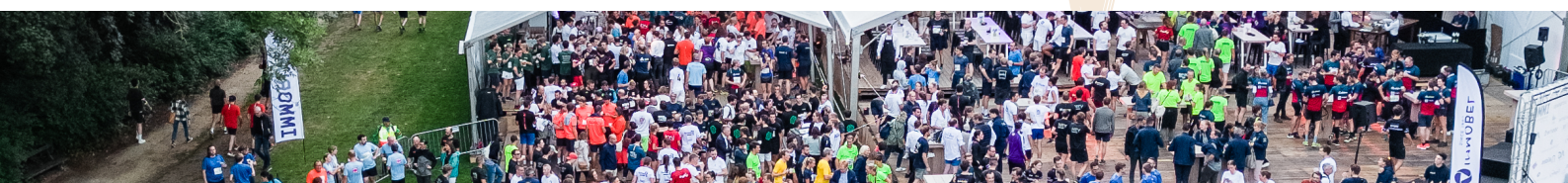




IMMORUN by Immobel Belgium 2023 Runners guide

Just a few more days of sleep before you head to the 14th edition of IMMORUN by Immobel! We are all so excited at the thought of finally seeing each other again at our annual rendez-vous. Just like the previous edition, this year has been a resounding success in attendance, thanks to all of you.

In order to help you attend the event with peace of mind, this document aims to clear your thoughts by gathering all the necessary information for the event. Concept, parking, venue, schedule, ... everything will be compiled here, so put on your best glasses and let's get started!





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CONCEPT

If this is not your first IMMORUN by Immobel in Tervuren, you do not need us to tell you the concept of the race. If, on the other hand, you're going to the starting line for the first time, here are a few details on the essence of the event.

First of all, one of the most important points of the IMMORUN by Immobel is the time spent together! **The race is run in threes**, and the finish line must be crossed at the same time. That's team spirit, and that's what the IMMORUN by Immobel is all about.



Rest assured, however, that not everything revolves around running. In fact, after the exertion comes the comfort! Once you've refreshed yourselves (all necessary facilities will, of course, be provided), you'll have the opportunity to indulge in a splendid **walking dinner** featuring upscale cuisine from the caterer Huis Van Dijck. This will be a perfect occasion to unwind over drinks with colleagues and also to network.

As we inhabit a constantly evolving world, it is incumbent upon us to strive for **societal impact**. It is for this reason that for each individual registered for the IMMORUN by Immobel, a contribution of €10 will be donated to the Sport2Be association. SPORT2BE aims to reinstate equal opportunities and enable disadvantaged young individuals to further cultivate their potential. The organization serves as a stepping stone by guiding them through their education, career orientation, and entry into active life.

In short, as you may have discerned, participating in the run on Thursday, September 7th, 2023 will transcend the confines of mere sport. This is precisely why we are eagerly anticipating your presence and participation.

PROGRAMME & SCHEDULE

15h00 Welcome and bib numbers pick-up

16h30 Team pictures (podium)

17h45 Race briefing (at departure)

