



Medoc Marathon Trip Notes

A trip in conjunction with Beynac in Dordogne, Nice on the Riviera, then Berlin Marathon
(See separate trip reports)

Whose fault is this? For once this trip wasn't my idea. Tom has never really attended a marathon and he'd heard about the Medoc Marathon that runs through 59 Grand Cru Bordeaux vineyards with 22 wine tastings as well as booths on the course for oysters, ham, pate, cheeses, etc., to say nothing of the 8000 runners all in wild costumes, trolleys, bicycles or carts. So since we would be about 100 kilometers away in the Dordogne River area, he found a lovely chateau for accommodations and we flew into Bordeaux a couple days early. Tom went to the start, he was at the finish line, but I do think he got saturated and unless I can manage the Paris Marathon I'd expect this was his first and his last.



Was it good? Was it worth it? To get this out of the way, let me start by saying that of my 86 or so (completed) marathons, this was by far the most fun, the wildest, the most memorable, and the weirdest. While not all aspects of it was easy, I'm clear and I unequivocally state that it's highly recommended for those who wish to have a good time finishing, but not for those who like to have a good finish time. It is billed as the "longest in the world" marathon for good reason!

The picture is shortly before I gave up my Liberty Lady wrap at about the 24 kilometer mark and in the mid 80s temperature wise. That's an ice pack around my neck.



Note there were 8500 registered but 7208 finished. I suspect some were a long time delayed in the chateaux courtyards. I came in around 6:50 and there were hoards behind me and not many of them were sober.



There were centipedes, there were carts, there were silly costumes and serious ones. Not many were serious.



The boys in cow costumes would later pick up these inner tubes and anything else they found on the course and run with their collection.



There were beauties and there were beasts. Lots of allegedly bare bottoms.



One of the boys in 'armor' would later save me from a smelly and wet drunk who wanted to dance. The panda girls were at our chateau the first night but had to move to Bordeaux on Friday night since there was no room left. They are from the San Francisco area and agreed that only the Bay to Breakers also known as Bare to Breakers was as crazy. Medoc's 7,000 or so made up for the 45,000 of the SFO group. Well, unless you wanted nudity and there was none at Medoc.

Highlights

- *Pasta Party* - There's never been a pasta party like their *Mille Pate* – it was at a noted chateau with free-flowing good wines through a 1 ½ hour cocktail party and then at the sit down multi-plate

served meal with a different wine per course. And then they started the dancing and show. We left by midnight but the party appeared to be only just starting. (Note that Marathon Tours does NOT include this event since they are not an official tour agency. A pity.) I'll let Tom's pictures on www.TomsKoi.com under Photo Shows give you those photos.

- *Expo* was much larger than expected and part outside in tents and part in a sports stadium. They had signs reminding us that the finish line closed at 6:30 hours.
- *The start line* in downtown Pauillac is on the river. It's a charming small European village feel, with entertainment on-going. It was not just the costume parade and contest but the Cirque du Soleil show at the start line to include trapeze artists and many on stilts.
- *Flyover of Jets* and not just once but four times the team of jets buzzed the starter line. Then on the course there were helicopters, and towards the end there were colorful by-planes that almost looked like gliders.
- *Wild!* The French are just plain uninhibited. You'll find 40,000 costumes in London's marathon but the Brits just aren't as much fun. Can you imagine a Brit wearing a skimpy nude-colored speedo and running along squeezing his wee-wee to make a rubber-ducky squeaky noise and then just laughing up a storm at everyone's surprise? This wasn't the only big laugh on the course. The big Parisian chicken who kept kissing me was pretty wild too.
- *Toilets?* There mostly are NOT toilets on the course but nobody seemed to care. Imagine a flock of black and red Beatle boys going en-mass to the vineyards? Or a bride in a long white gown in the vineyards? (And on that subject, should we be drinking French wine? Do they wash their grapes?)
- *Inside the 22 chateaux* - Every chateau wine tasting began in a center courtyard of the vineyard and while we've traveled this area we hadn't been inside. The tastings were amazingly generous and I don't know how folks drank and ran. I limited myself also because of the extreme heat.
- *Bands* were many and by way of example I would say that they had more than I've ever seen at a Rock 'n Roll Marathon.
- *Fluid stations* - yes they also had water! I wish they'd had ice. There were some sprinkler systems due to the heat. The French, like some other European marathons, offer sugar cubes and a fluid called glucose which I presume is just that.
- *Weather* - Speaking of heat, this marathon normally has a 6:30 cut off but they allowed an extra half hour due to the heat and humidity. I needed every bit of it having come in at something like 6:50.
- *Their t-shirt* is more notable than I've encountered. Two weeks later in Berlin's Marathon I got more attention than ever and requests for a photograph by wearing my Medoc t-shirt. Runners seem to know about the Medoc extravaganza.
- *Giveaways are generous.* Though the medal was nothing to write home about, the round backpack filled with goodies as well as the commemorative wooden boxed bottle of wine was. It however was NOT a grand cru!
- *Food* after was plentiful but who could eat after cheese, beef, pate, oysters, ham, ice cream, etc. to say nothing of all the wines. The pate and sauterne was my favorite.
- *Certificate* of completion is available to print and is quite cute. They don't give splits but rather the time we showed up at certain chateaux. Remember that they bill this as the "plus long marathon in the world."
- *Continuing events* - had we not been committed to the Beynac rental, we'd have stayed for the post race party and Monday's walk through chateaux.



From the Starting Line

Tom was there at the first turn so his pictures will be hugely different than mine. I'll let his Photo Show give you those images. If any of your are considering going to Medoc, I'd be most willing to send you a CD of all the pictures.



It was hard to know where to look first! Just before the actual starting line was an ongoing parade of costumes on the stage and it continued after the start. But at the actual start line were all these Cirque du Soleil trapeze artists. Plus many in costume and on stilts.



