

Paris, 22 October 2019

RUN IN MONT SAINT-MICHEL BY HARMONIE MUTUELLE

23rd edition - 30 and 31 May 2020

**The Mont Saint-Michel at your feet,
5 races to discover
Registration is now open**

Entering one of the five Run In Mont Saint-Michel by Harmonie Mutuelle events will allow you reconcile sports and sight-seeing. Run at your pace while enjoying a breath-taking view of the Mont Saint-Michel... The 23rd edition of this legendary Normandy event will take place on 30 and 31 May 2020. Registration opens today at noon on the [timeto.com](https://www.timeto.com) platform.

Key points:

- Registration begins today at noon on www.timeto.com
- 5 races proposed: 10 k, The Archangel trail, half-marathon, marathon (alone or as a duo)
- 10,000 runners expected for this unique running event around Mont Saint-Michel

Five races with a view of Mont Saint-Michel

Five races formats are proposed throughout the weekend. According to their wishes and ambitions, runners can enter a 10 k, 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) which departure takes place in the wonderful town of Saint-Pair-sur-Mer. **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 10 k, will be "rolling" and more pastoral. They add a friendly and family dimension to the shorter distances. Beyond the sporting experience, the attractions of La Manche'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.

Between sport and culture

Mont Saint-Michel is among the 10 most visited tourist sites in France. With 2.5 million visitors each year (*source OT*), the French Wonder attracts tourists with its immense seven-hectare granitic rock, its medieval architecture or its atypical location. The 500km² Bay that surrounds it is considered to be one of the most spectacular in the world and was also given UNESCO World Heritage status in 1979. **Rediscovering history while running and enjoying the beauty of the Normandy coast is also what the Run in Mont Saint-Michel by Harmonie Mutuelle is all about.**

What is the *Run In* concept?

From Marseille to Mont Saint-Michel and from Reims to Lyon, the “*Run In*” events have France running... Since 2018, Mont Saint-Michel has also joined the *Run in* circuit alongside the cities of Marseille, Lyon and Reims. The idea is simple: **allow the largest number of people to run according to their abilities and desires, while discovering the wonderful heritage of France.**

And Mont Saint-Michel and its amazing bay definitely live up to the concept!

REGISTRATION

Open from Tuesday 22 October at noon
on www.timeto.com

The [time to](http://www.timeto.com) interactive platform makes it possible to **register in just a few clicks** and also offers **preparation advice as well as personalized support** right up until the start of the event.

Find out more at www.runinmontsaintmichel.com

Media contacts

presseathle@aso.fr

Press relations

Aurelia Filho

aureliafcommunication@gmail.com

+33 7 85 82 89 72

A.S.O. media service

Anne Guinot

aguinot@aso.fr