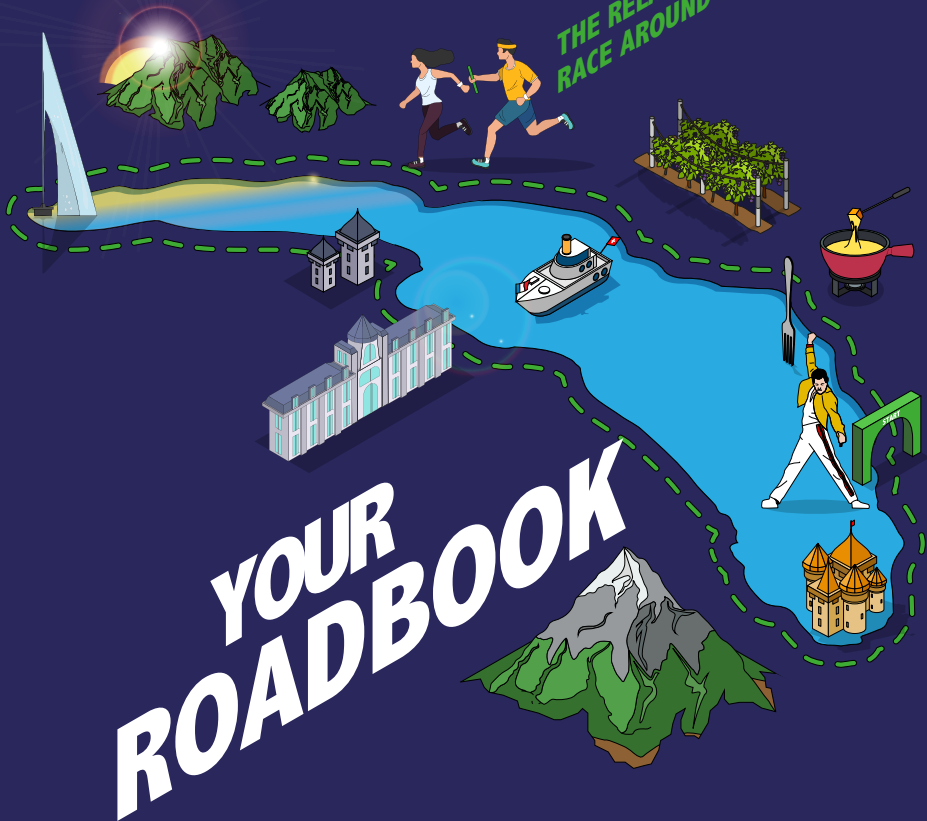


21 | SEPT.
22



6TH EDITION

THE RELAY RUNNING
RACE AROUND LAKE GENEVA



CORE LEAN
COACHING FOR PERFORMANCE

A WORD FROM THE ORGANIZER

Dear Mates,

Welcome to the Run Mate by Core Lean Lac Léman adventure!

We're delighted to have you with us for this 6th edition. Excitement is running high as we prepare to welcome you to a historic edition with record numbers of participants. To guarantee the quality of our organization, we have limited the event to 250 teams.

You are about to experience an exceptional adventure with your Mates during two days and one night in the magnificent region of Lake Geneva. This experience is much more than a sporting challenge; it is a human adventure that unites and strengthens team bonds. In order to be ready for this

adventure, we have prepared this RoadBook for you to read carefully. You will find all the necessary information to prepare your race and about the event's proceedings.

We look forward to seeing you on the starting line in Montreux!

Enjoy your reading and see you soon,
The organisation team





COMMUNE DE
MONTREUX



CORE LEAN

COACHING FOR PERFORMANCE

From Sports Partnering to Business Adventures

Montreux is delighted to be hosting the start of the Run Mate by Core Lean Lac Léman for the third time.

Montreux is a congress and tourist resort, famous for its festivals and renowned guests. With its 26,800 inhabitants, Montreux is the 3rd largest city in the canton of Vaud.

Nestled between the lake, forests, mountain pastures and summits, Montreux enjoys a privileged geographical location, a microclimate that complements the luxuriant vegetation, bays lined with flowery quays, and a lake on which swans and boats evolve, including those of the CGN Belle Epoque fleet, which is unique in the world.

The commune has a very diverse territory, covering almost 3,500 hectares. From the shores of the lake to the top of the mountains, one passes from an altitude of 372 m at the edge of Lake Geneva to almost 2,000 m in the Rochers-de-Naye region. Funiculars and trains link the plain to the mountains.

Montreux also has hotels with old-fashioned charm, terraces, shops, a casino and a conference centre with superb concert halls.

