Dear company,

**Wake up and run** is a **non-timed 5km** running or walking event which takes place at 05.30 am on a Friday morning, in the center of 11 Swiss cities. After the run, a take away **breakfast** that includes regional products is served to the participants. Wake up and run fosters a healthy lifestyle by encouraging regular sports activities and a balanced diet, all these in a convivial and relaxed atmosphere.

**We propose you to offer full or part of the registration fees to your employees,** thanks to a customized promotional code – for one or more cities. Registrations will be done through an online form.

**New in 2018!**

**Group discounts will be offered to the companies that offer full registration fees to their employees** (see page 2.)

# Price list 2018

| Place & Dates | Registration fee per person | | | |
|---|---|---|---|---|
| | Without group discount | From 10 registered | From 20 registered | From 30 registered |
| Bienne – Nidau 04.05.18 | CHF 34.- | CHF 32.- | CHF 30.- | CHF 28.- |
| Neuchâtel 18.05.18 | CHF 34.- | CHF 32.- | CHF 30.- | CHF 28.- |
| Sierre 25.05.18 | CHF 32.- | CHF 30.- | CHF 28.- | CHF 26.- |
| Fribourg 08.06.18 | CHF 34.- | CHF 32.- | CHF 30.- | CHF 28.- |
| Lausanne 15.06.18 | CHF 36.- | CHF 34.- | CHF 32.- | CHF 30.- |
| Basel 29.06.18 | CHF 36.- | CHF 34.- | CHF 32.- | CHF 30.- |
| Solothurn 24.08.18 | CHF 32.- | CHF 30.- | CHF 28.- | CHF 26.- |
| Zürich 31.08.18 | CHF 36.- | CHF 34.- | CHF 32.- | CHF 30.- |
| Bern 14.09.18 | CHF 36.- | CHF 34.- | CHF 32.- | CHF 30.- |
| Nyon 21.09.18 | CHF 36.- | CHF 34.- | CHF 32.- | CHF 30.- |
| Delémont 28.09.18 | CHF 32.- | CHF 30.- | CHF 28.- | CHF 26.- |

If you would like to offer you employees the chance to take part in one or more **Wake up and run** events, **don't hesitate anymore and contact us** per e-mail at communication@wake-up-and-run.ch or phone 032.566.10.44.

WAKE-UP-AND-RUN.CH