



# PROGRAM

- 8am:** welcome, withdrawal of bibs, deposit, beginning of animations
- 9.30am:** collective warm-up
- 9.45am:** runners' briefing
- 10am:** **start of the race!**
- 11am:** collective stretches
- 11.15am:** award of prizes for the best raisings, speeches, presentation of the cheque to the researchers. concerts, shows and lunch.
- 14pm:** end of the event

Relive the 2018 race for an overview of what you will experience on September 29, 2019!



For minors: thank you for coming with parental authorization completed to save time when picking bibs.