)





# REFRESHMENT STATIONS

## IMPORTANT INFORMATION

SATURDAY  
**5 km**

Finish only

SATURDAY  
**10 km**

km 2.5, 7.5, finish

SUNDAY  
**Nordic walking**

km 7.5, 10, finish

SUNDAY  
**Half marathon**

km 5, 10, 15, 20, finish

SUNDAY  
**Marathon**

km 5, 10, 15, 20, 25, 30, 35,  
40, finish

## YOU'LL FIND

**Beverage** : Water (bottles & cups), Saint-Yorre mineral water, Coca-Cola

**Food** : Bananas, oranges, crackers, cheese, sausage, sugar

# PARKING

## IMPORTANT INFORMATION

We are expecting nearly **5,000 participants**, all of whom will be accompanied by their families and friends. To ensure the weekend runs smoothly, without any issues or traffic problems, please make sure to plan your arrival carefully.

**Feel free to arrive early:** beach, terrace, Marathon Village—you'll be able to relax and unwind before the start of the race!

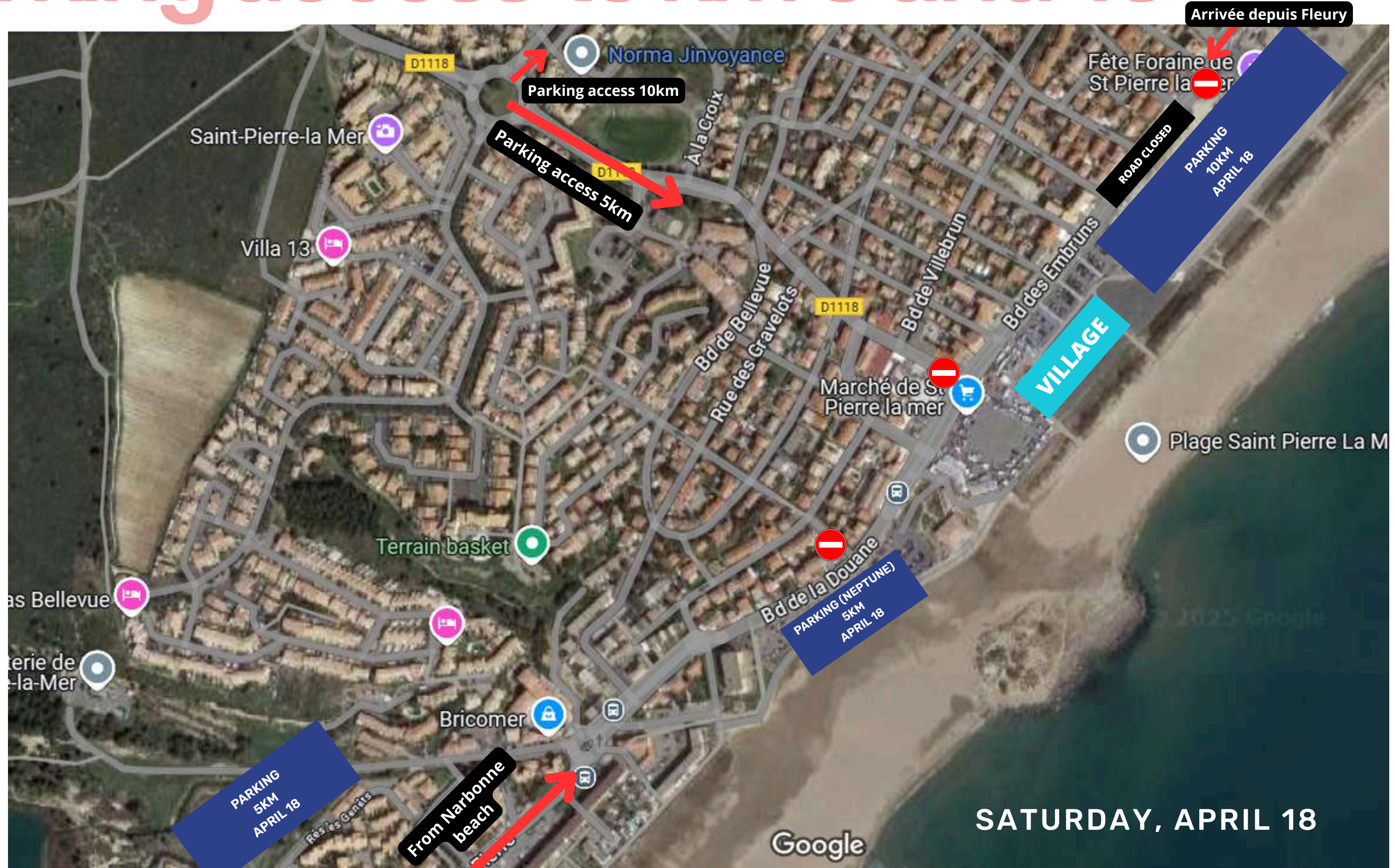
**CÔTE INDIGO** provides three large parking areas to facilitate parking throughout the weekend. **The organization has set up a signage system to help guide you to the parking areas corresponding to your race.**

