

Green Tour 2024



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5 teams of champions!

Composition of each team taking part in the **Green Tour 2024** !

Mixed team of 8 triathletes (5 elites, i.e. 2 girls and 3 boys, and 3 amateurs, i.e. 1 girl and 2 boys) !

5 teams competing in the Green Tour, the triathlon stage tour from 26 to 30 June 2024, taking place in Vichy and Roanne, on spectacular courses in the heart of the city, Quai d'Allier in Vichy and Esplanade des Bords de Loire in Roanne.

4 triathlons in 4 days: XXS Triathlon in 2 heats + XXS Triathlon in Mixed Relay + XS Aquathlon + S Triathlon - courses in loops closed to traffic - drafting authorized

Around the show... several hundred children and amateur triathletes as well as more than 2,000 participants on the **éKipée 2024 in Roanne!** The **Green Tour 2024** will be a popular gathering to promote triathlon.



Regulations

The teams are made up of 8 athletes: 5 elite (2 girls and 3 boys) and 3 amateurs (1 girl and 2 boys). The organisation selects the elite athletes, who must apply before 29 February, and offers them free entry to the event with slide 10 benefits. Athletes wishing to join an elite team must send their results to the organisers for consideration.

Individual stage prizes are awarded on the basis of the day's performance.

The green leader jerseys (men's and women's) and the best male and female swimmers jerseys are awarded on the basis of the cumulative individual times in each stage.

The men's and women's jerseys for fighting spirit in stage 1 are awarded by adding up the points obtained when passing through the arch on each lap.

Team prizes are awarded on the basis of the team's cumulative time in each stage. On the stage, the team time is calculated by adding together the times of the two best women and two best men in the team.

All team winnings will be divided between the two best women and three best men in the overall classification at the end of the first 3 stages.

For the XXS relay triathlon type A, the elites will start as follows: position 1 = 1 girl, position 2 = 1 boy, position 3 = 1 boy, position 4 = 1 girl, position 5 = 1 boy. The Stage Victory and the corresponding bonuses will be awarded to the team's elites according to the finish ranking. The 3 amateurs will start as follows: position 1 = 1 girl, position 2 = 1 boy, position 3 = 1 boy. They will therefore finish at the same time as the 3rd relay runner of the elite team. They will have a separate classification with prizes.

Start orders must be submitted to the organisers no later than 1 p.m. on 27 June.

For amateurs, please contact the organisers to register. We will then send you a link to the regulations.

Programme for 26 June in Vichy - La Rotonde - Quai d'Allier

Nearly 1,000 children and 400 adults are expected to join the 40 triathletes taking part in the Green Tour 2024.



Wednesday 26 June :

9.00am to 3.00pm: MGEN FitDays for schools and/or leisure centres and those registered with their families FREE OF CHARGE (450 children in total)

11.00am to 12.00pm: Welcome formalities for the 8 teams taking part in the Green Tour (prize-giving ceremony) followed by lunch in the village

12.30pm - 13.30pm: Official presentation of the 8 teams taking part in the Green Tour during the children's picnic

2.00 p.m. to 3.00 p.m.: General briefing for the 8 teams taking part in the Green Tour

3.00 p.m. to 5.00 p.m.: Green Tour teams move into the Hôtel Ibis Style in Vichy

3.00 p.m. to 5.00 p.m.: Auvergne Children's Final

5.00 p.m. to 5.30 p.m.: Auvergne Children's Final prize-giving ceremony

6.30pm to 7.15pm: **Green triathlon de Vichy** - XS triathlon (280m swim + 7.6km bike + 1.9km run) - open to all - 150 triathletes expected

7.30pm to 8.00pm: 1st leg of the 1st stage of the Green Tour - XXS triathlon (280m swim + 7.6km bike + 1.9km run)

8.15pm to 8.30pm: 2nd leg of the 2nd stage of the Green Tour - XXS triathlon (140m swim + 3.8km bike + 950m run)

8.30 p.m. to 9.30 p.m.: Presentation of the leaders' jerseys and prize-giving ceremony for the XS triathlon

9.30pm to 10.30pm: post-race dinner for Green Tour teams



Programme from 27 to 30 June in Roanne - esplanade des Bords de Loire

More than 1,000 children and 2,500 adults expected around the 40 triathletes taking part in the Green Tour 2024.