Mr. Featherman had a bag of feathers that he tossed along the course and which lasted well past the half way mark. See the actor on stilts? The many bicyclists or centipedes were part of the reason for the stopped course at times, but who cared? Everyone was there for fun and the many spectators were having fun too.



Here's an example of a band – also in costume. And a rolling cart that had about 15 runners with it. This is inside the courtyard of a chateau and shows how crowded it got inside. No one minded. It was total stop to drink anyway.



I hope the wine didn't stain the window sill of this lovely chateau. Another big group with a rolling cart. Some would ride, some would run, and no one cared if that was cheating or not. I think those white things were jellyfish.



Maybe my big laugh was the swarm of ladybugs (or are they beetles?) watering the vineyards. Do we really want to drink French wine? I suppose the chateau owners were fine with it because only one chateau put out toilets.



The bride – they have to find the vineyards too. Those French boys didn't mind looking sexy.



A group of “monks” carried their own beer on the bicycle cart. And next you can see Beauty and the Beast though I doubt they knew each other. Man in Red Dress might be a Hash House Harrier and he couldn’t have looked uglier. The tiny little Asian gal must have weighed about 85 pounds. The Angel in heavy feathered costume must have been dying of heat. There you can see some of the road surface which ran from soft sand to rocks to small gravel to plain old dirt. The chateau used small pebbles for walk and driveways which was the more difficult to negotiate.



It wasn’t unusual to see runners just standing around enjoying the scenery and wine. Was the next one a boy or girl? I’m sure no one would care.



If you enlarge this first picture you’ll see that it’s a wee bit naughty. I’m sure they are French boys to be willing to wear such a pair of pants. Here’s another inner courtyard filled with French beret guys.



The alligator was our dinner companion and she and husband were from Hoboken NJ. He bailed early. I think the 'animal' was constructed of water bottles.



Remember we went by or through some 59 chateau? Some had lakes. Many were suitable for Disney. At this one there was plenty of audience watching the boys strip and dip.



Could have been a boy, could have been a girl. But the skirt of corks was cute. The bicycle was hauling an ice chest and the round block of cheese seemed to hold beer glasses by name of the group that accompanied the bicycle.



The gravel was difficult footing and this chateau put out the red carpet for us. There were official and unofficial wine tastings.



Another big laugh here. A bunch of runners had stripped-to-dip and upon encouragement would all go upside down. I got tired of trying to get the picture with all the feet in the air. This 3:13 was about the half way mark and where the sun came out blazing it really started getting hot. The sun boiling down had been predicted and the reason for giving us an extra half hour. Some surely didn't care even about the finish time and I can bet they didn't 'finish' until much later in the day.



Another center courtyard with a different group of beetle-costumes. We saw more bumblebees and beetles than anything, followed by butterflies. This statue of a cross is common at all vineyards and seems to be dedicated to the Saint of Friday. One chateau had a car collection with the owner coming out to give a test drive. Tom says this is a custom.

Downsides? Who cares! Do it!

- *Without a tour* to guide you, this one can be confusing. The French are not noted for using English. Our having lived in French-speaking Belgium for 5 years in the 70s and Tom's good command of French sure helped. He worked in French and his foodie and tourism French are excellent but this was a new vocabulary.
- *Medical form* signed by a doctor is required along with as much paperwork as you might expect from the French.
- *Driving* into Pauillac the morning of the race and finding parking turned out fine but it would have been daunting for me. Did you know that gas runs around \$9 a gallon? That renting an automatic costs more?
- *Hotels* are in short supply. Tom found us a lovely converted chateau about 30 minutes away. Many had to stay in Bordeaux. The marathon has an official tour agency that can help.
- *Pasta parties* (there are 4 different official ones) are not in the same area and you might have an hour drive from pasta party at midnight to your hotel the night before the marathon. We did. (On that subject, the Mille Pate is the premium pasta party by far and costs about 40 Euros or \$60. A bargain.)

- *Course* is at least ¼ on dirt roads and much of it through narrow vineyard lanes. There were plenty of places through little towns or through the vineyards or getting into the chateaux's wine tasting were it was a total STOP and no way to move. No one seemed to mind and they just stood there and clapped and laughed.



Surprisingly the official photographer allows for copying. But to buy full size is 32 Euros for the lot. Note that I normally get a lot of attention in my Liberty Lady crown but next to nothing this time. I wonder why. Though a couple French men, and in particular a chicken from Paris, kissed me three times and kept hollering to his friends that I was “New York.” That was much better than the sticky wet and smelly drunk who wouldn't let go until another man in armor costume grabbed him from behind and pinned his arms. All in fun.

Their website is full of pictures - <http://www.marathondumedoc.com/>.

Another site gives this description - If the idea of running and eating appeals to you but you're not hefty enough for the Big Man Run, consider Bordeaux's Marathon du Médoc. It's a full marathon, but the French event explicitly advertises that “Spoilsports, thugs and record seekers are not invited!” Instead, it strives to be the world's slowest marathon, a lengthy event in which runners – over 90% of whom wear costumes – trot through some of France's best vineyards and stop for gourmet snacks like fresh oysters. Also, if you need a tipples, there are over 20 wine-tasting stations spread throughout the course. The race has been around since 1985, and it now welcomes around 9,000 hungry runners. Since the event is built on this noncompetitive spirit, there aren't any cash prizes for the fastest runners like most marathons have. Instead, speedsters get something even better: their weight in wine. Even non-winners make out fairly well; every finisher gets a gift bag that includes a bottle of wine.



Peter Mayle is well known for his books on the south of France and in one chapter he describes the Medoc marathon. It's been on my mind ever since.



Spectators were often in costume too. Here someone hung their collection of Medoc Marathon t-shirts from the first one.



The nicest portable toilets I've ever seen and who would expect that of the French? Supplied for the Mille Pate dinner and here by one of the chateau. The same one that was offering French bread and cheese. Oops, more cobblestones for our tired feet.



