



10 & 11 MAY
2025
19TH EDITION

GENERALI **GENÈVE+ MARATHON**



RUNNER'S GUIDE

5 km by Always •

10 km Run • Walking • Nordic Walking



A WORD FROM THE ORGANISATION

Dear participants,

We're delighted to welcome you to the 19th edition of the Generali Genève Marathon – a historic event, with a record number of participants: over 24,000! Despite this exceptional attendance, we've deliberately limited the number of registrations in order to guarantee the quality of the organization and to preserve your running experience.

This year also marks a major premiere: for the first time, the Swiss Marathon Championships will be held as part of the Generali Genève Marathon, a responsibility we welcome with pride.

Our commitment to reducing our carbon footprint continues. After a conclusive test on the refreshment stands of the Marathon distance in 2024, we are going even further this year with the introduction of reusable cups (eco-cups) on the majority of refreshment stands.

As last year, we will also be pleased to offer women's urinals (Lapee), to improve the comfort of women.

In terms of atmosphere, we have stepped up our entertainment to ensure that runners and spectators alike can enjoy the festivities along the run.

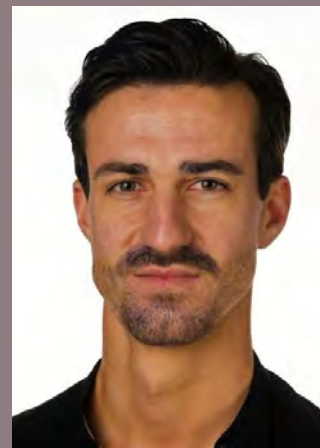
We would like to extend our warmest thanks to the authorities, the towns we pass through, our partners and, of course, our fantastic volunteers, without whom nothing would be possible.

We wish you all a wonderful weekend and an unforgettable race.

The Organizing Committee

A WORD FROM OUR PARTNERS

GENERALI SWITZERLAND



A representative survey* by Generali Insurance shows that Swiss people are active and often enjoy putting on their running shoes. 47% of the surveyed runners have already participated in one or more races or plan to do so in the future. This reinforces and motivates our commitment to running.

As a lifetime partner to our customers, we focus on prevention and support in regards to health, rather than just claims management. Our growing Generali Running Family is open to everyone who enjoys running and wants to move regularly. Since 2022, we have increased the number of our customers, employees, and their family

members from 50 participants at the Generali Genève Marathon to over 400 participants in 2025. This makes us extremely happy.

The Generali Running Family includes our ambassadors Tadesse Abraham and Dominic Lobalu as role models and motivators. Both came to Switzerland as refugees and are now among the most influential athletes in the Swiss running scene. Tadesse Abraham officially ended his career in December 2024, but we continue our successful collaboration with him this year.

Our foundation "The Human Safety Net Switzerland" is the charity partner of the Generali Genève Marathon. All runners can turn their run into a run for children and donate directly when registering. Generali's Swiss branch of the global initiative supports parents with children under six years old who grow up in difficult family circumstances across Switzerland.

Generali is proud to be the title partner of the Generali Genève Marathon again this year. We look forward to a fantastic sporting event with you. Run for it!

Michel Menétrey
Brand Activation Expert & Athlete Manager Running
Generali Switzerland



*Study Profile
2488 Swiss individuals participated in this study, of which 1474 engage in running. The survey is representative in terms of age, region, and gender. The survey period was from 30.08.2024 to 03.09.2024.

A WORD FROM OUR PARTNERS



THE HUMAN SAFETY NET SWITZERLAND

Knowledge empowers runners and families alike

Dear athletes,

Knowledge is power – the power to shape your own success and that of others. As a runner, knowing your body and how best to use it helps you to get across the finish line safely. And for parents, knowing how to raise children effectively – particularly in the crucial early years – fosters the health and well-being of all concerned. Not all families have easy access to this vital information, though. That's where The Human Safety Net Switzerland foundation steps in, supporting parents with young children in challenging situations and empowering them to define their own future.