Thursday 27th June

12.30pm to 2pm: lunch in the village for the 8 teams taking part in the Green Tour

14:00 to 16:00: MGEN FitDays for children during school time for 240 children aged 5 to 12

3.00 p.m. to 5.00 p.m.: Green Tour teams move into the Hôtel 1ère Classe in Roanne

7.00 p.m. to 7.30 p.m.: Official presentation of the 8 teams taking part in the Green Tour

8:00 pm to 9:00 pm: **2nd leg of the Green Tour** - XXS mixed relay triathlon type A

9.15pm to 9.30pm: Presentation of the leaders' jerseys

9.30pm to 10.30pm: Post-race dinner for Green Tour teams

Friday 28th June

9.00am to 7.30pm: MGEN FitDays during school time for 650 children aged 5 to 12, then those registered with their families FREE OF CHARGE (650 children in total)

12.30pm to 1.30pm: 3rd leg of the Green Tour - Aquathlon XS (600m swim + 3.5km run)

1:30 pm to 2:00 pm: presentation of the leaders' jerseys

1.30pm to 2.30pm: post-race lunch for Green Tour teams

7.00 pm to 8.30 pm: dinner in the village for the triathletes from the Green Tour teams, who are continuing the adventure until 30 June

7.30 p.m. to 8.30 p.m.: l'ékipée **des familles** = Relais aquathlon enfant-parent - 200 families expected



Programme from 27 to 30 June in Roanne - esplanade des Bords de Loiresuite

Saturday 29th June

10.00am to 12.30pm: MGEN FitDays AURA Final (210 children)

12.00 pm to 1.00 pm: Lunch in the village for the Green Tour teams

1.30 pm to 7.30 pm: **The éKipée 2024!** (see appendix - what is the éKipée 2024?) - 2024 people expected followed at 9pm by the Muzik Avenue concert

7.30pm to 8.30pm: Dinner in the village for the Green Tour teams

Sunday 30th June

9.00am to 11.30am: South-East GP FFTRI duathlon D3 ½ final

9.00am: Start of the South-East men's D3 duathlon ½ final

10.00am: start of the South-East duathlon D3 South-East women's ½ final

Triathletes taking part in the Green Tour and due to compete in the South-East D3 duathlon ½ final will wear their club's colours; they will have a different link to register as the registration for the 4th stage will be taken by the D3 club. Remember to ask the organisers for the right link to register at the rate of 140 euros instead of 160 euros for the Green Tour (excluding accommodation - 200 euros extra if you have chosen the half-board accommodation option).

11.30am to 1pm: 4th leg of the Green Tour S triathlon: open to all (750m swim + 20km bike + 5km run) - with the participation of Green Tour teams.

13:30 to 14:00: Triathlon and Duathlon S (D3 and open) prize-giving ceremony and **lunch in the village for the Green Tour teams**

2.00 pm to 4.30 pm: MGEN FitDays National Final, 84 children competing for the title of Fit Girl and Fit Boy 2024

4.30pm: MGEN FitDays National Final children's and Green Tour Final prize-giving ceremony followed by closing drinks reception



TEAM CAPTAINS... to choose your team



TEAM ONYX

Brice HACQUART (FRA)

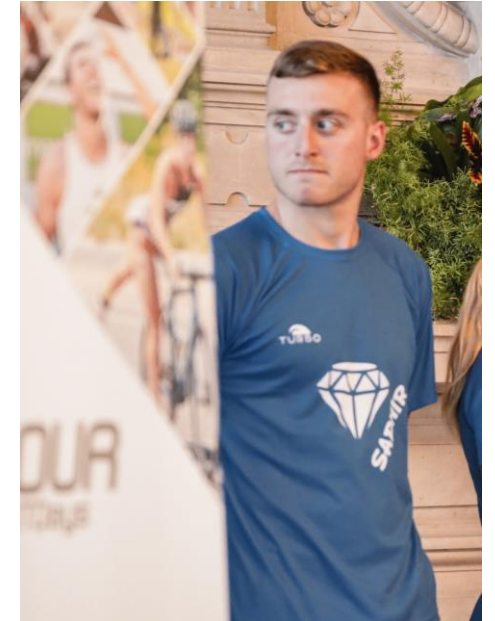
- 1st at France Triathlon L 2023
- 1st Green Tour 2023 after 4 stages



