

The RunDais UTMB Stream Viewing Guide

UTMB Race Summary - EDT Times

Race	Distance	Elevation	Route	Start Time	First Male (2024)	First Female (2024)	Cut Off
PTL	300km (186.5mi)	25,000m (82,000ft)	Chamonix → Chamonix	2am Monday	-	-	9am Sunday
MCC	40km (25mi)	2,350m (7,700ft)	Martigny- Combe → Chamonix	4am Monday	7:35am Monday	8:14am Monday	2pm Monday
TDS	148km (92mi)	9,300m (30,500ft)	Courmayeur → Chamonix	5:50pm Monday	12:50pm Tuesday	5:55pm Tuesday	11:50am Wednesday
YCC Day 1	4km, 8km, 20km	200m, 600m, 1200m	Courmayeur → Courmayeur	5am Tuesday	-	-	-
YCC Day 2	2km, 3.5km, 5km	100m, 220m, 300m	Chamonix → Chamonix	5am Wednesday	-	-	-
ETC	15km (9.3mi)	1,200m (4,000ft)	Courmayeur → Courmayeur	8am Wednesday	9:20am Wednesday	9:33am Wednesday	12:30pm Wednesday
OCC	57km (35mi)	3,500m (11,500ft)	Orsières → Chamonix	2:15am Thursday	7:25am Thursday	8:10am Thursday	4:45pm Thursday
CCC	102km (63mi)	6,050m (19,850ft)	Courmayeur → Chamonix	3am Friday	1:20pm Friday	3pm Friday	5:30am Saturday
UTMB	164km (102mi)	9,990m (32,775ft)	Chamonix → Chamonix	11:45am Friday	8am Saturday	10:10am Saturday	10:30am Sunday

RunDais Streaming Guide

Your comprehensive guide to all the action from the UTMB Mont-Blanc week, with timings in Eastern Daylight Time (EDT).

MONDAY

2:00 AM - PTL START ★

Petite Trotte à Léon begins! 300km epic journey starts from Chamonix.
Distance: 300km | Elevation: 25,000m | Route: Chamonix → Chamonix

4:00 AM - MCC START ★

Martigny-Combe to Chamonix race begins.
Distance: 40km | Elevation: 2,350m | Route: Martigny-Combe → Chamonix

7:35 AM - MCC FINISH 🏆

First Male finisher crosses the line (2024 record).

8:14 AM - MCC FINISH 🏆

First Female finisher crosses the line (2024 record).

2:00 PM - MCC CUT-OFF 🕒

Final cut-off time for MCC participants.

5:50 PM - TDS START ★

Sur les Traces des Ducs de Savoie begins.
Distance: 148km | Elevation: 9,300m | Route: Courmayeur → Chamonix

TUESDAY

5:00 AM - YCC DAY 1 START ★

Youth Challenge Chamonix Day 1 begins.
Multiple distances: 4km, 8km, 20km | Route: Courmayeur → Courmayeur

12:50 PM - TDS FINISH 🏆

First Male finisher arrives in Chamonix (2024 record).

5:55 PM - TDS FINISH 🏆

First Female finisher completes the epic journey (2024 record).

WEDNESDAY

5:00 AM - YCC DAY 2 START ★

Youth Challenge Chamonix Day 2 begins.

Multiple distances: 2km, 3.5km, 5km | Route: Chamonix → Chamonix

8:00 AM - ETC START ★

Experience Trail Courmayeur begins.

Distance: 15km | Elevation: 1,200m | Route: Courmayeur → Courmayeur

9:20 AM - ETC FINISH 🏆

First Male finisher completes ETC (2024 record).

9:33 AM - ETC FINISH 🏆

First Female finisher completes ETC (2024 record).

11:50 AM - TDS CUT-OFF 🕒

Final cut-off time for TDS participants.

12:30 PM - ETC CUT-OFF 🕒

Final cut-off time for ETC participants.

THURSDAY

2:15 AM - OCC START ★

Orsières-Champex-Chamonix race begins.

Distance: 57km | Elevation: 3,500m | Route: Orsières → Chamonix

7:25 AM - OCC FINISH 🏆

First Male finisher arrives in Chamonix (2024 record).

8:10 AM - OCC FINISH 🏆

First Female finisher completes OCC (2024 record).

4:45 PM - OCC CUT-OFF 🕒

Final cut-off time for OCC participants.

