

MARATHON POUR TOUS DE PARIS 2024

**THE LEGENDARY OLYMPIC GAMES EVENT
OPEN TO THE PUBLIC FOR THE FIRST TIME:
GET READY FOR AN EXCEPTIONAL RACE!**

PARIS 2024

MARATHON POUR TOUS

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MARATHON
POUR TOUS
PARIS 2024

PRESENTED BY



EDITORIAL



Tony Estanguet

President of Paris 2024

At Paris 2024, one of our greatest challenges is to better connect the Games with the times. Over the years, attitudes have changed: spectators no longer just want to be spectators, they want to be actors.

Inspired by this philosophy, the Marathon Pour Tous is probably one of the most powerful achievements of Paris 2024, bringing to life our promise: "Let's open up the Games". With the Marathon Pour Tous, the first event open to the general public in the history of the Games, the 40 048 runners - 20 024 for the 42,195 km and 20 024 for the 10 km - will have an exceptional opportunity to move from the grandstand to the field, and to become, for one night, the stars of the Paris 2024 Games.

The Marathon Pour Tous is a story that has been in the making for years, ever since February 2019 when we unveiled this absolutely unprecedented concept. For several years, sports fans have been able to try and win their race number with over a hundred challenges organised all over France.

Today, with Orange, Presenting Partner of the Marathon Pour Tous, we are delighted to unveil the faces of those who will take up the challenge and be able to take part in this exceptional experience, 100% parity, festive and popular.

And to make the party even better, we have created the Marathon Pour Tous Connecté, which aims to become the biggest connected race in the world. Accessible to everyone, this race will be another way for you to take part, alone or as part of a team, in this magnificent adventure.

Just like an athlete entering the final stretch of his or her preparation before the most important competition of his or her life, whether you're one of the lucky ones to have won a race number or you want to take part in the connected race, you've got just over six months to get ready!

So good luck to you all, and to your trainers!



THE MARATHON POUR TOUS PARIS 2024 CONSISTS OF TWO ROUTES :

a 10km route and a 42km one, accessible to as many people as possible,
to make this exceptional experience (even more) accessible:

THE 42,195 KM

FOR ALL THOSE WHO ARE TRAINING HARD AND WANT TO SLIP INTO THE SHOES OF AN ATHLETE
FOR THE DURATION OF AN EVENT, WITH THE AIM OF COMPLETING A MARATHON

Saturday 10 August



Starts at the **Hôtel de Ville** of Paris, from **9pm**



Finishes at **the Invalides**



Nine communes on the route:

Paris – Boulogne-Billancourt, Sèvres, Ville d'Avray, Versailles,
Viroflay, Chaville, Meudon, Issy-les-Moulineaux



20,024 participants



THE 10 KM

A SECOND RACE TO TAKE ADVANTAGE OF THE MARATHON POUR TOUS FESTIVITIES,
RIGHT IN THE HEART OF PARIS AND ITS MONUMENTS.

Saturday 10 August



Starts at the **Hôtel de Ville** of Paris, from **11.30pm**



Finishes at **the Invalides**



Within central Paris



20,024 participants

Paris 2024 reserves the right to change the information contained in this kit if circumstances so require.

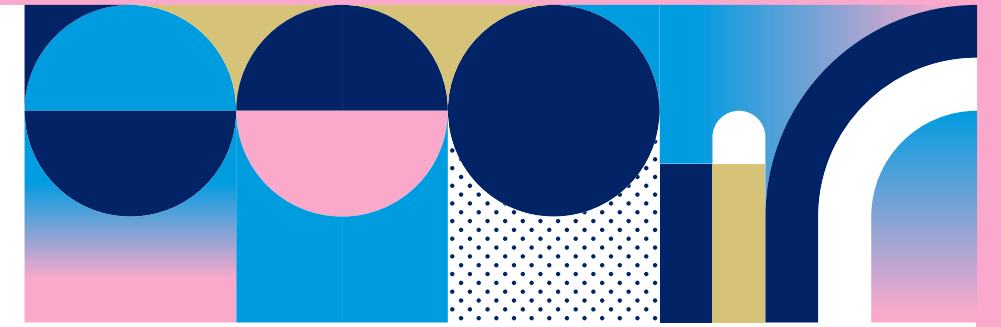
***THESE ARE
THE PARTICIPANTS
IN THE MARATHON
POUR TOUS
PARIS 2024***



THEY GOT THEIR BIB...

35,000

Bibs allocated



50% men

50% women

110 countries

People from 110 countries around the world, including Chile, Costa Rica, Tunisia, Finland, Guatemala and Malaysia.

TOP 5

1) France 2) United States
3) Belgium 4) Great Britain
5) Germany

FOR THE 10K :

FOR THE 42K :

16 years old

Youngest runner

39 years old

Average age

94 years old

Oldest runner

20 years old

Youngest runner

41 years old

Average age

85 years old

Oldest runner

1/4

Runners will be taking part in their first marathon

THEY WILL BE RUNNING THE MARATHON POUR TOUS

"I won my bib by running the most symbolic of all Olympic races: the Athens Marathon. Following in the footsteps of Phidippides, I realised at every kilometre on 13 November 2022 that the Marathon Pour Tous was becoming a reality. I am convinced that the Olympic spirit is a source of positive energy that allows us to achieve our full potential, while being linked to others. It is these values of fraternity that I will be proud to carry on the day of the Marathon Pour Tous, simply by giving the best of myself."