Diversified sports activities

Sport has played an important role in the history of Montreux. Already at the beginning of the 20th century, with the development of tourism, we witnessed the arrival of new sports disciplines, the

organisation of major competitions and the creation of several international and national sports federations. Thus Montreux was the scene of the first European Ice Hockey Championships in Les Avants (1910) and the first World Bobsleigh Championships in Caux (1930).

Pursuing this strategy, the Municipality of Montreux has recently hosted several large-scale events. The organisation of these events is possible thanks to the strong involvement of the 70 sports associations, which include nearly 3,200 juniors.

The infrastructure is numerous: a regional athletics stadium, five football pitches, a 50m indoor swimming pool, eleven gymnasiums, a multi-sports hall, tennis courts, an indoor skate park, a bowling alley, shooting ranges, not forgetting numerous open-access facilities, 150km of well-maintained and signposted footpaths and a ski area. The commune offers countless opportunities to practice your favourite sport. In summer and winter, almost everything is possible in the municipality.

Have a great race and we look forward to seeing you in Montreux!

[Commune of Montreux](#)

Who We Are:

We are passionate runners driven to excellence. Core Lean offers expert consulting and strategies for outstanding results, ensuring continuous improvement and top-tier service. Race towards greatness with us!

Dear RunMate Enthusiasts,

Since the inception of RunMate, Core Lean proudly sponsors the race around Lac Léman. As the event's backbone, we share the story of our partnership and the opportunities it brings:

Shared Values: Our partnership with Run Mate Lac Léman reflects our shared values. We inspire individuals to push their limits and foster community through sport, demonstrating a mutual commitment to excellence, passion, and dreams. Core Lean is dedicated to elevating Run Mate Lac Léman.

Enhancing the Challenge: We enhance the experience for athletes, spectators, and fans, improving the event's scale, competition, atmosphere, and enjoyment.

A Strong Partnership: Just as athletes strive for greatness, Core Lean has always embodied excellence, innovation, determination, and fun! By collaborating with Run Mate Lac Léman, we aim to amplify the impact of this incredible event and create a lasting legacy together.

Dirk Müller Foundation: We are excited to partner with the Dirk Müller Foundation, supporting recovery and rehabilitation for stroke survivors. By participating in Run Mate Lac Léman, you also **support this mission.**

We encourage runners to learn about the foundation and consider donating to its impactful initiatives.

Core Lean offers 3 additional slots to participate in the race for those willing to support a great cause:

We would like to make a statement about our common values. We seek 3 teams who are willing to raise funds to support the Dirk Müller Foundation. We look forward to an extraordinary collaboration that will captivate hearts and minds for years to come. Together, let us celebrate the triumphs and leave a mark on the legacy of Run Mate Lac Léman. **Contact us to get more information!**

Core Lean Team

Contact Us:

Core Lean
Rte de Florissant 70
1206 Geneva, Switzerland
Telephone: +41 795419512
info@core-lean.com

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GET READY ESTIMATE YOUR RACE TIME

Welcome to the Run Mate by Core Lean 2024 adventure! As soon as your team is complete, you have one more mission before you start: **estimate your team time!**

Why ?

The estimated time that each team communicates to us allows us to define the **start times** and ensure the opening of the relay points.

If the time taken on the course differs too much from the estimated time, the organization is in difficulty from a medical, safety and volunteer point of view. But do not worry, there is still a margin for error.

If you are too early on the time communicated, the organisation reserves the right to stop a team on a relay point for an indefinite period in order to ensure the proper management of the flows on the route. This waiting time will be deducted

from your overall time.

Conversely, runners out of time limit will be obliged to advance as many relay points as necessary, indicated by the organisation.

This will allow them to finish the race in the allotted time. However, it will lead to a no ranking for «off-time limit».

**Estimate a correct race time
= a race that goes well!**



New: A unique reward of the 2024 edition will be offered to the team that will get closer to its real time!

In order to determine your start time, we need your estimated race time for the entire course.

To estimate it as accurately as possible, we have prepared an Excel table to fill in with your team.

THE TABLE MUST BE RETURNED TO US BY EMAIL IN EXCEL FORMAT BEFORE AUGUST 15!

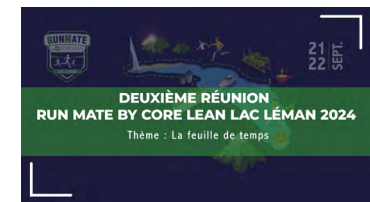
[DOWNLOAD TABLE](#)

MATES MEETINGS



Replay the first Mates meeting

Presentation of the event and the route



Join us on Thursday, July 18 at 6:30 p.m. for the second meeting of the Mates

Timesheet

RACE MAP

The Organisation reserves the right to modify the course up to race day and during the event to ensure the **safety** of participants.