Empowering parents to support their children

Who we are is shaped in the first six years of our life. Early relationships and experiences improve children's health, education and career prospects, while poverty, stress and

neglect can harm them. Parents have the greatest impact on their children's development. That is why The Human Safety Net Switzerland foundation helps families in difficult life situations. We support programmes that promote early education and empower parents.

Your donation supports vulnerable families in Geneva

The Generali Genève Marathon lets you unlock your potential while helping vulnerable families to unlock theirs. Your donation supports the project "Femmes-Tische" from the association Camarada in Geneva. The round tables empower women with a migration background on topics such as family, education or health and promote their integration. Learn more about it on [page 40](#) and visit our booth in the Marathon Village.

I am very excited that The Human Safety Net Switzerland is for the fourth time charity partner of the Generali Genève Marathon. Our programmes give children in Switzerland equal opportunities at the starting line to their lives: thank you for supporting us.

Alexandra Waldmeier
Président of **The Human Safety Net Switzerland**



WIN TWO STARTING PLACES FOR THE BMW BERLIN-MARATHON.

© Generali, Deutscher Fernsehsender



Take part now







SUMMARY

- 11 **Organize your visit**
- 12 **Public transport map**
- 15 **Marathon Village**
- 18 **Bib collection**
- 22 **D-Day Check-list**
- 27 **Bag deposit**
- 28 **5Km By Always**
- 33 **10Km Run - Walking - Nordic Walking**
- 38 **I am a FINISHER**
- 40 **Charity Partner**
- 41 **Sustainable development**
- 42 **Volunteers**
- 43 **Follow us**
- 44 **Partners**



YOUR OWN RUN x YOUR OWN STYLE

Enjoy 10% discount on your stay with breakfast included on all participating Accor hotels with the code **GVA25** ■ Book on all.accor.com

Open to all challenges



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LÉMAN EXPRESS

Vivons plus grand



**GENERALI
GENÈVE
MARATHON**

ORGANIZE YOUR VISIT



PROMOTING SOFT MOBILITY TRANSPORT

A **nominative Unireso voucher** is offered for a round trip in zone 10 of Geneva on the day of the event (by [train](#), [streetcar](#), [bus](#) or [mouettes](#)):

· Saturday : 1pm – 12am

Sent by **email** one week before the event



ACCESS TO START, FINISH, VILLAGE

JARDIN ANGLAIS (GENEVA)

Arrivals, Bibs, Info, Stands & Events,
Food Trucks, Volunteer Area, Corporate
offer



15 minute walk from
[Geneva Cornavin station](#)



Line G or E, station "Rive"



A bike park is located
next to the bib collection
area

COLOGNY (CHEMIN FRANK-THOMAS)

Start



5 minute walk from
[Geneva Eaux-Vives station](#)



Line 12 and 17, station
"Genève-Eaux-Vives,
gare"



Find all nearby P+Rs
[here](#)



Rappel : Tous les coureurs bénéficient des transports publics gratuitement dans la zone 10 de Genève le jour de leur course
Runners are offered free public transport in zone 10 of Geneva on the day of their race.
Plus d'infos sur / Find out more on generaligenevemarathon.com

VILLAGE & BIB



MARATHON VILLAGE

From Friday to Sunday, join us at the **Jardin Anglais, Quai du Général-Guisan, Geneva** to experience the whole event.
This will be your opportunity to :

- Ask your last questions at the Information Point
-  Discover many of the region's food trucks. Vegetarian menu at every stand
-  **SATURDAY MAY 10th - 9am :** Participate at the Compressport Morning Run at the Flower Clock
- Do your last-minute shopping at the various stands and discover the Compressport 2025 Special Collection in the colors of the Generali Genève Marathon
- Discuss with our Charity Partner, The Human Safety Net
-  **SATURDAY MAY 10th - 9:30pm :** Attend the DJ set by Generali
- Visit the Hirslanden stand for advice from professional physiotherapists, body composition tests, massages and taping
- Our partners, like SIG, offer great experiences! Have your name engraved free on your Eau de Genève stainless steel flask
- Attend prize-giving ceremonies