Loïc Preghenella, winner of a bib with Paris 2024 Club.

"A member since 2021, it was thanks to the challenges of the Paris 2024 Club that I got my bib for the 10km of the Marathon Pour Tous. I feel lucky to run in the footsteps of the Olympic athletes of Paris 2024! After four Marathons in two years, there is no doubt that I will have a lot of fun on this 10km!"

Audrey Laurent-Belhocine, winner of a bib with Paris 2024 Club.

"I won my bib for the Marathon Pour Tous by sharing my story in front of the camera, explaining my passion for running and its catalytic effect on my life. This bib represents for me the opportunity to live a unique experience and to symbolise the strength of women in Marathon running."

Florence Talidec, winner of a bib with Paris 2024 Club.

"For me, the Olympics are a childhood dream. It all started with Barcelona 1992: I was 9 years old, and that pushed me to take up athletics. Recently, I've taken part in a number of challenges with the Paris 2024 Club, including the 2024m race on 23 June 2019 at La Concorde, and the meeting organised at Charléty with Marie-Amélie Le Fur and Arnaud Assoumani. I continued to take part in the challenges proposed by the club, and finally received my number to run the Marathon Pour Tous 10km. It's a dream come true, and I can't wait to start preparing for it so I can set a good time! "

Sydi Houari, winner of a bib with Paris 2024 Club.

"I'm 53 years old and I've been in a wheelchair for 30 years: disability sport is a real driver for integration. I started wheelchair basketball at the age of 35 as part of a challenge, then wheelchair racing in 2023 as part of a sports challenge at work. I won my race number on 26 April 2023 while using the Marathon Pour Tous application for my rehabilitation after a fractured femur. On 10 August 2024, I'll be at the start of the Marathon Pour Tous."

Catherine Augoyard, winner of a bib with the Marathon Pour Tous app.

"What an opportunity to run the Paris 2024 Marathon Pour Tous! Being part of the Paris 2024 Olympic and Paralympic Games by running the legendary Marathon is a once-in-a-lifetime opportunity! Thank you Orange for allowing us to take part in the Games, it's unique !"

Romain, winner of a bib during the Orange Night Run.

OPEN WIDE



GAMES

***FOUR YEARS IN
WHICH RUNNERS
HAVE WON
THEIR BIBS IN SOME
EXCEPTIONAL
EVENTS***



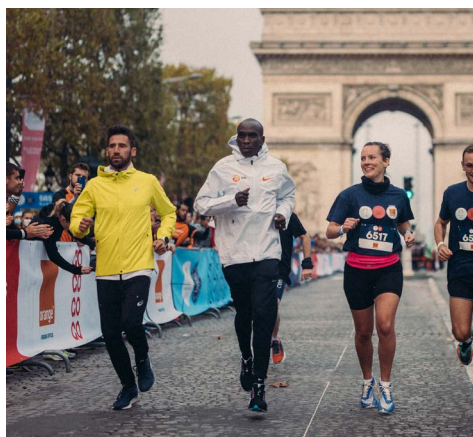
EVENTS ORGANISED BY THE PARIS 2024 CLUB SINCE 2019



© Paris 2024 / Jonathan Kellerman

THE 2,024M RUN HELD AT THE PLACE LA CONCORDE IN PARIS

On Olympic Day 2019, the Place de la Concorde was transformed into a huge sports ground, offering the public a wide range of introductions to Olympic and Paralympic disciplines. To mark the occasion, a race over a symbolic distance of 2,024m was organised, with 24 bibs to be won (12 for women, 12 for men).



© Paris 2024 / Bobby

AN UNPRECEDENTED CHASE AGAINST THE LEGEND KIPCHOGE

On 31 October 2021, 1,000 days before the Games, Eliud Kipchoge took up the challenge of a race on the Champs-Élysées, organised by the Paris 2024 Club and Orange, Official Sponsor of the Marathon Pour Tous. The format was that of a chase: more than 4,000 participants were divided into starting waves, with the slowest starting first, followed by the fastest, with Eliud Kipchoge in hot pursuit. The 1 835 runners who were not caught by the Kenyan star won their bib for the Marathon Pour Tous.



© Paris 2024 / Nicolas Kovarik

PARALYMPIC DAY RUN

To mark Paralympic Day on 8 October 2022 at the Place de la Bastille, Paris 2024 organised a race in the form of an evolving relay inspired by the “Palio of Siena”: contested by 24 teams - including one made up of members of Team Orange Running - over a course of six loops of 1.2km around the Colonne de Juillet. A total of 142 bibs for the 42km and 48 bibs for the 10km Marathon Pour Tous were up for grabs at this event.



THE PARIS 2024 CLUB DRAW

Since 2020, members of the Paris 2024 Club have had the opportunity to earn points for their daily physical activity, as well as for the many challenges offered each week by the Paris 2024 Club. The aim? Reach 100,000 points to take part in the January 2024 draw, which awarded 2 024 bibs!



© Paris 2024 / Christophe Petit Tesson

ORANGE NIGHT RUN

On 17 June 2023, Orange and Paris 2024 organised the first night relay Marathon (ekiden) in the capital, as a taster of the Marathon Pour Tous. Nearly 5,000 runners in 1,000 teams took to the streets of Paris to try and win one of the 1,000 bibs up for grabs at the event.



