

LE DÉPARTEMENT DE LA MOSELLE PRÉSENTE

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# L'ART DE COURIR

EXPOSITION

CHÂTEAU DE MALBROUCK  
MANDEREN – RITZING



REGARDS SUR LA COURSE À PIED DES ANNÉES 60 JUSQU'AUX PROCHAINS JEUX.



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## ROOM 1

### 1. The creation of the Olympic Games

#### THE ANCIENT PANHELLENIC GAMES

Many Games took place in ancient Greece over several centuries and in numerous cities. But the largest were the four Panhellenic games: The Isthmian Games, the Nemean Games, the Pythian Games and, most famous of them all, the Olympic Games.

Greeks who won at the Olympics were known as Olympionikes, while a champion at all four Panhellenic Games received the title of periodonike, the ancient Greek equivalent of a Grand Slam victory.

#### THE OLYMPIC GAMES

In 884 BC, as war ravaged the Greek states, Iphitos, King of Elis and Olympia, turned to Pythia, high priestess of Delphi, who advised him to hold the Olympic Games in order to calm the rage of the gods and protect his people from war and pillaging. The Olympic Games, which took place every 4 years (the Olympiad), were sporting events held as part of a religious festival in honour of Zeus. The first proper Games took place in 776 BC.

### 2. Running, king of the ancient Olympic events

Over the centuries, 16 disciplines came to form the ancient Olympic schedule. These included pankration, boxing, wrestling, pentathlon and chariot racing, but the oldest and most prestigious remained the four foot races: the "Stadion", the "Diaulos", the "Dolichos" and the "Hoplitodromos".

#### THE STADION:

776 BC: The first Olympic Games consisted of just one event, a sprint the length of the Olympic Stadium, around 192m, known as the "Stadion". The stadion became the unit by which all other races were measured. Coroebus of Elis was the 1st Olympic champion in this event.

#### THE DIAULOS:

724 BC: Introduction of the Diaulos. As each race at the Games was measured in stadions, this second event took place over a distance of two stadium lengths, approximately 384m. Hypnos of Pisa was the inaugural winner of this new race.

#### THE DOLICHOS:

720 BC: The Dolichos, a long-distance race of 24 stadions (approximately 4 600m), was added to the schedule. Akhantos of Sparta won the first Olympic title in this discipline.

#### THE HOPLITODROMOS:

520 BC: The race of the Hoplites, a foot race run in military attire carrying arms, was held for the first time. This race was run over a distance of two stadions and closed the Games. The first champion was Damaretos of Heraia.

### 3. Competitors in the ancient Olympic Games



The ancient Olympic Games were only open to men. All Greek citizens could take part, from princes to simple farmers. In reality, Olympians were often soldiers. Women were banned from the Games. However, they competed on the same site 15 days after the men, in games dedicated to the goddess Hera.

720 BC: According to legend, Orhippos of Megaris was the first athlete to compete in the Olympic Games nude. He lost his loincloth but carried on running. The Greeks then adopted nudity for athletes.

#### 4. The end of the Ancient Olympic Games

The decline of the Olympic Games began with the arrival of the Romans in 146 BC. From this date, the Romans participated in the Olympic Games, imposing their own ideas about athleticism, which were a far cry from Greek sporting ideals. In 67 AD, Emperor Nero dishonoured the Games by declaring himself winner of the chariot race. In 394 AD, under pressure from the ethics of Christianity, official religion of the Roman Empire at the time, Emperor Theodosius I abolished the Olympic Games, which were considered a pagan ritual.

From 776 BC to 393 AD, the ancient Olympic Games lasted a total of 1168 years. Of the 4237 Olympic champions honoured in the 293 recorded Games, just 921, or 21 %, are known today. The Games, a pillar of Ancient Greek society, were sacrificed on the altar of Christianity.

#### 5. Symbols and prizes

##### THE OLYMPIC TRUCE:

The Olympic truce is the greatest symbol of the ancient Olympic Games. This “sacred truce” (or “Ieri ekecheiria”) required all Greek city-states participating in the Games to suspend combat for the duration of the event. The truce helped improve relations within the Greek world. The Olympic Games became the only common ground between the perpetually divided Greek states.

##### OLYMPIC PRIZES

At the first 6 Olympic Games, the victors won nothing but an apple. From the seventh Olympiad, in 752 BC, the Olympic champion received a wild olive wreath, a red wool ribbon and a palm branch. Diocles of Messenia was the first Olympic champion to receive this honour. The Greeks did not give prizes to the athletes who finished in second and third place.

##### THE TITLE OF OLYMPIC CHAMPION

Victory brought the winner Panhellenic fame and immortality. Overcoming political and regional differences, the winner embodied the eternal Greek ideal. Meanwhile, the hometown of a champion would honour him in various ways. Olympic champions were well looked after for life and often granted religious, military or cultural powers. Upon returning from the Games, part of the boundary wall would be demolished to make way for a special road to greet the arrival of the athlete who had brought glory upon the city.