## ATTENTION

**Access to Marathon / Nordic walking parking area will not be possible during the Marathon start (from 8:15 a.m. to 8:40 a.m.) and during the half marathon and Nordic walking start (from 9:45 a.m. to 10:15 a.m.).**



# Parking access to km 5 and 10



# Parking access Half/ Marathon / Nordic walking



SUNDAY, APRIL 19

# TRAINING SESSION with Yohan Durand

## AT MARATHON VILLAGE

Yohan Durand, a **French international athlete**, is the patron of the 4th edition of the **Côte Indigo Marathon**. He will be present throughout the weekend to follow the races and meet you.

Yohan is offering a training session on **Saturday, April 18 at 10 a.m. in Saint-Pierre-la-Mer** (meeting point at the Marathon Village).

This training session is open to all levels and includes a **3 km run around the resort followed by a stretching session.**

The number of places is limited to **50 participants**. If you would like to take part, please register via the following link.

[Sign in !](#)



# A lively weekend awaits!

## ON THE COURSE & IN THE VILLAGE

As every year, what makes the difference at the **Côte Indigo Marathon** are the crazy entertainment options we have in store for you!

### SATURDAY, APRIL 18

#### VILLAGE

Inflatable castles  
for children

#### COURSE

Kore Percus  
Batucada

#### COURSE

Bloco Alma  
Batucada

#### COURSE

Los Sambaderos  
Samba

### SUNDAY, APRIL 19

#### VILLAGE

Inflatable castles  
for children

#### COURSE

Kore Percus  
Batucada

#### COURSE

Philocalie  
Pom-pom Girls

#### COURSE

Los Sambaderos  
Samba

#### COURSE

Rumba Coumo

#### COURSE

Zooka Samba

#### COURSE

Light tunnels  
and music!



# PHOTOS

## FINISHERS FOR YOUR PHOTOS ONLINE.

This year, the **Côte Indigo Marathon** is introducing something new to offer all runners an unforgettable experience!

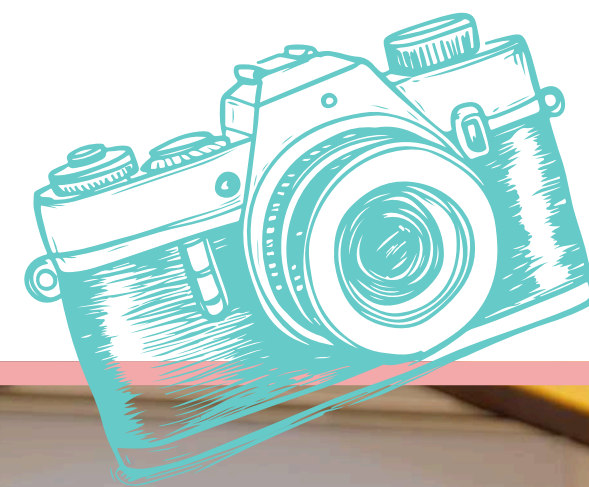
Thanks to **Finishers**, every participant will be able to find their race photos online, easily and quickly.

### HOW IT WORKS ?

Simply enter your bib number and email address to access your personalized photos, captured throughout the course.

