

17.10.2024

RUNNER'S GUIDE

2024 EDITION

V  **RTEX RACE**

VORTEX RACE

About

Dear participants,

First of all, thank you very much for registering! We're delighted to have you with us this year and look forward to seeing you all for the fourth edition.

All the information you need to make sure the race runs smoothly is in this runner's guide. Please read it carefully to ensure that you are perfectly prepared for this adventure.

The Vortex Race organising committee wishes you a memorable and successful race!

Robin Favre,
President of the Vortex Racing Association



LOISIRS POUR TOUS

As per usual, part of the profits from the Vortex Race will be redistributed to an association. For this forth edition, we have decided to support the Fondation

Loisirs pour Tous.

The Loisirs Pour Tous Foundation has over ten years' experience in the world of adapted sports and leisure activities.

- Organisation of a range of activities, mainly outdoors, for people with reduced mobility
- Equipment rental (tandemski, dualski, joëlette,...)
- Supervision of outings for individuals and institutions
- Team-building days for companies



***Enabling everyone to
take part in the world of
leisure activities***

PRACTICAL INFORMATION

Vortex Race Campus

7

DEPARTURES →

Wave 1
18:00

Wave 2
18:05

Vortex Race Classique

3

DEPARTURES →

Solo
19:15

Team
19:40

→ You will get a 5 mn time slots during which you can start

Start list

→ Available on www.vortexrace.ch the evening before.



DIRECTIONS

We strongly recommend that you use eco-friendly transports when coming to the Vortex. Ideally located, the Vortex is a 5-minute walk from the **M1 SORGE** metro stop.

A large number of bicycle parking spaces are also available.

No car park will be provided.



