

27 | SEPT.
28



7TH EDITION

THE RELAY RUNNING
RACE AROUND LAKE GENEVA

YOUR
ROADBOOK



A WORD FROM THE ORGANIZER

Dear Mates,

Welcome to the Run Mate by Core Lean Lac Léman 2025 adventure!

After a record-breaking 2024 edition, this year will see 280 teams at the starting line — a new milestone we're proud to reach with you.

Our ambition remains the same: to grow while preserving the quality and unique spirit of the event.

A small change this year: we're switching the direction of the route! A new way to (re)discover the lake loop from a fresh perspective.

For two days and one night, you'll experience a challenge that's as much about teamwork as it is about sport — a powerful moment to share with your Mates.

To help you prepare, this RoadBook includes all the essential info — we strongly recommend reading it carefully.

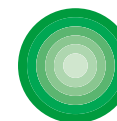
We can't wait to see you on the starting line in Montreux!

The Organising Team





COMMUNE DE
MONTREUX



CORE LEAN
COACHING FOR PERFORMANCE

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

FROM SPORTS PARTNERING TO BUSINESS ADVENTURES

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 Team

Contact Us:

Core Lean
Geneva
info@core-lean.com

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GET READY ESTIMATE YOUR RACE TIME



Welcome to the Run Mate by Core Lean 2025 adventure! As soon as your team is complete (and fully registered on the registration platform), 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**, ensure the opening of the relay points and guarantee your safety.

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 that upcoming relay points are ready to welcome

you and that all safety measures are in place along the course.

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 2025 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 BY THE CAPTAIN
IN EXCEL FORMAT BEFORE AUGUST 15!**

[DOWNLOAD TABLE](#)

MATES MEETINGS

Join us on **Wednesday, July 2 at 12:30 PM** for the first Mates Meeting.

On the agenda:

- Get to know the event
- Go over the course together
- Discover the time sheet
- Discover the [training plan](#) created just for you by the Running Academy (in French)
- Ask all your questions

Keep an eye on your inbox — the connection link will arrive a few days before!



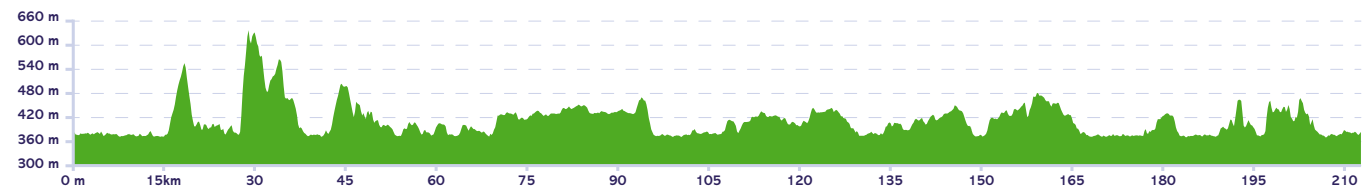
RACE MAP



































































































The Organisation reserves the right to modify the course up to race day and during the event to ensure the **safety** of participants. The final GPX route will be shared the day before the race.