BIBS WON REGULARLY THROUGHOUT THE REGIONS

Between 2022 and the end of 2023, more than 2 400 runners had the opportunity to win a bib for the Marathon Pour Tous by taking part in a local race organised near their home town!

This “bibs in the regions” scheme, developed with the Fédération Française d'Athlétisme (French Athletics Federation, FFA), concerned FFA-labelled races organised in towns awarded the Terre de Jeux 2024 label.

Participants in these races were entered into a prize draw for a chance to win a bib. Thanks to this scheme, many regional runners were able to win their bib for the Paris 2024 Marathon Pour Tous.



WEEKLY CHALLENGES TO WIN A BIB

The Marathon Pour Tous app has enabled more than 6000 people to win their bib for the Marathon Pour Tous! Every month, the many challenges available on the app have given the 202 000 registered runners the chance to get moving, challenge themselves, make progress and learn more about running, in the hope of winning a bib for the Marathon Pour Tous.

In addition to these challenges, the Marathon Pour Tous app offers a wealth of exclusive running content, and even training plans to help runners prepare for their goals with peace of mind.

AN EXCEPTIONAL ROUTE, IN THE FOOTSTEPS OF OLYMPIANS

For the first time in history, the public will be able to run the route of the iconic Games Marathon, on the same day as the Olympic athletes.

Runners will be able to experience an exceptional race that is new and open to all, in line with Paris 2024's goal to open wide the Games.



A TRIBUTE TO THE REVOLUTIONARY SPIRIT OF FRANCE

On the evening of Saturday 10 August, just a few hours earlier, the discipline's greatest champions will have taken their places on the same starting line (for the men's race, with the women's race taking place on Sunday 11 August), the thousands of participants in the Marathon Pour Tous will set off on their own 42.195km race, along an exceptional route, with powerful historical significance. The Marathon route has been very carefully chosen.

It is inspired by the route of the 'Women's March on Versailles' on 5 and 6 October 1789 – one of the crucial events that helped shape France into what it is today.

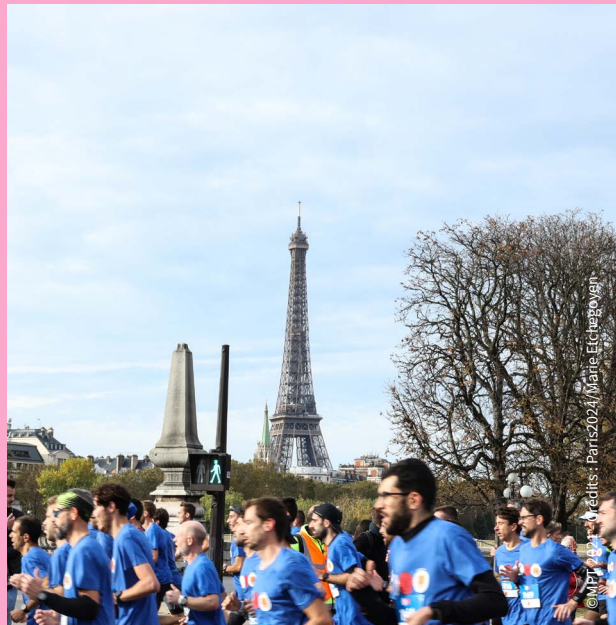
On 5 and 6 October 1789, market traders from La Halle, traders and workers from the populous districts descended on the Hôtel de Ville of Paris, demanding bread and weapons. Between 6000 and 7000 Parisian women, and a number of men, marched through Paris, eventually making their way to the Château de Versailles and bringing the King and his family to the Tuileries Palace.

That day, Louis XVI finally agreed to ratify the Declaration of the Rights of Man and of the Citizen.



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A ROUTE AT THE HEART OF THE HERITAGE OF PARIS AND THE ILE-DE-FRANCE



The route is identical to that of the Olympic Marathon.

Starting on the esplanade of the Hôtel de Ville, the runners will cross Paris to Versailles, before returning to the capital to cross the finish line on the **Esplanade des Invalides**.

A spectacular 42.195km race, during which they will pass some of the **most beautiful monuments in Paris and the surrounding region**, alternating between urban landscapes, exceptional sites, parks and forests.

A **majestic setting** to heighten the emotions and pride of taking part in an **exceptional sporting epic**.

The monuments and sites of interest on the route of the Paris 2024 Marathon:

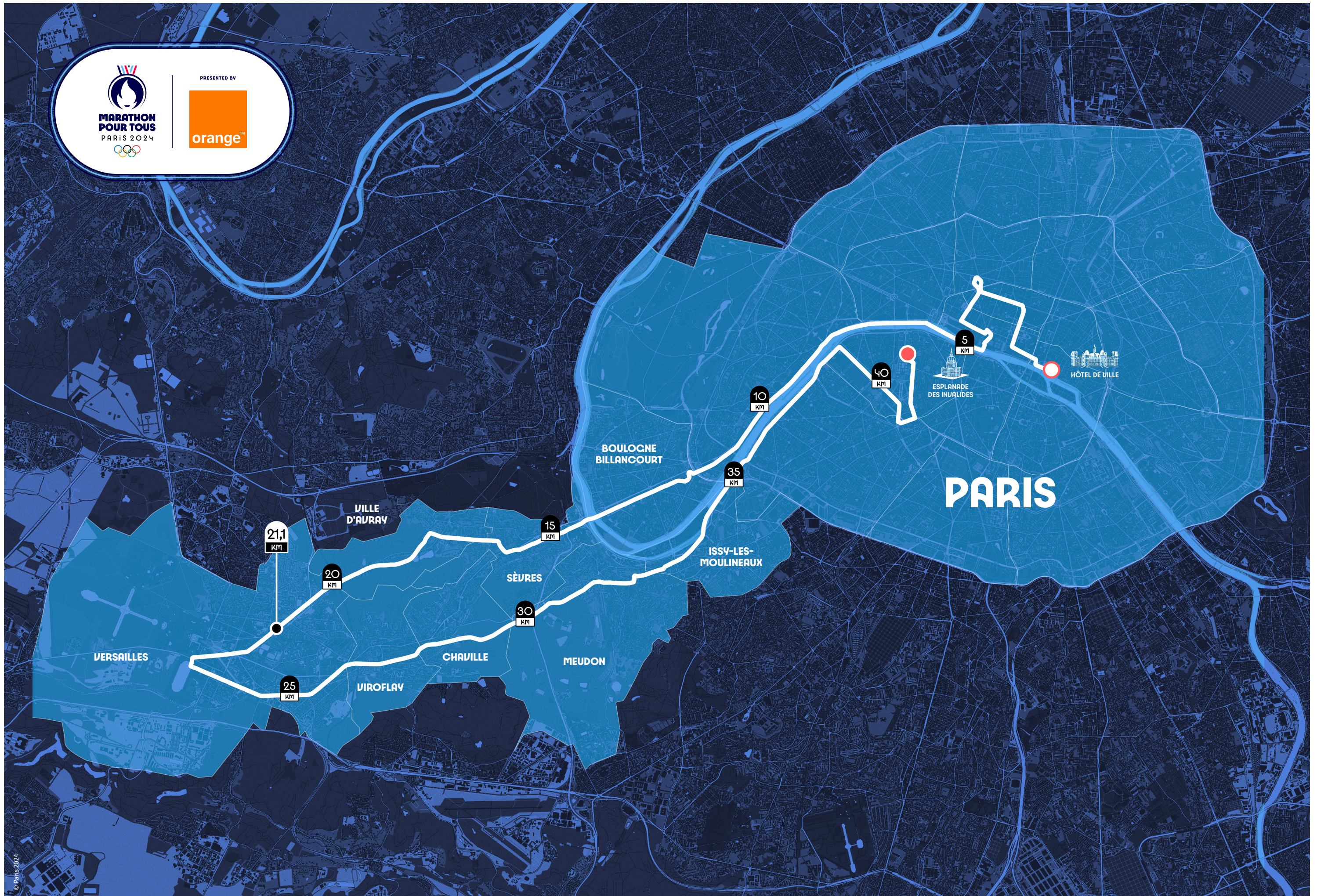
- Hôtel de ville de Paris
- Bourse de commerce
- Palais Brongniart
- Opéra Garnier
- Place Vendôme
- Jardin des Tuileries
- The Louvre
- Place de la Concorde
- The bridges of Paris (Pont de l'Alma; Alexandre III; Iena)
- Grand Palais
- Palais de Tokyo
- Jardins du Trocadéro
- Maison de la Radio
- Manufacture et Musées nationaux de Sèvres
- Forêt domaniale des Fausses-Reposes
- Pershing - Lafayette Monuments
- Château de Versailles
- Forêt domaniale de Meudon
- Parc André Citroën
- Eiffel Tower
- Musée Rodin
- Esplanade des Invalides