I don't know why the vineyards typically plant roses at the end of their line of vines but I'm glad they do. Here's one of our San Francisco panda gals sampling the raw oysters as did many others. I did not.

Would it never end? One might wish it would not! And it didn't end at the marathon after all; as we were leaving we realized that even some cars were 'costumed' for the event. Then in Berlin I had a lot of attention in my Medoc Marathon t-shirt.



Miscellaneous of interest?

More than an Ironman! Sent from Marv with this note: Hey guys . . . thought I'd send you a video of our hill workout in AZ. And, if you really think that's me, better figure it's time for some new glasses. Ha. Seth sent this one to me.

http://www.youtube.com/watch?v=jRl0PjiPnyM&feature=youtube_gdata_player

Next up? Tom and I are off to Beynac for a week, a village perched on a hill over the Dordogne River and near to Sarlat. Then we go to Nice on the French Riviera for a week, followed by my going onto the Berlin Marathon.

Pictures taken by Tom will soon be available at www.TomsKoi.com under Photo Shows.

From www.marathonguide.com

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

★★★★★ 23 wine tastings over 42 kilometers! (about: 2010)

Course: 5 Organization: 5 Fans: 5

G. H. from France (9/27/10)

6-10 previous marathons | 2 Marathon du Medocs

Another year, another day participating in the race billed as the longest marathon in the world. On the 11th of September, 2010, 8,500 runners took part in the famous wine-fueled Marathon du Medoc. A total of 23 wine-tasting stations (and countless water stations) were available to the runners over the course of 42 KM/26 miles. In addition, the last four kilometers of the race included all-you-can-eat oysters, cheese, ham, BBQ and ice cream. Each racer was given 6:30 hours to complete the race (although it should be noted that the organizers actually stopped tracking the finish times at 7:00 on the dot) and over 90% of the participants ran in costume. This year's costume theme was "comic books," so there were a lot of smurfs, Asterix and Obelix, Tintin, etc. Only about 40% of the runners actually dressed as comic book characters and the rest dressed in miscellaneous costumes (i.e. construction workers, transvestites, etc.).

The marathon itself is really nice because it is mostly flat and cuts through the vineyards and chateaus of some of the most famous wineries in the region. The race begins and ends in Pauillac, so most of the wineries in the vicinity are visited. We passed through (and tasted) wine from prestigious producers such as Chateau Lafite Rothschild, Chateau Beychevelle, Chateau Latour, etc. One of the highlights of the race was running through the Chateau Lafite Rothschild, tasting one of their wines, and then stripping off the costume to jump in a pond within the Chateau's property (although it is recommended not to jump in with a camera in your hand as one particular transvestite did during the race). At the end of the race, everyone got a medal, a backpack, and a wine bottle and then they all gathered in a party tent where people were served copious amounts of wine, beer, and refreshments as well as sandwiches.

In all seriousness, it is imperative that your training for this race includes drinking a bit of wine each day and slowly increasing your dosage. My training regime culminated with a wine-tasting trip through the Burgundy and Bordeaux regions a few days before the race itself.

The organization of the race is excellent, but not strict enough to allow some of the participants to begin the race halfway through (as some of our group members did). The T-shirt received for signing up for the race was not great, but at least it should be possible to use it sometime in the future.

★★★★★ I will Run for Wine! (about: 2010)

Course: 4 Organization: 4 Fans: 4

M. H. from Chicago, Illinois USA (9/18/10)

11-50 previous marathons | 1 Marathon du Medoc

This is not just a marathon; it is a once-in-a-lifetime experience and journey. The course winds through numerous historical French Chateaux and 59 vineyards in the Medoc region of southwest France. The course is difficult with much of the race being on uneven pavement, dirt and gravel. For some reason, if you are struggling during the race, the halfway point is near the start/finish line, so you won't need to be driven back. In 2010, the weather was 82 degrees F and sunny.

Most of the participants are dressed in creative costumes and the start of the race is a total party with music and show. The spectators (limited in some areas) are great along the course and cheer you on by your name, which is located on your race bib. There are approximately 22 water, food, music, and amazing wine tasting stops along the course. The race organizers allow a 6 and a 1/2-hour time limit, and they mean it. When the time limit is reached, the finish line is closed and nobody is allowed to cross, so pace yourself accordingly. At the finish line, you are greeted by enthusiastic volunteers who hand out a heavy medal, a Marathon du Medoc backpack, and a bottle of decent Bordeaux wine in a commemorative wood carton.

So, if you are looking for an unique experience in a marathon, I recommend taking it slow and enjoying every sight, sound, and taste of this superb marathon in Medoc, France. You will never forget it!

ALLEZ!!!

★★★★★ A Fun French Time (about: 2009)

Course: 4 Organization: 3 Fans: 5

J. H. from Eastern Washington State (1/10/10)

4-5 previous marathons | 1 Marathon du Medoc

Long story short: after two weeks with food poisoning, I decided to only run the first half, while my husband did the whole. It was still an amazing experience!

First of all, to enjoy this race you need to fully embrace the French way of doing things... just go with the flow and enjoy yourself. Here are some things we wish we'd known ahead of time:

The town of Pauillac and surrounding area are truly not spectacular - mostly just working vineyards and industry. You won't be missing anything if you are just in town for the weekend.

The expo is small but well organized, so show up any time. The shirts were scratchy, fitted tank tops; order a size up. The pasta dinner ("mille-pates") is unbelievably fun and worth every penny. Buy tickets when you register, and remember that it starts with a mandatory "cocktail hour" outside the tent, so bring a warm jacket and don't arrive early. (You'll have a great time even if you don't speak French... everyone there will take great pride in trying to explain things to you.)

There is no transport or official parking on race morning; get into town before they close the roads, and park in any lot near the start. Wear a costume, bring a camera, and if you're part of an American group, consider wearing US flags so people can wave and try to speak to you in English. It is a great excuse to make friends.

