

34th EDITION  
06-07  
JULY  
2024



La Tour  
GENÈVE  
TRIATHLON  
TRI FOR ONE, TRI FOR ALL

KIDS • DISCOVERY • SHORT • STANDARD • HALF

TRIATHLETE GUIDE 2024



WORDS FROM THE  
**ORGANISERS**

**JEAN-MARC GUINCHARD**

Dear triathletes,

Geneva's sporting landscape would not be what it is without this magnificent event, the 34th edition of which we are celebrating together, and in which you have agreed to take part with a motivation and enthusiasm that do us great credit.

I would like to take this opportunity to highlight the skills of the members of the organising committee and the constant and regular dedication of our volunteers. I would also like to underline the commitment and availability, as well as the ongoing support, of our authorities, the Canton and City of Geneva. Thank you to all of you. And let's not forget our sponsors and partners, without whose support this wonderful event would not be possible.

Triathlon is a complete, demanding, difficult and multifaceted sport that requires regular training and the ability to surpass oneself. You've made a commitment to it, and we look forward to welcoming you and witnessing your exploits in the magnificent setting of Plage des Eaux-Vives.

And let's not forget that while the important thing is to take part, the most important thing is to win. Let's win with modesty and respect, and take part with a smile.

I wish you all every success in this superb challenge that you have set yourselves.

**Jean-Marc Guinchard**  
*President of the Geneva International Triathlon Association*

**BENJAMIN CHANDELIER**

Dear triathletes,

The last edition of the La Tour Genève Triathlon was a real success, with record participation and exceptional summer weather. We hope that the 34th edition will be just as successful and enjoy equally favorable conditions.

This event offers an exceptional setting. Participants will have the opportunity to plunge into the crystal-clear waters of our magnificent lake, ride through the countryside and the city of Geneva, then run along the quayside, skirting the splendid plage des Eaux-Vives and crossing the Jardin Anglais, all the while enjoying a breathtaking view of our iconic Jet d'eau.

We always offer race formats to suit everyone: from the youngest to the oldest, individuals or relays, beginners and experienced triathletes alike.

On behalf of the entire organizing team, I would like to express our deep gratitude to the authorities and administrations of the Canton and City of Geneva for their unfailing support, to all the municipalities we pass through and to our many partners and 600 volunteers, without whom this event would not be possible.

I wish you all an excellent race!

**Benjamin Chandelier**  
*Event director*

WORDS FROM THE  
**PARTNERS**

**CITY OF GENEVA**

After the Generali Genève Marathon in May, athletes will be back on the waterfront in July, with the added bonus of a bit of swimming and cycling: the La Tour Genève Triathlon! This is the biggest triathlon in Switzerland, making Geneva the capital of triathlon. The popularity of this discipline continues to grow, thanks in particular to the dynamism of clubs like the Triathlon Club Genève.

Once again, the event is designed to be popular. The six race formats, including children's races, shorts and halves for example, made this demanding sport, which cultivates self-transcendence, perseverance and the quest for excellence, accessible to everyone.

The enthusiasm of the participants, the fervour of the public, the tremendous work of the volunteers and the organising committee, the participation of partners and sponsors, not forgetting the collaboration and support of the public authorities, have all contributed to the success of this event and to the reputation of Geneva as a city of sport.

The City of Geneva is proud to support this major sporting event. On behalf of the authorities of the City of Geneva, I would like to congratulate all the participants and thank all those who make it possible.

**Marie Barbey-Chappuis**  
*Administrative councilor in charge of the Department of Security and Sports*

**CANTON OF GENEVA**

The canton of Geneva is proud to once again support the La Tour Genève Triathlon. Triathlon, one of the most complete disciplines, has long been reserved for top athletes. However, with the aim of making this sporting event a celebration for all, the La Tour Genève Triathlon organising committee has developed race formats year after year, so that anyone interested can take the plunge.

Sporting events play an essential role in terms of outreach and social cohesion. It is with this in mind that the canton, in line with its strategic plan for sport 2024-2028, wished to expand its support for sports event organisers. However, sporting events also have a significant impact on the environment. I would like to take this opportunity to congratulate the organisers of the La Tour Genève Triathlon, who for the past three years have been committed to a real and serious approach to sustainability. These measures enable us to minimise our impact, particularly when it comes to transporting people and the gifts they receive. Quantified in a carbon footprint, they are also an objective to be surpassed edition after edition.