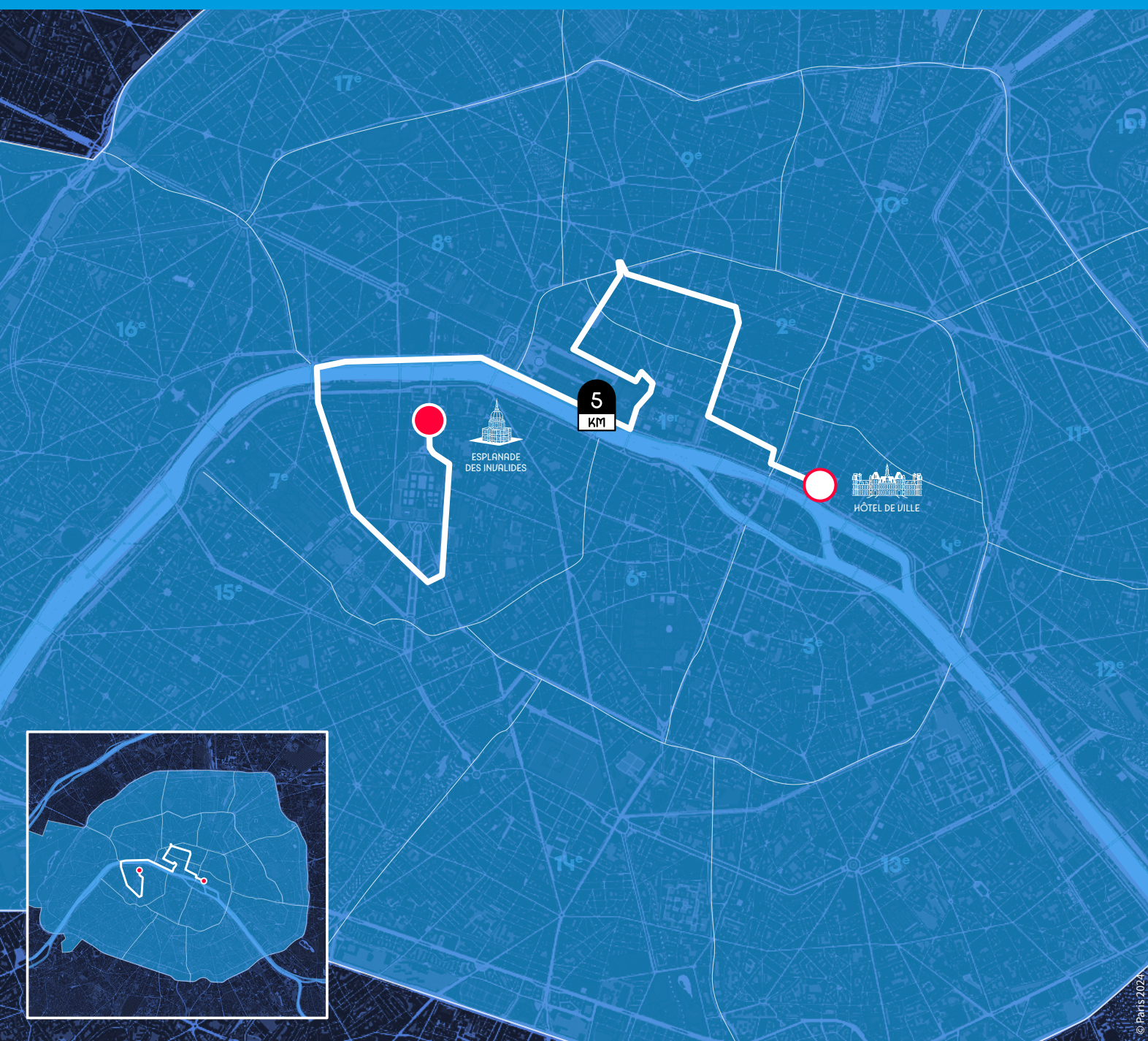


MARATHON
POUR TOUS
PARIS 2024

PRESENTED BY

AN EQUAL EVENT, OPEN TO ALL AND MORE SUSTAINABLE



In addition to the 42.195km distance, a **10km route will be on offer for anyone who wants to join in the fun and enjoy this unique experience, without aiming to complete the Marathon distance.**

Young people (from the age of 20 for the 42km, and 16 for the 10km*) and older people, women, men, beginners and experienced runners... and these two race formats, **the aim is to be open to all types of people** and all sporting objectives.

Both the 42km and the 10km races **will be open to people with all disabilities, regardless of the assistance needed** (guide, wheelchair, joëlette, [single-wheel all-terrain chair], etc.), provided they are at least 16 years old by 31 December 2024 for the 10km, and at least 20 years old for the 42km*.

In line with the commitments made to reduce the impact of the Games, Paris 2024 has set itself the target of offering refreshments without single-use plastic bottles to the 40,048 runners in the Marathon Pour Tous. Single-use plastic cups and bottles will be replaced by reusable ones, and extensive work with the water suppliers has made it possible to

establish a drinking water connection for the 17 refreshment points.

What's more, at the race number collection on 9 and 10 August 2024 at the Stade Emile Anthoine, all Marathon Pour Tous participants will be asked to take part in a major collection of sports textiles and equipment. They will be able to bring all their unused sports equipment and outfits, so that they can be reconditioned and put back into circulation for a second life.

* This minimum age is stipulated in the regulations of the French Athletics Federation in force in 2022. These regulations are subject to change.



A SPORTING AND FESTIVE EXPERIENCE FOR THE PUBLIC

“

The Marathon Pour Tous promises to be an exceptional experience. As a former Olympic athlete, I know the emotions that the Games can bring; to share that for the first time with the general public is fantastic. Running at night, among the monuments of Paris, surrounded by thousands of people on the same route as the Olympic marathon, with entertainment all along the way... the ideal reward after months of marathon preparation!

”