The wine stops get more frequent throughout the course, so pace yourself! And at the end the food area is an absolute zoo, so be patient or bring cash to buy some food nearby. Also, the day after the race is a traditional oyster market day in some nearby ocean villages... it's a great way to stretch your legs if you're still in town.

This race is one-of-a-kind and definitely an extremely fun and unique experience!

★★★★★ **top party marathon** (about: 2008)

Course: 4 Organization: 5 Fans: 4

robin ruston from grimsby north east england (9/26/08)

50+ previous marathons | 1 Marathon du Medoc

This was 109th marathon; why did I wait so long to have so much fun. It's one of the top 100 things to do before you die. In fact, I would put it in the top 10 from start to finish - it was fantastic. It was a hard course, but the wine and the fun made the miles go fast. Terrific start with the dancing girls - what a way to warm up. Great sports bag, good medal, great bottle of wine, and also a fantastic running vest. Please do not turn up in running gear to spoil the atmosphere. Take your time, relax, and get ready to party. I will be back again and again.

★★★★★ **Fantastic! How to run, have fun and taste wine...** (about: 2008)

Course: 5 Organization: 5 Fans: 4

Michel Tardy from London, UK (9/26/08)

11-50 previous marathons | 1 Marathon du Medoc

...all at the same time! Very nice course in the countryside along the vineyards and the "chateaux." Exceptional ambiance and the runners are mostly relaxed. Forget about doing a personal best there though; it's not flat, and it's muddy at times. But it's definitely worth doing!!!!

★★★★★ **A great event!!** (about: 2008)

Course: 4 Organization: 4 Fans: 5

L. M. from Moscow, Russia (9/15/08)

6-10 previous marathons | 1 Marathon du Medoc

My wife and I participated in this event several weeks ago and were completely impressed with it. The organization, on-course support and festive spirit (during and after the race) were fantastic, as were the scenery and great wines to sample throughout the course. It can certainly be run competitively, but that goes counter to the intent of the event and really warrants that you take the time to enjoy the paths through the vineyards and chateaus, as well as the many fine wines to be had along the way. Truly a "must do" for adventurous marathon runners.

★★★★★ **Magical!!!!** (about: 2006)

Course: 5 Organization: 5 Fans: 5

Bobadilla Leonardo from NYC (1/8/08)

11-50 previous marathons | 1 Marathon du Medoc

After 23 marathons, I urge you all to travel and participate in this grand marathon. It is fun!!! And a combination of Mardi Gras, Woodstock, and Halloween on running shoes. Oh yeah, you also run through the breathtaking French countryside and can drink to your hearts content. Leave the watch behind and simply CELEBRATE LIFE. :-)

★★★★★ **Cirque du Soliel of marathons** (about: 2007)

Course: 5 Organization: 5 Fans: 5

M. S. from Chicago, IL (10/3/07)

6-10 previous marathons | 1 Marathon du Medoc

Unlike any other marathon. Red wine flows before, during and after. You will not have your fastest time, but you'll have the greatest time. The circus atmosphere begins at the start when the runners congregate in costume. Many costumes are elaborate and include a 'float' that is dragged the entire course. This year's theme was western so they started by singing Oh Susanna and Take Me Home, Country roads. A violinist accompanied hanging from a trapeze. You run from one incredible Chateau to the next and Bordeaux wine is served with plenty of water every 2 KM. Near the finish food is served every Km. First Jambon (ham) then oysters with champagne, then buffalo and finally sorbet. When you reach the finish you receive a medal, a bottle of wine and a knapsack. The wine continues in

the post race tent.

The following day a 9 Km walk is held to help in recuperation(Balade de récupération) and again wine is served at each Chateau. It was a very rememberable experience and a great deal of fun.

★★★★★ **fantastic marathon** (about: 2007)

Course: 5 Organization: 4 Fans: 5

L. H. from Sheffield, England (10/1/07)

6-10 previous marathons | **1** Marathon du Medoc

This was the first marathon I have entered, which I was doing for pure enjoyment and not against the clock - it's the only way to approach it or you will miss out. Running through the vineyards and the all the magnificent chateaus is fantastic and great wine was drunk at all the water/wine stations along the route - 23 in total and most in glasses, as opposed to paper cups. If you prefer the slick organization of a large corporate machine marathon, this one isn't for you; for instance, there were no toilets en route but if you make the effort to dress up and get into the swing of it, you will be rewarded with one of the most enjoyable running experiences you can have. The crowds along the route treat it like the carnival day - which it is - and are very vocal, and Bordeaux itself is a wonderful city to stay in for a few days afterwards. There are so many marathons in the world to try but this one I will do again!

★★★★★ **C'est Fantastique!!** (about: 2005)

Course: 5 Organization: 5 Fans: 5

Peter McGarry from Copenhagen (11/1/05)

3 previous marathons | **1** Marathon du Medoc

I hemmed and hawed about entering this marathon for a long time, but I'm delighted I did it! Even though we left the entry until too late, and ended up booking via a travel agent, it was worth the hassle.

The race starts and finishes in the small town of Paulliac, which is on the south banks of the Gironde River about 20-minute drive from Bordeaux. We flew into Bordeaux and drove to a chateau we were staying just outside Paulliac - the drive through the Medoc region is fantastic and you can't wait to get running! We missed the expo, etc. having booked via a travel agent, but there was a relaxed atmosphere in the town the night before.... The morning of the race was a real eye opener... from every direction people in fancy dress descended on the main promenade and the atmosphere was fantastic... it was just great fun seeing the effort people had put in and we didn't feel at all foolish in our berets and fake moustaches (make the effort!!!). The funniest sight had to be about a dozen 'senior' men dressed up as Charlie Chaplins with walking sticks, bow ties and bowler hats....