Looking forward to a triathlon with a breathtaking view of the Jet d'Eau, on behalf of the State Council I would like to offer my warmest encouragement and thanks to everyone: to the athletes, to the organisers, to the vital volunteers, to the partners and sponsors and of course, to the many spectators.

**Thierry Apothéloz**  
*State Councillor in charge of the Department of Social Cohesion (DSC)*

# The Sport Medical Center of Hôpital de La Tour available at Nyon



## Sport Medical Center at Nyon

Chemin des Saules 4A  
1260 Nyon  
+41 22 719 79 90

More information :



## Hôpital de La Tour Foundation mobilizes

Thanks to the generosity of its donors,  
**l'Hôpital de La Tour foundation supports  
innovative and high-impact projects.**

- Our vision  
**medical excellence in every way**
- Our values  
**human and technical**
- Our mission  
**medical progress at every level**

### To make donation

IBAN N°CH45 0483 5290 5868 6100 1

Or visit here :



LaTour.ch/fondation





# SUMMARY

**8**

Organise your trip

**24**

The races

**12**

Practical  
Information

**40**

After the race

**14**

Supporter Map

**42**

Sustainability

**16**

Village Information

**44**

Charity Partner

**20**

My First  
Triathlon

**46**

Volunteer

**22**

Race Day

**49**

How to follow and  
contact



# ORGANISE YOUR TRIP



## PUBLIC TRANSPORTS IN GENEVA

Lines 2, 6, E and G stop Merle-d'Aubigné or Vollanges.



## BIKE

Bikepark at your disposal to leave your bike or town's bikes available : Vélo Partage



## TRAIN

Geneva Cornavin railway station is served by bus & Eaux-Vives Station by the Léman Express line



## CAR

Paid parkings: P+R Parking du Mont-Blanc



**REY GROUP** Hotels & Residences



Get the most out of your stay in Geneva!

Whether you are a runner, a spectator or a volunteer - Geneva is waiting for you! There are many things to discover in the "world-city" before and after the La Tour Genève Triathlon.

Be ready the D-Day, come and spend the night in our hotel for a worry-free start!

**FROM CHF 145.- PER NIGHT,  
IN A FITNESS ROOM WITH KITCHEN &  
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www.hotelsagitta.ch



We recommend that you arrive at the village no later than 30 minutes before the transition zone closes. Preferably use soft mobility transport.

 Start / Finish / Village

 Running routes

 1 Cornavin train station

 2 Eaux-Vives train station  
15min by foot from the village

 Mont-Blanc Carpark

 1 Vollanges stop  
Served by bus 6 & 2

 2 Merle D'Aubigné stop  
Served by bus E & G

 M2 Les Mouettes : Pâquis <-> Eaux-Vives

 Triathlon Bike Park and access to VéloPartage bikes



# PRACTICAL INFORMATION

## RACES SCHEDULE

You have to arrive at the swimming area 30 minutes before the start of your race.

### Saturday July 6th



7.30am Standard (alone or in relay) 1.5km 40km 10km

2.00pm Short (alone or in relay) 500m 20km 5km

6.00pm Discovery (alone or in relay) 250m 10km 2.5km

### Sunday July 7th



7.00am Half (alone or in relay) 1.9km 90km 21.09km

9.00am Kidsathlon 6-10 years old 50m 500m

9.15am Ecoliers 11-13 years old 200m 1.5km

## 001 BIB COLLECTION

Plage des Eaux-Vives, Quai Gustave Ador, Geneva

Friday July 5th from 12.00 pm to 7.00 pm

Saturday July 6th from 6.00 am to 6.00 pm

Sunday July 7th from 5.00 am to 10.00 am



With your bib coupon (received by email one week before the event) and your ID.



## PEAK HOURS

### Friday



### Saturday



### Sunday



## LOST & FOUND

Any person with lost or found items, please visit the 'Info Point' in the Triathlon Village.

All lost items will be brought to the Geneva Lost & Found office (Rue des Glacis-de-Rive, 5 1207) on Monday July 8th.



