

FROM 19 TO 28 NOVEMBER 2021

FRENCH RIVIERA
MARATHON
NICE - CANNES  DÉPARTEMENT
DES ALPES-MARITIMES 06
— CONNECTED —

Unique entry fee: €2*

**Every registration fee will be donated
to Aveni, CHU DE Nice endowment fund**



**Possibility of giving additional donations.*

ECO-FRIENDLY CHARTER FOR VIRTUAL RUNNER

We are all aware that outdoor activities must be carried out by practicing social or physical distancing from other people combined with preventive actions strict transmitted by the government. The objective of this "Eco-friendly charter for connected runner" is to stand out the connected French Riviera Marathon Nice-Cannes.

Each participant of the connected "French Riviera Marathon Nice-Cannes" must:

- Run alone or practice social distancing
- Not run if you have symptoms of COVID-19
- Stay at home if symptoms first appeared less than 14 days
- Not run on a treadmill (your watch will not provide you GPS data and GPX file is required to participate to the race)
- Run outdoor
- Respect the highway code
- Not spitting

Have an Eco-friendly behavior:

- Do not throw your trash on the way
- Respect environment and preserving nature
- Prefer a reusable water bottle rather than a single-use plastic bottle
- Prefer to run close to your home instead of using any means of transport
- Prefer a shower to a bath, even after exercise!