Alistair Brownlee, double Olympic triathlon champion

“

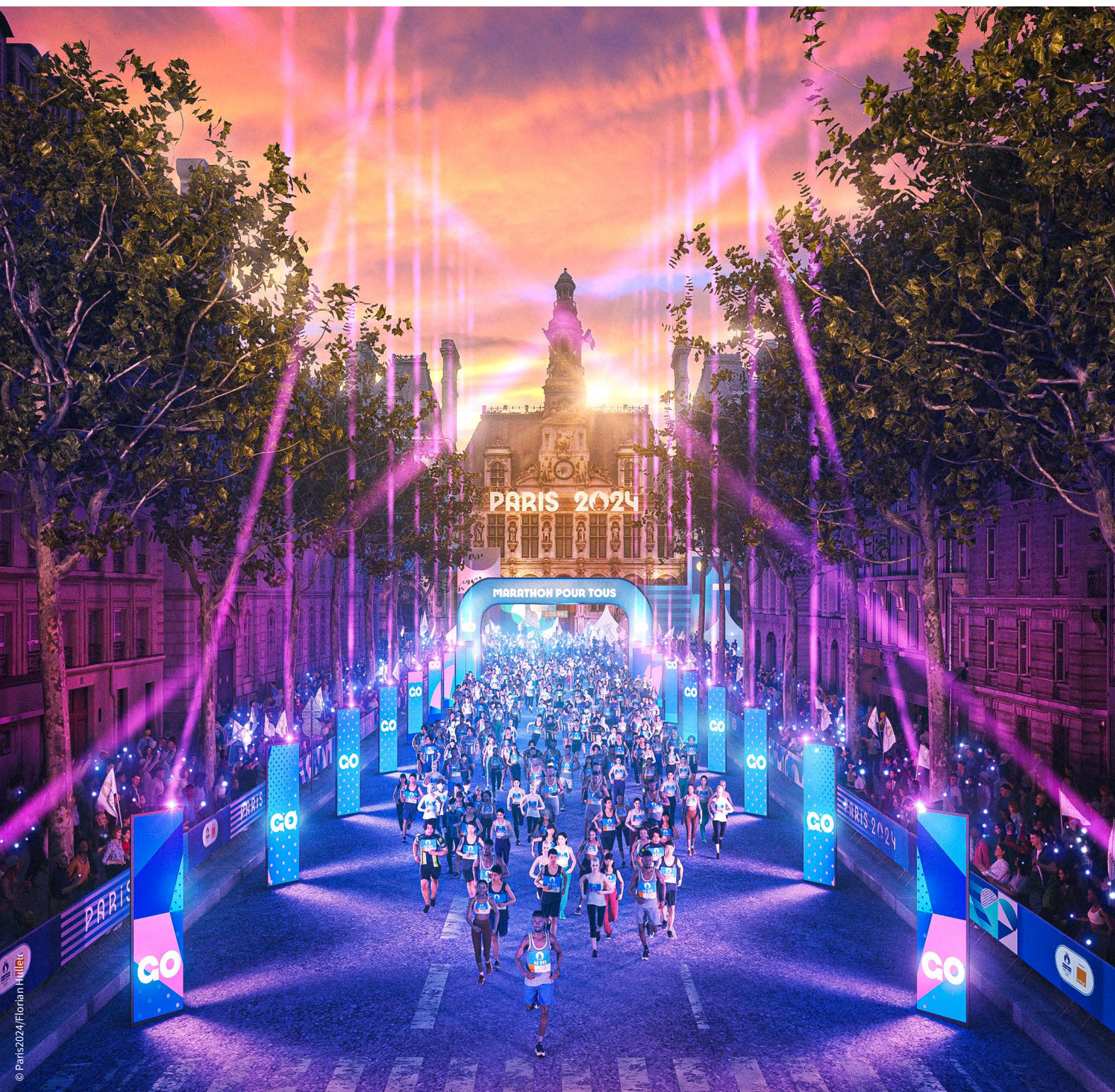
I'm very happy to be taking part in this event and sharing this experience with thousands of other runners, following in the footsteps of Olympic athletes. It will also be a huge challenge for me to be on the starting line and take part in the Marathon Pour Tous less than two years after my accident. To experience this for my first marathon, as part of such an exceptional race, is the promise of an unforgettable moment of emotion.

”

Tiffany Huot-Marchand, Olympic athlete



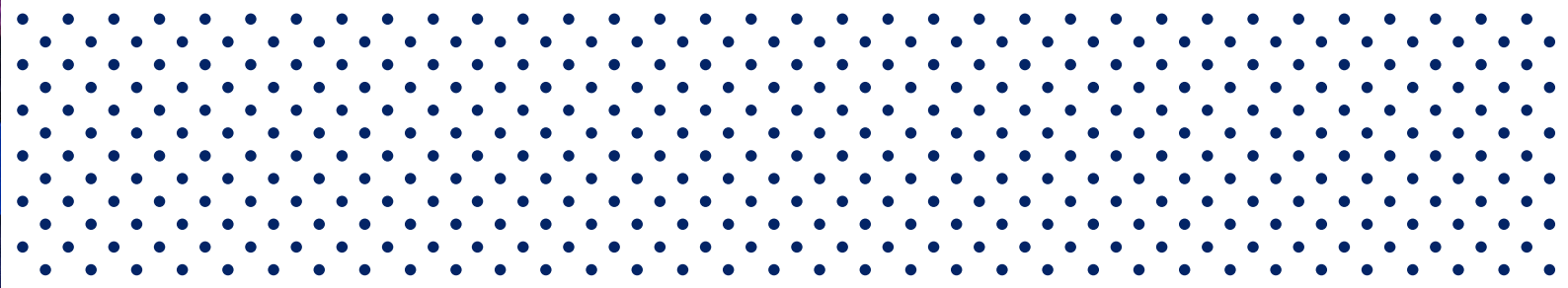
The Marathon Pour Tous will be an unforgettable experience for every participant. From the evening start, on the same route and on the same day as the men's Olympic event, a few hours before the women's event, to the entertainment alongside the route and the presence of numerous athletes and personalities who will come to experience the event alongside the participants... everything will come together to forge the memories of a lifetime!



Athletes and celebrities will be taking their places in each starting wave, alongside the participants, to liven up the warm-up and create an atmosphere of excitement all the way to the finish line.



For the duration of the Marathon Pour Tous, runners will be provided with an extra musical incentive. Along the route, in every city crossed by the runners, numerous music groups and their different tunes will accompany the pack of runners as the kilometres and difficulties of the route progress.





At kilometre 7, we get down to the nitty-gritty: this is where the Supporters' Square will be located, where the crème de la crème of French supporters will be cheering on the runners. Just what you need to get your Marathon off to a good start. Kilometre 7 is a strategic point, as it marks the separation between the marathon and 10km courses.