The organizers had special trapeeze acts dangling from cranes over the waiting runners as we all stood open-mouthed staring towards the sky before the start - what a great idea!! The start was slow - at some stages the narrow streets caused the race to grind to a complete stop... but with great local cheering and so much camaraderie amongst the runners no one was too bothered... it was through these first streets you could get the whiff of red wine that had been uncorked and many people were offered (and indulging!) in a drop of vino... not for me - but that again added to the atmosphere....

Out on the roads the course was point-to-point, or more accurately, chateau-to-chateau! The course wound its way through or past about 50 of these Chateaux, and if driving along them was great, running through them and through their vineyards was unforgettable.... My own favorite was Beychevelle, which had fields of grapes rolling down to the Gironde and a magnificent chateau which had loud classical music playing in the grounds.... Fab!

Running through vineyards has it drawbacks: The course was very hilly, at least that was the impression I got... and a lot of it was over dirt or gravel tracks... but the open fields and support at each chateau compensated more than enough. A lot of the bigger wineries had glasses and bottles out and a lot of runners were stopping to sample some tippie. I really couldn't face this but was such good fun to see people running up, grabbing a glass of Medoc's finest, downing it in one, and running on.... No throwing of glasses on the ground here!!

Other notable additions were buckets filled with water and sponges in the later stages, a lot of live music on route, a lot of fruit and raisins at the ahateaux, and not forgetting oysters and beef around 38KMs!

The finish in Paulliac was very nicely done with the last 100M on a red carpet and plenty of support! A really nice touch was a bottle of wine in a wooden case for all finishers!

So - impossible to properly justify how much fun and enjoyment this race was... but suffice it to say I hope to make it an annual trip!

From: Marathon du Médoc 2011 [mailto:2011@marathondumedoc.com]
Sent: Friday, August 12, 2011 9:21 AM
To: Diana Burton
Subject: Votre dossard pour le Marathon du Médoc / Your startnumber for the Medoc Marathon

Bonjour>Hello Mrs Burton Diana,

Votre numéro de dossard pour le Marathon des Châteaux du Médoc 2011 est le :

Your Start Number for the 2011 Medoc Marathon is :

N° 1050

Vous avez réservé un PACK "INITIATION" vous donnant droit à :

You have booked a PACK "INITIATION" which includes :

Un Dossard pour le Marathon du samedi 10 septembre (10th September startnumber marathon)

+ un Dîner Mille Pâtes du vendredi 9 sept. au Château Castera (Friday 9th September dinner)

Merci de vous présenter au retrait des dossards muni de ce courriel et de votre pièce d'identité le vendredi 9 septembre de 10h à 23h au gymnase "Cosec" de Pauillac.

Thank you for coming to the withdrawal of the start numbers and providing this e-mail and your I.D. or passport on Friday 9th September from 10.00 am to 11.00 pm at the Pauillac Sport Hall "Cosec".

Les dossards et les bracelets repas seront à retirer dans la même salle mais à deux comptoirs différents. Pour le repas Mille Pâtes, les bracelets seront retirables jusqu'à 17h30 au Cosec de Pauillac, puis à partir de 18h au Château Castera, Saint Germain D'Esteuil.

Start Numbers and meal's bracelets will have to be withdraw at the same room but at two different places. For the Pasta Party, bracelets could be pick up until 5.30 pm at the Cosec of Pauillac, then from 6.00 pm at the Château Castera, Saint Germain D'Esteuil.

Pour avoir des nouvelles fraîches sur le marathon, allez visiter régulièrement notre site internet www.marathondumedoc.com .

To read the latest marathon's news, visit our website www.marathondumedoc.com .

Attention ! Les personnes qui n'auront pas renvoyé un certificat médical valide avant le 9 septembre ne pourront rétirer pas leur dossard.

Be careful ! Anybody who will not have sent back a valid and completed medical form before 9th September at the latest will not be able to withdraw his startnumber.

Bien sportivement, *Best regards*

Les Organisateurs, *Managers Team.*

From www.marathontours.com

Few marathons are in a class of their own. Le Marathon des Chateaux du Medoc on September 10, 2011 is one. Routed through 59 vineyards in the fabled villages of the Medoc region, this event appeals to the true connoisseur of fine runs. Where else do they ask you at the aid stations, "red or white madame?" Thankfully there is plain water if you so choose.

Bart Yasso, Chief Running Officer, of Runner's World will join us to do research for his next book. He challenges everyone to come up with a great costume to make this year an extra festive experience.

A five-night package includes accommodations in Bordeaux. Invitations are included to a pre-race pasta party in a 500 year old monastery and the next-day recovery walk which is a 9K wine tasting tour by foot. The walk is followed by a lunch and celebration party. Our exclusive gala banquet will be hosted by Chateau Bouscaut in a 15th century main house with a wine tasting followed by a gastronomic celebration featuring typical Bordelais fare in an exceptional setting at the property.

This trip appeals to those as interested in stimulating their palate as well as their hamstrings. Chateaux visits with wine tastings are scheduled in Pauillac, Margaux and St. Emilion. This celebration of wine and running is a blend of comedic exercise unique to the French. Where else could you be passed by a bunch of grapes, a cork and Cirano de Bergerac in a staggering sprint to the finish?

[View the event video and travel information.](#)

Note: I would have gone with Marathon Tours had they had the slightest of flexibility in my days but they did not. It turned out better since they are apparently not authorized into the Mille Pate dinner.

From the marathon website in year's past: A Medoc Marathon - 26 Mile Medoc Wine Tasting – the Marathon du Médoc - *Imagine a marathon which is not about the speed at which you run, it's about fun, food, festivities, friendship and above all Medoc wine. Set this marathon against a beautiful backdrop of more than 50 chateaux and vineyards amongst the fabled villages of the Medoc wine region of France, with Medoc wine tasting at every food and drink station. That's the Marathon du Medoc. Now maybe this is a New Year's running project to excite even the most sedentary of pseudo-sportsmen and women?*



A Fun French Marathon

Marathon du Medoc - 26 miles of fancy dress wine tasting!