TEAM AMETHYSTE

Quentin BARREAU (FRA)

- 1st in stage 1 of the Green Tour 2023
- 19th Grand Prix D1 Bordeaux 2023
- Winner Garmin Triathlon Paris 2023
 - 3rd Green Tour 2023



TEAM SAPHIR

Jimmy LUND (GBR)

- 3rd Aquathlon World Championship 2023
- European Aquathlon runner-up 2022
- 1st Green Tour 2023 after 3 stages

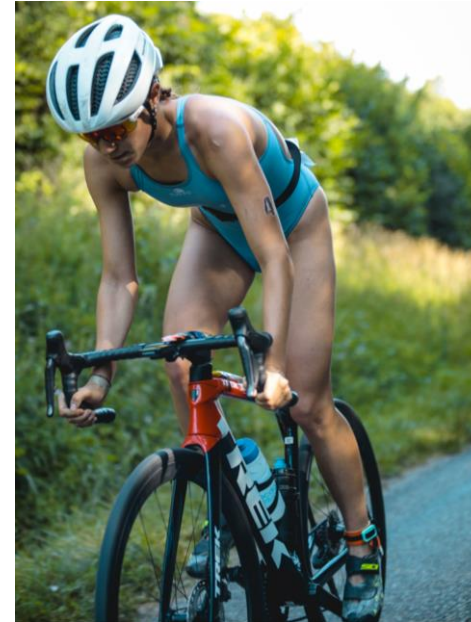
TEAM CAPTAINS... to choose your team



TEAM RUBIS

Emma DUCREUX (FRA)

- 1st XTERRA Greece 2023
- 2nd XTERRA Portugal 2023
- 10th World Cup Namur 2023
- 21st European Cup Melilla 2022
 - 9th Green Tour 2023



TEAM EMERAUDE

Matilde LOCATELLI (ITA)

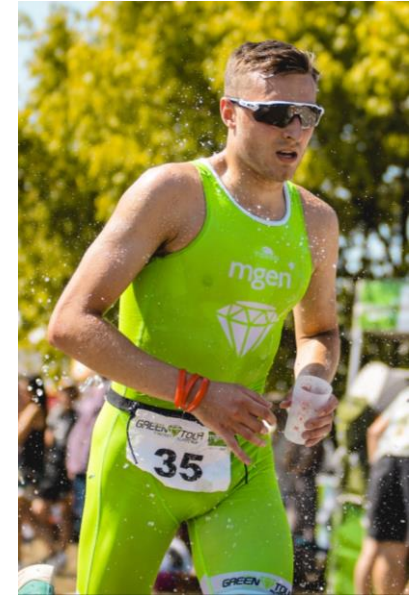
- 8th Italian Triathlon Championships 2023
- 13th Italian Aquathlon Championships 2023
- 4th Italian Aquathlon Championship 2022
 - 8th Green Tour 2023

MAILLOTS LEADERS

**Best overall male
and female
swimmer jersey**
(addition of times)



**Green jersey for the
overall leader** (addition
of time)



The most combative jersey (From stages 1 , points are awarded to the first 5 men and women on each lap as they pass through the combative arch on the bike. The triathlete with the most points takes the jerseys. On the day's combativity ranking, the 3 best men and 3 best women on points receive a bonus of 1s to 5s. In the event of a tie on points, the best overall time on the stage will be awarded the bonus.
bonus.

ADVANTAGES OF JOINING A TEAM



- For amateurs, rubbing shoulders with international triathletes
- Races closed to traffic with drafting
- All team members wear the same podium gear and three-piece uniform
- Participation in the official presentation to the media and public
- The same accommodation conditions for all (with preferential rates for amateurs, thanks to the organisers)
- Possibility of buying entry and a meal in the VIP village for those accompanying you
- Visibility on televised race coverage
- Visibility on the organisation's social networks
- Great atmosphere guaranteed and sponsors for the future!