“—
SWAP YOUR **RUNNING
TRAINERS** AND **THE TARMAC**
FOR THE RIDGES OF **THE MONTS JURA**

paysdegextourisme.com

ANTHELIOS
N°1 SUNCARE RANGE
IN PHARMACIES**



*Aplua, Healthcare Market Research Worldwide, dermatologist barometer, 05/2024, spontaneous recommendation, dermocosmetic brands, 50 dermatologists.
**CPMA, suncare market in Swiss pharmacies, YTD 11/2024, volume and value.



LONG-TERM AND COMMITTED
RECRUITMENT PARTNER



TEMP & PERMANENT PLACEMENT
PAYROLLING - TRY & HIRE

CONSTRUCTION – INDUSTRY
TRANSPORTATION – LOGISTICS
HOTELS – FOOD & BEVERAGE

OFFICE – BANKING
MEDICAL – LUXURY
WATCHMAKING – JEWELRY

TWO BRANCHES IN ROMANDY

geneve@abalone-emploi.ch
022 309 38 15

lausanne@abalone-emploi.ch
021 556 13 00



abalone-emploi.ch

**CHEERZONE
SNOWLEADER**



Invite your loved ones to join us on our cheerzone
made in Snowleader !

snowleader®

BIB COLLECTION



PLACE

Jardin Anglais

Quai du Général-Guisan 34, Geneva

OPENING HOURS

Friday May 9th: 10:00am – 7:00pm

Saturday May 10th: 9:00am – 6:00pm



No bib collection on Sunday

EXPECTED ATTENDANCE

Friday



Saturday



WHAT DO YOU NEED?



Your **pick-up coupon** (sent by email one week before)



An **identity document**

COLLECT THE BIB(S) OF ANOTHER PERSON



You must bring the **pick-up coupon** and a copy of each **runner's ID**



Everyday at the heart of your commitment.

Convenient, sustainable and charitable.