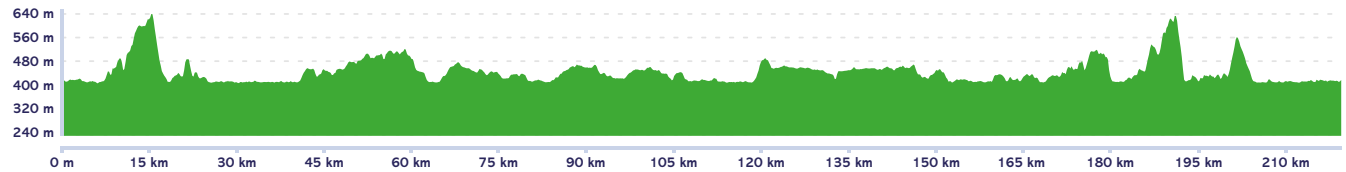


RUN MATE BY CORE LEAN LAC LÉMAN | 10

RUN MATE BY CORE LEAN LAC LÉMAN | 11



Distance
223,6 km
D+
2680 m
D-
2680 m



N° Relay	Start point of relay	Finish point of relay	Finish car park of relay	Number of kilometers	Elevation gain	Elevation Loss	Time barriers	Detail
1	Montreux - Pierrier Salle Omnisports du Pierrier Rue du Lac 117 - 1815 Montreux	Vevey - Corseaux Plage Route de Lavaux 19 - 1802 Corseaux	Public - 50 parking spaces Route de Lavaux 19 - 1802 Corseaux	6.64 km	39m	41m	6pm	
2	Vevey - Corseaux Plage Route de Lavaux 19 - 1802 Corseaux	Puidoux Salle du Forestay Chemin du Signal 2, 1070 Puidoux	Public - 60 places Salle du Forestay Chemin du Signal 2, 1070 Puidoux	7.52 km	283m	60m	6:30pm	
3	Puidoux Salle du Forestay Chemin du Signal 2, 1070 Puidoux	Pully Plage Chemin des Bains 4 - 1009 Pully	Public - 50 parking spaces Chemin des Bains 4 - 1009 Pully	12.35 km	182m	408m	7:15pm	
4	Pully Plage Chemin des Bains 4 - 1009 Pully	Lausanne - Stade de Coubertin Stade Pierre-de-Coubertin, Prom. de Vidy 1007 Lausanne	Public - 150 parking spaces Parking du stade Pierre-de-Coubertin, Prom. de Vidy 1007 Lausanne	5.92 km	26m	26m	7:45pm	
5	Lausanne - Stade de Coubertin Stade Pierre-de-Coubertin, Prom. de Vidy 1007 Lausanne	Ensemble Hospitalier de la Côte à Morges Chem. du Crêt 2, 1110 Morges	Privatized - 50 parking spaces Chem. de la Venardaz, 1110 Morges	10.4 km	93m	45m	8:45pm	
6	Ensemble Hospitalier de la Côte à Morges Chem. du Crêt 2, 1110 Morges	Etoy - Salle polyvalente Ch. des Communaux 2, 1163 Etoy	Public - 50 places Ch. des Communaux 2, 1163 Etoy	12.73 km	147m	138m	9:30pm	
7	Etoy - Salle polyvalente Ch. des Communaux 2, 1163 Etoy	Rolle - Plage Chemin de la Plage, 1180 Rolle	Public - 50 places Parking de la buvette - Chemin de la Plage, 1180 Rolle	10.3 km	53m	109m	10pm	
8	Rolle - Plage Chemin de la Plage, 1180 Rolle	Gland - Plage de la Falaise Chem. de la Falaise 3, 1196 Gland	Public - 40 parking spaces Chem. de la Falaise 3, 1196 Gland	12.63 km	114m	102m	10:45pm	
9	Gland - Plage de la Falaise Chem. de la Falaise 3, 1196 Gland	Abériaux, Prangins Rte de Lausanne 1197, 1197 Prangins	Public - 100 parking spaces Rte de Lausanne 1197, 1197 Prangins	5.52 km	37m	44m	11:30pm	
10	Abériaux, Prangins Rte de Lausanne 1197, 1197 Prangins	Coppet - Stade Stade de foot, Chemin Bleu, 1296 Coppet	P+R public station - 70 parking spaces 10 min walk to the relay point P+R de la Gare de Coppet. 1296 Coppet	14.66 km	118m	109m	12:30am	
11	Coppet - Stade Stade de foot, Chemin Bleu, 1296 Coppet	Versoix - Centre Sportif Centre sportif de Versoix, Route de l'Etraz 201 1290 Versoix	Public - 60 parking spaces Parking du centre sportif de Versoix, Route de l'Etraz 201, 1290 Versoix	5.6 km	56m	21m	1:15am	
12	Versoix - Centre Sportif Centre sportif de Versoix, Route de l'Etraz 201 1290 Versoix	Genève - Baby Plage	Public - 100 parking spaces - 5 min from relay point Car park alongside the plane trees on the driveway Quai Gustave-Ador (opposite Parc des Eaux-Vives)	13.46 km	84m	134m	2:15am	
13	Genève - Baby Plage	Meinier - Centre sportif de Rouelbeau Centre sportif de Rouelbeau Chemin du Champs-de-la-Grange 1252 Meinier	Public - 60 parking spaces Centre sportif de Rouelbeau Chemin du Champs-de-la-Grange 1252 Meinier	7.02 km	106m	52m	3am	