##### ANCIENT QUOTES

“As water is the greatest of the elements, as gold is more precious than all human wealth, as the sun’s rays are the most burning source of heat, let us proclaim no contest greater than the Olympic Games.”

“Mother of contests crowned with wreathes of gold, Olympia, mistress of truth.”

PINDAR 518-438 BC, famous lyric poet and Bard of the Olympic Games

## PART 2: THE MODERN OLYMPIC GAMES

### 1. Pierre de Coubertin

Born in Paris in 1863, the founder of the modern Olympics was an educator with a strong belief in the role of sport in personal development. Pierre de Coubertin suggested “restoring the Olympic Games” at the Sorbonne in Paris in 1892. Taking inspiration from the Ancient Olympics, Coubertin

wanted to unite the world’s youth in a multisport event defined by the following principles:

- Promoting the physical and moral qualities that form the basis of sport;
- Educating young people through sport in a spirit of mutual understanding and friendship, with the aim of building a better and more peaceful world;
- Spreading the Olympic values around the world, fostering international goodwill;
- Bringing together athletes from around the world for a great sporting festival every four years - the Olympic Games.

On 23 June 1894, again at the grand lecture theatre of the Sorbonne before an audience of 2 000, the Olympic Games were revived. Pierre de Coubertin founded the International Olympic Committee (IOC) with the aim of organising the first Olympic Games of the modern era. The date of these first Games, 1896 in Athens, would mark the beginning of a great adventure, which continues over a century later!

Coubertin died in Geneva in 1937. He is buried in Lausanne (Switzerland), but his heart rests in a memorial stele in Olympia (Greece).

### 2. Symbols of the modern games

#### THE OLYMPIC RINGS

Five interlinked rings of identical size, in five different colours: blue, black, red, yellow and green, represent the universality of Olympism through the union of the five continents. Together with the white background, these six colours appear in every the flags of every member state.

Contrary to popular belief, the coloured rings do not represent specific continents.

#### THE OLYMPIC FLAG

The five Olympic rings against a completely white background form the Olympic flag, designed by Pierre de Coubertin in 1913. It was used for the first time at the 1920 Antwerp Games. Hoisted on a pole that dominates the stadium, it flies for the duration of the games, close to the flame. At the end of the Games, the flag is taken to the city hosting the next Olympics.

#### THE OLYMPIC FLAME

Symbolising the Olympic ideal, the flame is lit in Olympia and delivered by relay to the Olympic stadium hosting the Games. It represents the spread of Olympic values from their birthplace to the location where the modern Games are taking place. It enters the stadium during the opening ceremony, carried by one or more sportspeople from the host country. The flame first appeared at the 1928 Amsterdam Games. The first relay took place eight years later at the Berlin Olympics.

#### THE OLYMPIC OATH

Appearing for the first time at the 1920 Antwerp Olympics, the oath represents respect for equality and fair play among all competitors.

Just after the lighting of the Olympic flame, an athlete from the host country takes the following oath:

“In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams.” Since 1972 a judge also swears an oath. since 2012, they are also joined by a coach.

#### THE OLYMPIC HYMN

Composed by Spyros Samaras with lyrics by Kostis Palamas, the Olympic hymn was played for the first time at the 1896 Athens Games. However, various pieces of music were used until the 1960 Rome Olympics, where it became the official anthem.

This hymn is used in place of the national anthem for athletes competing individually as refugees.

#### THE OLYMPIC MOTTO

“Citius, Altius, Fortius”, meaning “Faster, higher, stronger”, is a motto coined by the abbot Henri DIDON of Albert le Grand College in Paris in 1891. It became the official motto of the IOC in 1894. It made its first official appearance at the 1924 summer Olympics in Paris and remained unchanged until 2021. At Tokyo, the International Olympic Committee decided to add the word “together” to the motto, to highlight the unifying power of sport and the importance of solidarity.

The new Olympic motto reads "Citius, Altius, Fortius - Communiter" in Latin, or “Faster, higher, stronger - together”.

### 3. Competitors in the modern Olympic Games

#### AMATEUR OR PROFESSIONAL?

From their reinstatement in 1896 until the 1980s, only amateur athletes could compete in the Olympic Games. Many people were sanctioned during this period for being professionals. But faced with the evolution of global sport and its professionalism and media coverage, the IOC removed all references to amateurism from the regulations in 1981 to enable the top athletes to participate in the Games. Professionals were phased in gradually: Footballers in 1984, tennis players in 1988, NBA basketball players in Barcelona 1992. Today, all events are open to professionals.