Prices : 12€/photo, 24€ for complete pack

**After the race, visit our website or use the Finishers link that will be shared on our social media channels to discover and download your photos !**

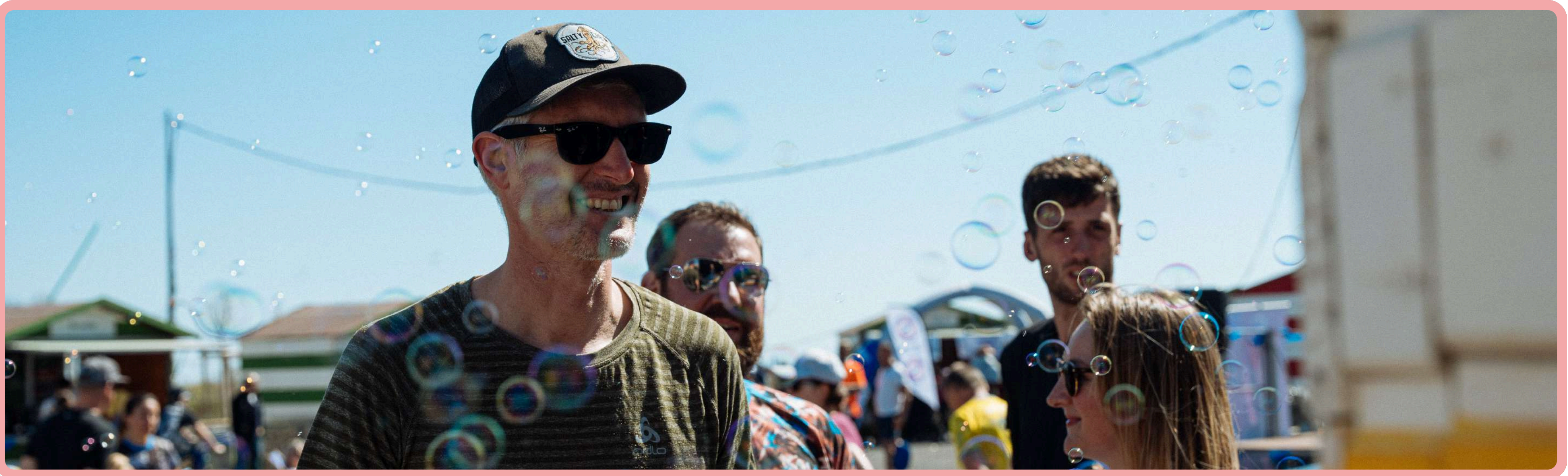


# SHOWERS

## MUNICIPAL CAMPING - PISSEVACHES

If you want to take a shower on **Sunday, April 19** (access won't be possible on Saturday, April 19), you could do it in **Municipal Camping Pissevaches : Boulevard des Embruns, 11560 Fleury.**

**Access to the camping and showers is reserved for runners; please present your bib number to gain entry.**



# CONTEST

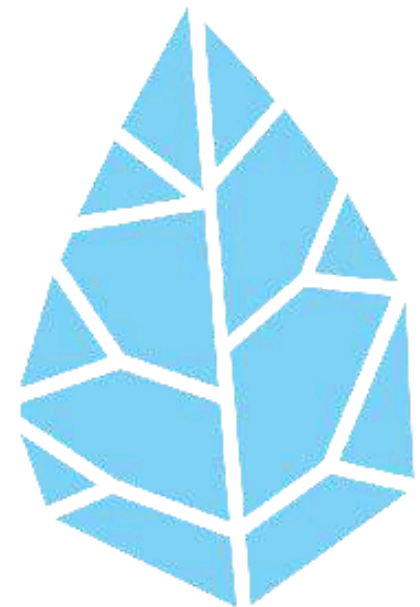
THANKS TO NUTRIPURE

**Nutripure**, a French **dietary supplements** brand, is supporting you at the **Côte Indigo Marathon**.

Find their products in your Welcome Packs!

To celebrate the event, Nutripure is running an exclusive **contest** and is also offering you 10% off with the referral code **MARATHON** on the website [nutripure.fr](https://nutripure.fr) (for all new registrations).

