



RUNNER'S *guide*





The countdown is almost over! In just a few days, on July 3rd, we'll be celebrating the **6th edition of IMMORUN Luxembourg by Immobel** – an event that has quickly become a must-attend for professionals in the real estate sector. We're thrilled to have you join us for this unique opportunity to rediscover the enchanting city of Luxembourg from a fresh perspective.

To ensure you're fully prepared for the big day, this guide compiles **all the essential information you need for the event**. From the concept to parking details, venue logistics and schedule, we've got you covered.

Let's dive in and prepare for an extraordinary day 🏃💡

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concept



If this is not your first IMMORUN Luxembourg by Immobel, 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 Luxembourg by Immobel is the time spent together! The race is a **team run of 3 colleagues**, covering distances of 9, 6 or 3 km, with a group finish to strengthen team cohesion. That's team spirit, and that's what the IMMORUN Luxembourg by Immobel is all about.

Rest assured, the IMMORUN experience isn't just about running. After you've pushed your limits on the track, it's time to relax and rejuvenate! Once you've refreshed yourselves (all necessary facilities will be provided), you'll have the chance to indulge in a **well-deserved walking dinner**, featuring upscale cuisine from the renowned caterer Tero. This is the perfect occasion to unwind with colleagues over drinks and to network with other professionals in a relaxed and enjoyable atmosphere.

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Tero River House

15 Rives de Clausen, 2165 Lëtzebuerg, Luxembourg



Get ready to start your IMMORUN Luxembourg journey in one of the city's most iconic districts, **Les Rives de Clausen**. This area isn't just known for its vibrant nightlife – it's also a place where architecture tells a story. The beautifully restored brewery buildings, with their blend of historic charm and modern design, provide a unique and inspiring backdrop as you lace up and prepare to race.

As you gather at the starting line, take a moment to appreciate the distinctive architecture that surrounds you. Clausen's mix of old-world elegance and contemporary flair creates an atmosphere unlike any other in Luxembourg, making it the perfect place to begin our run.

After the race, why not explore the area further? Clausen's inviting streets and stunning buildings make it a great spot to relax and celebrate with fellow runners.

Welcome to Les Rives de Clausen – where architecture meets action, and your race begins!

Venue





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For a seamless and eco-friendly journey to IMMORUN Luxembourg, we highly encourage choosing sustainable transportation options. Les Rives de Clausen is perfect for walking and cycling, offering a charming and green way to reach the event.

 **Cycling and Walking** – Explore the area on foot or by bike! Enjoy the vibrant atmosphere of Clausen while reducing your carbon footprint. The district is ideal for a leisurely stroll or a refreshing bike ride to the starting line.

 **Public Transport** – If cycling or walking isn't an option, public transportation is a convenient and green alternative. Here are the closest stops and routes to get you to Rives de Clausen :

Nearby Stops : Pfaffenthal, Clausen, Centre, Cents, Kirchberg, Verlorenkost & Pfaffenthal-Kirchberg.

Bus : 14, 23, 9, 15, 92.

 **Parking Options** – For those who prefer driving, parking is available at:

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

Choose the most sustainable option that suits you best and join us at Les Rives de Clausen for a memorable IMMORUN Luxembourg experience. Safe travels!

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schedule



16:00

Welcome & bib numbers pick-up

16:30

Team pictures

17:45

Race briefing @starting line

18:00

Race time 🏁

19:15

Award ceremony & drink

19:30

Showers (until 21:00)