#### THE ARRIVAL OF WOMEN

The status of women in the Olympic Games has long been a taboo subject. Absent from the first event of the modern era, held in Athens in 1896, they made a tentative appearance at the second, the 1900 Paris Olympics. But due to the social codes and prejudices of the time, there was strong resistance to the growth of women's sport. It was not until the 1928 Amsterdam that women could participate in the athletics and gymnastics events. From the 1950s, their sporting freedom grew with every Olympics. Paris welcomed the first female competitors in 1900 and in 2024 it will see parity between men and women achieved. To reach 50%, the IOC and international sporting federations have created or adapted disciplines for women in recent years, and new events will be introduced at Paris 2024:

- In athletics: a mixed race will replace the men's 50 km walk.
- In shooting: a new skeet mixed team event will replace the trap men's team event
- In canoeing: Two extreme canoe slalom events - modelled on ski cross or BMX - will replace two canoe sprint events
- In sailing: two new mixed events will appear: kiteboarding and mixed 470. These will replace the 470 men's and women's races. The possibility of replacing the men's Finn with a mixed offshore race is under consideration.
- In boxing: one new women's weight class will replace one men's weight class.

#### P. DE COUBERTIN QUOTES

"Why did I restore the Olympic Games? To ennoble and strengthen sports, to ensure their independence and duration, and thus to enable them to better fulfill the educational role incumbent upon them in the modern world. For the glorification of the individual athlete whose muscular activity is necessary for the maintenance of the general spirit of competition."

"Olympism is not a system, it is a state of mind. It can permeate a wide variety of modes of expression and no single race or era can claim to have the monopoly of it".

"See far, speak frankly, act firmly"

"Sport seeks fear to dominate it, fatigue to triumph, difficulty to overcome it."

"The important thing in life is not to triumph but to compete; what is essential is not to have vanquished, but to have fought well. To spread these principles is to build up a strong and more valiant and, above all, more scrupulous and generous humanity."

"Citius, altius, fortius. Faster, higher, stronger, is the motto of the International Olympic Committee and the raison d'être of all Olympism.

## ROOM 2

### THE ART OF RUNNING - PERSPECTIVES ON RUNNING FROM THE 1960S TO PARIS 2024

Today, joggers are an everyday sight on the wharfs, boulevards and park trails of the city. Running is no longer viewed as a strange, niche pursuit. The image of running has been overhauled and it is now a popular pastime enjoyed by millions worldwide.

The perception of running has changed considerably since the late 1960s, keeping pace with a society in transformation. It is among the most significant behavioral shifts in contemporary society. The underlying factors in this cultural revolution include the supremacy of the values of freedom and pleasure, the conquest of autonomy, the drive to stay fit and the cult of performance, as well as environmental challenges and our digital society.

The explosion of new ways of running is a two-pronged movement, encompassing both continuity and change. Continuity, as it takes inspiration from popular races dating back to the early 20th century. Change, as it represents a departure from the sport's athletic roots, based on competition, victory over others and an obsession with rankings.

In half a century, the running world has undergone a transformation. The mindset of the sport shifted as jogging spread to the masses, appealing to new audiences, including women.

The exhibition *l'Art de courir* (The Art of Running) uses iconography from the era to illustrate how running and society have followed parallel trajectories.

## ROOM 4 PART 2

Nature and running: from the self in nature to nature itself

Runners feel an immediate connection to nature. However, this nature is essentially a social construct, based on depictions and imagery that shift over time.

A product of its era, running is no exception to this rule, and throughout its history it has contributed to changes in the depiction of nature.

### SUBSECTION 1

The self in nature: nature as partner, nature as challenger

Nature has become a space for leisure and personal development, giving meaning to our existence. We reap the benefits of the natural environment and play with the elements in search of the thrills different natural spaces offer. This new relationship goes hand in hand with the emergence of a culture of active leisure, while the occupation of natural spaces reflects new expectations derived from the naturalist ethos of the beat generation.

This new relationship represents a shift from a passive nature that acts on the individual to a living nature that the runner seeks to tame and explore in every sense. The environment essentially becomes the field of play, used for hedonistic and/or competitive ends.

- Nature as partner: here, runners aim to exist in harmony with nature, to find freedom, discover themselves and feel more connected to others. It presents a unique opportunity to establish a contemplative, sensitive and emotional relationship with the environment and experience an existential connection to the elements (air, earth, water, wind, light, etc.). The aim is to recharge, take a breath of fresh air, find calm, or even meditate in the spiritual sense.

Look deep into nature, and then you will understand everything better. - Albert Einstein

- Nature as adversary: here, runners put themselves to the test, explore and experience new sensations, varying in intensity and danger, in hostile natural settings (often unfamiliar and littered with pitfalls), which they must successfully conquer in order to find pleasure and a sense of achievement. They do so by entering natural environments that are essentially wild; the so-called “wilderness”, the stuff of dreams. We feel a strong desire to explore unique spaces where few people have set foot before, untouched places of infinite beauty and abundance (mountaintops, deserts, rainforests, etc.), following in the legendary footsteps of Armstrong.