18h00 Race departure

19h15 Award Ceremony & Drink

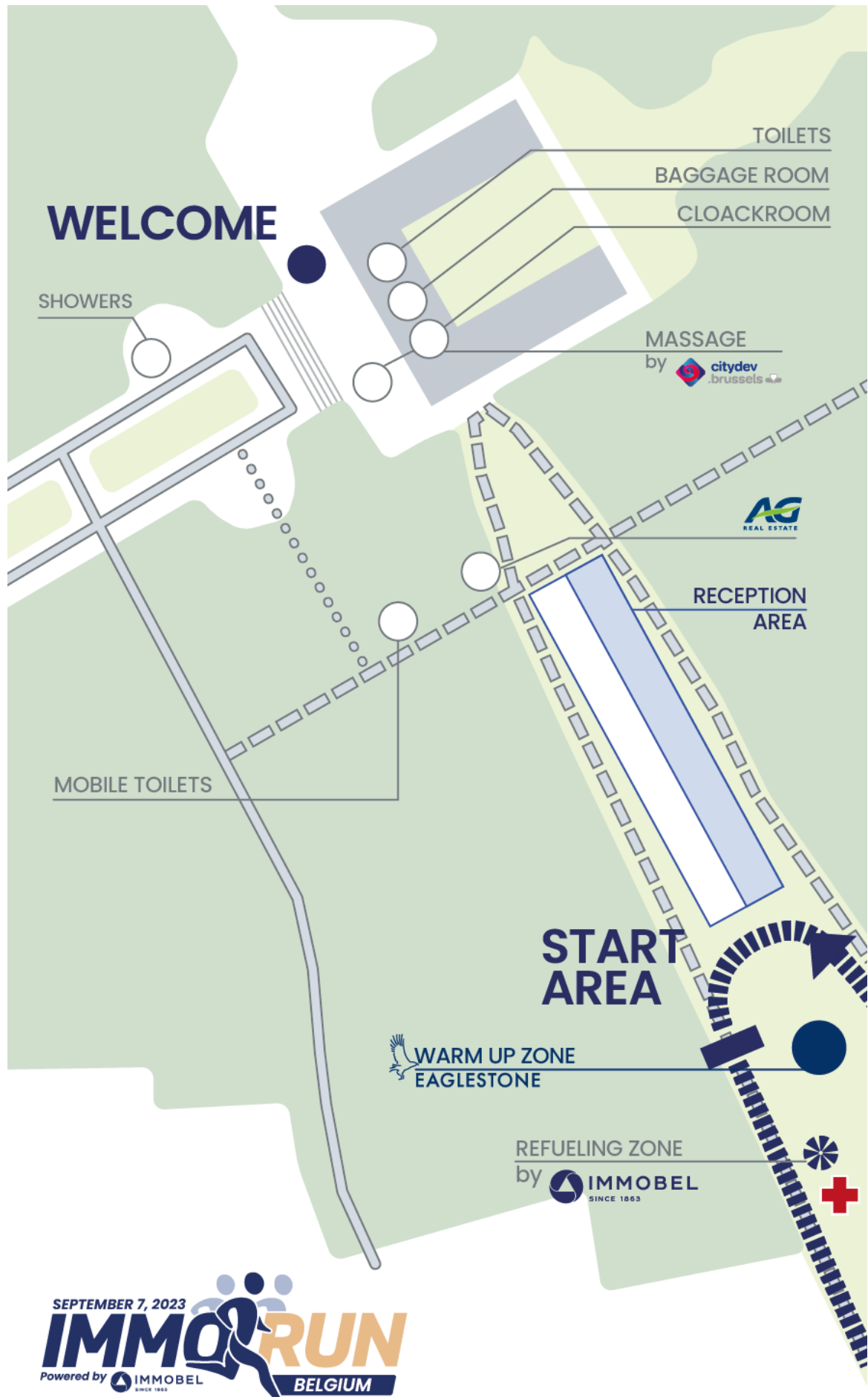
19h30 Showers (until 21:00)

20h00 Walking dinner

23h00 Closing of open bar

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MAP OF THE SITE



MOBILITY POINT

The exact address is as follows :

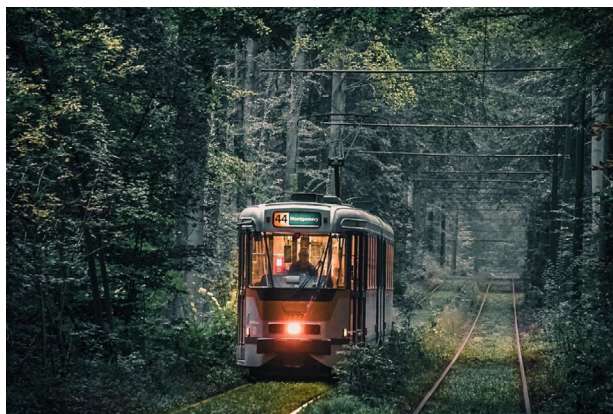
AFRICA PALACE
Paleizenlaan, 3080 Tervuren

What are the best means of transportation to get there?

We strongly encourage the use of sustainable mobility options, which is why biking is appreciated and encouraged.

A **bicycle parking area** will be provided at the main entrance.

Using **public transportation**: The Africa Palace is well-connected by public transport. One of Belgium's most scenic tram lines, tram n°44, which passes through the Soignes Forest, stops right in front of our meeting point! It is a 22-minute ride from Montgomery, with departures every 20 minutes. However, we would like to draw your attention to the fact that, just like on the road for cars, there are significant construction works taking place on the tram line. [MORE INFO](#). Nevertheless, access to the site is ensured by bus number 44, which also stops just a short walk away from the meeting point.



@bisi.captures on Instagram

While we urge you to use environmentally friendly modes of transportation whenever possible, we understand that biking, public transport, or carpooling might not be feasible for everyone.

Shuttles will be provided to take the pressure off parking during the event. A **free parking** lot a little further away from the race site will serve as a relief area. From there, **free shuttle buses** will be waiting for you, running back and forth between this parking lot and the reception area. *PARKING WALZINPLEIN* : Baron Brugmann de Walzinplein 18, 1933 Zaventem, 400 spots. Shuttles are planned : from 3PM - every 20 minutes & from 4PM - every 10 minutes.



For those of you who choose not to use the transportations recommended, there are several **parking lots around the site**: [MORE INFO](#).