20:15

Walking dinner

22:00

Closing of open bar

22:30

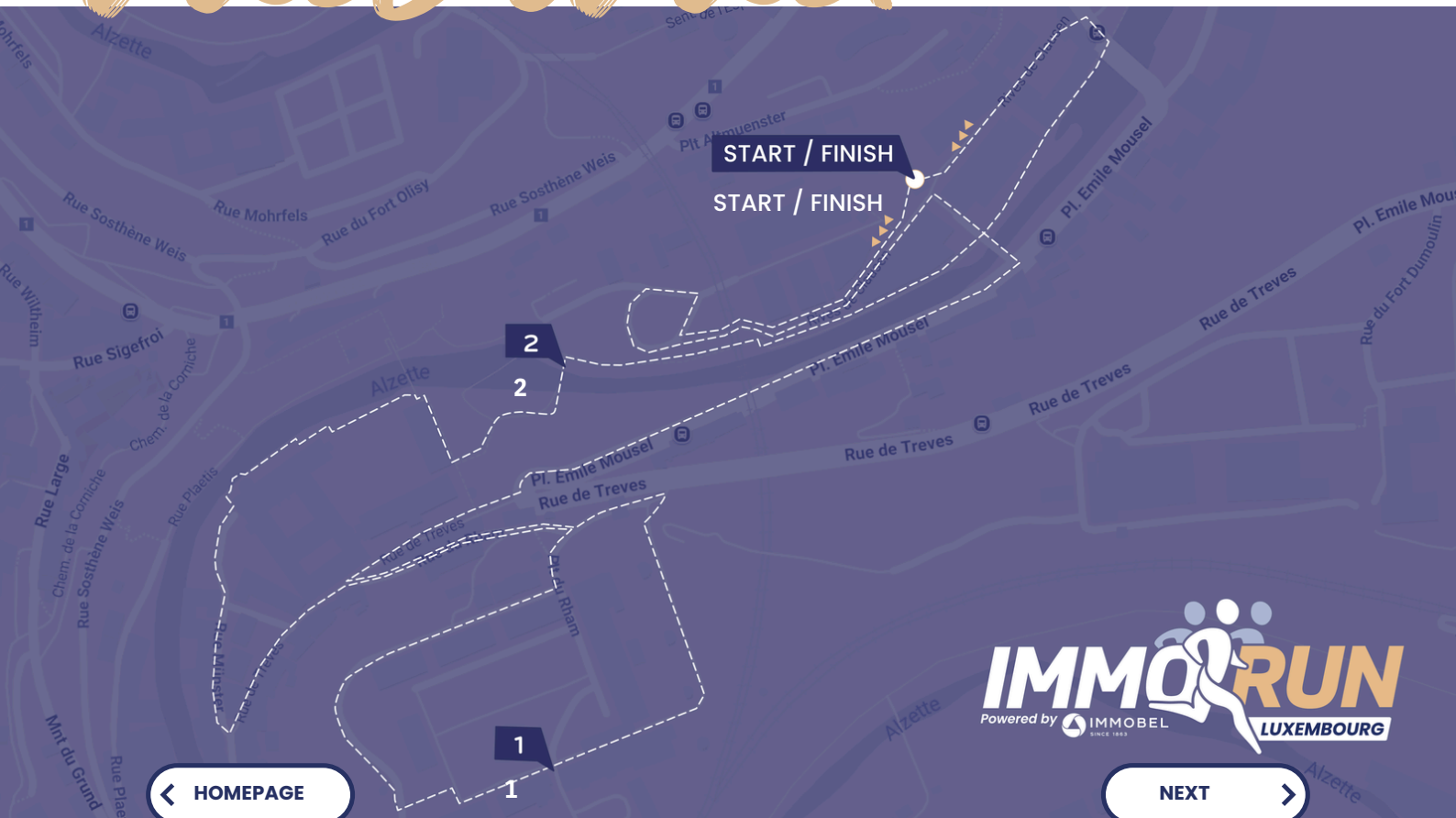
Closing cloakrooms

23:00

Closing time

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THE ULTIMATE *check list*

CLOTHING

- 0 Running shoes
- 0 Socks
- 0 Shorts or leggings
- 0 Your company's running shirt
- 0 Jogging pants
- 0 Warm sports shirt
- 0 Sports jacket
- 0 Dry clothes
- 0 Sports bra (for women)
- 0 Raincoat or poncho (depending on the weather)

ACCESSORIES

- 0 Running watch
- 0 Headband or cap
- 0 Sunglasses
- 0 Phone armband
- 0 Bath towel
- 0 Soap
- 0 Deodorant

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hydration

At IMMORUN Luxembourg by Immobel, we are committed to creating a more sustainable event where health and environmental awareness go hand in hand. To reduce waste and ensure that all participants stay well hydrated, we have one important request:

BRING YOUR OWN WATER BOTTLE !!!