14	Meinier - Centre sportif de Rouelbeau Centre sportif de Rouelbeau Chemin du Champs-de-la-Grange 1252 Meinier	Veigy - Centre Sportif C.S Veigy, Rue du Stade, 74140 Veigy-Foncenex	Public - 70 parking spaces Centre Commercial B11, 453 Route des Voirons, 74140 Veigy-Foncenex (max 2.10m)	5.97 km	32m	30m	3:30am	
15	Veigy - Centre Sportif C.S Veigy, Rue du Stade, 74140 Veigy-Foncenex	Douvaine - Etoile Sportive Douvainoise Avenue du Stade, 74140 Douvaine	Public - 50 parking spaces Avenue du Stade, 74140 Douvaine	10.81 km	73m	75m	4:45am	
16	Douvaine - Etoile Sportive Douvainoise Avenue du Stade, 74140 Douvaine	Excenevex - Plage Plage - Avenue de la Plage - 74140 Excenevex	Public - 80 parking spaces Parking de la Plage - Avenue de la Plage 74140 Excenevex	11.47 km	71m	124m	5:45am	
17	Excenevex - Plage Plage - Avenue de la Plage - 74140 Excenevex	Anthy-sur-Léman Plage des recorts, Rue des Recorts 74200 Anthy-sur-Léman	Public - 20 parking spaces Parking - Rue des Recorts - 74200 Anthy-sur-Léman	9.78 km	74m	72m	6:30am	
18	Anthy-sur-Léman Plage des recorts, Rue des Recorts 74200 Anthy-sur-Léman	Thonon - Capitainerie Capitainerie - 2 Quai de Ripaille 74200 Thonon-les-Bains	Public - 20 parking spaces Parking Place du 16 Août 1944 - Quai de Rives 74200 Thonon-les-Bains	5.77 km	73m	76m	7:15am	
19	Thonon - Capitainerie Capitainerie - 2 Quai de Ripaille 74200 Thonon-les-Bains	Evian - Stade Camille Fournier (Halle Passerat) 14 Nv Route du Stade - 74500 Evian-les-Bains	Public - 100 parking spaces Chemin de Passerat - 74500 Evian-les-Bains	10.73 km	263m	149m	8:15am	
20	Evian - Stade Camille Fournier (Halle Passerat) 14 Nv Route du Stade - 74500 Evian-les-Bains	Lugrin - Stade Stade en face de l'Intermarché - Avenue du Stade 74500 Lugrin	Public - 100 parking spaces Stade in front of Intermarché - Avenue du Stade 74500 Lugrin	6.52 km	72m	139m	9:15am	
21	Lugrin - Stade Stade en face de l'Intermarché - Avenue du Stade 74500 Lugrin	Meillerie - Port Débarcadère CGN - Quai Marin Jacquier - Meillerie	Public - 30 parking spaces Places de parking - Quai Marin Jacquier 74500 Meillerie	7.44 km	297m	342m	10:15am	
22	Meillerie - Port Débarcadère CGN - Quai Marin Jacquier - Meillerie	St-Gingolph (Suisse) - Château Château - Le Grand Chemin 1898 Saint-Gingolph - Suisse	Public - 48 parking spaces - 5 min walk from the relay point Rue du stand - 74500 St-Gingolph - France	7.36 km	125m	107m	11:15am	
23	St-Gingolph (Suisse) - Château Château - Le Grand Chemin 1898 Saint-Gingolph - Suisse	Le Bouveret Port - Ecole de Voile Ecole de Voile Bouveret, Case postale 23 1897 Port-Valais	Public - 40 parking spaces - 5 min walk from the relay point Parking du Swiss Vapeur Parc Mise à l'eau Port du Bouveret	5.33 km	161m	181m	11:45am	
24	Le Bouveret Port - Ecole de Voile Ecole de Voile Bouveret, Case postale 23 1897 Port-Valais	Villeneuve - Parc de l'Ouchettaz Parc de l'Ouchettaz - Quai Grand'Rive 1844 Villeneuve	Public - 40 parking spaces -10 min walk from the relay point Parking Tronchenaz - Route de la Tronchenaz 14 1844 Villeneuve	6.38 km	27m	26m	12:45pm	
25	Villeneuve - Parc de l'Ouchettaz Parc de l'Ouchettaz - Quai Grand'Rive 1844 Villeneuve	Montreux - Pierrier Salle Omnisports du Pierrier Rue du Lac 117 1815 Montreux	Privatized - 135 parking spaces Salle Omnisports du Pierrier Rue du Lac 117 1815 Montreux	8.35 km	37m	28m	2pm	