Medoc Wine, Medoc Folklore

The Marathon du Médoc is steeped in folklore - most of it true. 26 miles of fine wining and dining around south western France? Yes. Fancy dress costumes and dancing girls holding up numbers to count down to the start? Yes. Feed stations around a route that reads more like a wine list than a race course: fabulous Medoc wine - Chateau Lafite Rothschild, Lynch-Bages, Pichon Lonqueville, Beychevelles among others? Yes, yes yes!

However, despite the emphasis on fun, and the gastronomic and viticultural aspects of the race, the " Médoc " is nonetheless a real Marathon – 26.2 miles or 42.195 km measured officially. The records for the race, at 2h 19'20" for men and 2 h 38'34" for women, are not to be sniffed at (unlike many of the exquisite Medoc wine vintages these athletes must have abstained from on their way past). Nevertheless, record breaking is low down the list of this marathon's objectives. It describes itself as the longest, i.e. slowest marathon in the world. The registration form explicitly discourages entries from individuals obsessed with speed records or from anyone "sad, unfriendly or stressed out." Unlike other marathons, which typically reward the fastest finishers with certificates or trophies, this

one presents the winner with their body weight in Medoc wine and gives you a medal if you cross the finish line within six and a half hours.

This year's fancy dress theme was a beach party, and I spoke to Melanie McCullagh, one of the British contingent lucky enough to get a place in the event, and who in her Hawaiian-themed running regalia was one of the more soberly dressed participants. "I've run several marathons before in London and Nottingham which have had good atmospheres, but the marathon du Médoc is a fantastic event! I didn't sample absolutely all the wines, but the atmosphere was amazing. People had really gone to town on their costumes and the organisers had gone to a huge effort to make it a fun event!"

Any medical risks which derive from the combining of alcohol with exercise appear to be of small concern, least of all to the doctors who founded the marathon. The race which has been held every September since 1985 was dreamt up to celebrate 'pleasure not pain', and every year a medical conference is convened in conjunction with the race that focuses on the physiological effects of endurance sport. By way of example, past seminars have included expositions on "Meat and Long Distance Running."



Meat made a more than minor appearance at the pre race pasta-party the night before the race itself. It is de rigueur for runners to load up on carbohydrates on the eve of a marathon, however, at the start village of Pauillac the event, called "Soirée Mille-Pâtes," goes beyond the promised pasta. In fact, for a pasta-based event the attitude to carbohydrate is distinctly French – i.e. why waste time on that Italian nonsense when there is a delicious meaty stew and a good slug of red Medoc wine to wash it down instead?

During the race itself protein rather than carbohydrate was again in good evidence but the gastronomic temptations built to a crescendo with the passing miles. Official snacks in the earlier stages included bananas, raisins and oranges, plus little cocktail crackers resembling mini pizzas. Almost the perfect canapé to begin with, starting gently in the knowledge that oysters await at mile 23... Sure enough 22,000 molluscs shucked by a dedicated team of over 40 volunteers were piled high in dozens of tubs, slices of fresh lemon alongside at the ready. Bivalves as sports fuel? Not everyone was convinced, but perhaps a subject worthy of next year's pre-race medical symposium? Mind you, the volunteers weren't too shy at testing and tasting their own handiwork – all in the interests of quality control - and washed down with a glass (not a paper cup) of crisp white.

For main course freshly grilled beef at mile 24, followed a mile later by the cheese course for those with the cast iron constitution to take it. And at the finish? A goody bag containing – a bottle of Médoc wine of course!

2009 is the 25th Anniversary of the Marathon and pressure to be allocated one of the 8500 places will be higher than ever so seize the day - this could be your perfect event!

From: confirmation@marathondumedoc.com [mailto:confirmation@marathondumedoc.com]

Sent: Tuesday, May 10, 2011 7:24 AM

To: dianab@juno.com

Subject: Medoc Marathon

Hello Diana BURTON,

We received your complete registration form; your registration is validated. You will receive in August an email specifying your start number for the next Medoc Marathon.

If you forgot during your registration to reserve a DVD of the Medoc Marathon movie or the Sunday walk in the Haut-Médoc vineyard the September 11th, you can do it now. Contact us at 2011@marathondumedoc.com.

Best regards, The organizers

Sarlat and Nice France
See Medoc and Berlin Marathon files separately
September 7-28, 2011

Wed Sep 7 - Diana and Tom

6:15pm Depart Newark EWR via CO#56

Thu Sep 8 – Diana and Tom

7:45am Arrive Paris CDG

Taxi Airport Taxi Transfers – 50 minutes

Note: CDG airport to Orly - Air France operates a bus transfer service departing Terminal 1 and 2A-2F every 30 minutes for 19€ per person one way.

1:10pm Depart Paris Orly ORY via AF6260 Terminal W

2:15pm Arrive Bordeaux BOD Terminal B

4:00pm Avis rental car at Bordeaux BOD Airport

Hotel Chateau Meyre (1) – 2 nights

16, route de Castelnaud, 33480 Avensan France Tele: 33 (0) 5.56.58.22.84 reservations

Tele: Tel. 00 33 (0)5 56 58 10 77 www.chateaumeyre.com/en/main.php

Conf#2-93799-226 suite with breakfast, terrace and 2 baths; free WiFi

Fri Sep 9 – Diana and Tom

10am Bibs distributed at Pauillac Sport Hall “Cosec” until 11pm

Requires identity card and registration certificate; obtain wrist bands for party

6:30pm Soiree Mille-Pates au chateau Castera, St Germain D’Esteuil to 8pm paid for 2 people

7:00pm Soiree Pates a’ Caisses a la sale des fetes de Saint-Estephe

Tasting dinner by Syndicat Viticole with chateau owners

Sat Sep 10 – Diana and Tom

9:30am Marathon start on the Pauillac quays with 6 ½ hour limit – finish at same location

