

Fréjus, 4 October 2023

4 to 8 October 2023

2023 ROC D'AZUR ROC ON!

KEY POINTS

- The first races began today
- The Roc d'Azur embraces new disciplines without neglecting the mountain biking races that have shaped its history
- Hikes are joining mountain biking, cross triathlon and trail running as part of the Roc d'Azur family in 2023
- The jaw-dropping panoramas of the Les Maures and Esterel massifs set the scene for the event
- Jacks of all trades are all set for the Multi Roc Challenge, a series combining the results of the two mountain biking races (Ford Roc Marathon on Friday and the Roc d'Azur on Sunday), the trail run (32 km on Saturday) and the cross triathlon (Thursday)
- The show opens its doors at 9 am on Thursday October, 5th with 300 exhibitors and plenty of entertainment

THE PLACE TO BE FOR DIEHARD FANS

The nature base in Fréjus is easing into its early October routine. Mountain bikers have dispersed around the area to get a feel for this long-awaited week-long event. Many are no strangers to these landscapes —once a Roc rider, always a Roc rider, after all.

True to its roots, with its traditional **major MTB events for riders of all ages** (2 and older), **all disciplines** (MTB, electric MTB, gravel grinding and cross triathlon), **all levels and all tastes** (recreational rides and races), the Roc d'Azur also keeps its finger on the pulse of the evolving world of sports. The 2023 edition is a new example of its aspiration to bring **new experiences** to everyone who loves sports in the great outdoors.

The tracks of the **Esterel Massif**, which proved wildly popular last year, will again provide the backdrop for **MTB, electric MTB and gravel grinding** recreational rides on Friday. Trail runners also got their first taste of the Roc d'Azur last year. This time round, they will spring into action on Saturday, tackling courses ranging from 16 to 43 km long. Hikers will make their first appearance in the Roc d'Azur on Sunday, taking on courses ranging from 5 to 22 km long. "Our aim is to offer participants as many possibilities as possible to enjoy an exceptional setting," explains **Roc d'Azur coordinator Vivien Hocquet**. What all our events have in common is, above all, their relationship with the natural environment. Mountain bikers are already very often involved in these disciplines, as are trail riders and hikers. In this desire to offer them an even greater immersion in nature, our field of action has also been extended with the support of the towns of Fréjus, Roquebrune-sur-Argens and Saint-Raphaël, as well as Esterel Côte d'Azur Agglomération".

LET THE SHOW BEGIN

The first races of the 39th edition of the climactic event of mountain biking got under way on Wednesday. The first smiles were painted on the faces of the first finishers.

As usual, the 300 participants in **Généralions Roc Sport pour Tous** were the first to get to grips with the tracks of the Roc d'Azur. The early afternoon switched the focus to the **Rallye Roc XC**, a race with an original format in which the riders tackle a 34.1 km course with just four timed sections (3.5 km, 4 km, 1.8 km and 4 km) alternating climbs and descents, tracks and single tracks. For some of the entrants, it was the first of the five races that make up the Roc Trophy, a series consisting of one race every day from Wednesday to Sunday.

A GLIMPSE OF TOMORROW

On top of the sporting dimension, the event is an opportunity for everyone to have fun in the **village** and meet **300 exhibitors** to share the passion, rub shoulders with the big stars —who never fail to show up in the Roc d'Azur— or discover the entertainment that sends sparks flying day in, day out.

The field of the **Garmin Roc Masters** will be the first to hit the tracks on Thursday when they roll out at 8 am. Next up will be the Mid Roc, which doubles as the second leg of the Roc Trophy. Another highlight will be the **Tri Roc**, a **cross triathlon** featuring a 1,500 swim in the Mediterranean, 30 km of mountain biking and 9.6 km of running on the nature base. It is the first round of the Multi Roc Challenge, a new series brought to life in 2023 with a cumulative classification based on the performances in the Tri Roc, Ford Roc Marathon (Friday), 32 km Roc Trail (Saturday) and, as the icing on the cake, the Roc d'Azur (Sunday).

More information about the village [here](#).

SHOW OPENING HOURS

Thursday, 5 October: 9 am – 7 pm
 Friday, 6 October: 9 am – 7 pm
 Saturday, 7 October: 9 am – 7 pm
 Sunday, 8 October: 9 am – 5 pm

PROGRAMME FOR THURSDAY, 5 OCTOBER

8 am: Garmin Roc Masters
 9 am: Mid Roc (Roc Trophy #2)
 9:30 am Roc Tandems
 10 am: Rando Altitude Électrique and Rando Enduro
 10:15 am: Rando Altitude
 1 pm: Tri Roc and Tri Roc Relais (Multi Roc Challenge #1)

MEDIA KIT



Download the media kit [here](#).

PRESS ACCREDITATION

Press accreditation now open on the [dedicated platform](#).

Press contacts:

Mélanie Vallage
mvallage@aso.fr / + 33 7 89 31 57 38

Aurélia Filho
aurelia@agenceafc.com / +33 7 85 82 89 72