# SUPPORTERS' MAP

This year again, the finish line is open to all the spectators.

There are several interest points on the different courses. The Standard and Half bike course are composed of multiple loops. The triathletes will therefore pass the following points multiple times:

- |  |  |
|--|--|
| <p><b>1</b> Up the Rampe de Coligny: km 2<br/><i>15 min by foot or 8 min by bike from the village</i></p>                | <p><b>3</b> At the exit of Corsier, Chemin des Buchilles: km 15<br/><i>30 min by bike from the village</i></p> |
| <p><b>2</b> At the crossing Route de Meinier &amp; Route des Carres: km 8<br/><i>25 min by bike from the village</i></p> | <p><b>4</b> Down the Thonon road: km 20<br/><i>15 min by bike from the village</i></p>                         |

Please note that the course is not open to pedestrians and bikes. **You will need to take secondary roads.**

The running courses continue towards central Geneva, passing through the Jardin Anglais, where spectators will be able to find their athletes several times in this area, and enjoy the atmosphere and surprise animations.



# VILLAGE INFORMATION



## ANIMATIONS

Once you have collected your bib, don't forget to visit the stands of our partners and exhibitors.

In order to benefit from all the expertise of its sports medicine center, the Hôpital de La Tour will offer you a large space in the heart of the village where you can:

- Evaluate your movement with a 3D analysis system.
- Evaluate your muscle strength with an innovative and mobile tool.
- Exchange with doctors, physiotherapists from the Swiss Olympic and dieticians from the Center for Metabolism, Endocrinology and Nutrition.
- Receive advice on sports health and injury prevention. Receive tailor-made nutritional strategies to optimise performance and recovery.
- Participate in a major competition to win Health & Performance benefits.

A relaxation area will also be available for you to talk to the experts and relax!

In addition, you can also:

- Get or discover the special La Tour Genève Triathlon x Triloop collection
- Test the nutritional technology of our Official Supplier, Enervit
- Make last-minute purchases (outfits, running accessories, etc.)
- Take part in the animations organised by our exhibitors
- Attend the awards ceremonies!



## CATERING

Food trucks and a bar will be present in the village from Friday to Sunday to refuel you before and after your race. Extend your experience at the La Tour Genève Triathlon by spending a convivial moment with your friends and family!



## DON'T FORGET

- To pick up your [wetsuit or tri-function](#) if you have rented one at the Triloop stand.
- Take your water bottle - it's going to be hot, so it's important to stay hydrated. Water fountains will be available in the village and on the lakeshore.