THIS YEAR, EHC RUNS BY YOUR SIDE AND SUPPLIES YOU!

ENJOY YOUR RUN AND TAKE CARE!

www.ehc-vd.ch

Fleur de Pains

Fleur de Pains wishes you a good race and will give you strength at a relay point!

Your regional Bakery with eco-responsible values that creates quality products for an authentic moment.



THE OFFLINE COURSE



Maps.me is a free app available on the App Store and Play Store. This app allows you to import and follow the detailed course track even if you are offline (i.e. without a 3G, 4G or 5G connection).

Mates to use the app to have the course's details and the relay points with them at any time. It confirms to the person running that he/she is on the right path in case the course signs were removed at some points.

The organisation team highly recommends all



It's best to install it before the event, and download the maps for the «Région lémanique» and «Haute-Savoie» regions. We will shortly be sending you the route tracks to be added to the application. If you encounter any difficulties in this process, don't hesitate to let us know.



Follow the tutorial for the installation



MANDATORY EQUIPMENT

To ensure the safety of everyone, a minimum of preparation is required.

Per vehicle

To present at the bib collection to start the race..



Vehicle documents and minimum
2 driving licenses



Identity card of every
Mate (or copy)



At least 2 headlamps (with
spare batteries)
Mandatory from 7pm to 8am



At least 2 safety vests
Mandatory from 7pm to 8am



At least 2 phones
(with chargers)



1 first aid kit
by vehicle

EQUIPMENT TO BE PICKED UP AT THE START



The **Ecocup Energiapro**
for the relay points and the
after-race **La Nébuleuse**
beer



GPS beacon and **event**
bracelet



The **car sticker** needed for the
car parks



Team bibs, **individual bibs** and
Core Lean bib belt



The **trash bin** lent for the
Compost for Power by
Energiapro challenge to collect
green waste



Runner's pack (participant's
gift, snacks, etc.)

AT THE EVENT

WEEKEND PROGRAM

Saturday, September 21st

From 8am to 5pm

Bib collection and material check. **Please arrive one hour before your start time!**



All Mates must come!

From 9am to 5pm*

Staggered starts



Start time received by email two weeks before the event

Sunday, September 22nd

From 7:30am to 1:30pm*

Finish

7:30am à 2pm

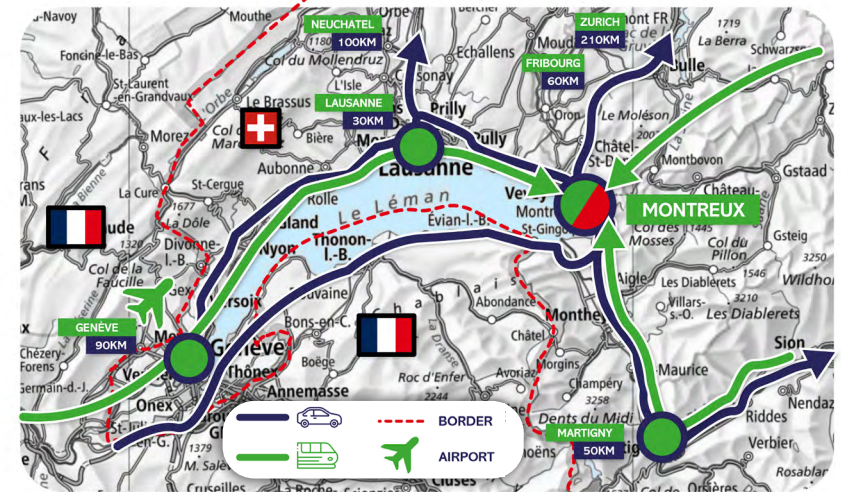
Enjoy your **Vacherin Fribourgeois AOP fondue** and your **La Nébuleuse beer, with or without alcohol** (thanks to the voucher distributed on arrival)

