E-RUN FOR DIVERSITY

4th edition

SEPTEMBER 23rd - OCTOBER 1st 2023

https://ffse.fr/nos-actions/manifestations/e-run/
During an entire week, the E-run for Diversity invites you to take part in a connected challenge, in the form of physical and sporting activities. It can be completed either individually (solo) or in pairs (duo), along with your company’s co-workers.

- It includes a connected run with a points-based system, which will be added to your total points. These depend on your performance and on what you score during quizzes or missions.
- The aim is to collectively participate in the event, whether you work in the same office or remotely.

OUR GOAL

- Organise a dynamic and entertaining challenge, for everyone to participate in, sports aficionados and non-athletes alike.
The total number of steps walked over the span of the week (from Sept 23rd to Oct 1st) will be converted to points, adding to the total points of both solo or duo runners.

Participants can either walk or run, wherever and whenever they like.

One of the challenges of the week will be a timed 3km or 6km-run. It will start on Thursday, September 28th, at 5:15 p.m. Paris time zone (GMT+2). The Run for Diversity will start at the same time in Paris. Thus, you will be able to participate in the run remotely.

Like other challenges of the week, you will be given a limited amount of time to complete the run. It is a great opportunity to show us and your colleagues what you are made of!

The E-run for Diversity App will be available on Android and IOS’s platforms early September. There are 3 languages available: French, English and Spanish.

Thanks to the chat option that is included in the app, you will be able to communicate with your teammates.

Precise guidelines detailing how to use the app will be sent to you via email a few days before the beginning of the challenge.
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There will be other types of challenges throughout the week:

**MISSIONS**

- Every day, new missions will be available to spice up the week. Once completed, these missions will add bonus points to your total points (for solo and duo runners).
- The duration of a mission can vary, and some missions might take place simultaneously. For example: walk as many steps as you can between 12pm and 2pm.
- The goal is to create a sense of emulation, to share an experience and to push your limits!

**QUIZZES**

- In a fun way, participants are presented every day with new questions that might range from physical activity to diversity, or even inclusivity.

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Rankings

Countries- Companies- Branches- Solo/Duo
REGISTER YOUR COMPANY TO ENTER THE RUN

To enter the E-Run, companies must get registered and choose a contact person:

- The contact person goes to the FFSE’s website
- They download the registration file, fill it in and sent it back to the FFSE via email at ffse@ffse.fr
- Once the registration is approved by the FFSE, the contact person receives a unique code for their company. This code must remain undisclosed until the application opens to co-workers.

Then, each co-worker gets registered within the app thanks to the company code.

The app will be accessible to contact people early September, and to co-workers mid-September. Should the contact person wish to test the app prior to these dates, please contact the FFSE via email at ffse@ffse.fr

The participation fee is fixed at €15 per person.
REGISTRATION OF CO-WORKERS

Each co-worker gets registered to enter the race within the app thanks to their company code.

The participation fee is fixed at €15 per person.
CONTACT US

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