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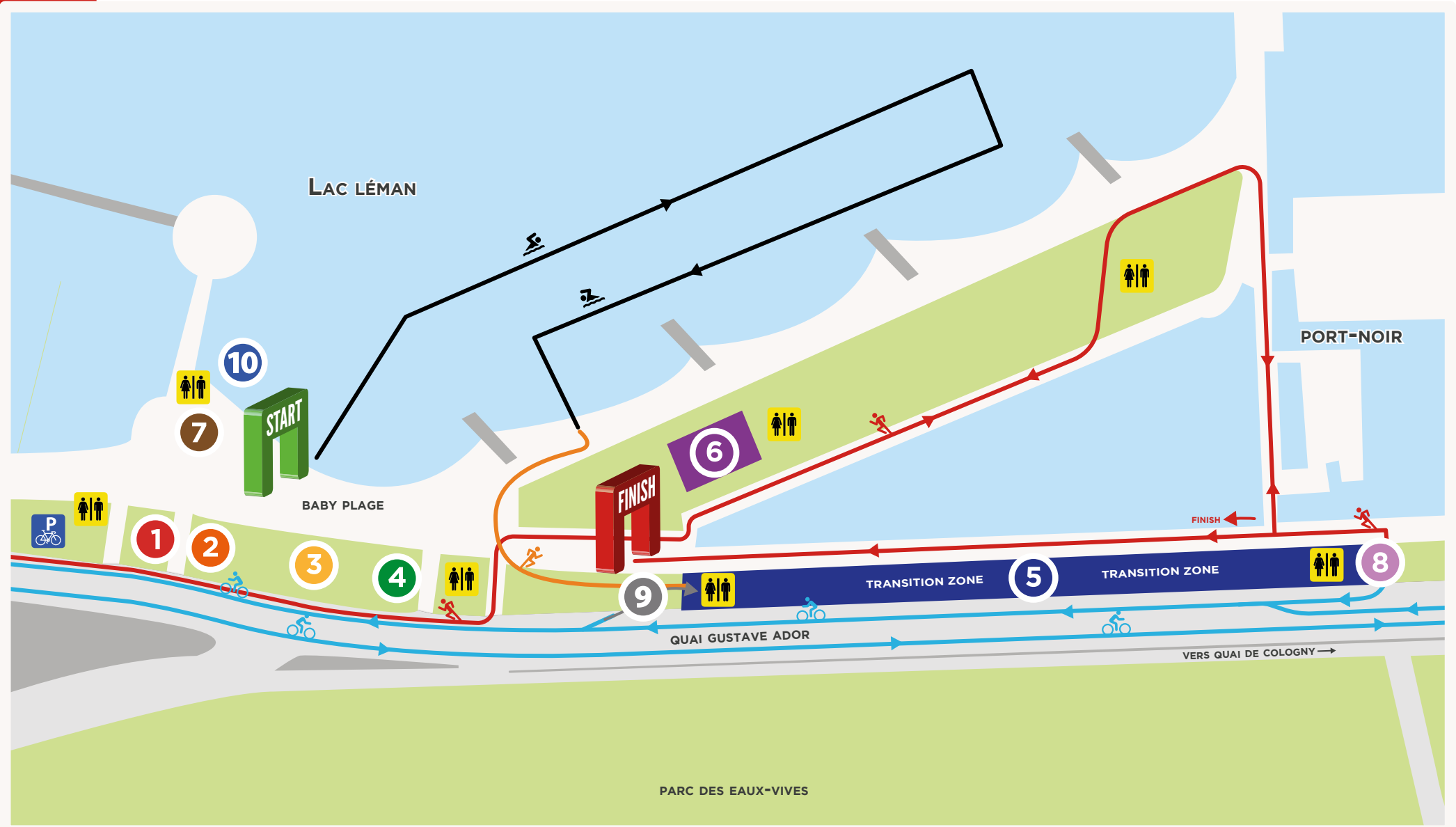


# La Tour GENÈVE TRIATHLON

- 1 Volunteers Lounge
- 2 Bib collection
- 3 Village, food and beverage of the La Tour Genève Triathlon
- 4 Tent Hôpital de La Tour, Title partner
- 5 Transition zone

- 6 Transition zone kids
- 7 Starting area
- 8 Mount Line : Area for getting on the bike
- 9 Dismount Line : Area for getting off the bike
- 10 Warm-up area

- Swimming routes
- Transition
- Running routes
- Biking routes
- START
- FINISH
- WC
- Bikepark





# MY FIRST TRIATHLON



## Equipment - Check List

It is important to have the proper equipment to participate in your first triathlon in the best conditions

### SWIM



Swimsuit/tri fonction

[Tri fonction rental](#)



Swimming goggles



Towel



Wetsuit  
(mandatory if the water is < 16°C and forbidden if > 24.5°C)

[Wetsuit rental](#)



Anti friction cream and sunscreen

### BIKE



Bike



Helmet (mandatory)



Cycling shoes



Sun-glasses



Water bottle



Equipment in case of flat tyre

### RUN



Running shoes



Cap & sunscreen

### FOCUS ON HYDRATATION AND NUTRITION

The day before: don't affect the quality of your sleep. Reduce fats, your evening meal should be high in calories and carbs.

Race day : it's important to stay properly hydrated, especially just before the start of the swim. Bring water bottles for the bike and food if you need it.

The transition from cycling to running causes a rise in body temperature, which needs to be kept as stable as possible to avoid dehydration.

# RACE DAY

The big day has arrived! Here are a few steps to help you prepare for your first triathlon.

- 1 \_ I pick up my bib with my bib coupon and my ID at the times indicated.

