

Marathon Nice - Cannes

4th november 2012

The capital of the Cote D `Azur extends along the beautiful Baie of the Anges. Owing to its favorable geographical and climatic situation this place was settled since earliest times. Nice has today approximately 345,000 inhabitants and belonged to the department Alpes maritime. Eventful history registered provenzalische, savoysche, Italian and French rule. In the year 1860 Nice became finally French.

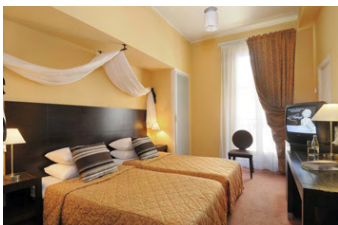
Nice is today one of the most renowned cities of France and a modern, flowering city with many cultural activities such as exhibitions, festivals and congresses. The pictorial character of the old part of town with the small lanes, the multicolored flower market and the old port is still traditional. The famose "promenade of the Anglais" become the landmark of the city, it is meanwhile an international meeting place. Objects of interest like the palaces Lascaris, the palace Négresco and the places Massena and Rosetti are only some reasons to visit Nice. By the situation protected by the alps there are warm and dry summer months and mild, humid winter months in Nice with few rain days, no frost and only rarely snow. In November the temperatures lie between 10 and 16 degrees Celsius.

Announce yourselves now on to the 5th French Riviera Marathon des Alpes Martimes which have had round about 7300 finisher in 2011. **LaufKultTour** comes since 4 years to French Riviera Marathon. Your benefit: you get a personal care on-site. Companions are welcome!

Course of action

Your arrival is on **Friday, the 2th November 12** per booking flights with **LaufKultTour** or you manage your travel yourself.

Our hotel is a 3 star Grand Hotel (good middle class) located in the heart of Nice, offer a rare treat : the calm attractive atmosphere of a pedestrian avenue. Mains tourists sites, the Old Town with the Flower Market, the Castle and beaches, are only at 5 minute walk from the hotel. Also in walking distance is the Promenade Anglais, where marathons starts. The comfortably and nicely furnished 52 rooms of the hotel are now non-smoking rooms with WiFi, air condition, telefon, tv and ensuite bath and toilette. It offers a breakfast buffet in a friendly breakfast room and has little bar too. At the day of run we get an early and light breakfast at 5.00 am.



On **Saturday the 3th November 2012** after breakfast we will meet up for a City Walk in Old Town. Then we will visit the Marathon Expo for picking up the startnumbers. After this you have time enough to sound out the city yourself. For the evening we propose a common pasta-dinner (optional).

On **Sunday, the 4th november 12** the marathon starts at 8.00 am. We are going together to the start area. At the start you will find a possibility to leave you personal clothes in the plastic bag which you get with your racenumber; only these plastic bags are accepted. There is a transportation from start to finish area.

The journey in brief:

02.11.12: Arrival

03.11.12:
Little City Walk in Old Town,
Visit Marathon-Expo, optional:
common pasta-dinner

04.11.12: Day of run

05.11.12: Departure or
prolongation

Marathon



The course is flat and closed to the French Riviera. The start is in Nice located at Promenade des Anglais and finish is in Cannes in front of Palais des Festivale. Running the marathon you will pass 7 cities (Nice, St. Laurent du Var, Cagnes sur Mer, Villeneuve-Loubet, Antibes Juan-les-Pins, Vallauris Golfe Juan, Cannes) and round about 60.000 spectators will cheer you.

There are pacemaker for times about 3:00; 3:15; 3:30; 3:45; 4:00 and 4:30 hours. They are identified with coloured ballons.

The measurement is by Champion Chip service. Chips are provided for free but it is mandatory to give them back at the finish area, otherwise you will be charged with €15,-.You have 15 refreshments areas (excluding the one in the finish area). There is one every 2.5 km starting at km5 with water, coca cola and fruits and 5 sponges area (one every 7.5 km). At km 20 and 30, runners will find power gel provided by our partner, Scientec.. Every finisher gets a finisher medal, a T-Shirt and gets access to the massage. Fruits are available to runners when they cross the finishing line.



We are not liable for changes which are managed by the organizer of French Riviera Marathon.

If you want to extend your visit in Nice there a lot of possibilities to do: Visiting Monaco and its famous Casino, a trip by train to Cannes or Antibes or you visit some of the many museums at Nice.

Marathon-Infos:

- Start: Promenade des Anglais in Nizza
- Finish: Cannes – La Croisette
- Time: 8.00 am
- Timelimit: 6.00 h
- Time-Running: Champion Chip
- Average temperature: 10-16°C

Important:

Foreign participants must submit a medical certificate, which occupies the state of health for completing a marathon race during the registration. The certificate must be signed by a physician and is valid one year long for all run meetings in France.

Our offer

<u>Rates per person</u> Travel from 02.11. –05.11.2012	Double- room	Single-room	Extension Double room	Extension Single room
3 Nights in our 3***-Grand Hotel with en-suite bedroom and breakfast buffet, transfer for runners from finish back to Nice, Nice City Walk; plus entry fee and flight*	349,00€	398,00€	55,-€	75,-€

*We are looking forward to help you finding the bests flights. Therefore a booking fee of €15,- per person is payable. We try to consider your wishes (Charter, scheduled flight etc.)

Entry fee (of 2011):

15.02. – 31.03.11 €45,- 01.04. – 30.06.11 €55,- 01.07. – 30.09.11 €65,-

Closing date is the 30thseptember 2012. After this please request. The smallest number of participants is 8.

Our benefits:

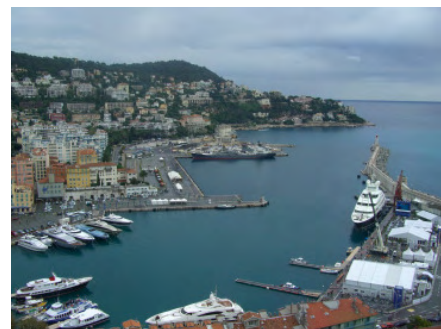
- 3 nights in our Hotel included breakfast
- Formalities of registration
- Free transfer for runners per train from Cannes to Nice
- Nice City Walk
- Escort to start and Expo
- Personal support on location
- Breach of warranty

optional:

- Round-trip ticket from Germany to Nice
- transfer airport – hotel – airport

We recommend urgently to book a travel cancellation and a travel health insurance or to book an "all around careless package". Our partner is called „Die Europäische“. We are happy to take on the booking for you.

The registration based on description of the above-named travel and the general terms and conditions of **LaufKultTour**. You can find this terms on our website www.laufkulttour.de and we send them to you with our confirmation.



Fotos: IMG S.A.S., Grand Hotel Le Florence, LaufKultTour