

## SWIMRUNMAN® EMBRUN – JUNE 30, 2019

*« Dive in, your effort has just started... »*

---

### SWIMRUNMAN® FRANCE WILL STEP IN EMBRUN !

The magnificent blue waters of Lake Serre-Ponçon bordered by the Ecrins National Park offers some of the most beautiful French landscapes. This stage of the SWIMRUNMAN® FRANCE circuit will be exceptional in all respects, and the official opening of entries this 21 October 2018 marks the beginning of this new adventure.

**See you on the starting line on June 30, 2019!**

#### Three courses formats in a postcard decor!

At the gateway to the **Ecrins National Park** and its 150 peaks over 3,000m, the 3,000 hectares of turquoise blue water of **Lake Serre-Ponçon** pass as far as the eye can see. Some even say that it is a piece of the Mediterranean that seems to have been laid in the heart of the **Southern Alps**. The setting of the **SWIMRUNMAN® EMBRUN** is a small piece of paradise where time seems suspended. Located at 780m above sea level, the second largest artificial lake in Europe reflects in its waters the countless peaks perched more than 2000m.

To appreciate the places, the participants will have the opportunity to align themselves on one of the three courses to choose from: the **SPRINT** format, the **CLASSIC** format or the **HALF** format. The steep trails of the Embrunais will take the height on Lake Serre-Ponçon and the Durance to better appreciate the moment.

The routes, drawn in the heart of the **Hautes-Alpes**, will cross over distances of 10km (**SPRINT**), 22km (**CLASSIC**) or 38km (**HALF**) the municipalities of Embrun, Puy-Sanières, Crots and Savines-le-Lac.

#### Hundreds of expected participants and prize money for athletes

On June 30th, several hundred swimrunners will take to the challenge of the **SWIMRUNMAN® EMBRUN** challenge proposed by the organization. The growing development of **SWIMRUNMAN® FRANCE** events is helping to attract more and more French and European swimrunners to each stage. From today, the appointment is given on [www.swimrunman.fr](http://www.swimrunman.fr) to register for one of the most beautiful swimrun of the hexagon.

In 2019, in order to bring the world elite to Embrun, the Steering Committee wished to establish a system of **Prize Money** On the format **HALF SWIMRUNMAN®**, equally divided between the teams women, mixed and men. A kind of recognition for these athletes in lack of media coverage and who will contribute, by their coming, to generate a media craze around the event.

## **PRIZE MONEY: 3000€**

## **REGISTRATIONS:**

**OPEN. 100% Online on [www.swimrunman.fr](http://www.swimrunman.fr)**

SPRINT Format – 9km800: Solo, €50. In pairs, €50/person.

CLASSIC Format – 22km100: Solo, €75. In pairs, €75 /person.

HALF Format – 38km050: In pairs only, €105/person.

## **INFORMATION FOR RIDERS, COURSES AND PROGRAMS:**

[www.swimrunman.fr](http://www.swimrunman.fr)

Facebook: @SWIMRUNMAN FRANCE/@SWIMRUNMAN EMBRUN by Z3R0D

Instagram: @SWIMRUNMAN

✉ [contact@swimrunman.fr](mailto:contact@swimrunman.fr)

## **PRESS CONTACT:**

F. LE DERF, Co-director of SWIMRUNMAN ® FRANCE – [f.lederf@alci4events.fr](mailto:f.lederf@alci4events.fr)

If you are a journalist and want to cover the race by being accredited, please send your request to [presse@alci4events.fr](mailto:presse@alci4events.fr)

---

### **About ALCI 4 EVENTS,**

*“A French company specializing in events, ALCI 4 events creates and organizes demonstrations throughout the territory. For example, since 2015 it has developed its brand Run'Bow Colors® ([www.runbowcolors.fr](http://www.runbowcolors.fr)), which has already welcomed nearly 60 000 participants and, more recently, it is its label SWIMRUNMAN® France ([www.swimrunman.fr](http://www.swimrunman.fr)) who is speaking to the athletes.”*