## PACK TRIATHLON (RUNNERS' GIFT)



Stickers for your bike and helmet and tattoos



Bib



Swim cap (if requested)



Transponder

- 2 \_ I prepare my bike for the equipment check at the entrance of the transition zone: I stick the bike sticker (the long one) on my saddle post and the rectangular sticker on my bike helmet.
- 3 \_ I stick the tattoo on my arm and on my leg with a wet sponge.
- 4 \_ I attach the transponder (timing chip) to my left ankle, preferably (at the opposite of the chain set). Please, note that any chip not returned will be charged 30 CHF.
- 5 \_ I prepare my bib. For the bike part, the bib must be on my back and for the running part, it must be visible on the front.
- 6 \_ I leave my bike and belongings in the transition zone, in the spot corresponding to the last 4 digits of my bib number and head for the starting line to listen to the race briefing.







# Races



# GENERAL INFORMATIONS

## CALL ROOM AND BRIEFING

You need to arrive 30 minutes before your start time at the swimming call room to attend the briefing, which will explain the key points of the course.

Rolling starts are used for all adult formats. The colors of the caps are the same for these different formats:

## ROLLING START



Preferential  
SAS



Individuals



Relays

## FORMAT IN MASS START

Kidsathlon 6-10 years old and  
Ecoliers 11-13 years old



6-10 years  
old



11-13 years  
old

## SWIMMING START



Signposts will be set up so you can position yourself with other swimmers of the same level as you.

A warm-up zone for swimming is available. It's located near the start and is indicated by signs. You can meet [Usine Sports Club](#) coaches there 15 minutes before your start.

## WETSUIT

The wetsuit is not mandatory if the water temperature is above 16°C but is forbidden above 24°C.

Don't have one? Don't panic, you can rent one with the Zoggs service. Find the contact [here](#).

## DRAFTING FORBIDDEN

Drafting, the practice of a cyclist riding behind another cyclist to benefit from the aerodynamic phenomenon of suction, is forbidden.

Referees will be present throughout the course.

**Penalty 1:** verbal warning

**Penalty 2:** yellow card and 5-minute time penalty

**Penalty 3:** red card and disqualification





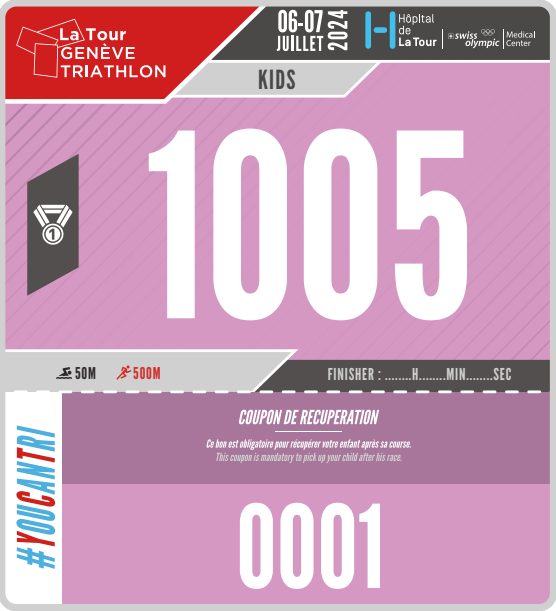


# KIDS RACES

One parent will be allowed to enter the transition zone to help set their child up. Then, the parent will be able to go with their child to the start area.

**Please, note that only one parent will be authorised.**

To pick up their child after the race, the parent must present the pick-up coupon found under the bib. Without this coupon, the parent won't be able to pick-up their child. The pick-up zone will be at the exit of the finish area.