FRIDAY

3:00 AM - CCC START ★

Courmayeur-Champex-Chamonix race begins.

Distance: 102km | Elevation: 6,050m | Route: Courmayeur → Chamonix

5:35 AM - PTL FINISH 🏆

First Team completes the legendary PTL (2024 record).

11:45 AM - UTMB START ★

"The start is obviously emotional in many ways."

Distance: 164km | Elevation: 9,990m | Route: Chamonix → Chamonix

1:20 PM - CCC FINISH 🏆

First Male finisher completes CCC (2024 record).

1:50 PM - St Gervais 📺

"St Gervais is an epic spectacle as the town is transformed and runners take over the closed roads coming into and out of the aid station/township. It also shows the race unfold after the first major climb out of the Chamonix Valley."

3:00 PM - CCC FINISH 🏆

First Female finisher completes CCC (2024 record).

3:00 PM - Notre Dame 🔥

"Notre Dame is a crazy crazy moment in the initial hours of night time. This section is lined with crazy spectators cheering, with flares, flags, horns, pretty sure there are fires burning too. It's crazy."

8:30 PM - Courmayeur Aid Station 🎤

"Courmayeur Aid station, the second aid station runners receive crewing, so it is awesome to see how they work with their crew and quickly they go in and out of this aid station and they are moving in the early hours of the morning, some crazy stats exist from this location, like the past 5 winners have all arrived here in first place, even though it is only 83.5km into the race (need to fact check this). But a great moment to see in the race. This year they will also have directional microphones to capture the conversation between crew and runner. This is also a very common place for runners to drop."

10:00 PM - Arnouvaz (Special Live Stream) 🎤

"Arnovaz - this will be live from 4am local time until 7am... Hosted by myself and Alexis... we should have a bit of fun here whilst the rest of Europe sleeps, we will hold the fort and livestream."

11:30 PM - Grand Col Ferret 📺

"The Grand Col Ferret in an amazing drone shot of this high pass with sunrise, watching the leaders move over this section is spectacular. This is their transition from Italy to Switzerland."

SATURDAY

2:00 AM - Champex-Lac (1st Male) 🌞

"Champex-Lac, the first time the runners see crew in the day light, pivotal moment in the race as this marks the 'homestretch'."

3:15 AM - Champex-Lac (1st Female) ☀️

"Champex-Lac, the first time the runners see crew in the day light, pivotal moment in the race as this marks the 'homestretch'."

3:30 AM - Col de la Forclaz (1st Male) 🎉

"Col de la Forclaz another huge crowd/fan moment with huge crowds lining the trails for the leaders"

4:00 AM - Trient (1st Male) 📊

"Trient, next crewed aid station and this is where wheels can really be falling off, or typically the winner has a significant lead."

5:00 AM - Col de la Forclaz (1st Female) 🎉

"Col de la Forclaz another huge crowd/fan moment with huge crowds lining the trails for the leaders"

5:30 AM - CCC CUT-OFF 🕒

Final cut-off time for CCC participants.

5:30 AM - Trient (1st Female) 📊

"Trient, next crewed aid station and this is where wheels can really be falling off, or typically the winner has a significant lead."

5:30 AM - Vallorcine Aid Station (1st Male) 🏁

"Vallorcine Aid station, the last crew point and the finish is so very close. Positions of the top 10 can still change dramatically in this final section to the finish."

7:10 AM - La Flégère (1st Male) 🍷

"La Flégère is the final aid station and only 7km from the finish. Crowds here for the leaders are again, huge and wild. There is only one downhill back to Chamonix from here and if the leader is clear, it is certainly a 'victory lap' of sorts. But a very cool moment because there is not much standing in the way of finishing UTMB from this point. Although, podiums spots have changed on this section before."

7:20 AM - Vallorcine Aid Station (1st Female) 🏁

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8:00 AM - UTMB FINISH (1st Male) 🏆

"The Finish, it'll likely be the most watched moment of the whole livestream... for obvious reasons."

9:20 AM - La Flégère (1st Female) 🥂

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10:10 AM - UTMB FINISH (1st Female) 🏆

"The Finish, it'll likely be the most watched moment of the whole livestream... for obvious reasons."

SUNDAY

9:00 AM - PTL CUT-OFF 🕒

Final cut-off time for PTL participants.

10:30 AM - UTMB CUT-OFF 🕒

Final cut-off time for UTMB participants - End of the ultra-trail week!