**These times are subject to change by the Organisers up to the time of the first starts.*

HOW TO GET TO MONTREUX



Salle Omnisport du Pierrier
Rue du Lac 117, 1815 Montreux



Direct line to Swiss cities

TGV Lyria from Paris to Lausanne or Geneva then train to Montreux
ICE trains from Hamburg, Berlin or Frankfurt to Basel and then Basel - Montreux



Many boats from the Compagnie Générale de Navigation (CGN) offer crossings of Lake Geneva for Montreux Riviera



The sticker - available for CHF40.- on Swiss motorways is mandatory







Find out more about coming to Montreux

on the commune's website:
<https://www.montreux.ch/habiter-et-decouvrir/mobilite>



Village



-  Start direction
-  Finish direction
-  Bib collection, bar, catering showers, massages
-  Start/finish
-  Event village
Salle Omnisports du Pierrier
Rue du Lac, 117
1815 Montreux SWITZERLAND
-  All the Mates must be present at the bib collection!



At the entrance of the parking lot of the Salle Omnisports, a vehicle sticker will be distributed for each team in order to access the starting, arrival and relay car park.

Please respect the rule of **one vehicle per team per parking lot** in order to allow each team to park near the relay points.

Only **cars with a sticker** will be allowed access to the participants parking on Sunday.



Other car parks

For vehicles without sticker and if the participants parking is complete, you can park in the following car parks:

- SBB P+Rail Clarens 10min walk (chargeable)
- Parking Palace 17min (chargeable)
- P+Rail Montreux 25min (chargeable)
- Chailly-sur-Montreux exchange parking 25min (chargeable)



On the race WHILE I'M RUNNING



GPS beacon in the Core Lean bib belt and **event bracelet on wrist**



Follow the **signs**



Wear your bib number **on the front** with the **Core Lean bib belt**



MAPS.ME

Maps.me application installed on my phone with maps and route downloaded if ever I get lost



My phone is **charged**



My headlamp and a safety vest from 7pm to 8am



I **run on the left side** if there's no sidewalk



I respect the **traffic rules** because the roads are open

INSTRUCTIONS, ADVICE AND SAFETY

Race instructions

During the race you will find the following signs:

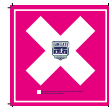
Ribbons
Right direction



Arrow sign
Right direction



Cross sign
Wrong direction



You will regularly find reflective ribbons and arrows. If you run more than 1 km and don't see any of these two signs then you are probably going in the wrong direction.

For important crossroads, a sign with a cross will indicate that you are not on the right path. The cross indicates a way not to take.

Follow your teammate who is running will be possible on our website on the weekend of the event!



GENERAL INFORMATION

Emergency numbers

Emergency number in Switzerland: 144

Emergency number in France: 15

Medical control: + 41 21 784 41 75

Race control: +41 78 883 62 97

We advise you to save these numbers in your phone ahead of the race, in order to have quick access if needed.

If a Mate gets lost

- An alarm will warn the organiser if any Mate deviates significantly from the course path. The organisation will contact the team captain to explain him/her the situation. The captain will be in charge of reaching his/her Mate to warn him/her
- If you haven't been contacted by the organisation, you can call us at the race control number

If a Mate gets injured

- The Mate calls his team to pick him up
- Any mate on the team can replace him and the injured Mate can join the vehicle
- The substitute Mate resumes the race at the place where the other runner abandoned
- In the event of a life-saving emergency, call one of the emergency numbers based on the jurisdiction in which you are located
- If there is no emergency you can consult our medical team

On the race

WHEN I GET TO RELAY POINT



I take my **Energiapro Ecocup**




I greet the **volunteer team** on site and I **give my bib number** for the volunteer control



I **take over** from my teammate and get the **Core Lean bib belt** and the **GPS beacon**



 At the relay point in Meinier, you will have to go to the **Timing Stand** to **change your GPS beacon** for a new one

On the race

I PAY ATTENTION!



It is **prohibited to follow your teammate with the car**: take the car route. It is also **forbidden to follow him by bike**



Don't throw garbage into the wild, keep your garbage and use sorting bins



Do not honk, shout, or play loud music between 10pm and 7am



Do not consume alcohol nor drugs



Do not damage public or private properties encountered



Use the toilets provided at the relay points. Urinating on the public highway is forbidden and punishable by fine.