Mountain races, adventure races, trails and the “ultra” versions of these disciplines fulfil this new need to conquer the elements and progress. That is not to say that nature doesn’t lend a helping hand at times.

## SUBSECTION 2

Nature itself: the greening of nature and the growth of environmental awareness

For many years now, our society has been gripped by climate crisis, resource depletion and a growing environmental footprint, making life more difficult and anxiety-inducing. The earliest mentions of this phenomenon date back to 1970.

And according to the IPCC, the situation is getting worse year on year. This year has been the hottest on record in France, Europe and globally. The water system is under pressure as this resource becomes scarcer.

Running contributes to this environmental conscience. Nature itself, and concern for this nature, comes first, in light of the threat to our already weakened natural heritage.

In this new context, the sporting and leisure we enjoy in nature, and running in particular, reveal this newfound awareness, encouraging people to care for the environment while driving conservation efforts. Runners not only weave a web of relationships that enrich them personally, through the discovery of beautiful places, they also protect these resources through a form of eco-citizenship.

This evolution is evident in the provision of trails in parks, urban woodlands and more natural settings (trail stations), and the planning of sporting events, which must meet increasingly stringent environmental requirements (manifesto, specifications, etc.).

“Nature running” initiatives emerged in the early 2000, in the midst of our hypermodern era. These include adventure races in nature (The “Girondin Challenge” in 1995, the “Saint-Quentin Nature Challenge” in 2007, the France Nature Raid in 2008), urban marathons that have “gone green” (La Rochelle in 2004, Nantes in 2005) or even define themselves by their eco credentials (the Tampon Ekomarathon in La Réunion in 2008), trail runs (Sainte-Victoire 2004) and ultra-trail runs (UTMB in 2003 with its eco-friendly manifesto).

## SUBSECTION 3

### RUNNING MOVES INTO NATURE



During the 1970s, running moves out of designated spaces (stadia, tracks, etc.) and into an array of urban and natural environments, as runners searched for new experiences, new ways of inhabiting the world and a chance to recapture the excitement of life.

Runners flood the urban environments they inhabit every day, both paved (streets, avenues, docks, etc.) and unpaved (parks, gardens, woodlands, etc.), experiencing them in a new way. They want to feel at one with the city, to roam it, to admire it; not just to experience it, but also to assert their right to the city, while always remembering the need to share, to see and be seen by others, intensifying the experience by choosing popular routes or participating in large scale races.

At the same time, runners invade wilder, more natural spaces (forest and mountain trails, vineyards, towpaths, beaches, desserts, etc.), which inspire them to dream and offer an antidote to the city and/or a place of self discovery. Today, they are increasingly aware of the need to preserve our natural heritage.

Different forms of hiking, mountain trail running, races and adventure runs, trails and their “ultra” counterparts fulfil these new needs.

The different modes of running in nature can be understood in terms of the emergence of a new relationship with nature. They are not isolated from one another, or from urban forms of the sport, but rather intertwined in an ambivalent and contradictory public imagination. The urban and the natural often coexist in a kind of dialogue, a dualistic process that brings nature to the city and artifice to nature, reflecting our schizophrenic society.

In its simplicity and ordinariness, running may well have become the surest source of self discovery and comfort in an increasingly uncertain, sedentary and virtual world. It is a true metaphor for our times.

## ROOM 6 - PART 3

Running and society in motion: digital technology and equipment

### SUBSECTION 1

#### HI-TECH SOCIETY: CONNECTED RUNNING

Another major phenomenon is the increasing use of technology and the gamification of running by companies in the smart tech sector (Garmin, Polar, Suunto, etc.), which have spearheaded the development of smart devices (watches, bracelets, mobile phones, etc.) and applications (Strava, Runkeeper, Runtastic, etc.) aimed at tracking and comparing performances.

This phenomenon fulfils our constant need to feel efficient, not just at work but also in our leisure time, which can no longer truly be called free time. This urge is inherent to hypermodern society, which pushes us to excel. We must never come second to ourselves. The challenge is constant and mediated by high tech tools.

Virtual races are another aspect of this trend, raising questions about the future of running.

## 1. Virtual races

Surging in popularity during the 2020 pandemic, virtual races continue to attract a growing number of organisers and participants. Whatever tech they use, virtual races are a means of bringing together tens, hundreds, or even thousands of people, no matter where or when. Virtual races are also a motivational tool.

All runners have times when they lack the motivation to put on their trainers and hit the road. Taking part in a virtual race allows them to set and achieve goals. The wide range of options, from 10 km, to marathons, to trail races, means that anyone can find a race that suits their personal goals.