Bib

Pick-up coupon

AQUATHLON

# KIDSATHLON 6-10

SUNDAY JULY 7TH - 9.00 AM

Time limit : 10 min

Opening of the transition zone : 8.30 am - 8.50 am

Belongings pick-up: 9.30 am - 10.00 am

Podium : 10.00 am



AQUATHLON

# ÉCOLIERS 11-13

SUNDAY JULY 7TH - 9.15 AM

Time limit: 20 min

Opening of the transition zone : 8.30 am - 8.50 am

Belongings pick-up: 9.30 am - 10.00 am

Podium : 10.00 am



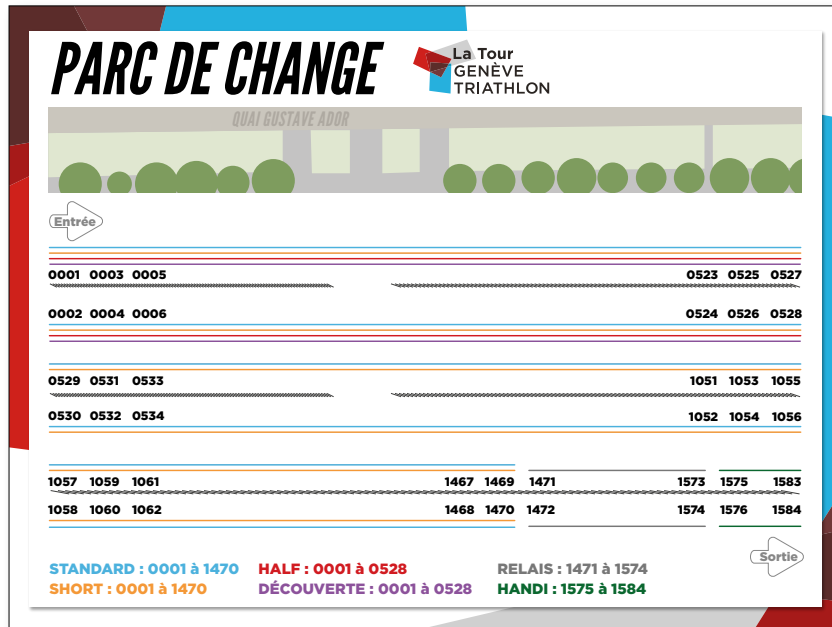


# TRANSITION ZONE

Your place in the transition zone corresponds to the **last 4 digits** of your bib number.

Exemple of bib number : **10 001**

Corresponding location in the transition zone : **0001**



- Always leave your equipment in your personal spot.
- Fasten your helmet before picking up your bike and don't unfasten it until you've dropped off your bike.
- Hold your bike by hand in the bike park.
- Don't get on your bike until you've left the bike part and get off before you've re-entered the bike park. Signs will be posted to show you where to get on and off the bike.
- Put your shoes on before leaving the bike park.

**Please note: on each race page, you can find the opening hours. Outside of these hours, the transition zone is closed and no exceptions will be made**

# ATTENTION

On the following map, you will find several points of interest on the bike course, particularly for the Short, Standard and Half courses. **The road is open in the opposite direction to the race on certain sections, so it's important to ride on the right-hand side of the road all the way.** Please be careful at these points.

to be careful either way. We have also identified two dangerous downhill sections, including the Quai de Coligny, which is common to all courses. So stay alert and don't draft (a practice penalised by the motorcycle referees on the bike course)

Volunteers will be present at intersections, particularly those shown on the map, but we ask you



# DISCOVERY

SATURDAY JULY 6TH - FROM 6.00 PM

**Time limit: 1h30**

Opening of the transition zone: **5.00 pm - 5.45 pm**

Belongings and bike pick-up : **7.00 pm - 8.00 pm**

Podium : **7.00 pm**

> DISCOVER THE PROFIL



> NO REFRESHMENT POINT ON THE COURSE

# SHORT

SATURDAY JULY 6TH - FROM 2 PM

**Time limit: 2h30**

Opening of the transition zone: **12.15 pm - 1.45 pm**

Belongings and bike pick-up : **3.40 pm - 5.00 pm**

Podium : **3.30 pm**

> DISCOVER THE PROFIL



> REFRESHMENT POINT

Refreshment on the running course at km 3: Eau de Genève, isotonic products, fruits and salted food.



# STANDARD

SATURDAY JULY 6TH - FROM 7.30 AM

Time limit: 4h35

Opening of the transition zone: 6.00 am - 7.15 am

Belongings and bike pick up: 11.00 am - 12.15 pm

Podium : 11.00 am

> DISCOVER THE PROFIL



> REFRESHMENT POINTS

Liquid refreshment points at km 2.5 and km 22.5 on the bike course. Refreshment points at km 3 and km 8 on the running course: Eau de Genève, isotonic products, fruits and salted food.