Along the course, several water stations will be available, but NO disposable cups will be provided before or during the race. That's why we kindly ask every participant to bring a reusable water bottle or hydration system (like a camelbag).

This way, you'll stay refreshed and energized, while helping us reduce single-use plastic together.

HYDRATE AT YOUR OWN PACE

Our refill stations are placed at strategic points so you can easily top up your bottle. Whether you're running 3, 6 or 9 km, fresh water is always within reach.

AFTER THE RACE? NO WORRIES!

Once you've crossed the finish line and join the walking dinner or afterparty, feel free to set your water bottle aside.

Our catering team will provide plenty of drinks so you can fully enjoy the food, atmosphere, and great company, worry-free.

By bringing your own water bottle, you're actively contributing to a more efficient and eco-friendly event. Together, we make IMMORUN a shining example of conscious and responsible sports.



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before the race

The team captain or team manager goes to the welcome 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.

NO WRISTBAND = NO ACCESS TO THE WALKING DINNER

- ② Make a change at the helpdesk (if necessary) giving the correct names and category of your team.

IMPORTANT NOTE: The welcome desk won't be outside like the previous years. You can find us in the building next to the Tero River House, on the first floor. There will be clear signs to guide you in the right direction.



- 3 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).
- 4 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 RUN 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.



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what you should know

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

Be careful where you step. 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, **fair-play and respect is key**.

after the race

Runners from the top three teams in each category are asked to keep their bibs on for the awards ceremony and the podium presentation.

To ensure that all participants have ample time to freshen up before the aperitif, we kindly ask the first teams to complete the race to make their way directly to the shower facilities. This will help avoid congestion and ensure that everyone has a chance to relax and refresh.

Good weather is expected, but please remember to bring warm clothing as the walking dinner will take place under an open tent.



The evening space, including the aperitif and walking dinner, is exclusively accessible to those wearing a wristband provided at registration upon your arrival.

The bars will offer complimentary drinks until closing at 11:00 PM, exclusively for participants wearing the wristband. Please be aware that access may be revoked at any time if instructions are not followed.

We can't wait to see you there!

PS: Please be mindful of our neighbors, even when the party is in full swing!



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pictures



Look who's here! If you spot our amazing photographer, don't forget to flash your best smile or strike a fun pose! These photos will capture not just the action, but also your energy and enthusiasm during IMMORUN by Immobel 📸

#SayCheese #StrikeAPose

medal ceremony



WOMEN CATEGORY



MEN CATEGORY



MIX CATEGORY



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our partners

MAIN PARTNER



SILVER PARTNERS



BRONZE PARTNERS



In support to



Organized by



A huge thank you to our fantastic main sponsor, **Immobel**, for making this incredible event possible! Special recognition goes to our silver sponsor, **SECO**, as well as our bronze partners, **M Immobilier** and **Tero house 17**.

Together, we form a powerful network of dedicated partners who strengthen the real estate sector and make IMMORUN Luxembourg an unforgettable event!

ORGANIZED BY

sportero

SPORT EVENTS ONLY



Sportero is part of Tero Group

ABOUT sporter^o

SPORT EVENTS ONLY

With over 10 years of experience, Sportero is composed of a dynamic team within the Tero Group, specializing in organizing B2B/B2C sporting events, from small sports tournaments to large-scale events with 30.000 participants.

Our portfolio includes a wide range of events, from adrenaline-pumping running races such as IMMORUN, BOUWRUN, BATIRUN, IMMORUN Luxembourg, to creative challenges like the Sandcastle Challenge.

Our dedicated team is currently working enthusiastically on the fifth edition of the Brussels Premier Padel, a stage of the Premier Padel Tour that guarantees exciting competitions and unforgettable experiences.

For us, it's about creating unique and memorable moments for participants and spectators. Through our dedication, expertise, and innovative approach, we ensure every event is a success. We look forward to working with you to achieve your sporting dreams and goals!

The IMMORUN Team 🏃♂️🏆💬