Virtual races are also a way of challenging others

Modelled on Strava challenges, virtual races are an opportunity to compete against others. Runners of all ages and fitness levels from all backgrounds can join a ranking according to rules set out in advance.

Virtual races as a means of solidarity Running for yourself, but also for others. Runners have always supported charities through conventional races. Recent years have seen a proliferation of virtual charity challenges. From cancer research to telethons and UNICEF, there are endless opportunities to run for a good cause.

Virtual racing as an economic tool

Major brands and events organise virtual races with prizes ranging from vouchers to race entries. These include sports retailer Decathlon, which encourages customers to collect points by completing sports sessions via its app. Another example is the Marathon For All application from the organisers of Paris 2024, which gives runners who complete certain challenges the chance to win one of 2024 bib numbers.

FOCUS Example of a virtual race, the FKTs run by companies such as Strava

Fastest Known Times on a route are timed races available in applications such as Strava, which allow users to set new records over a given route.

The world of extreme running has its own, distinct approach to Fastest Known Times or FKTs. In this mode, there is no organised race, rules or time limits, and certainly no need to collect points or pay to compare yourself to others. FKTs encourage runners to be self-sufficient, without the assistance that comes with an organised event. They involve getting from point A to point B as quickly as possible, providing proof of the route taken and the time. The concept is not new in itself, but has attracted new interest in recent years. The pandemic provided a considerable boost at a time when other forms of competition were impossible and champions focused on beating their personal bests.

Adharanand Finn explains: "In an FKT, the whole world, or rather the whole trail, belongs to you. You start when you want, you are alone and free in nature. It captures the "Into the wild" spirit of early trail running: just you, face to face with the mountains, the desert, or wherever you choose" [1]. He cites a blog post written by American Anton Krupicka in 2011: "The do-it-yourself and vaguely subversive, underground nature of FKTs is the primary attraction for me. It's a very primal and largely unfettered way of being in the mountains and testing oneself..

Adharanand Finn adds: “ultra runners Peter Bakwin and Buzz Burrell created the site “fastestknowntime”, which popularised the term, in 2005. A whole scene developed in the United States, with people making annual attempts to beat the speed records for legendary trails such as the John Muir Trail, which stretches 358 km through the Sierra Nevada in California, or the immense Appalachian Trail, 3 500 km in length”.

Meanwhile in France, the FKT scene has grown, with speed records set on trails including the GR 10 in the Pyrenees, the GR 20 in Corsica and the ascent and descent of Mont-Blanc from Chamonix.

FKTs have become part of the world of “elite extreme sports”, insofar as the experience of adventure is mediated by the pursuit of records - a race against the clock that is the preserve of champions. These long distance competitions occur in relatively less unfamiliar settings, but despite the loss of unfamiliarity, the stakes are heightened by the race against time. In this form of extreme sport, it is the individual that becomes the main stage for exploration, both object and subject of the experience. Above all, FKT runners set aside time for to explore themselves.

It is a sign of the times that FKT is associated less and less with alternative culture, instead aligning with the accelerationist tendencies of our hypermodern society, served by new technologies (Rosa, 2014). Kilian Jornet, holder of multiple world records, is perhaps the most iconic figure in the field.

The lack of competitions in 2020 led to a surge in this type of race. In France and abroad, challenging courses in stunning landscapes see new records set on these applications every day.

“I did not see the cancellation of races during lockdown as an obstacle, but as an opportunity to set new challenges. It allowed me to set aside time to embark on projects I had been dreaming of for a long time: to open a map, plan a route, analyse the elevation gain and imagine myself running” Vincent Viet, a trail runner who completed the Coast to Coast in Corsica in 2020 (83km in 10 hours and 4 minutes)

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[1] In Les Ultraterrestres, Guérin, 2021.

## 2. Social media

The role of social media in the world of running has grown substantially in the last 20 years. A powerful, fun and ubiquitous tool, runners use social media in a range of ways.

They often share performances with their groups and the wider running community. All of the run tracking applications give users the option to share the stats for their daily run. Certain apps have proven that runners can influence their community by sharing this information. For instance, if someone runs further or for longer than usual and shares their states, this encourages their community to do the same. This virtuous circle gives social media a key role in the practice and development of running in our hyper-connected society.

Meanwhile, such approaches reflect the constant one-upmanship inherent to hypermodernity.

Social media also provides runners with a means of meeting likeminded people. It allows solitary runners to become part of a community in their local area or favourite park, or connects people through challenges. A great source of motivation, group runs are free to join and offer a sense of safety and belonging to a community. A form of neo-tribalism (Maffesoli, 1996), these new social runs help combat urban isolation and threats to safety through strength in numbers, a good example being the “Mademoiselle Run” collective. Do they complement clubs or compete with them? That question remains unanswered. In any case, these new group events fit into the flexible social lives of a new generation of runners.

