

Paris, 12 November 2019

RUN IN MONT SAINT-MICHEL BY HARMONIE MUTUELLE

23rd edition — 23 and 24 May 2020

**Date change: see you on 23 and 24 May 2020
for Run in Mont Saint-Michel**

Registration for the race around the Wonder of the West opened on 22 October, but the dates of the 23rd edition have changed. Another large-scale regional event is scheduled for 30 and 31 May, leading the local authorities to move the race forward to 23 and 24 May and shortening the wait until participants get to discover the landscapes of Manche!

Key points:

- Registration open on www.timeto.com
- 5 different races: 10 km, Trail de l'Archange, half marathon, marathon (solo or duos)
- 10,000 runners expected to take part in this unique running event in the surroundings of Mont Saint-Michel

What we have in store for you on 23 and 24 May

Five race formats are proposed throughout the weekend. According to their wishes and ambitions, runners can enter a 10K, a half-marathon (a 21.1km loop), a marathon alone or as a duo (42.195km course) and the Archangel trail (53 km, 800 m elevation gain). **The conclusion of this race is majestic, with the finish line in the heart of Mont Saint-Michel.**

The marathon will offer a unique course along the Bay from the city of Cancale. With the picturesque scenery and the activities of the coastal villages, the participants will enjoy a view of the Mont Saint-Michel even before starting their race and just until their arrival at the foot of the Abbey.

The half-marathon and 10K, will be "rolling" and more pastoral. They add a friendly and family dimension to the shorter distances. Beyond the sporting experience, the attractions of Cancale's surrounding areas attract more and more visitors every year. 7,000 people ran in the Bay of Mont Saint-Michel in 2018, then 10,000 last year. At least as many competitors are expected in 2020 for this 23rd edition.

Find out more on www.runinmontsaintmichel.com.

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