

# ECO-FRIENDLY CHARTER FOR TRAINING CONNECTÉ

We are all aware that outdoor activities must be carried out by respecting the environment. The objective of this "Eco-friendly charter for connected runner" is to stand out the « TRAINING CONNECTÉ».

## **Each participant of “TRAINING CONNECTE” must:**

- 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!