## SUBSECTION 2

How has running kit filtered into everyday life in France?

More than any other sport, running has clearly influenced the way we dress in France, creating a laid-back style that has permeated our daily lives.

### 1. Equipment and postmodernity

Running apparel is part of a new, more comfortable, active and liberated style of dress that emerged at the turn of the 1970s, consisting mainly of tee-shirts, tracksuit bottoms, shorts, leggings and trainers.

Not only did these new clothing and shoe styles make sportswear fashionable, but they also played a role in changing our behavior and lifestyles, contributing to a social phenomenon based on a new system of values. The “jogging” style we now see every day, at home and in the street, shook up modes of dress and helped create new lifestyles, symbolising changing social perceptions of the body.

Joggers were similar to runners, but more laid-back in their appearance, wearing accessories (headbands, Walkmen, etc.) and seeking to carve out their own niche.

Georges Vigarello explains that “they were searching for a new freedom, a different way of understanding their bodies, perhaps even a completely new way of apprehending what they feel: people exist through the way in which they experience the world through their clothing”.

Self-perception and the feeling of wellbeing that comes from comfortable, easy to wear clothing replaced superficial pretensions and flashy clothing. These new attitudes towards the body and clothing went hand in hand at a time when more women were entering the world of work and reclaiming leisure time that gave them new opportunities to travel and spaces to express their desires.

“Nothing less than a conquest, without doubt, but also a slow development, in which the demands of interiority have assumed an unexpected role over the sheen of exteriority” (Vigarello, 2017).

The huge number of pages dedicated to new running apparel and accessories (headbands, sunglasses, caps, etc.) in issues of Jogging International magazine from this period illustrate this point well. They demonstrate the growing importance of clothing within the sport, but also the increasingly blurred lines between sportswear and casual attire.

A new age was dawning for women: "that in which emancipation no longer simply meant equality of rights - formal equality - but also equality of morals, the personal sphere, the right to control their bodies, full selfhood" (Vigarello, 2017).

These are the same arguments made by Simone de Beauvoir, whose 1949 work "The Second Sex" proposed a revolution of the internal sphere, defined by women's twofold desire for sexual liberation and equality with men.

Against this backdrop, it is worth reflecting on the beauty standards that emerged in the 80s, which celebrated muscular physiques like that of Jane Fonda reflecting growing equality of the sexes in terms of body image (Louveau, 1981, Bessy, 1990).

This overlap of masculine and feminine ideals would blur social and sexual dividing lines in terms of clothing, with a proliferation of jogging bottoms and jeans in a vast array of styles and colours, also reflecting the growing individualism of the postmodern society of the 1970s and 80s.

## 2. Equipment and hypermodernity

Recent visible developments in the equipment used in marathons, extreme races, trail running and ultra trails

- The quest to improve efficiency and in turn performance: tweaks and improvements to ergonomics enhance comfort, lightness and safety, while new fibres and materials such as carbon are introduced
- Aesthetic improvements see running apparel become more fun, more sexy, more visible, allowing runners to put themselves "on display": runners, and in particular champions, carefully curate every aspect of their look
- Personalisation of equipment to suit the bodies and goals of each individual: made to measure
- Improvements to the durability of equipment to handle extreme conditions (changeable weather, unfamiliar environments, increase in the length of events, etc.)

## 3. Equipment and transmodernity

Our era combines the libertarian values of postmodernity with the performative expectations of hypermodernity, while adding a new dimension: eco-responsibility of equipment, from design to manufacture and the use of new materials.

Runners today are more aware than ever before of the quality of the equipment they use as well as its provenance and green credentials. They ask more questions and do not mind paying more for the clothing they wear if it has the necessary green credentials. They buy less but buy better.

## ROOM 7

### THE QUEST FOR THE EXTREME

From the quest for the extreme to the existential quest

Any reflection on the “extreme” must consider the spread of the word itself and the multitude of practices to which it refers.

The concept of “extreme” is hard to define as it is multifaceted, spanning diverse meanings. It is inherently pluralistic as “extreme” means something different to each individual, based on personal experience, their relationship with their body and their perceptions. This makes it impossible to objectively define, as each individual constructs their own extreme.

However, we believe that to be considered extreme, a practice must test your limits under conditions that demand absolute commitment, involve a degree of uncertainty and enable you to experience uncommon, and therefore incredible, sensations.