IF YOU CHOOSE TO COME BY CAR, WE DRAW YOUR ATTENTION TO THE FACT THAT COMING FROM BRUSSELS, THE TRAFFIC IS HEAVILY DISRUPTED DUE TO NUMEROUS CONSTRUCTION WORKS. THE TIME LOSS IN THE CONSTRUCTION ZONES IS SIGNIFICANT, SO IT'S CRUCIAL TO FACTOR THAT INTO YOUR SCHEDULE.



WEATHER CONDITIONS

We are fortunate, the weather forecast looks exceptional for D-Day. However, even though we are all excited about the warmth and sunshine for this gathering, it is important not to take some safety measures lightly.

Indeed, **running in high heat can lead to unpleasant consequences**, especially when running is not a regular activity for us. To avoid any discomfort, here are some points to absolutely follow:

- Hydrate yourself before, during, and after exercise as regularly as possible. **Don't wait until you're thirsty**; feeling thirsty is a sign that you're already dehydrated.
- Stop your physical activity at the first signs of heat exhaustion and seek shade. **What are the signs of a dehydration** ? Swollen limbs; cramps; profuse sweating; less urine, coloured dark yellow; thirst; dry mouth; irritable, restless; sunken eyes...
- There is a warm-up area, and it's especially important, even more so than usual, not to start at full intensity. The warm-up helps the body avoid being caught off guard by a sudden increase in intensity. After completing your activity, allow your body temperature to decrease gradually (**keep walking**).
- Adjust your clothing to lightweight, light-colored, breathable materials, and **don't forget a hat, sunglasses, your own water flask and sunscreen.**

These tips may seem basic but are genuinely important. It's still a bit too early to confirm the weather forecast with certainty, but it keeps coming up that **temperatures could reach 30°C.**

On-site, first aid personnel will be present to provide initial assistance in case of any incidents, and we will also ensure additional water supply points for refreshment.



BEFORE THE RACE

This year, in pursuit of sustainability, we encourage you to **bring your own bottles and water flasks**. Naturally, we will have water refill stations available.

The team captain or team manager goes to the reception desk to :

1. Collect the envelope containing his/her team's 3 race numbers. The envelope will contain :
 - The 3 race numbers, each with the name of your team, the race number and the letter A, B or C. «A» is for the 9km runner, «B» for the 6km and «C» for the 3km.
 - Safety pins to attach the number to the front of your running clothing.
 - Wristbands to wear for access to the walking dinner and, if you've ordered extra walking dinners, the wristbands will also be there.
2. Make a change at the helpdesk (if necessary) giving the correct names and category of your team.

NO WRISTBAND = NO ACCESS TO THE TENT

The team can then go and change in the changing rooms provided. A supervised locker room is provided (but under the owner's own responsibility).

Don't forget to gather your teammates and move to the TEAM PICTURE zones.

To be classified and timed, the race number must be visible and placed on the front of each runner's T-shirt throughout the race. If a runner's number is not visible, the team may be disqualified.

A = 9 KM; B = 6 KM; C = 3 KM

The runner wearing the «A» MUST READ FIRST and wear the «A» number.

DURING THE RACE

All runners with an «A» on their number will start the race at 18:00 and will run a first loop of 3km. The circuit is signposted and marshals will show you the way and stop any traffic.

At the end of the first lap, the «B» bibs will prepare in the RELAY zone to accompany the «A» bibs in the second lap, and at the end of the second lap, the «C» bibs will join the team. It is essential to respect the starting order of the race numbers.

The first runner is the one with the letter «A». The second is the one with the letter «B». And the third with the letter «C».

During the 2nd and 3rd laps, all runners in the same team must race TOGETHER and cross the finish line TOGETHER at the end of the 3rd lap. The team time is based on the time of the 3rd person in the team to cross the finish line. The slowest runner set the pace for the team race.

All runners participate in the race under their own responsibility. In case of injury during the race, please inform the closest official guide along the circuit. The Red Cross will be present to intervene in case of an incident.

Please note the following points

1

Run on the pavements, without taking risks to overtake your colleagues. Safety must come first, whatever the situation.

At all times, follow the instructions of our officials, who you will recognise by their fluorescent yellow bibs.

2

3

Respect other road users and be aware of their behaviour (pedestrians, cyclists, other vehicles).

Be careful where you step. We have made every effort to make the race as safe as possible, but some sections near the woods can be tricky for ankles. The Red Cross will be on-site, of course. The organization may not be held as responsible.