WITHDRAWAL OF RACE BIBS

From 2pm

CHANGING ROOMS

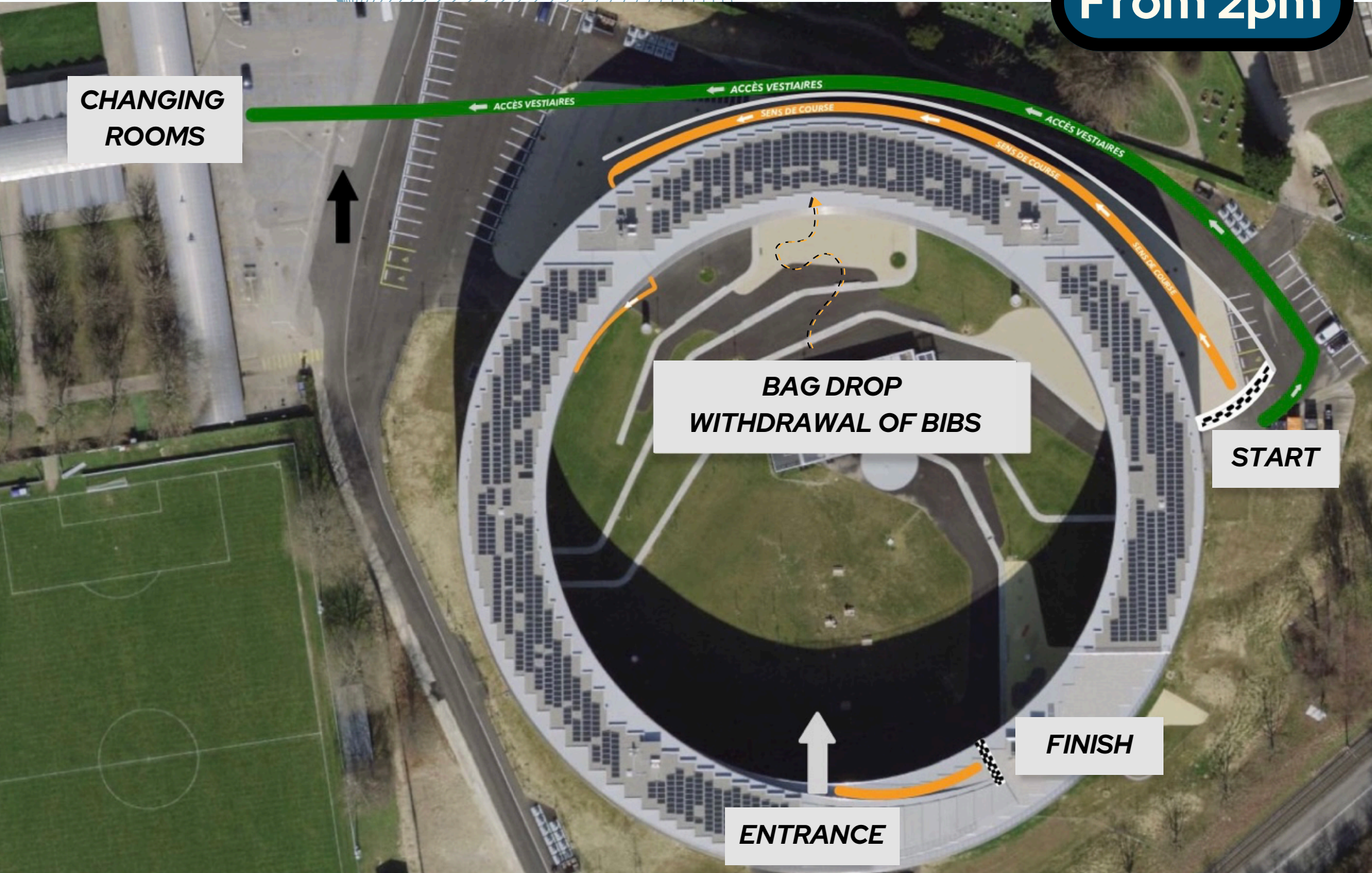


BAG DROP
WITHDRAWAL OF BIBS

START

FINISH

ENTRANCE



BAG DROP

You can drop off your bag in the tent dedicated to this purpose, in the center of the Vortex.

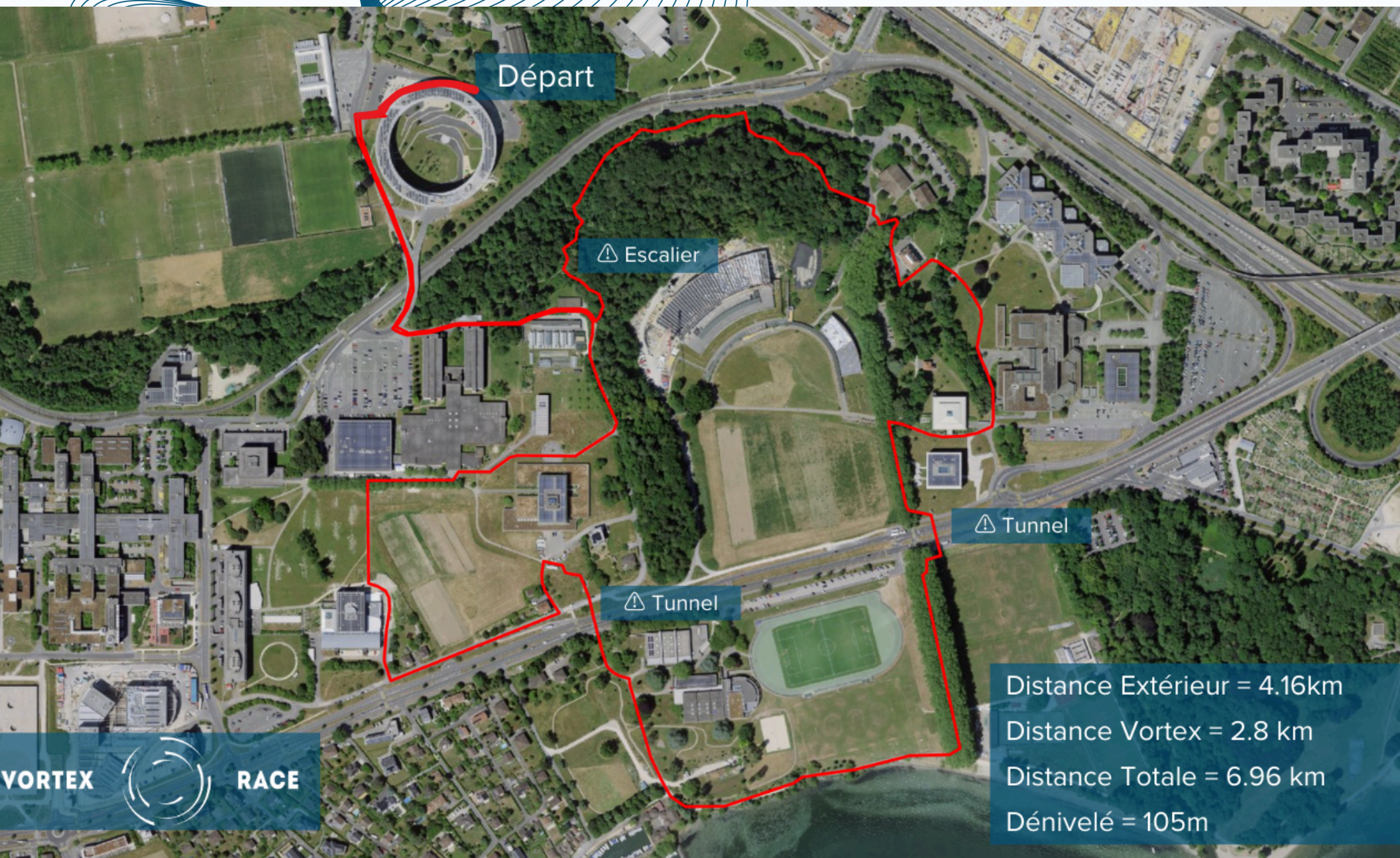
- Your bag will be tagged with your race bib number, you can then place it in the tent.
- It can only be retrieved in exchange of your race bib.
- The area will be monitored.
However, we decline all responsibility in the event of theft or loss.