Order online



bit.ly/sig-carafes



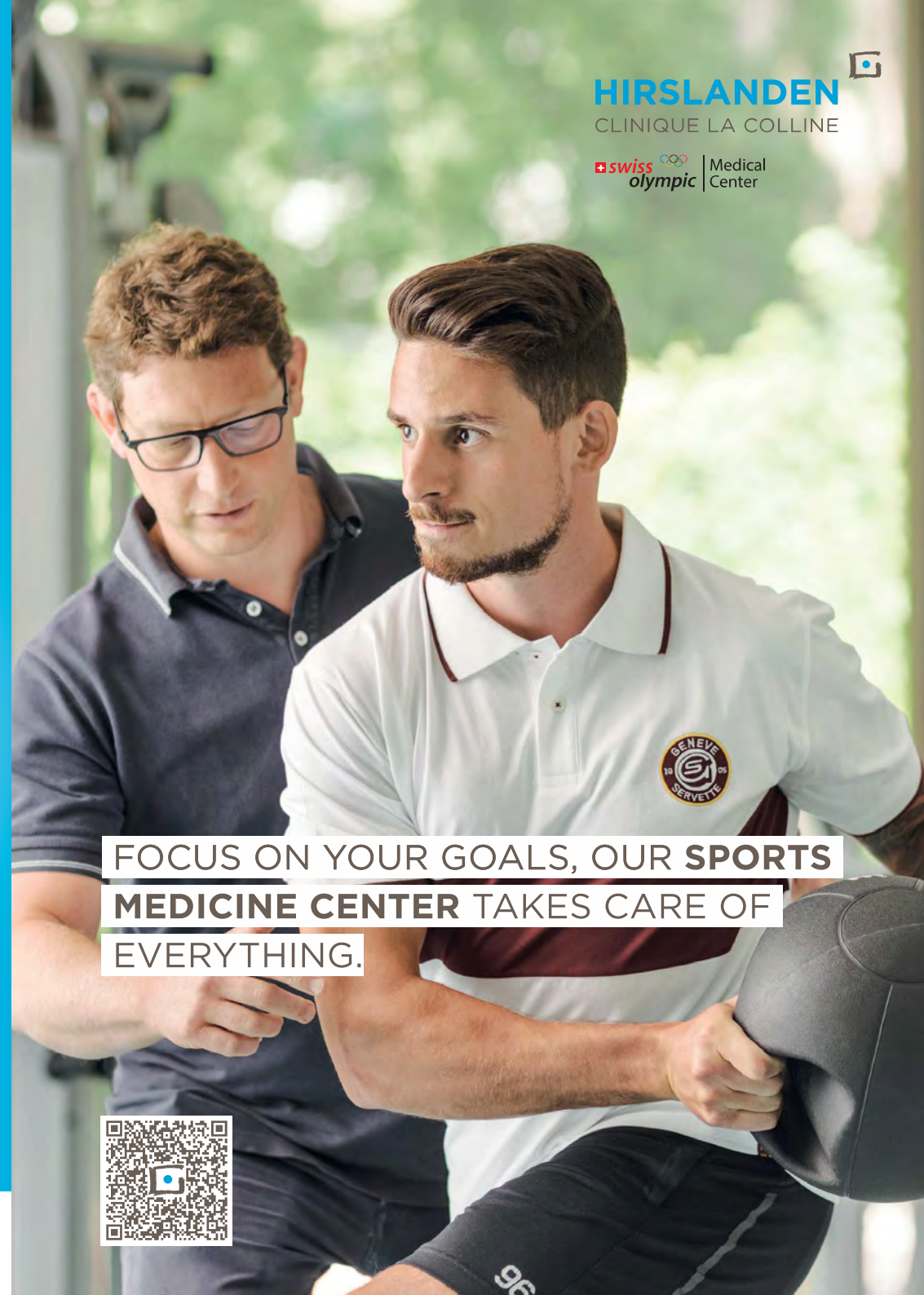
Water pitcher or stainless steel water bottle for sale at CHF 20.-
100% of our profits are donated to a Genevan humanitarian organization
and the Association for the Preservation of Lake Geneva.



parentdesign.com

HIRSLANDEN
CLINIQUE LA COLLINE

swiss olympic Medical Center



FOCUS ON YOUR GOALS, OUR **SPORTS MEDICINE CENTER** TAKES CARE OF EVERYTHING.



D-DAY CHECKLIST



Have a good meal



Wear comfortable
running clothes



Protect the sensitive zones:
sun cream, anti-chafing
cream...



Clearly visible bib on the
front, attached with the
provided pins



Join your start wave



Don't burden yourself with
food, refreshments are
planned all along the course



Don't start off too fast!
Follow the pace setters



Smile because you will soon
be a **FINISHER** !


NORQAIN
SWISS MADE WATCHES



WILD ONE SKELETON
GENERALI GENÈVE MARATHON
LIMITED EDITION

 **GENERALI**
GENÈVE +
MARATHON



A
RACE
FOR

/ Courses
/ Schedules

EVER
YONE



“FROM CRISIS TO EXCELLENCE”

FRIDAY, 9 MAY 2025

MARATHON VILLAGE, JARDIN ANGLAIS

EMIL NESZMÉLYI

Adventurer, enthusiast of extreme sports and challenges

Having summited Everest twice, completed the Seven Summits challenge, and undertaken a legendary 1,000km journey across Antarctica, Emil offers us a true lesson in resilience and leadership.

He will be joining us at the Marathon Village to share his extraordinary experience.

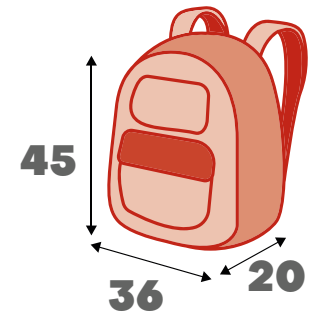
➤ **Join us in the Core Lean area on Friday, 9 May at 10:00 AM.**



BAG DEPOSITS

Runners can drop off their bags before the race.