# HALF

SUNDAY JULY 6TH - FROM 7.00 AM

Time limit: 8h00

Opening of the transition zone: 5.00 am - 6.45 am

Belongings and bike pick-up : 11.30 am - 3.00 pm

Podium : 12.30 pm

> DISCOVER THE PROFIL



> REFRESHMENT POINTS

Liquid refreshment points at km 26, 52, 77 on the bike course. Refreshment points at km 3, km 8, km 14 on the running course: Eau de Genève, isotonic products, fruits and salted food.





# RELAYS

The La Tour Genève Triathlon is an event open to all. For a change from the classic format, all our distances (excluding children's races) are available as relays.

For all formats, the relay participants start together after the individuals in a mass start. They have their own specific swimming cap color, grey.

Relay participants meet in the transition zone to pass the relay. Please, wait at your spot in the transition zone and don't interfere with other participants in the race when waiting for your relay.

You can assist to the start of each discipline and go to the transition zone afterwards to prepare for your relay.

The transponder must be passed on to the next runner each time.

You must follow the following specifications:

- The swimmer must wear the tattoo and the swimming cap provided by the organisation.
- The cyclist must wear their bib on their back, as well as the stickers on their helmet and bike (as checked at the entrance to the transition zone)
- The runner must wear their bib facing forward.

The relay participants can all meet up near the finish line to run the final stretch together.

# AFTER THE RACE

## RETURN YOUR TRANSPONDER

You must return your transponder after crossing the finish line. In the event of loss or non-return, the transponder will be charged 30 CHF.

## REFRESHMENT POINTS

Solid and liquid refreshments will be available after the finish line.

## RESULTS

The results will be available on the [website](#) shortly after the race.

## PHOTOS AND RACE CERTIFICATE

Available after the race on the [website](#).

## MEDAL PLATE

If you chose the medal when you registered, you can order your personalized medal plate with your first name and race time on your [registration form](#). You can then stick the plate on the back of your finisher medal!

On sale for CHF 9.00 before the event, CHF 10.00 on site and CHF 12.00 after the event. You'll receive your plate in the weeks following the event.

## ENJOY THE TRIATHLON VILLAGE

The Village Triathlon will be open after your run, so you can refresh yourself with a wide choice of drinks from our à la carte menu.



# ENERVIT

**BEFORE**



**DURING**



**AFTER**



**EVERY COMPETITION AND TRAINING**

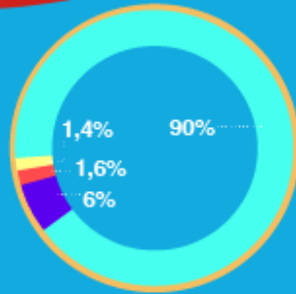


234 TEQ CO2

Or the equivalent of 15.6 Swiss citizens for 1 year \*\*

\*Teq CO2: Same as CO2 equivalent, introduced by the IPCC, the teq CO2 makes it possible to compare the impact of greenhouse gases (GHGs) on the environment by simplifying the comparison. It also makes it possible to add them together using a single value.  
\*\*Source: Federal Office for the Environment (FOEN)

- Personal transport
- Gifts
- Accommodation & food
- Refreshment points



### FOCUS ON TRANSPORT AND PARTICIPANT GIFTS



1,7% OF THE PARTICIPANTS COME BY PLANE.  
= 17% (39 teq CO2) of total event emissions



Participant gifts represent 1,6% OF THE TOTAL CARBON FOOTPRINT  
i.e 2,67 teq CO2



48,7% OF PARTICIPANTS CAME BY BIKE OR ON FOOT



SOME GIFTS HAVE A SIGNIFICANT IMPACT because of the waste generated, rather than the CO2 emitted

### IMMEDIATE ACTIONS VS PLANNED ACTIONS



RECOMMEND LOW-CARBON MEANS OF TRANSPORT



LOCAL RECRUITMENT OF PARTICIPANTS OR IN TOWNS WITH EASY RAIL LINKS TO GENEVA



EMPLOY LOCAL PLAYERS



INCLUDE THE GREENHOUSE GAS (GHG) CRITERION WHEN CHOOSING GIFTS



OFFER USEFUL GIFTS WHICH RESPECT SOCIAL ISSUES



MAKE GIFTS OPTIONAL (medals, swimming cap, etc...)