4

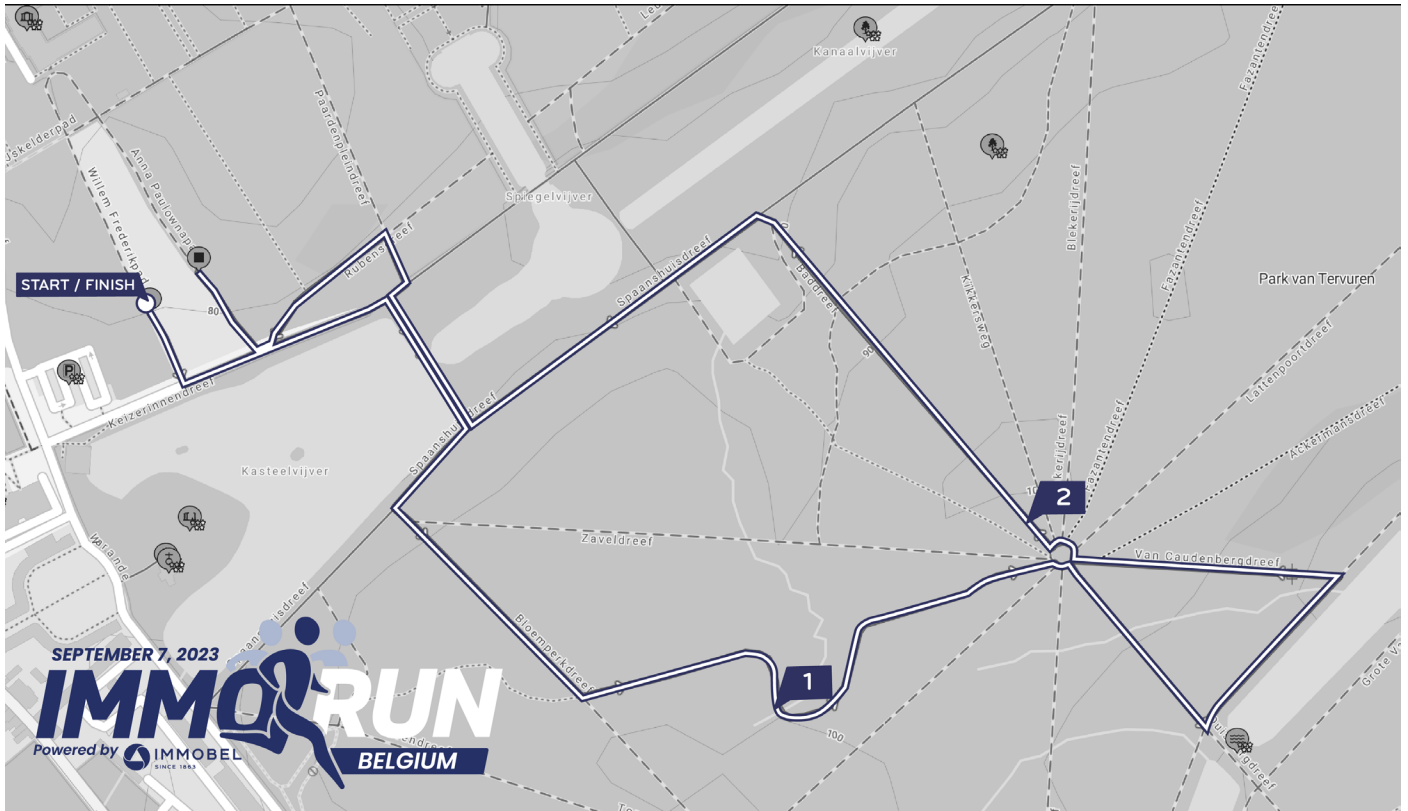
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At one point on the route, we have placed a two-way system, which will be indicated by bollards. We're counting on your fair play not to cut the route, there will be marshals to watch out for any attempts, but don't make their job any harder!

We remind you that this is an amateur race, fair-play and respect is king.

6

Here is a map of the race



Don't forget that participating in the Stopwatch Challenge (through the Strava application) before the D-day is recommended ! If you wish to warm up on-site and perhaps even secure the top position on the «IMMORUN BEL 2023» Strava segment (<https://www.strava.com/segments/35113560>), you will be acknowledged on the race day and win splendid prizes courtesy of our gracious sponsors.

AFTER THE RACE

An award ceremony for each category will take place upon the arrival of the last team, around 7:15 PM. There are a total of 6 categories: men, women, mixed power man (2 men & 1 woman), mixed power women (2 women & 1 man), stopwatch challenge man, stopwatch challenge woman.

Each runner can keep their number and will be invited to take a shower. So don't forget to take a shower and change your clothes ! A supervised locker will be available to hold all your bags.

In order to allow everyone to have a shower before the aperitif, we are asking the first teams to arrive to go directly to the showers after the race (except for the podium contenders).

The evening area is only accessible to those wearing a wristband provided at reception on arrival.

The bars are free until 23:00 (closing time) only for participants wearing a wristband. Access may be refused at any time if we find that you are not complying with the rules.

We can't wait to see you! Get your running shoes ready and start stretching, because the 14th IMMORUN by Immoebel will get you moving!

See you on the start line

The Immorun by Immoebel Team