You will need your race bib to pick up your bag after the race! ⚠️



Parcours Vortex Race Campus

7



Départ

Escalier

Tunnel

Tunnel

VORTEX RACE

Distance Extérieur = 4.16km
Distance Vortex = 2.8 km
Distance Totale = 6.96 km
Dénivelé = 105m

START

First start at 7.15pm and 5 runners will start every 15 seconds. You will receive a **5-minute window during which you can start.**

The start list can be viewed at www.vortexrace.ch the evening before the race and will be posted in the entrance leading to the starting area (East Entrance).



ON THE RAMP

- I run on the inside of the curve, near the barrier.
- I overtake on the right.
- Headphones are not allowed.
- If I feel unwell, I stop and immediately move to the right. If possible, I head towards a volunteer.

TEAM RACE

Share the race with your friends!

Help your team win by running up the ramp as quickly as possible. The average time of each team will be used for the final ranking of the team category.

First start at 7.40pm

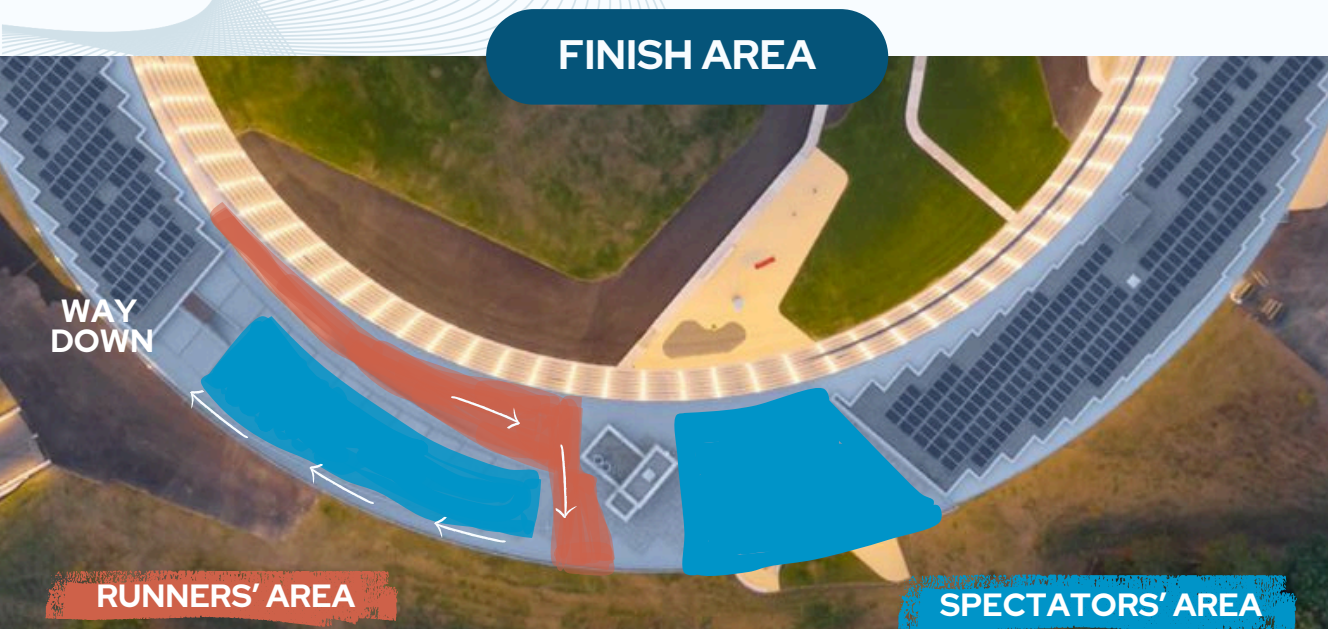
At the start, you'll be side by side, but there's no obligation to run the whole race together!

If you wish, you can speed up to improve your individual time, which will count towards your team's average.



AFTER THE RACE

Once you've reached the top of the Vortex, you can enjoy the view from the *Perchoir* Rooftop! However, please leave the runners' finish area clear for the following runners. Without too much delay, please take the stairs down to collect your belongings and enjoy the post-race atmosphere in the inner courtyard of the Vortex.



AFTER THE RACE



I am reusable,
DO NOT THROW ME AWAY



RETURN YOUR RACE BIBS

For ecological reasons, we are now offering **reusable race bibs**.

We kindly ask you to return your bib at the end of the race at the designated tent located next to the bag drop (or directly when you pick up your bag).

If the race bib is not returned, you will be asked to pay for it. Thank you for your understanding!

RUNNER'S GUIDELINES



We're counting on a respectful and caring attitude from all runners to ensure that the event runs smoothly!

We would therefore like to draw your attention to the following points:

- Smoking is not permitted inside the Vortex.
- Sort your rubbish and don't throw anything on the ground.
- Make sure you have enough warm clothes for after the race.



FONDATION
MAISONS POUR ÉTUDIANTS
LAUSANNE

Unil

UNIL | Université de Lausanne



Retraites
Populaires

For any questions, feel free to
contact us at
info@vortexrace.ch

VORTEX RACE

We're really looking forward to this new edition !