The organisation of this event is made possible thanks to the support of the communities it crosses. Any failure to observe the rules of good conduct could jeopardize the event!

TEAM CHALLENGES

More than a running race, Run Mate by Core Lean also offers **off-race challenges** to be performed as a team, the best of which will be rewarded.



Intello Quizz

The quiz consists of 26 questions. For each question, you'll have 3 choices, including 1 correct answer. You answer and that's it.

The link to access the quiz will be sent to you on Saturday September 21 on the WhatsApp group created for the event.

Deadline for replies: **Sunday, September 22, 8am.**

The organisation will directly receive your answers and the ranking will be given at the information point in Montreux. May the best team win!



Le pro de la caméra

After the event, you can edit up to 1min30sec of your best moments that we post on our social networks.

The theme will be announced shortly, so stay tuned!

The video must be sent before October 15 to contact@runmate.org

The jury will gather to elect the best aftermovie edition.



Le Carnaval des Mates

Dress up. Get your craziest outfits out. Before the start of your race, your team will be photographed to capture this moment.

Once all the teams are gone, a photo album will be posted on our Facebook page with all your team photos. You will then have a few hours to share your photo with everyone and make sure that it wins as much "like/like" as possible.

Theme to respect: **FREDDIE MERCURY/QUEEN**

The team with the most likes on **Sunday at 8am** will win the challenge. The result will be posted on Facebook, in a story on Instagram and at the information point in Montreux.



My Legs Are Better Than Yours

Speed contest on several segments of the course. Simply run these segments as quickly as possible.

Panels will show you the start and end of each segment.

There will be a ranking by segment but the team with the fastest time over the various segments combined will win the challenge.

Segments will be announced later, so stay tuned!



Core Lean also proudly supports the Dirk Müller Foundation, dedicated to enhancing lives through sports and education for underprivileged communities.



Challenge Core Lean:

Show your team spirit and win your bibs for next year!

Take a photo of yourself during your race, showing your team spirit, then send us your photos to the following e-mail address: contact@runmate.org

Emotion, friendship, teamwork, complicity and cohesion must be the key words, both for this challenge and throughout your adventure!

Theme to Respect:

Team spirit, mutual aid, and solidarity

Results:

Core Lean will be the sole judge. The winning team will be contacted by e-mail. The team that shows the most team spirit will be rewarded with a team bib for the 2025 edition by Core Lean!



CORE LEAN is an innovative Start up specialised in **COACHING** business teams to achieve breakthrough **PERFORMANCE**



Core Lean organizes also other business initiatives, like the CORE LEAN ACADEMY The purpose of this is to transform companies so they can have the BEST RESULTS

By making teams of common people achieve extraordinary results Core Lean unleashes your team's full potential



CHALLENGE Compost for power

Pick up your organic waste,
we will produce biogas out of it !

During the race

1 Pick up your organic waste

On the day of the race, your team will receive 2 organic waste bins in which you will be able to collect organic waste: apple cores, banana skins...all food remains can get in it!

2 Weigh it upon arrival

Bring back your bins on arrival at the Energiapro booth to have your waste checked and weighed.

The team that will have collected the heaviest amount of organic waste will receive a vitamin-enriched prize.

energiapro.ch/biogaz

After the race

3 A second life and so much energy!

The collected waste during the race will be brought to Ecorecyclage, a production plant for biogas near Morges. There it will be fermenting in a digester and be transformed in biogas, a renewable and CO₂ neutral energy.

4 Multiple purposes

The biogas will then be treated and injected in the gas network served by Energiapro. It will be used for heating and cooking purposes as well as for fuel.


energiapro

Official Partner



AFTER THE RACE



I cross the **line with my team**



I return the **GPS beacon**



I get my **finisher's gift**, le **voucher for La Nébuluse beer** (with or without alcohol) and for the **Vacherin Fribourgeois AOP fondue**



I take my belongings, my **Ecocup for the meal** and my **Energiapro garbage can** to return



I collect my **La Nébuluse beer with or without alcohol**



I collect the **Vacherin Fribourgeois AOP fondue**



I take pictures with my team in front of the **Core Lean Photobooth**



Changing rooms and showers at your disposal



Massages by Hôpital Riviera Chablais

AT HOME



«Pro de la caméra» Challenge and Core Lean Challenge



Answer the survey



SUSTAINABILITY

Run Mate by Core-Lean is a fantastic event that takes place in a wonderful environment, in which some areas belong to the UNESCO World Heritage. **We need you** to respect and protect the environment so that we can continue to enjoy it for many years to come.