Distance
215.08 km
D+
2500 m
D-
2500 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	Villeneuve - Parc de l'Ouchettaz Parc de l'Ouchettaz - Quai Grand'Rive 1844 Villeneuve	Public - 40 parking spaces Quai Grand Rive 11, 1846 Villeneuve Public - 100 parking spaces à 10 min walk from the relay Parking Tronchenaz - Route de la Tronchenaz 14 1844 Villeneuve	8.29 km	26m	34m	6:30PM	 
2	Villeneuve - Parc de l'Ouchettaz Parc de l'Ouchettaz - Quai Grand'Rive 1844 Villeneuve	Le Bouveret Port - Ecole de Voile Ecole de Voile Bouveret, Case postale 23 1897 Port-Valais	Public - 50 parking spaces Car park 1 CFF - Chem. du Vieux Port 6, 1897 Le Bouveret Public - 70 parking spaces à 5 min walk from the relay Car park 2 - Rte de la Plage 52, 1897 Bouveret	6.46 km	27m	28m	7PM	 
3	Le Bouveret Port - Ecole de Voile Ecole de Voile Bouveret, Case postale 23 1897 Port-Valais	St-Gingolph (Switzerland) - Salle Polyvalente Route des Rasses 2 1898 Saint Gingolph - Switzerland	Public - 48 parking spaces à 5 min walk from the relay Rue du stand - 74500 St-Gingolph - France	5.25 km	182m	153m	7:30PM	  
4	St-Gingolph (Switzerland) - Salle Polyvalente Route des Rasses 2 1898 Saint Gingolph - Switzerland	Meillerie - Port Débarcadère CGN - Quai Marin Jacquier - Meillerie	Public - 30 parking spaces Parking spaces - Quai Marin Jacquier, 74500 Meillerie Public - 40 parking spaces à 10 min walk from the relay Parking Ancienne Gare - 50 rue Nationale - 74500 Meillerie	7.58 km	72m	92m	8PM	  
5	Meillerie - Port Débarcadère CGN - Quai Marin Jacquier - Meillerie	Evian - Parc Dollfus Avenue Anna de Noailles, 74500 Évian-les-Bains, France	Public - 70 parking spaces Parking du Club Aviron Evian CAE 10 Av. Anna de Noailles, 74500 Évian-les-Bains, France	14.96 km	442m	434m	9:15PM	    
6	Evian - Parc Dollfus Avenue Anna de Noailles, 74500 Évian-les-Bains, France	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 Public - 50 parking spaces 2 Quai de Ripaille, 74200 Thonon-les-Bains, France	11.56 km	240m	249m	10PM	  
7	Thonon - Capitainerie Capitainerie - 2 Quai de Ripaille 74200 Thonon-les-Bains	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	5.44 km	57m	54m	10:30PM	  
8	Anthy-sur-Léman Plage des recorts, Rue des Recorts 74200 Anthy-sur-Léman	Excenevex - Plage Plage - Avenue de la Plage - 74140 Excenevex	Public - 80 parking spaces Parking de la Plage - Avenue de la Plage 74140 Excenevex	9.02 km	73m	74m	11PM	  
9	Excenevex - Plage Plage - Avenue de la Plage - 74140 Excenevex	Douvaine - Etoile Sportive Douvinoise Avenue du Stade, 74140 Douvaine	Public - 50 parking spaces Avenue du Stade, 74140 Douvaine	11.45 km	123m	71m	12:15AM	     
10	Douvaine - Etoile Sportive Douvinoise Avenue du Stade, 74140 Douvaine	Veigy - Centre Sportif C.S Veigy, Rue du Stade, 74140 Veigy-Foncenex	Public - 70 parking spaces - max 2.10m Car park 1 - C.S Veigy, Rue du Stade, 74140 Veigy-Foncenex Car park 2 - Chemin des Pommiers, 74140 Veigy-Foncenex	6.4 km	36m	33m	1:15AM	  
11	Veigy - Centre Sportif C.S Veigy, Rue du Stade, 74140 Veigy-Foncenex	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	6.1 km	20m	22m	2AM	     
12	Meinier - Centre sportif de Rouelbeau Centre sportif de Rouelbeau Chemin du Champs-de-la-Grange 1252 Meinier	Genève - Port Noir Quai Gustave-Ador 87, 1207 Genève	Public - 100 parking spaces - entre 5 et 10min walk from the relay Parking along the plane trees on the service lane of Quai Gustave-Ador (opposite Parc des Eaux-Vives)	6.3 km	54m	107m	2:30AM	 
13	Genève - Port Noir Quai Gustave-Ador 87, 1207 Genève	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	14.19 km	113m	68m	3:30AM	     
14	Versoix - Centre Sportif Centre sportif de Versoix, Route de l'Etraz 201 1290 Versoix	Coppet - Stade du Rojalet Chemin des Sports 16, 1296 Coppet	Public - 45 parking spaces Parking du stade, Route de Founex 20 1296 Commugny	5.05 km	30m	43m	4AM	     
15	Coppet - Stade du Rojalet Chemin des Sports 16, 1296 Coppet	Abériaux, Prangins Rte de Lausanne 1197, 1197 Prangins	Public - 100 parking spaces Parking des Abériaux, Rte de Lausanne 1197, 1197 Prangins	14.48 km	90m	118m	5:15AM	    
16	Abériaux, Prangins Rte de Lausanne 1197, 1197 Prangins	Gland - Plage de la Falaise Chem. de la Falaise 3, 1196 Gland	Public - 40 parking spaces Chem. de la Falaise 3, 1196 Gland	5.47 km	45m	40m	5:45AM	 
17	Gland - Plage de la Falaise Chem. de la Falaise 3, 1196 Gland	Rolle - Plage Chemin de la Plage, 1180 Rolle	Privatisé - 50 parking spaces Parking de la buvette Chemin de la Plage, 1180 Rolle	12.6 km	98m	114m	6:45AM	   
18	Rolle - Plage Chemin de la Plage, 1180 Rolle	Etoy - Salle Canopée Institut de l'Espérance Buchet, Pl. Louis Buchet, 1163 Etoy	Privatisé - 60 parking spaces Chemin de Chanteclair, 1163 Etoy	8.93 km	179m	74m	7:30AM	   
19	Etoy - Salle Canopée Institut de l'Espérance Buchet, Pl. Louis Buchet, 1163 Etoy	Morges - Ensemble Hospitalier de la Côte Parc des sports Promenade Général Guisan 12, 1110 Morges	Public - 50 parking spaces Promenade Général Guisan 12, 1110 Morges	9.05 km	32m	141m	8:15	    
20	Morges - Ensemble Hospitalier de la Côte Parc des sports Promenade Général Guisan 12, 1110 Morges	Renens - La Nébulouse Chem. du Closel 1, 1020 Renens	Public - 150 parking spaces Chem. du Closel 2, 1020 Renens	11.38 km	68m	25m	9AM	     
21	Renens - La Nébulouse Chem. du Closel 1, 1020 Renens	Pully Plage Chemin des Bains 4 - 1009 Pully	Public - 50 parking spaces Chemin des Bains 4 - 1009 Pully	8.79 km	34m	80m	9:45AM	  
22	Pully Plage Chemin des Bains 4 - 1009 Pully	Bourg en Lavaux - Salle des Ruvides Chem. de Courseboux 6, 1096 Cully	P+R - 20 parking spaces à disposition pour l'évènement + Parking public Place de la Gare 8, 1096 Cully	6.49 km	137m	115m	10:30AM	   
23	Bourg en Lavaux - Salle des Ruvides Chem. de Courseboux 6, 1096 Cully	Vevey - Plage Place du marché, 1800 Vevey	Public - 70 parking spaces Parking Place du marché, 1800 Vevey	12.55 km	210m	229m	12:15PM	  
24	Vevey - Plage Place du marché, 1800 Vevey	Montreux - Pierrier Salle Omnisports du Pierrier Rue du Lac 117 1815 Montreux	Privatisé - 135 parking spaces Salle Omnisports du Pierrier Rue du Lac 117 1815 Montreux	5.29 km	31m	22m	1PM	      

