

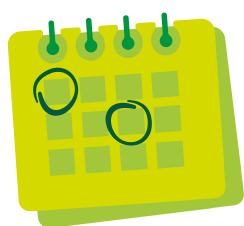
# THE QUESTIONS YOU DON'T DARE TO ASK

## 1 - WHAT MAKES FOR A GOOD RUNNING SHOE?

Choosing running shoes is often the subject of great debate. The most important things are comfort and shock absorption. When it comes to style, we'll leave that up to you!



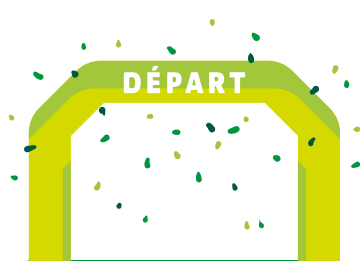
## 2 - SHOULD I RUN EVERY DAY?



It's not worth it, what is important is to have a good training programme which gradually increases your ability. Luckily, we've prepared two programmes just for you!

## 3 - WHO CAN TRAIN WITH ME?

Everyone has their own way of preparing, either alone or in a group. Our coaches even hold free training sessions to help you get motivated.



## 4 - EVERYONE ON THE START LINE!

But not at the same time – let's keep the traffic jams for later! That's what the starting areas are for – by starting in small groups, the race runs smoothly.



## 5 - MEETING YOUR EVERY NEED

You will find feeding stations and toilets every 5 km. Water to hydrate yourself, food for energy, a 'technical' breather if you need one and you'll be back on the right foot!



## 6 - CAN CHILDREN RUN TOO?

There is a short race especially for children between the ages of 5 and 10 on the Saturday, the day before the race. The Pitch Marathoon's takes place on a safe, traffic-free route.

## 7 - HOW LONG DO I HAVE TO FINISH?

Don't worry, there's plenty of time! There are six hours set aside after the last runner begins, which is generally more than enough time. If you do need a little more, don't worry, we'll wait for you at the finish line.



## 8 - WHAT IF I FINISH LAST?

Well it's not the end of the world! What matters is that you crossed the finish line! And you are miles ahead of all those who decided to stay in bed!

## 9 - AND WHAT IF I CAN'T MAKE IT TO THE END?!

There's not much chance of that: unless you only started training the day before, you will have what it takes to reach the finish line. You will be among the finishers, that's for sure!