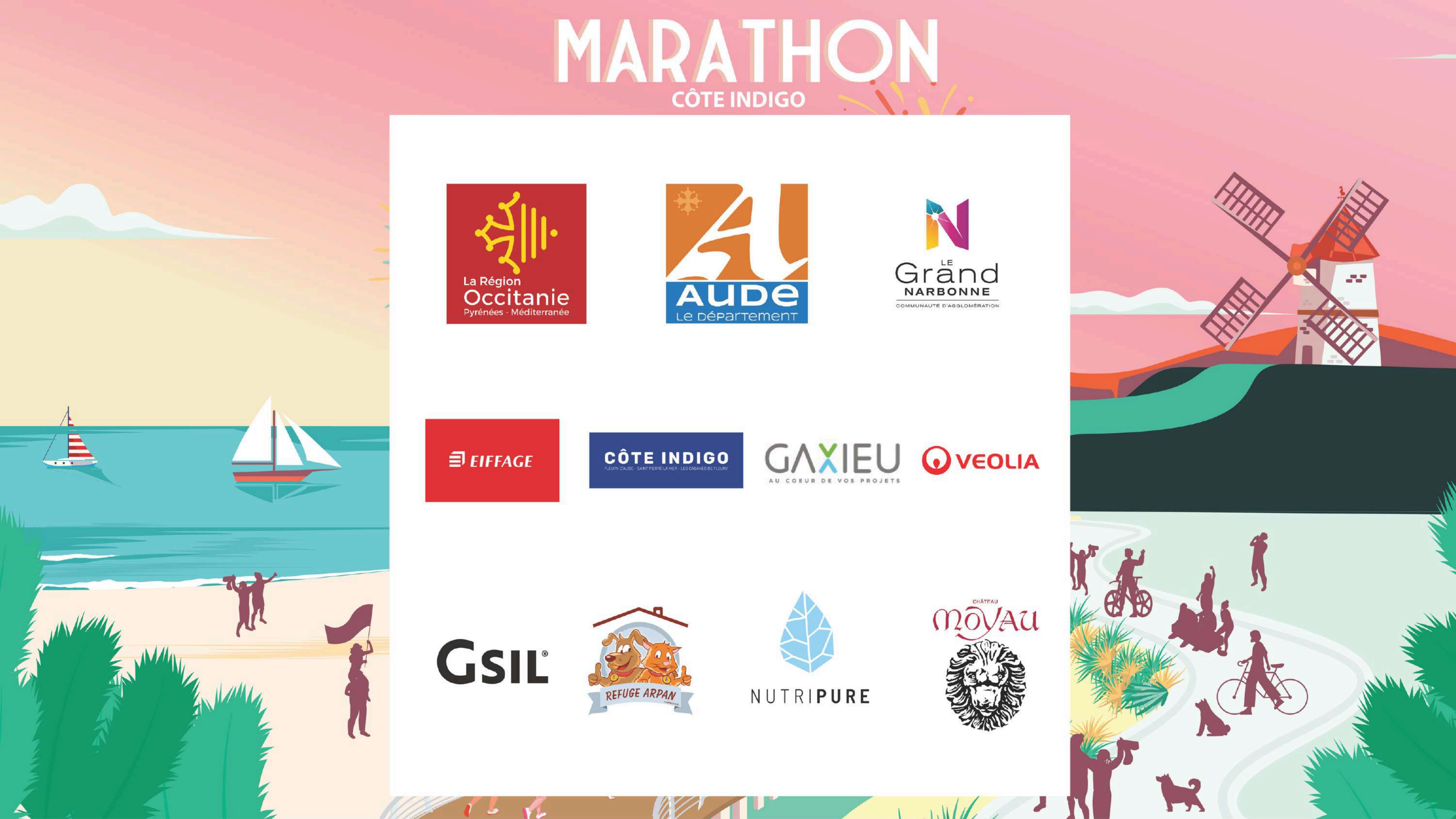
**CONTEST HERE**



**NUTRIPURE**

# MARATHON

CÔTE INDIGO



# Welcome in Côte Indigo's family!

RENDEZ-VOUS À PARTIR DU 17 AVRIL 2026 !

We are proud to welcome you for this **4th edition** and wish you a fantastic sporting and festive weekend !

We wish you all a **sporty and festive weekend**. You can easily find us at the Marathon Village or at the start and finish lines. The volunteers are also there to help and support you throughout the weekend.

**Enjoy your preparation and see you soon!**

Marathon Côte Indigo Team



# UPCOMING EVENTS

**SATURDAY, APRIL 18**  
**9:45PM**

## **FIREWORKS**

SAINT-PIERRE LA MER | NARBONNE-PLAGE

**MAY 8, 9 & 10**

## **AGRICULTURAL FAIR & WINE FESTIVAL**

LES CABANES DE FLEURY

**MAY 23 & 24**

## **STREET FESTIVALS**

FLEURY D'AUDE

**SUNDAY, JUNE 2**  
**10:00AM TO 6:00PM**

## **OUSTA' FÊTE**

DOMAINE DE L'OUSTALET  
FLEURY D'AUDE

**CÔTE INDIGO**

FLEURY D'AUDE - SAINT PIERRE LA MER - LES CABANES DE FLEURY