- ⚠ No bags will be distributed on site.
- ⚠ Bags cannot be deposited at the start.
- ⚠ Maximum size: 45 x 36 x 20.



HOW TO DEPOSIT YOUR BAG ?



Use the bag tag under your race bib

Fix it to your bag

Drop it off at the Gustave-Ador/Street Pierre-Fatio intersection (1.2km from the start)

[HERE](#)

RACES	DEPOSIT	END OF RECOVERY
5Km by Always	4:30 – 5:30 PM	7:30 PM
10Km Run, Walking, Nordic Walking	5:30 PM – 6:30 PM	9:30 PM

PHOTO Running

PhotoRunning, **official photographer** of the Generali Geneve Marathon

Find your official photos in just a few clicks.
Simply log in with your race number
HD download for unforgettable memories
Available as soon as possible after the event

Scan this QR-code !



PHOTO Running

5 KM BY *always*



SATURDAY MAY 10TH



START

Chemin Frank-Thomas (Cologne)

FINISH

Quai Gustave Ador (Geneva)



START TIME

6:00pm*



TIME LIMIT

50 min



PODIUM

6:30 – 6:45pm



Garbage bags and ponchos are not allowed at the start.
Please do not leave them on site.

*Subject to change



Procter & Gamble has been supporting the Generali Genève Marathon since its beginning in 2005, Official Partner since 2013.

always

ARIEL

head & shoulders

Oral-B

Pampers

PANTENE

SAMEDI / SATURDAY

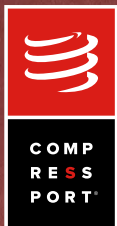
→ **5 KM by Always**
DÉPART 18:00 START 6PM*

CHEERING ZONE

*LES HORAIRES SONT SUJETS À MODIFICATIONS
THE SCHEDULE IS SUBJECT TO CHANGE.

TOILETS AVAILABLE AT START (GENÈVE-EAUX-VIVES STATION) AND FINISH (VILLAGE)





GENERALI
GENÈVE+
MARATHON

PARTENAIRE OFFICIEL | OFFICIAL PARTNER



**PRO
MARATHON
SOCKS
V2**
42.195 KM
ZERO BLISTERS

**WHEREVER YOU RACE,
WE SUPPORT YOU.**

10KM RUN/WALKING/ NORDIC WALKING



SATURDAY MAY 10TH



START

Chemin Frank-Thomas (Cologne)

FINISH

Quai Gustave Ador (Geneva)



START TIME

7:00pm*



TIME LIMIT

2h



PODIUM

8:30pm



REFRESHMENT POINT km5.5

- Water (Eau de Genève)
- Isotonic lemon drinks [ESN](#)
- Oranges, bananas
- Savoury and sweet cookies



PACE SETTERS

Pace setters will help you reach your goals.