Price for registering in a team

From Wednesday 26 June to Sunday 30 June

360 € + registration at l'éKipée 5 €/person

Includes :

- Accommodation in a double or triple room from Wednesday evening to Sunday morning
 - Meals (breakfast, lunch and dinner) from Wednesday lunchtime to Sunday lunchtime
- Registration for the Vichy XXS Triathlon (2 legs), the Roanne XS Triathlon (mixed relay type A), the Roanne XS Aquathlon and the S Triathlon or S Duathlon (for those taking part in the D3 South-East Final - price €340 instead of €360).
 - Access to massage by the organisation's physiotherapists for 5 days
- An athlete's prize pack (tri-function or swimming costume for women - + team T-shirt + cap + Green Tour headband)

For the elite : Team captains are invited by the organisers. Other team members must send the organisers their best results by **29 February 2024** at the latest. The organisers will let them know whether they are entitled to all or part of the free entry to the elite ranking.



BONUS

Total : 17 550 €

Day 1 : Programme and bonuses

Wednesday 26 June - Vichy

12.30pm to 1.30pm: Official team presentation on site (team composition: 4 elites: 2 girls and 2 boys and 3 amateurs: 1 girl and 2 boys)

7.30 p.m. to 8.00 p.m.: 1st leg of stage 1 of the Green Tour Triathlon - triathlon XS
(280m swim + 7.6km bike closed to traffic + 1.9km run)
Mass start

8.15pm to 8.30pm: 2nd leg of stage 1 of the Green Tour Triathlon - XXS triathlon (140m swim, 3.8km bike closed to traffic, 950m run)

Start of 1st leg with time difference,
Start of the 1st girl at the same time as the 1st boy

Individual Bonuses :

1^{ère} W / 1^{er} H : 500 €

2^{ème} W/H: 200 €

3^{ème} W/H : 150 €

4^{ème} H : 100€

Cumulative time bonuses for each stage

Leader men : 100 €

Leader women : 100 €

Better men swimmer : 100 €

Better women swimmer : 100 €

More women combative (first round crossing points) : 100 €

More men combative (first round crossing points) : 100 €

Team bonuses (aggregate of the two best men's times and the best women time):

1^{ère} : 500 €

Total : 2 900 €

Day 2 : Programme and bonuses

Thursday 27 June - Roanne

8:00 pm to 9:00 pm: Stage 2 of the Green Tour triathlon - XXS mixed relay triathlon type A
(210m swim + 5.6km cycle closed to traffic + 1.4km run)

Elite team prizes after 2 days (aggregate of the two best men's times and the best women's time):

1^{er} : 1000 €

**Bonuses for elite teams
(2 girls and 3 boys) on stage:**

1^{ère} team : 2000 €

2^{ème} team : 750€

3^{ème} team : 500 €

Cumulative time bonuses for each stage

Leader men : 100 €

Leader women : 100 €

Better men swimmer : 100 €

Better women swimmer : 100 €

Total : 4 650 €

Day 3 : Programme and bonuses

Friday 28 June - Roanne

**12.30pm to 1.30pm: 3rd leg of the
Green Tour - Aquathlon XS**
(750m swim in the Loire + 3.5km
run)
Mass start

Individual Bonuses:

1^{ère} F / 1^{er} H : 300 €

2^{ème} F/H: 200 €

3^{ème} F/H : 150 €

4^{ème} H : 100 €

Cumulative time bonuses for each stage :

Better men swimmer : 100 €

Better women swimmer : 100 €

Total : 1 700 €

Day 4 – day off : Programme (off Green Tour)

The organising team is also working for sport and health, and has chosen to take part in the great national cause of 2024: promoting physical activity! Elite triathletes, amateurs and organisers all have a vested interest in supporting the cause... it's a major public health issue for future generations! Help us by taking part in our **éKipée 2024**: the 1st sport-health-music event! Put together a team with sedentary friends and have fun while doing a bit of active recovery on your day off!

5euro/participant in the Green Tour to be part of a team instead of €20! 5 will be donated to the charity **Espoir Santé Harmonie**! And you'll even have access to the **Scoop Live** concert, which should motivate even the most sedentary to take part!

The team has to take part for the fun of it! To bring along some sedentary people! To experience an adventure that might just change their approach to sport, and to finish off with some music! Sign up and we can pair you up with many disabled or overweight people who don't have a team-mate to help them get to the end of **L'éKipée 2024**!