22 fluid stations, 23 grand cru tasting locations, 59 vineyards, 55 music venues, 50 castles crossings, including sausage, bayonne ham, oysters, steak, cheese, grapes, ice cream on the course – costumes required; undulating with 24% dust roads; closed to traffic; chip timed to 6:51 last year

<http://www.marathondumedoc.com/>

4:30pm Meet up with Tom either at finish line or parking lot - depart via car to Sarlat area

House L’ancienne Poste, Beynac et Cazenac, 24220 (2)

www.vrbo.com #106240 - WiFi available through neighbor but may be unreliable; free WiFi in town

Local rep: Xanthe Eadie, Route de Barbals, 24200 Sarlat la Caneda, France

Tele: 33 (0) 553 302096 or mobile 33 (0) 625698575

Neighbor: Odile Potier with WiFi - codes in file

Sat Sep 17 – Diana and Tom

Noon Return Avis rental car

2:15pm Depart Bordeaux BOD via AF#7874 Terminal A

3:30pm Arrive Nice NCE Terminal 2

4:00pm Avis rental car at Nice NCE

Apartment Le Bel Azur, 49 Promenade des Anglais, 3rd Floor, 06000 Nice, France (3)
Tele 00 33 (0) 06 08 58 65 54 or 00 41 (0) 76 326 2323
www.vrbo.com/227236#photos for Nice

Fri Sep 23 – Diana

2:20pm Depart Nice NCE Terminal 1 via Air Berlin #8751

4:00pm Arrive Duesseldorf for plane change

4:45pm Depart Duesseldorf via Air Berlin#6446

5:55pm Arrive Berlin Tegel TXL

Transport? Kurfürstendamm Subway Station is 3-minute walk from the hotel. Also bus direct from Tegel Airport.

See separate Berlin Marathon itinerary

Hotel Hotel Concorde Berlin by Marathontours.com
Augsburger Str. 41, Charlottenburg, 10789 Berlin - 330 ft from Kurfürstendamm Blvd
Tele: +49 (0) 30 800 999 0 - Free WiFi from room and lobby

Sat Sep 24 – Tom

11:00am Return Avis rental car

1:15pm Depart Nice NCE via AF7703 Terminal 2

2:50pm Arrive Paris CDG Terminal 2F

Hotel Marriott Charles de Gaulle Airport
Zone Hotelier Allee du Verger, Roissy en France, 95700 France Tele: 33 1 34385353

Sun Sep 25 – Tom

10:00am Depart Paris CDG via CO#57

12:30pm Arrive Newark EWR

Wed Sep 28 - Diana

9:35am Depart Berlin TXL via CO#97

12:40pm Arrive Newark EWR

(1) Chateau Meyre - Located in the heart of Medoc, between the vineyards of Margaux and Moulis, Château Meyre has been planted with vines for more than three centuries. During the past few years, the 19th century château has been restored to capture its original character and magnificence. Today, surrounded by a splendid park with tennis court and swimming pool, our hotel "Le Clos de Meyre" welcomes you from March until November. Its nine traditional rooms will provide comfort within Chateau Meyre's surrounding vineyards.

(2) Sarlat house www.vrbo.com #106240

Accommodations: House, 3 Bedrooms, 3 Baths (Sleeps 7)

'THIS IS AS GOOD AS IT GETS' - 'A LUXURY VACATION RENTAL WITH A VIEW TO DIE FOR'
You really can do it all here & leave your car in the garage for the whole holiday. This is the loveliest stretch of the Dordogne river & a 'not to be missed' stop for any traveler. A spectacular base for your vacation in the perfect Dordogne location, whatever time of year you visit. From this stunningly beautiful rental house with panoramic views of the Dordogne river & 4 Chateaux, you can stroll to the restaurants, food & antique shops, art galleries, summer market, Chateaux, Pre history Museum & the Dordogne river; you can go canoeing, hot air ballooning, take bike tours, walking tours & horse riding all in Beynac. This perfect Dordogne vacation rental house allows you to visit the nearby attractions very easily, whether it be Sarlat, Domme, Lascaux Caves, Rocamadour, the pre historic cave paintings, troglodyte houses or Bergerac & St.Emilion Vineyards !!!

This is a beautiful light & airy house in the stunning 'must visit' Medieval village of Beynac. It has a superb south facing garden with terraces & pool all overlooking 4 Chateaux & the Dordogne River. You can relax with a glass of the local Bergerac wine whilst you watch the setting sun turn the river fiery reds & the swans gracefully drift by. Marvel at the beautiful Hot Air Balloons as they float by above you. You can stroll through the winding cobbled streets lined with honey colored stone houses, visit the shops & restaurants, art galleries & summer craft market, all within a 5 minute walk from the house. Why don't you relax by the river in the dappled shade of a tree or go with the flow & hire a canoe. You can even take a passenger boat trip up stream past some of the best Chateaux & Bastide villages in the Dordogne. Domme, La Roque Gageac, Sarlat, Rocamadour, Lascaux & the Font de Gaume Caves are all nearby.

'THE PERFECT DORDOGNE RENTAL - THERE REALLY IS SOMETHING FOR EVERYONE RIGHT HERE ON YOUR DOORSTEP WHATEVER TIME OF YEAR YOU VISIT!!!!'

HOUSE DESCRIPTION - L'ancienne Poste is a beautiful stone, 3 bed, 3 bath/shower room luxury vacation rental, parts of which date from the 13th Century!!!

The living, dining & kitchen area & all the bedrooms have panoramic views over this historical part of the Dordogne River to 4 Chateaux.

The beautiful living room is light & airy with high ceilings & windows overlooking the Dordogne to the front at the pool to the side. There is a log burner for cozy winter nights in front of the fire, with a stack of logs ready for your use. For your added comfort we have installed British satellite television.

The kitchen opens onto the south facing terrace, with table & chairs for sunny al fresco breakfasts & shaded evening meals with a glass of wine.