Transportation

As for many sporting events, the transport of participants is the most polluting element of Run Mate by Core Lean. By travelling in a more respectful way, you can help reduce pollution and save the planet.

What can you consider doing as a team or as an individual to reduce the amount of pollution you create during Run Mate by Core-Lean 2024?

How are you going to get to the start line or go back home with wonderful memories? Can you avoid using the plane?

Can you walk or use a bike to get to and from the event? Can you come and go via public transport to the start / finish line?

This year again, we wish to emphasize 2 aspects of sustainable development: transportation and plastic waste. Below we provide some tips on how you and your Mates can reduce your impact during this 2024 edition.

If arriving by car, can you fill your vehicle with other Mates or spectators?

Are your car tyres properly inflated? Under-inflated tyres dramatically affect performance and efficiency.

Remove excess weight from the car as the heavier it is, the more energy needed to move it.

Do you have an option to use an electric or hybrid car or biogas car, versus a petrol or diesel one?

Plastic and waste

Today, of the more than 380 million tonnes of plastic produced worldwide every year, over 50% are single-use products (plastic cups, food packaging, cutlery and bottles). Once plastics become waste, only 10% are actually recycled on a global scale, and 32% end up in nature, particularly in oceans and lakes such as Lake Geneva, with devastating effects on ecosystems and wildlife, as well as on our health.

After the race, the compostable waste collected will be sent to Ecorecyclage, a biogas production plant near Morges. There, they will ferment in a digester and be transformed into biogas and then injected into the distribution network served by Energiapro.



CHARITY PARTNER



A group of people decided one day to create a foundation...

... to help people who had a stroke, like Dirk Müller, survive.

According to the World Stroke Organization (WSO), every year, there are 13.7 million strokes, and 5.5 million of these are fatal. Overall, one in four people older than 25 years old will have a stroke during their life.

For these people, a good equipment and a good preparation can make the difference between life and death.

By supporting the Dirk Müller foundation, you accelerate research about strokes, and also doctor's preparation to prevention and curing of strokes.



Stroke is one of the main causes of mortality in Peru, it is the second leading cause of death in the country. According to current studies, endovascular therapy is crucial for severe strokes. But in most cases, only a few patients benefit from that, which is due to the lack of training of physicians. The Dirk Müller Foundation aims to contribute to the introduction of endovascular techniques through clinical fellowships in Peru, so that the physicians will be able to train other colleagues after their education.

OUR VOLUNTEERS

Every year, we are proud to be able to count on more than **260 motivated and loyal volunteers** whose aim is to make this weekend an unforgettable experience for the Mates. So, once again, we'd like to thank all those who will be present around Lake Geneva, and who will be giving up their time to ensure that Run Mate by Core Lean runs smoothly!

Runners, don't hesitate **to ask your friends and family** to come and lend us a hand for this fifth edition.

By joining our **great team of volunteers**, they'll ensure that Run Mate by Core Lean runs smoothly, and help your team achieve **the best possible performance** by supporting you at relay points, for example!

Send them our contact details: benevoles@runmate.org or directly the following registration link.

[BECOME A VOLUNTEER](#)



CONTACT



Web site

www.runmate.org



Any questions? Contact us!

Prior to the event, contact us at contact@runmate.org
For any question between September 21st and September 22nd, find us at the bib collection at Montreux.



Social networks



[@TheRunMate](https://www.facebook.com/TheRunMate)



[@run_mate](https://www.instagram.com/run_mate)



[@Run Mate](https://www.youtube.com/@RunMate)

STRAVA [@Run Mate](https://www.strava.com/runners/runmate)



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#RunMateLeman #BeAMate

PARTNERS

TITLE PARTNER



CORE LEAN

COACHING FOR PERFORMANCE

CHARITY PARTNER



DIRK MÜLLER
FOUNDATION

OFFICIAL PARTNERS



INSTITUTIONAL PARTNER



OFFICIAL SUPPLIERS



EHC



Ensemble
Hospitalier
de la Côte



GENÈVE
terroir



Partners

The organisation team warmly thanks the Cantons of Vaud, Geneva and Valais, the Departement of Haute-Savoie, the cities of Montreux, Vevey, Puidoux, Pully, Lausanne, Morges, Etoy, Rolle, Gland, Prangins, Coppet, Versoix, Genève, Meinier, Veigy, Douvaine, Yvoire, Excenevex, Anthy-sur-Léman, Thonon-les-Bains, Evian-les-Bains, Lugrin, Meillerie, Saint-Gingolph, Le Bouveret, Villeneuve and the 48 other crossed cities.



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