The quest for the extreme refers to a new mindset, an outlook that fosters a more intense experience of being, the performance of the self and the sublime quest for the extraordinary. This behavior is consistent with the values of hypermodernity, based on constant one-upmanship and self-exploration and the constant need for more: to go further, to experience something more exotic, more sensational. It represents a new era, defined by the march of individualism and heroics. In hypermodernity, individuals exist in a context of economic globalisation and technological advancement, within an accelerating society that constantly strives for efficiency. A multitude of factors push them to perform, to seek out extreme sensations and increasingly exotic locations in order to constantly redefine themselves and construct their personal identity.

Thus began the endless quest of bodies in a disenchanted world: the obsessive quest for the extreme in its many forms, each with its own symbolic value.

What sets extreme sports apart from their conventional counterparts is the combination of adventure and sport: adventure, because what matters is reaching the end, however long it may take, in unpredictable environments and changeable weather conditions; sport, because there is a winner, a ranking and a time. On the subject, Alain Ehrenberg (1991) says: “This is one of the main differences with regard to conventional sporting competition, namely the correlation between victory and survival”. Institutional sport is almost never a question of survival, as the rules of the game are the same for all players and there are practically no spatial or temporal surprises. However, in adventure, the flexibility of the rules and the uncertainty of the environment give participants significant room for manoeuvre in terms of their strategy and decision-making, as well as setting their personal goals. This is well illustrated by the fact that amateurs whose goal is just to finish compete shoulder to shoulder with professional sportspeople striving for victory.

The search for the extreme in the world of running therefore contributes to the constant construction and reconstruction of personal identities by allowing individuals to choose their own challenges in terms of the environment or performance goals. Adventure comes in many forms, all of them personal: from extremes of height to extremes of endurance, from elite athletes to the masses, from extreme sports to extreme adventures. It is often prefixed with “ultra”: ultra-marathons, 100 kms, ultra trails.



Extreme sports in general and ultra races in particular are, at heart, the search for an “excess of being”, an effort to follow our own path and feel truly alive in a dissolving society (Auber, 2004).

The twenty most legendary races in the world listed in order of appearance

1. The Comrades Marathon (South Africa): “The Greatest human Race” (1921)

The oldest of the road ultras, this race began as a commemoration of world war one and became extremely popular.

90 km ultramarathon from Durban to Pietermaritzbur

Number of participants: 20000

2. La Saintelyon “Defying categorisation” (1952)

With a history as winding as its route, the event began life as a two day hike, before becoming a non-stop run, alternating start and end points each year.

This night race between Saint-Etienne and Lyon crosses the hills of Forez, covering a distance of 78 km with a 2300 elevation gain. Mixed route combining road (35%) and trail (65%).

17000 participants

3. The New York Marathon: “The world’s greatest marathon” (1970)

A true legend

Starting at Verrazano Bridge and finishing at Central Park, the route crosses the five famous boroughs of the “Big Apple: Brooklyn, Queens, Manhattan, the Bronx and Harlem

47000 participants

4. The Millau 100 km: “The landmark 100 km” (1972)

A 100 km launched by Serge Cottureau

Two demanding loops follow River Tarn, north and south of Millau

2000 participants

5. The Stramilano (Italy): “Fifty miles to Milan” (1972)

A popular historic race that takes place in Milan in spring. From the foot of the Duomo, Milan’s flamboyant cathedral, stretches a great human tide.

It attracts 50000 participants

6. Marvejols-Mende: “The trailblazing rebel” (1973)

A race famous for its spirit of rebellion against the French Athletics Federation. It marked the advent of non-stadium racing in France.

The hilly 22.4 km course connects Marvejols to Mende in Lozère.

2400 participants

7. Sierre-Zinal (Switzerland): “The New York Marathon of the mountains” (1974)

A true classic Nicknamed “the five 4000m race”.

The 31 km route with a 2200m elevation gain traverses the mountain trails of Valais, Switzerland. 1700 participants

8. The Paris Marathon: “On the world’s most beautiful avenue” (1976)

This marathon deserves every superlative. The world’s most beautiful marathon in the world’s most beautiful city. The route is both challenging and scenic, starting at the Arc de Triomphe and offering views of all the great monuments of the capital.

50000 participants

9. The Western States Endurance Trail (USA): “The pioneer ultra” (1977)

From horseback race to run. A step back in time.

This 161 km race must be completed in under 30 hours. Starting at Olympic Valley Station (Utah) and ending in Auburn, California, it traces a route through the Sierra Nevada, with a 5500m elevation gain and 7000m elevation loss.

369 participants by invitation and random draw.

10. The Paris 20 km: "The great autumn celebration" (1979)

Launched by Michel Jazy, this Parisian race starts and ends at the Eiffel Tower. A must for joggers, it is a challenge accessible to all.

30000 participants

11. The London Marathon (1981) "Fast and scenic"

A route through the city's landmarks and 7 world records broken.