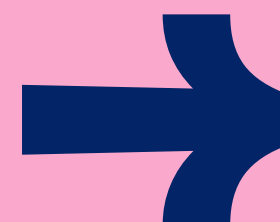
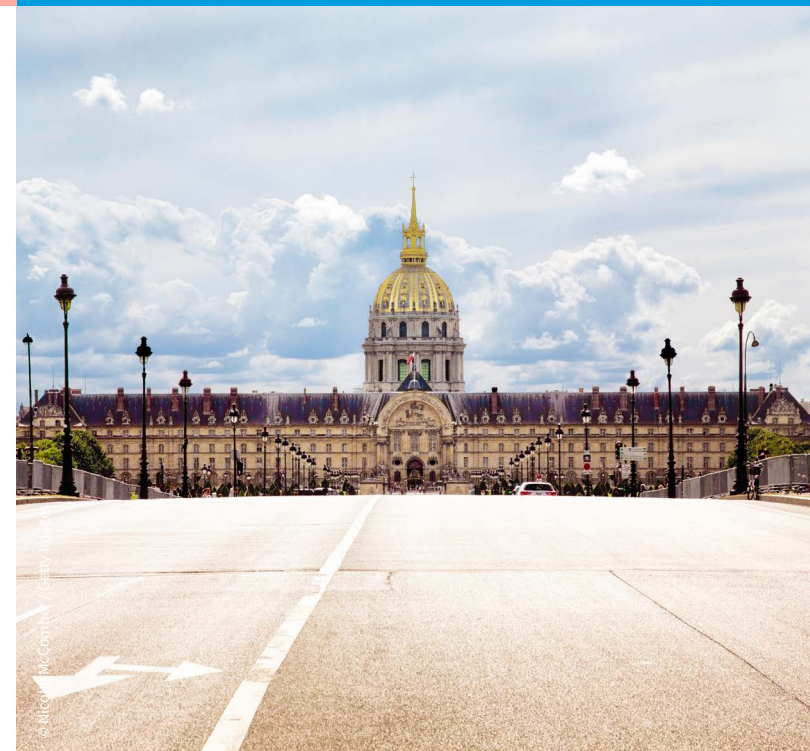


A special zone, made up of rings that will form a hundred metre-long light tunnel, will be a source of motivation for the runners. As they approach the final climb of the route at kilometre 28, before taking on the infamous kilometer 30 marathon wall, they will find the visual energy boost they need to overcome the final difficulties of the course!



At kilometre 38, the emotions of the feat begin to assail the runners as they enter the final kilometres of the race. This is where families and supporters will gather, in a dedicated area where they will be able to cheer on their runner in the final kilometres: a podium will be set up, and a DJ will bring the area to life to provide the runners with the loudest cheers.

At the finish line, the runners will be welcomed at the Esplanade des Invalides, which will be transformed by a sound and light show to give the runners a fitting welcome at the conclusion of their feat.



Other areas along the route will be activated by Orange, official partner of the Marathon Pour Tous who will be putting in place a host of activities to further encourage, inspire and motivates participants in the Marathon Pour Tous, and also by our technical partner Bridgestone.

ANYONE WHO ALREADY HAS THEIR BIB AND WANTS TO START THEIR PREPARATIONS, GO TO...

Now that you have your bib, the key is preparation! With the Paris 2024 Club, the Marathon Pour Tous app and Team Orange Running, you will find all the advice, support and training plans for both the 42km and the 10km, to help you prepare for the Marathon Pour Tous with peace of mind.



MARATHON POUR TOUS WEBSITE

The Marathon Pour Tous website :

will provide access to news and information about the Marathon Pour Tous.

A new space designed for the runners taking part in the Marathon Pour Tous. It will feature:

- A dedicated access to register for the runners.
- **Practical information for organising your arrival** to the race site and taking part in the competition (course, information on collecting your number and luggage locker, maps of the start and finish areas, etc.).
- **Frequently Asked Questions** to answer every question the runners might have.
- **The latest news** from the Marathon Pour Tous.
- Articles dedicated to the practice of running and preparation for the Marathon Pour Tous.
- **Training plans for the two Marathon Pour Tous distances**, tailored to every runner's profile with a 16-week Marathon plan for people who want to finish the Marathon, a 16-week plan for runners who want to beat their Personal Best, and an 8-week plan for the 10km.
- **Access to the Marathon Pour Tous app** to take up the challenges that will continue to be given there to perfect your preparation and win numerous rewards.
- **Videos analysing preparation with Yohan Durand**, Team France athlete and member of Team Orange Running. Each week, he will be analysing the different preparation programmes for the Marathon Pour Tous, while distilling his advice as the big day approaches.
- **Access to the Connected Marathon Pour Tous app**, in order to register for the biggest connected race in the world during the Marathon Pour Tous weekend.

Go to marathonpourtous.paris2024.org/fr

MARATHON POUR TOUS APP

The Marathon Pour Tous app is aimed at running enthusiasts who want to perfect their physical and sporting preparation for the race.

The app shares inspiring and practical running content. Each month, running challenges are offered, either alone or as part of a team, based on time or different distances, etc.

202 000 USERS

already have the app.