The Garden Bedroom, has an ensuite bathroom, two extra long & very comfortable single beds & 13th Century stone archway with French Doors opening onto the south facing garden. This room has walls 3 feet thick!!

The Middle Bedroom has high ceilings with a 160cm King bed & double French doors giving panoramic views of the valley below; it has an ensuite shower room & ceiling fan.

The Vaulted bedroom has a 160cm King bed & a large 120cm single bed, with a beautiful vaulted beamed ceiling & ceiling fans, an ensuite shower room & panoramic views.

For your arrival the beds will be made up with crisp white cotton bedlinen & the bathrooms will have 2 white towels & 1 pool towel pp.

For rentals during the cooler months, in addition to the log burner in the living room there are electric radiators throughout the house.

The main south facing garden & terraces overlook the river & Chateaux, a perfect place to sit and dream, read or sip a glass of wine. A perfect place to watch the world pass you by on the river below. To the side of the property is the private pool with sun decking & a shaded flower covered seating area. There are ample sun loungers & chairs for all our guests.

L'ancienne Poste is accessible by car and has the advantage of a private covered garage (formerly the village forge), which is a rarity in this medieval village. However, wide vehicles will not be able to access the garage, so please hire a smaller car. Otherwise, we have 1 free parking ticket for the village car parks. Additional parking tickets are available for approx. 12 euros per week.

The layout of this house is spread over four floors as it hugs the hillside. The Garden bedroom is the first/garden level, then the kitchen and living area on the next level, then the Master bedroom & then finally the vaulted bedroom which is the fourth floor. The lower three floors all have outside access due to the nature of the village, so are in effect all ground floors!

A BRIEF HISTORY OF BEYNAC - L'ancienne Poste, as you may have guessed, was originally Beynac's Post Office & the narrow cobbled street that it's on was the main road from Sarlat to Bordeaux via Bergerac, following the Dordogne River.

This magical stretch of the gently flowing Dordogne River overlooks 4 Chateaux & one of the historic sites of the Hundred Years War (1337-1453) between England & France. Beynac itself rises dramatically from the valley floor & was once the home of Richard the Lionheart, who was the King of England from 1189 until 1199 when he met an untimely death in a small siege in the Limousin.

Beynac will enchant & captivate you at every turn, from its narrow medieval streets lined with soft honey colored stone houses, shops, art galleries & restaurants to its magnificent Chateau; which is perched high on top the cliff & has majestically watched over the Dordogne valley since 1150.

You may already be familiar with Beynac from watching such films as 'Chocolat', 'Joan of Arc', 'The Musketeer' & 'Timeline'.

Deck/Patio: There is a really stunning terrace just off the kitchen which is the perfect place whether it is for breakfasts, morning coffee or evening meals. It has a covering of purple and white flowering wisteria with stunning 180 degree views from the rising sun over Chateau Marqueyssac to the East, southerly views over Chateaux Castlenaud and Fayrac and the Dordogne river and finally follow the setting sun to the west and magnificent views down the Dordogne river as it flows to Bordeaux and the Atlantic coast. There are also seating and lounging areas on the south and west sides of the house, providing both shaded and sunny areas to relax with the same panoramic views of the river and castles.

Gazebo: Adjoining the pool is a flower covered shaded resting area with a table and chairs.

(3) Nice apartment on Promenade des Angles

Accommodations: Apartment, 2 Bedrooms + 2.5 Baths (Sleeps 4-6)

This lovely apartment with special chandeliers in the living & in the two bedrooms is situated on the famous Promenade des Anglais. It is one block from the world-known Hotel Negresco & 10 minutes walk to the city centre. One can watch the beautiful sunrise and the breathtaking view of the Mediterranean Sea from the balcony and the masters' bedroom. Each chair in the dining area has a view of the sea. The windows are all double glazed thereby reducing any noise to a minimum. The beach is just across the street with a lifeguard station right in front of the apartment. There are beach restaurants in front of the apartment and every two blocks for your convenience. Restaurants are also on both sides of the apartment and around the area.

The master bedroom overlooking the sea has an Italian wrought-iron king size bed with an adjoining bathroom furnished with a Villeroy & Boch bathtub, toilet, bidet and lavabo. It has a bay window with automatic shutters, a sitting area, also equipped with TV/DVD/VCR and CD equipment for your convenience. The second bedroom with a courtyard view has a queen size bed with a CD player, TV for movie viewing, it has its own shower, bidet and lavabo. Between the 2 bedrooms there is a guest toilet. The kitchen is modern and fully-equipped including fine bone china breakfast and dinner sets, coffee machine, electric wok, juicer and integrated washer/dryer machines.

It is walking distance to the city centre, surrounded with restaurants, bakeries, specialty stores, bike/moto rental shop and a supermarket less than a minute away. It is close to the newly opened Musee Massena, 5-star hotels, 2 casinos and boutiques of famous brands like Chanel, Louis Vuitton and Cartier to name a few. There is ample street parking on the side street and around the area.

One can also enjoy a leisurely walk to the famous Flower Market where fresh flowers, vegetables, fish and provençal specialties are sold every day and antiquities once a week. At noon the flower market is converted to small restaurants where you can enjoy Nice specialties and seafood dishes. Visiting Old Nice is always a treat-finding old churches, quaint streets full of interesting stores and food stalls.

Public transportation is accessible for travel to Villefranche, Monaco, Eze, Cannes, Antibes, St. Paul de Vence, Grasse and as far as Aix-en-Provence. The airport bus stops right in front of the apartment. The train station is also a 15-minute walk.

Nice is a city full of sports and cultural activities all year round like the marathon in January, Carnival in February, Paris-Nice Bike Race in March, Triathlon in June, Jazz and Classical Festivals, concerts and famous museums to visit like Matisse, Picasso and Chagall, to say the least. One can also attend the Cannes Film Festival, Monaco Grand Prix, the Lemon and Orange Festival in Menton while vacationing in Nice.