Saturday 29 June - Roanne

The **éKipée 2024***: a **bike&run** of 42km or 20km, run by teams of 6 pairs, i.e. 12 people.

**1.30pm to 7.30pm - L'éKipée 2024 -
Bike&Run over a marathon or
20km distance in aid of the
association
Espoir Santé Harmonie**

The rules of the game:

For the marathon - 6 duos, who take turns over the Ekiden distances: 5kms + 10kms + 5kms + 10kms + 5kms + 7.195kms

For the 20kms - 6 duos, taking turns over the distances of :
2.5kms + 5kms + 2.5kms + 5kms + 2.5kms + 5kms

sharing, solidarity, the keys to success for each team!

9.00pm: Scoop Live concert

* **See attached presentation (slides 21 to 25)**



Day 5 : Programme and bonuses

Sunday 30 June - Roanne

9.30am to 1.30pm - 4th leg of the Green Tour in S

duathlon for D3 amateurs and S triathlon (750m swim + 20km bike (with drafting) + 5km run)

for elites and amateurs not taking part in the South-East D3 duathlon ½ finals (5km run + 20km bike (with drafting) + 2.5km run)

9.00am: South-East D3 duathlon ½ Final (men)

10.00am: ½ Final duathlon D3 South East (women)

11.30am: Triathlon S

Team prizes after 4 days (aggregate of the two best men's times and the best women's time):

1^{ère} : 1500 €

2^{ème} : 1000€

3^{ème} : 500 €

Individual Bonuses after 4 days :

1^{ère} W / 1^{er} H : 1 300 €

2^{ème} W/H after 4 days : 700€

3^{ème} W/H after 4 days : 200€

4^{ème} H after 4 days : 100€

Prizes for the best male and female swimmer (cumulative times for each stage):

Better men swimmer : 100 €

Better women swimmer : 100 €

Bonuses stage team :

Cumulation of points: the team with the 2 best men and the best woman who score the most points on the 30 June stage will win a €600 prize.

How to score points:

1st or 1st of the triathletes engaged in the Green Tour on the duathlon D3 or on the triathlon S = 300 points

2^e H/F = 200 points

3^e H/F = 100 points

4^e H/F = 50 points

5^e H/F = 40 points

6^e H/F = 30 points

7^e H/F = 20 points

8^e H/F = 10 points

Total : 8 300€



THE CREATION OF COMMUNITIES

Promote your team and bring together the biggest group of supporters: of chance to buy a supporter T-shirt in your colours!



- Team t-shirt offered when registering for one of our Green Triathlons to amateurs with the possibility of choosing the color of the t-shirt of their favorite team if they register before February 29, 2024
- Possibility to buy the t-shirt also online or on site and become a supporter of your favorite elite team
- Around each captain, creating a community of supporters on social networks
- Creation of our online store (tri-function adults and children, t-shirts, running headbands)



APPENDICES

OUR EXPERIENCE IN TRIATHLON ORGANIZATION

Specialist in organizing triathlons in the public domain, including in major cities of France (Lyon, Toulouse, Metz, Strasbourg, Marseille, Montpellier, Narbonne, etc.)



Milestones in our career : **The France Iron Tour** from 1993 to 2010- the only triathlon stage tour, in partnership with SNCF, Danone, Peugeot, EDF,... and the only triathlon event to have been broadcast live on France 3 National

Creation of the **MGEN FitDays** in 2013

7 editions from 2013 to 2019 + 1 blank year in 2020 (due to Covid19) + 8th edition in 2021 + 9th edition in 2022 + 10th edition in 2023

+ 10,000 families welcomed in our initiation villages in 2023 and 2,000 triathletes in the final stages.

THE PHILOSOPHY OF FITDAYS MGEN – Teaching children to live better tomorrow

Relaunch of the France Iron Tour under the new name **GREEN TOUR TRIATHLON** in 2023 – Roanne, Vichy and Balcons du Dauphiné (with the participation of 42 international triathletes)

1st edition from 5 to 9 July 2023 – and organization on 14, 15 and 16 July of the Green Triathlon du Haut-Languedoc with the program

Triathlons XS, S, M and L and the French Triathlon and Long Distance Duathlon Championship



IN ROANNE – ESPLANADE DES BORDS DE LOIRE 2 – SATURDAY 29 JUNE FROM 1:30 PM TO 7:30 PM

**20€/PERSON including a portion donated to Espoir Santé Harmonie
and concert with national artist offered to all participants**

DESCRIPTION

IN BIKE&RUN! RUN/RUN THE MARATHON IN EKIDEN...