RAISING AWARENESS AMONG PARTICIPANTS  
Offer webinars on climate change and GHGs at our events



COLLABORATION WITH OUR PARTNERS  
who present gifts to participants to ensure the  
« Sustainability » criteria are taken into account



DEVELOP PARTNERSHIPS with rail transport operators

# SUSTAINABILITY

## 10 Triathlete's Commandments

- 1 – For long-distance journeys, I favor the train as much as possible; if it's not possible, I opt for carpooling; I only use the plane as a last resort if there's no other alternative.
- 2 – For short distances, I use public transport, bicycles (a bike park will be set up and access to the village will be authorized) or walking.
- 3 – I avoid printing my bib pick-up coupon to reduce paper consumption and instead download it directly on my phone
- 4 – I favor vegetarian dishes to meat dishes, which divides my carbon footprint by up to 14 times.
- 5 – I support Switzerland for UNHCR, the Swiss Foundation for the High Commissioner for Refugees, our Charity Partner, by making a donation in my runner's area of by relaying their news.
- 6 – I reduce the amount of waste I generate, I don't take goodies I don't need.
- 7 – I scrupulously respect the waste sorting system set up by the organiser.
- 8 – I respect the natural sites and public spaces I use for my race.
- 9 – I respect other participants, the values of sport and tolerance.
- 10 – I fully enjoy my race and the event!

# CHARITY PARTNER



Dear Athletes & Friends,

## MORE THAN 114 MILLION PEOPLE FORCED TO FLEE

The ongoing war in Ukraine and other conflicts such as in Afghanistan, Sudan, or Syria are tearing lives apart every day. Worldwide, more than 114 million people have been forced to flee their home to find peace and safety. Since 1950, UNHCR, the UN refugee agency, has saved millions of lives and works to ensure that everybody has the right to seek asylum and find safety, having fled violence, persecution, war, or disaster at home.



## RUN - SWIM – BIKE WITH REFUGEES

La Tour Geneva Triathlon and Switzerland for UNHCR have joined forces to help people forced to flee. Today, we invite YOU to run, swim and bike in the La Tour Geneva Triathlon and make a donation to Switzerland for UNHCR when you register or directly on our [website](#).

## TOGETHER, WE CAN MAKE A DIFFERENCE

Every minute of every day 20 people are forced to leave their homes to escape violence or persecution. A small contribution can already make a big difference and help a refugee family find a safe place to call home and build a better future.



You can support vulnerable families like Mustafa's. Mustafa (6) lives with his brother Zaman and their mother Fatima on the outskirts of Kabul, Afghanistan. Fatima, an internally displaced widow, lost her husband to cancer. She now provides for her two sons on her own.

On behalf of the Switzerland for UNHCR team, we wish you a great event, successful races, and lots of fun.

Switzerland for



**UNHCR**  
The UN Refugee Agency

No one chooses to be a refugee.

But we all have the choice to help them.

DONATE NOW



[unrefugees.ch/triathlon](https://unrefugees.ch/triathlon)



# BECOME A VOLUNTEER

## #BECOME A VOLUNTEER

There will be almost 600 volunteers, true enthusiasts who give their time and energy to make this 34th edition a success.

Pillars of the event, they will be there to welcome you with a smile, answer your questions, encourage you, look after your safety with dedication and applaud you at the finish as if you were family.

A huge thank you to each and every one of them, because without their presence and dedication, this sporting event would not be possible! If you have a friend or family member who would like to be part of this great adventure and be closer to the action, don't hesitate to ask them to join our team of volunteers.

Are you interested in volunteering? Sign up to receive details of all our upcoming events.



# EVENTS IN THE SURROUNDINGS



When you register for the La Tour Genève Triathlon, you'll receive a 10% discount on your Evian Triathlon bib.

Have your reservation code ready!





# HOW TO FOLLOW THE EVENT AND CONTACT



Photo, practical informations, follow an athlete live: go on our [website](#).



If you have any questions, please contact us at [info-tri@genevetriathlon.ch](mailto:info-tri@genevetriathlon.ch)



Share your race experience on our social media using our official #.  
Invite your friends and family to do the same to cheer you on on Twitter and Instagram using those # in their comments.

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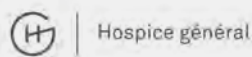
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