40 min

45 min

50 min

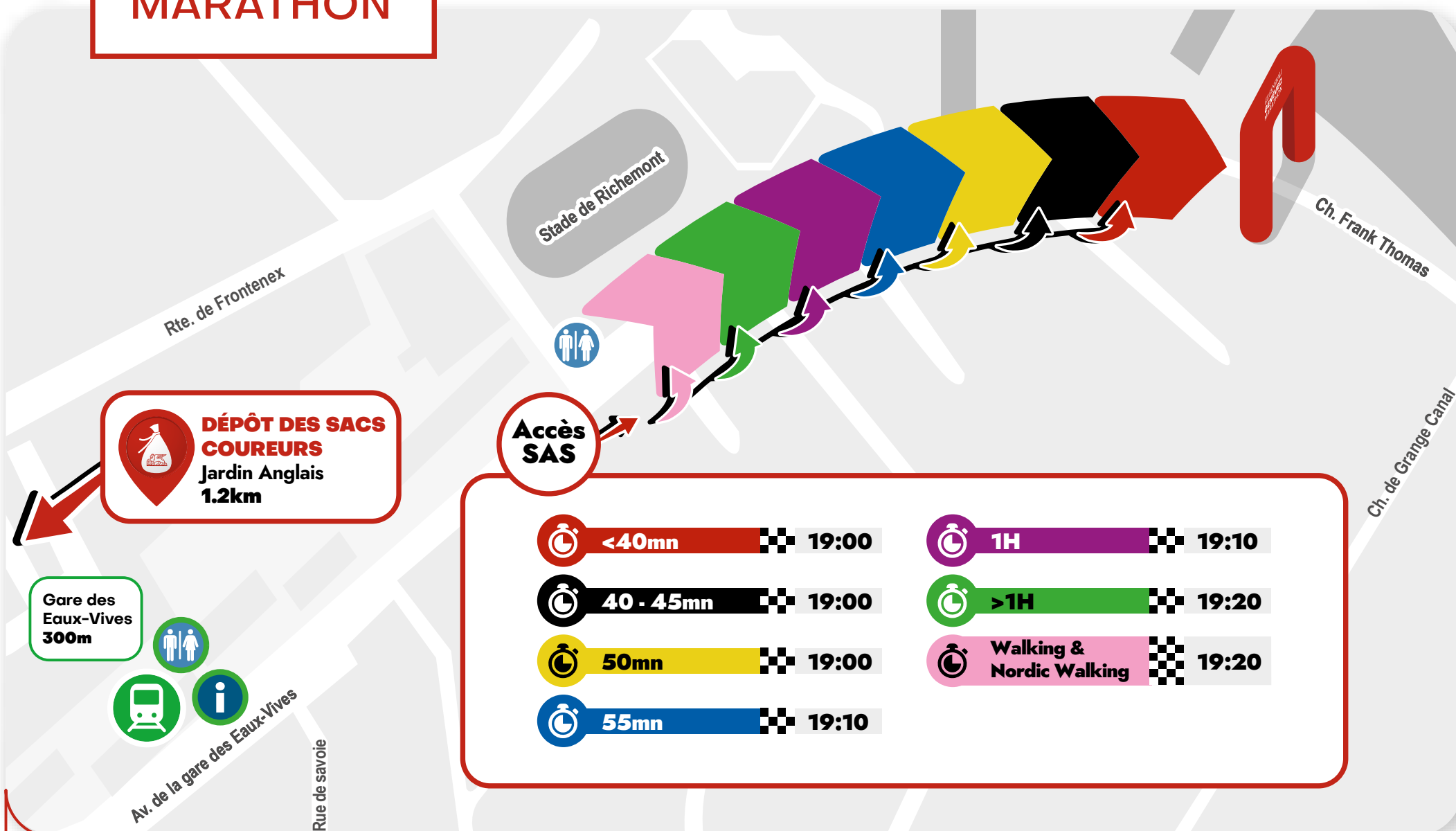
55 min

1H00



Garbage bags and ponchos are not allowed at the start.
Please do not leave them on site.

*Subject to change




SAMEDI / SATURDAY

→ **10 KM**
DÉPART 19:00 START 7PM*

 **RAVITAILLEMENTS**
FEED STATIONS

CHEERING ZONE

*LES HORAIRES SONT SUJETS À MODIFICATIONS
THE SCHEDULE IS SUBJECT TO CHANGE

 TOILETS AVAILABLE AT REFRESHMENT POINT, START (GENÈVE-EAUX-VIVES STATION) AND FINISH (VILLAGE)



I AM FINISHER



If you have chosen to receive your medal, follow the signage and pick it up from the volunteers.



At the finish, solid and liquid refreshments **(including recovery drinks provided by ESN)** await you. **Don't forget to deposit your eco-cup in one of the bins provided.**



A changing room will be located near the bag drop-off/pick-up area. [HERE](#)
Attention: there are no showers.