A legendary distance made accessible to everyone! The marathon.

But also a shorter distance to make the event accessible to young children (aged 5 and over)/parents! The half-marathon

L'Ékipée **2024**: an untimed **42km bike&run** run in teams of 12.

The rules of the game - for the marathon: 6 pairs, who take it in turns to run the Ekiden distances: 5kms + 10kms + 5kms + 10kms + 5kms + 7.5kms.

For the half-marathon: 6 pairs, taking turns over the following distances: 2.5kms + 5kms + 2.5kms + 5kms + 2.5kms + 3.5kms.

1 mountain bike and 1 helmet per team: the mountain bike and helmet serve as a relay baton for the next pair of riders...

The principle of Bike&Run: one on the mountain bike and one next to it, running or walking... You change when you want. It's a great opportunity for sportsmen and women to bring a sedentary friend along for the adventure...

sharing, solidarity, the keys to success for every team!

minimum target **2024 participants**, i.e. **more than 169 teams**

In Roanne, national final, Saturday 29 June 2024 at 13:30!

An associated charity cause: registration = 20 €/person including 5 € donated to the association «Espoir Santé Harmonie», which fights against cancer in Roannais – minimum 10 120 € for the charity Espoir Santé Harmonie

How can music be at the service of sport-health?

CONCERT TICKETS OFFERED TO ATTRACT ALSO NON-SPORTS!

The 2024 participants registered for L'Ékipée 2024 invited free of charge to the concert organized in Roanne on June 29



Sport and Health and Music, finally brought together in a single event

To meet the challenges of public health and ensure the success of the legacy of the Paris 2024 Olympic Games

We're going to launch the 1st event to combine healthy sport and music!

éKipée 2024 is an event for the general public

Where the notions of well-being, pleasure and sharing are at the heart of the day!

It's not a competition!

There are no rankings and all participants are rewarded with a free concert!

On the other hand, the distance remains legendary: a marathon, at the end of which everyone will be able to finish, because the team spirit, the spirit of mutual aid (sportsman/non-sportsman duo, able-bodied/able-bodied, child (minimum 11 years old)/adult...), the relay principle (the course is divided into 6 portions) and the fact that there is a bike for 2 makes the sporting feat accessible to everyone.

Combining sport and music for the benefit of a charitable cause, Espoir Santé Harmonie, a serious association that raises funds to help hospitals combat major diseases such as cancer.



Single objectif : live l'éKipée 2024 !

The association is very serious!

Founded in 1990, the association is recognised regionally for the funding (95% of donations) it provides to Roanne Hospital, but also nationally for the sums (5% of donations) it donates to applied cancer research. Recognised as a charitable organisation, it allows all donors to benefit from a tax credit equal to 66% of the sum they contribute... In 2022, it raised more than one and a half million euros and continues to pursue an active policy of collecting donations: thanks to its donors, associations, companies and individuals, as well as its events, it has given the Roanne hospital a surface recognition device for irradiating a cancer patient (worth 240,000 euros)...

The association is very well known in the Roanne area!

Even though the éKipée 2024 will go beyond the borders of the Roannais region and attract participants from all over France, it was important for the people of Roanne to identify with the charitable cause associated with the event. L'association recueille des fonds pour une cause qui parle à tous : participer à l'ouverture d'un hôpital de jour de 24 lits à Roanne pour accueillir les patients en chimiothérapie

At last the name rhymes so well with SPORT-HEALTH-MUSIC





Registration

Before the 29 February 2024 !

Marion Permezel (triathlete relationships) – 06 51 46 31 52 – communication@fitdays.fr
Carole Vialat (director generale) – 06 26 24 22 26 – carole@fitdays.fr

Site www.fitdays.fr Social Media [fitdays_triathlon](https://www.instagram.com/fitdays_triathlon)

