

**EVENT DESCRIPTION SHEET**

*(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.*

 *Please provide one sheet per event (one event = one workpackage = one lump sum).)*

PROJECT	
<b>Participant:</b>	3 – COMMUNE DE CHATEAUROUX
<b>PIC number:</b>	8816043 86
<b>Project name and acronym:</b>	C-City – Europe is next door – C-City

EVENT DESCRIPTION	
<b>Event number:</b>	5
<b>Event name:</b>	EKIDEN, Châteauroux, France
<b>Type:</b>	Workshop and Running event
<b>In situ/online:</b>	in-situ
<b>Location:</b>	Châteauroux/France
<b>Date(s):</b>	8 – 11 November 2024
<b>Website(s) (if any):</b>	See below, please
Participants	
Female:	38
Male:	39
Non-binary:	0
From country 1 [France]:	50
From country 2 [Sweden]:	9
From country 3 [Germany]:	9
From country 4 [Poland]:	9
Total number of participants:	77
From total number of countries:	4
Description	
<i>Provide a short description of the event and its activities.</i>	

C-City aims to empower citizens in five European cities (Châteauroux/France, Gütersloh/Germany, Grudziądz/Poland, Falun/Sweden, Broxtowe/United Kingdom) for joint projects with their European partner cities. Through local running events in EU cities - combined with facilitated roundtables on the theme of this call - this project will increase understanding and inclusivity of the EU, targeting under-represented groups in international running events, such as people with disabilities, young people and those with limited travel resources.

The core of this project is an annual conference, first held in 2022 (Gütersloh) and 2023 (Châteauroux), which brings together the C-City project steering group and civil society members for collaborative idea development in workshops. The 2024 conference, held in June in Grudziądz, supported more diverse workshop participation and implemented an inclusive sports concept of four local running events - the fourth of which is the event in question here.

The target groups for this event were athletes from the four cities of all ages, all genders, runners with and without disabilities; the public is also invited to participate.

Agenda of the event:

Day 1: Arrival to Chateauroux

Day 2: City tour, run-registration, public round table

Day 3: The EKIDEN race, departure

Athletes from Falun, Gütersloh and Grudziadz travelled to Chateauroux to take part in the run. They were welcomed by their French hosts and together they became a visible and talked about (see press reactions below) C-City group in a running event with several hundred participants. EU funding made this kind of internationalization and diversification of a local, well-established running event possible.

<https://www.chateauroux-metropole.fr/le-territoire/relations-internationales/c-cities>

<https://grudziadz.pl/artykul/562/23405/cerv-tt-projekt-sportowy-w-ramach-c-city>

<https://www.c-city.eu/en/>

[https://www.instagram.com/p/DCIMJXrNbFW/?img\\_index=1](https://www.instagram.com/p/DCIMJXrNbFW/?img_index=1)



## **C-CITY SPORT PROJECT EKIDEN 36 8-11 November 2024 Châteauroux, France**

### **Program**

#### **Friday, November the 8<sup>th</sup> 2024**

Arrival of German and Swedish teams in Châteauroux

Check-in at Appart'Hôtel Saint-Denis, Rue du 3ème Régiment d'Aviation de Chasse, 36000 Châteauroux

#### **Saturday, November the 9<sup>th</sup> 2024**

##### *For German and Swedish teams*

<b>6:30-9:30</b>	Breakfast at Appart'Hôtel Saint-Denis
<b>10:00</b>	Bus from Appart'Hôtel Saint-Denis to Châteauroux, city center and food market
<b>10:15-11:00</b>	Free time / Food market
<b>11:00-12:00</b>	Visit with Lisa, Stella and Antoine
<b>12:00-14:00</b>	Lunch with Lisa, Stella, Antoine and Ekiden 36 organizers
<b>14:00-15:30</b>	Number bib pickup, Race recognition with Lisa and Antoine
<b>15:30-15:45</b>	Bus to town hall or to Appart'Hôtel Saint-Denis
<b>15:45-18:30</b>	Free time

##### *For Polish team*

<b>11:10</b>	Arrival of Polish team in Paris
<b>11:10-15:30/16:00</b>	Arrival in Châteauroux (after a break for lunch during trip)
<b>16:00-17:30</b>	Number bib pickup, Race recognition with Notwenn and Lucas
<b>17:30-18:30</b>	Check-in at Appart'Hôtel Saint-Denis

*For Everyone*

- 18:30-18:45** Bus from Appart'Hôtel Saint-Denis to town hall  
**19:00-21:00** Dinner in Town Hall
- 21:00-22:00** Round table : "European Corporation about Para-Sport and inclusion of the Athletes / How the EU is stronger with sports in schools - Exchanges on different programs"
- 22:00-22:15** Bus from town hall to Appart'Hôtel Saint-Denis

**Sunday, November the 10<sup>th</sup> 2024**

*For everyone*

- 6:30-7:15** Breakfast at Appart'Hôtel Saint-Denis  
**7:15-7:30** Each delegation with its own van/shuttle from Appart'Hôtel Saint-Denis to EKIDEN 36 race  
**7:30-8:30** Store luggage in an available room, clothes change if needed  
**8:30-09:00** Last briefing / Warm-up  
**9:00-12:00** EKIDEN 36 race / shower available  
**12:45-14:00** Awards ceremony then lunch together

*For German and Swedish teams*

- 14:00/15:00** Departure of German and Swedish teams

*For Polish team*

- 15:00-18:00** Leisure activity  
**18:00-19:00** Rest in Appart'Hôtel Saint-Denis  
**19:00-21:00** Restaurant

**Monday, November the 11th 2024**

*For Polish team*

- 6:30-7:30** Breakfast at Appart'Hôtel Saint-Denis  
**7:30** Departure to Paris



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## WELCOME TO EKIDEN 36 RACE

Dear C-City Runners,

We would like to invite you to participate in one of the most important sports event in the city : the EKIDEN 36 race on November the 10<sup>th</sup>, 2024.

Ekiden 36 in Châteauroux is one of the 5 biggest Ekiden in France, and even better considering the low population density of the surrounding area.

Run has been held continuously since 2008. This is the 16<sup>th</sup> edition of this unique event.

Derived from the “10 and 20 km de Châteauroux” race, the choice of this team marathon in relays of 6 runners was a reorientation to appeal to a wider public, while developing the festive side of the event.

A sporting event with its origins in Japan, the Châteauroux Marathon innovates with its original race format. Today, it attracts both elite and occasional runners to the starting line.

Our DNA is based on our desire to extend participation in this race, as far as possible, to anyone wishing to experience and share a unique moment of conviviality around the running festival, by surpassing oneself, for pleasure and health.

For many years, we have been opening up the race to people with reduced mobility or other physical or mental disabilities, on request and with a view to inclusion.

As an integral part of Châteauroux' heritage, this annual autumn event is eagerly awaited by clubs, companies, government bodies, families and friends, who come together to challenge each other and foster a spirit of teamwork, solidarity and friendship between runners, where the stopwatch is not the only goal.

An average of 325 to 350 teams, i.e. over 2000 runners, start on a 5km circuit concentrated in the city center, on the banks of the Indre river and in the historic old town district, allowing active and dynamic participation by a very large public, who cheer and cheer and cheer.

On Sunday, November 10, 2024, Châteauroux, the “Olympic city”, will once again be the setting for a new page in the history of this race, set to music by the 17 members of the Organizing Committee and supervised and secured by 120 volunteers on the day. We are waiting for you ... and we have got a present for you!

OUR EKIDEN is a race with team spirit, integrating a social mix and respecting the effort of each competitor.