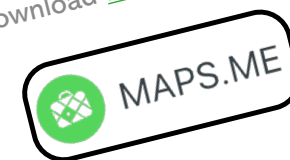




We're wishing you a beautiful race – full of
energy, smiles and good moments

THE OFFLINE COURSE

Download [Maps.me](https://www.maps.me)



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.

The route to be uploaded into the app (in KML format) will be shared the day before the race.



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 **vehicle sticker** needed for
the car parks



GPS beacon and **event
bracelet**



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



- The **team bib**
- **Individual bibs**
- The **Core Lean bib belt**

The full contents of the
runner's pack will be revealed
in early September... just a
little more patience!

AT THE EVENT

WEEKEND PROGRAM

Saturday, September 27th

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

The start time will be determined based on the **timing sheet**: the most enduring teams will start first, and the fastest teams last, ensuring a smooth race along the course.

Sunday, September 28th

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

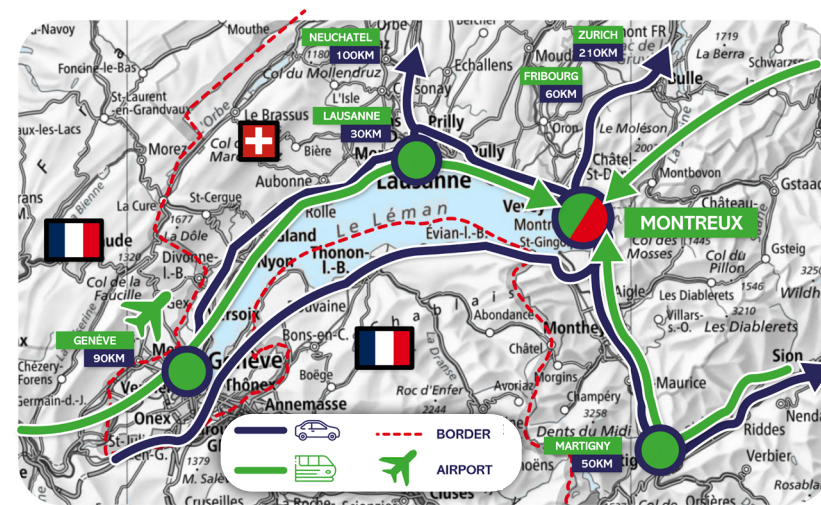
*These times are subject to change by the Organisers up to the time of the first starts.

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. Montreux train station is a 25-minute walk from the sports hall.



