



IMMORUN LUXEMBOURG 2023 - RUNNER'S GUIDE

In a few days, the 4th edition of IMMORUN Luxembourg by Immobel will start. We have more than 100 teams registered and more than 370 people attending the event. This edition is already shaping up to be a great one and we are doing our best to welcome you. In this document you will find all the information you need to experience the race in the best way.

This year, we will embark on an Urban Trail, offering a unique opportunity to rediscover the enchanting city of Luxembourg from a fresh perspective.



Location

Tero River House - 15 Rives de Clausen, 2165 Lëtzebuerg, Luxembourg

You can find parking spaces on the street, but two car parks are also accessible:

1. **Parking Brasserie Indigo** : Rives de Clausen, 2165 Gronn Lëtzebuerg, Luxembourg
2. **Plt Altmuenster** : 5-9 Plt Altmuenster, 1123 Grund Luxembourg

We still advise you to carpool or use public transport. Here are the routes to get to Rives de Clausen:

1. **Bus lines 23, 15 and 14** : Tour Jacob stop
2. **Bus line 9** : Clausener Breck stop

Schedule

16:00 - 17:45	Welcome and bib numbers pick-up Team pictures (podium)
17:45	Race briefing and group picture (at departure)
18:00	Race departure
19:15	Award Ceremony & Drink
19:30	Showers (until 9pm)
20:00 - 22:30	Walking Dinner & Open bar
23:00	Closing of open bar

► Before the race

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), which is also in the welcome tent, 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 rider 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 riders 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 riders 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.
2. At all times, **follow the instructions of our officials**, who you will recognise by their fluorescent yellow bibs.
3. **Respect other road users** and be aware of their behaviour (pedestrians, cyclists, other vehicles).
4. To avoid any unnecessary accidents or twisted ankles, pay attention to the few passages on the **stairs** (particularly downhill, they are the most treacherous). The organisation may not be held responsible in case of an incident.
5. 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!
6. We remind you that this is an **amateur race**, despite our magnificent prize-giving ceremony!

🏁 After the race

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!

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 4th IMMORUN LUXEMBOURG by Immobel will get you moving!

See you on the start line 💪

The Immorun Luxembourg by Immobel Team 🏃🏻‍♂️🏆