Take your FINISHER "selfie" through our app!



Results will be available on our website generaligenevemarathon.com and on our official app after the race.



All runners will receive a link to their personalized video (offered by Generali), their race photo and their race certificate.



Order your medal plate with your name and race time via your runner's area. To stick on the back of your finisher medal!
Price: CHF 9.- before the event, CHF 10.- during, CHF 12.- after.
Delivery by post approximately one month after the event.

RUN FOR FAMILIES WITH THE HUMAN SAFETY NET

Your run for vulnerable families in Geneva

The Generali Genève Marathon lets you unlock your potential while helping vulnerable families to unlock theirs. Each year, our charity partner, The Human Safety Net Switzerland foundation, chooses a project that supports parents and children aged 0 to 6 years in vulnerable situations. This year, your donation enables the Camarada association to launch the national Femmes-Tische in Geneva.

More equal opportunities for 150 women and their families with migration backgrounds

“Welcome! Would you like to talk to other women in your mother tongue about topics such as family, parenting or health?” This is the invitation to the Femmes-Tische discussion groups. Each time, a trained moderator introduces the chosen topic, then



About The Human Safety Net Switzerland

The Human Safety Net Switzerland foundation helps families in difficult life situations. It supports programmes that promote early education and equal opportunities for children. The foundation was established by the insurer Generali Switzerland in 2019.

leads the discussion and provides information at the same time. These round tables empower women with a migration background in difficult life situations. They support their integration, promote dialogue about health or family and create social connections. Because strong parents mean strong children.

Donations can be made by filling in our online form.

Thank you for your support

DONATE

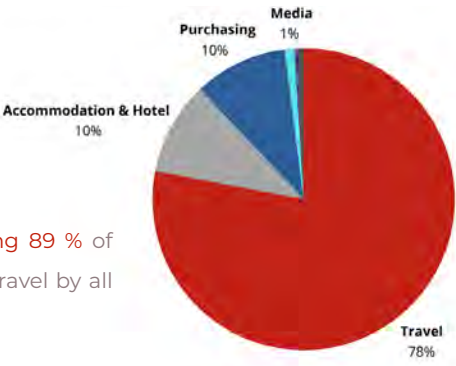
MESSAGE FEMME-TISCHE

SUSTAINABLE DEVELOPMENT

CARBON FOOTPRINT 2024

1868 t CO₂e
so 102kg/participant

7,7 % of participants travel by air, generating 89 % of greenhouse gas (GHG) emissions linked to travel by all participants.



WHAT WE ACTUALLY DO



Encouraging responsible transport

Free public transport in Geneva zone 10 on race day.



Optimized waste management

Partnership with Aremacs for efficient sorting along the route.



Green energy

The organization runs on 100% certified green electricity, generated by hydroelectricity and solar power.



Optional medal

Choose a finisher medal only if you wish.



Reusable tableware

Over 70,000 eco-cups collected thanks to SIG = 6,000 fewer bottles!



Responsible catering

Vegetarian option everywhere = up to 14 times less CO₂ emissions.



Local first

Participants, service providers and volunteers recruited primarily in the region.

VOLUNTEERS



FOLLOW US



OFFICIAL APP

Download the official app on [Android](#) & [Apple](#).



WEB SITE

Find all the important informations, the results and our assistance [here](#).



#GENEVEMARATHON

Don't forget to share with us your photos and impressions by using our [#genevemarathon](#).



LOCAL EVENTS



TITLE PARTNER



CHARITY PARTNER



OFFICIAL PARTNERS



OFFICIAL TIMEKEEPER



INSTITUTIONAL PARTNERS



OFFICIAL SUPPLIERS



MEDIA PARTNERS



OFFICAL SUPPORTERS

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[Club en fauteuil roulant Genève, Perskindol, Secra, Serbeco, Skynight, Team Physio,](#)

[Touring Club Suisse-Section Genève, Unilabs](#)

GENERALI GENÈVE+ MARATHON