Many boats from the Compagnie Générale de Navigation (CGN) offer crossings of Lake Geneva for Montreux Riviera. The Montreux landing stage is a 25-minute walk from the sports hall.



Easily accessible via the Swiss motorway network

The A1 motorway connects France to Austria. A motorway vignette – available for CHF 40.– – is mandatory on Swiss highways. It can be purchased online at: <http://www.e-vignette.ch>

Find out more about coming to Montreux

on the commune's website:

<https://www.montreux.ch/habiter-et-decouvrir/mobilite>



Village



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.

P

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 20min walk (chargeable)

P+Rail Montreux 25min walk (chargeable)

Chailly-sur-Montreux exchange parking 30min walk (chargeable)



Biogas
and team spirit:
powerful energies !



Need a cold one ?
Can't wait to have you at
the brewery



La Nébuleuse
Independant craft brewery

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:

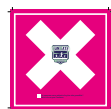
Ribbons
Right direction



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

Medical control: + 41 21 784 41 75

Race control: +41 76 498 82 54

Emergency number in Switzerland: 144

Emergency number in France: 15

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 injured 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 a container to serve myself a drink




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



I take over from my teammate and pick up 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 vehicle: 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 public roadw 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 24 questions. Each question will have multiple answer choices, but only one will be correct.

The link to access the quiz will be sent to you on Saturday September 27 on the WhatsApp group created for the event.

Deadline for replies: **Sunday, September 28, 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 website 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: **SUPERHEROES**

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!

More than coaching.

We are a movement that

TRANSFORMS

factory teams

from **CRISIS** to **EXCELLENCE.**

At Core Lean, we empower teams to break through their limits and achieve exceptional results. Through coaching, immersive experiences, and the Core Lean Academy, we build high-performing, responsible, and sustainable cultures.

“Making teams of common people, achieve extraordinary results, Core Lean unleashes your team’s full potential.”



Why?

BECAUSE PERFORMANCE IS NOT A GOAL — IT’S A MINDSET.

Join us for Run Mate by Core Lean 2025—the energy that drives factories also drives your strides!

LET’S MOVE TOGETHER. LET’S GROW TOGETHER.

CORE LEAN CHALLENGE – RUN MATE BY CORE LEAN 2025 EDITION

Show us what real team spirit looks like—and win your bibs for next year!

During the race, capture your best team moment—emotion, unity, determination.

Send your photo to: contact@runmate.org

We want to see:

- ♥ Real camaraderie
- ♥ Shared emotions
- ♥ Teamwork in action
- ♥ That spark of cohesion that pushes teams across finish lines

**TEAM SPIRIT, MUTUAL AID,
AND SOLIDARITY**

The most inspiring team will win a team bib for **Run Mate by Core Lean 2026**, offered by **Core Lean**!

Core Lean is proud to support the **Dirk Müller Foundation**, promoting sports and education for young people from underprivileged communities. When you run with us, you run for something greater.



Because how we run together reflects how we grow together.

**LET’S ELEVATE THE WORLD OF WORK
— ONE STRIDE AT A TIME.**

AFTER THE RACE



I cross the finish **line with my team**



I return the **GPS beacon**



I get my **finisher's gift**



I take pictures with my team in front of the **Core Lean Photo-booth**



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



I collect the **Vacherin Fribourgeois AOP fondue**



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.

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 2025 edition.

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 our impact on the environment.

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 2025?

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?

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.



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 commitment makes this weekend an unforgettable experience for all 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 give us a helping hand for this seventh edition.

By joining our **amazing team of volunteers**, they'll help make the event a success - and allow your team to achieve **its best performance!** From relay points to course safety, they'll live the experience right alongside you.

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

BECOME A VOLUNTEER



CONTACT



Web site

www.runmate.org



Follow a team?

Team tracking will be available on race day directly on the homepage of [our website](http://www.runmate.org).



Any questions? Contact us!

Before the event, please make sure to designate a single point of contact per team. For any questions, feel free to email us at contact@runmate.org.

For any questions during the event (27–28 September), come see us at bib pick-up in Montreux.



Social networks



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



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



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



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



[@RunMate](https://www.linkedin.com/company/runmate)

#RunMateLeman #BeAMate

PARTNERS

TITLE PARTNER



CORE LEAN

COACHING FOR PERFORMANCE

CHARITY PARTNER



OFFICIAL PARTNER



INSTITUTIONAL PARTNERS



COMMUNE DE
MONTREUX



OFFICIAL SUPPLIERS



Ensemble
Hospitalier
de la Côte



Partners

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



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