« So happy and proud to have secured a bib for the incredible MARATHON POUR TOUS 10km course! The Marathon POUR TOUS application has been a driving force that has boosted my preparation month after month with exhilarating challenges over a year and a half, and I've loved it. Thanks to these thrilling challenges, I've snatched that coveted bib, creating an experience that will certainly be unforgettable and will further ignite my passion for running! »

Michèle WISDORFF,
user of the Marathon Pour Tous app.

The challenges are now linked to the training plan for the Marathon Pour Tous, and will enable bib holders to prepare as well as possible for the big day, while winning exceptional rewards that will make their experience with the Marathon Pour Tous even more unforgettable. Of course, the application and the challenges offered remain open to runners who have not obtained a bib: they too can take advantage of the challenges to push themselves to the limit and perfect their preparation in the run-up to the Connected Marathon Pour Tous.



Go to:
<https://communaudemarathonpourtous.paris2024.org/>

ORANGE RUNNING TEAM

Orange, Premium Partner and Official supplier of the Olympic and Paralympic Games Paris 2024, is also the unique Presenting Partner of the Marathon Pour Tous Paris 2024.

For the last two years, Orange has distributed more than 5,000 bibs for the Marathon Pour Tous to the general public, through different iconic races and online competitions for their customers.

And Orange remains the only Partner distributing bibs in 2024!

To get as many French people as possible involved in this unique race, Orange has created Team Orange Running.

Comprising coaches and ambassadors, this Team is inspiring and supporting runners to take up the challenge of the Marathon Pour Tous.



“

Orange is helping to make the Olympic and Paralympic Games Paris 2024 the most connected and responsible in history. As a sponsor of the Connected Marathon Pour Tous, we are very proud of our involvement in this race, whose route will pay tribute to a significant episode in France's history and allow everyone to take part in a unique and inclusive event!

”

Christel Heydemann,
CEO of Orange

Motivation



Running

Pleisir

Marathon

Mais aussi :

- Estelle Denis
- Antoine Albeau
- Stéphane Diagana
- Juan Arbelaez
- Gaëtane Thiney
- Marion Rousse
- Laure Manaudou
- Natoo

course

Les ambassadeurs
du Team Orange Running.



Laure Boulleau

Benjamin Fall

Maxime Gasteuil

Tom Villa

Éric Abidal

Hervé Mathoux

Marine Lorphelin

Matthias Dandois

Guillaume Pley

***PARTICIPATE
IN THE
CONNECTED
MARATHON POUR
TOUS:
THE GREATEST
CONNECTED RACE
IN HISTORY!***





The great Marathon Pour Tous celebration will continue with an experience that is also out of the ordinary. Get ready to take part in the greatest connected race of all time, the Connected Marathon Pour Tous!

Organised in parallel with the Marathon Pour Tous, the Connected Marathon Pour Tous will kick off on Saturday 10 August at 8 am, at the same time as the men's Olympic Marathon gets underway from the esplanade of the Hôtel de Ville de Paris.

HOW CAN I PARTICIPATE IN THE CONNECTED MARATHON POUR TOUS?

You will need to download one of the two official Connected Marathon Pour Tous apps. On each of these apps, runners will have to run for at least 30 minutes for their participation to be taken into account.

The Marathon Pour Tous app: This app will enable participants to take part in the Connected Marathon Pour Tous outdoors using their usual sports activity tracker. More than 200,000 people use it every month, and for years they have been trying to win one of the race numbers for the Marathon Pour Tous. This application will gradually become both the application where participants can train and one of the applications on which the connected race will take place.

The Kinomap app: This application will enable runners to take part in the Connected Marathon Pour Tous indoors, on all machines compatible with Kinomap (treadmills, bicycles, rowing machines, arm pedals ('winch'), elliptical bikes, etc.). The application connects to the runner's equipment and automatically (or manually, depending on the model) changes the incline of the treadmill or the resistance of the bike according to the topography. Participants will find themselves immersed in certain sections of the Olympic marathon course. **It's a great way to immerse yourself in the Marathon Pour Tous experience from the comfort of your own home or in a sports hall in France or abroad!** On 10 and 11 August 2024, participants in the Connected Marathon Pour Tous will be able to choose between 4 official videos of the Olympic marathon route:

- **30 min** to discover the iconic monuments
- **30 minutes** to discover sporting anecdotes
- **Run the last 15 km** of the Marathon Pour Tous
- **The full 42 km route.**

From 31 January 2024, connected challenges will be available on Kinomap to discover routes in preparation for the Marathon Pour Tous Connecté. It will also be possible to take part directly in Fitness Park gyms, a partner of the Marathon Pour Tous, which will be organising a whole weekend of free events around the Connected Marathon Pour Tous in its network of 260 locations throughout France.

A COMPETITION BETWEEN COUNTRIES AND REWARDS ON OFFER!

All the participants in the Connected Marathon Pour Tous will be ranked by country, in order to determine which country will have ran the most.

Runners taking part in the connected will be able to win rewards, gifting them with a very special souvenir of the race, making the experience even more memorable!

ORGANISED GROUP STARTS

Alone or in a group, the choice is yours! Group starts will be organised to take part in the Connected Marathon Pour Tous in a number of Terre des Jeux 2024 cities by sports associations, 2024 Clubs and Fitness Park facilities, to make the Connected Marathon Pour Tous a real community experience.





Marathon Pour Tous Paris 2024 Partners

Presenting Partner



Technical Partners

Bridgestone

Fitness Park

CONTACT

media@paris2024.org