40000 participants

12. The Médoc Marathon: "The carnival of the running world" (1985)

Starting and ending in Pauillac, the route crosses 60 wine estates in the Pauillac, Saint-Julien and Saint-Estèphe regions, offering spectacular views.

It is the longest marathon in the world as runners inevitably add a few kilometers zig-zagging under the effect of the vintages sampled.

With its festive, friendly and slightly anarchic spirit, it breaks running conventions.

8500 participants in fancy dress from 75 different countries, 45% of whom travel from abroad.

13. The Barkley (USA): "The impossible race" (1986)

An event that breaks all the rules, overturning the very concept of a race. It takes place in Frozen Head State Park in Tennessee and is directed by a one-of-a-kind character: Gary Cantrell, alias Lazarus Lake (Laz for short).

The 210 km off-trail route with a 20000m elevation gain and no signage, no aid stations and no assistance, to be completed in under 60 hours, following a somewhat tongue-in-cheek set of rules (on mode of registration, time and place of departure, route, media coverage, etc.).

The grueling route is divided into 5 loops. It is not announced until the day before, on a single map, which the runners must copy down. They must also find thirteen books hidden in the environment and bring back the pages matching their bib number.

It is a genuine struggle to complete. Only 40 runners are allowed to start. The course is so challenging that no one successfully completed it until its 10th edition, and to date just 17 people have finished, 1% of all participants.

14. The marathon of the Sands (Morocco): "The call of the desert" (1986)

Devised by Patrick Bauer, this adventure race is a challenge like no other. It takes place the Moroccan Sahara, covering a distance of 220 km divided into six stages of 20 to 80 km.

Runners are self-sufficient, carrying their own food and camping in a bivouac each night.

The extreme conditions of the desert and the demanding rules make it an experience of intense self discovery, as well as camaraderie and friendship between the runners.

1000 participants from 50 countries.

15. Le Raid Gauloises: "Explore your nature" (1989)

Among the first wild ultra races, it embodies the spirit of adventure, allowing competitors to follow in the footsteps of Indiana Jones.

This non-stop multi-sport event lasts 10 days. Participants are completely self-sufficient throughout the 500 km course completed in teams of 5, in far-flung locations with dramatic and beautiful landscapes (New Zealand, Ecuador, Nepal, Madagascar, Patagonia...)

350 participants from 30 different countries

16. La Diagonales des Fous (La Réunion): “An extraordinary race for ordinary runners” (1989)

One of the earliest ultra trails, it was originally known as the Marche des Cimes.

This 165 km route with a 10000 elevation gain explores the beautiful landscape of La Réunion. A particularly exotic, adventurous and welcoming ultra, the event forms part of the local identity and heritage.

2500 participants from 45 countries.

17. La Grande Course des Templiers (Aveyron): “The legend of the trail” (1995)

A 60 km trail race with 2500m elevation gain, winding through the Causses limestone plateaus close to Millau.

It was among the first ultra trails held in France.

2350 participants.

18. Zegama Aizkorri (Basque Country): “an extreme mountain race” (2002)

A full marathon of 42,195 km high in the mountains, with a 2736m elevation gain, set against a backdrop worthy of the “Tour de France”. A race unique among its peers. 500 participants

19. The UTMB: “The pinnacle of trail running” (2003)

An ultra trail run over 165 km with 10000 elevation gain, which circumnavigates Mont-Blanc, from Chamonix to Chamonix, passing through three countries, France, Italy and Switzerland. It must be completed in 46 hours and 30 minutes.

The global summit of the ultra-trail genre. The “holy grail” for runners from all over the world.

2300 participants from 120 countries.

20. The Tor des Géants (Italy): “Always more extreme” (2010)

A Dantesque 330 km race with a 24000m elevation gain, exploring the unique landscapes of the Aosta Valley. This XXL ultra race truly pushes the limits. Participants have up to 150 hours to complete the course.

1100 participants

Instructions for the treadmills

- not to be used by children under 12
- maximum weight 180 kg
- you must be physically fit and stop immediately if you become seriously out of breath
- the belt moves on its own, so be careful not to trap your fingers or any possessions.
- one person on the treadmill at a time
- wear appropriate clothing that will not get trapped in the belt
- wear appropriate footwear

## ROOM 8

Cimaise 1

Logo THE ART OF RUNNING

Cimaise 2

intro text

Running has exploded in popularity from the 1960s to the present day. This popularity shows no sign of abating in the run-up to the Paris 2024 Olympics. For the first time ever, these Games will see 20 024 amateur runners take on the same marathon course as the world's top athletes.

The space devoted to "normal" runners by the Olympic organisers mirrors efforts by the host country and its territories to make sport part of everyday life.

Labelled a "Terre de Jeux", or "Land of Games", Moselle is committed to supporting sport and sportspeople. This is reflected in the array of initiatives launched to celebrate this status.

From the Olympic Torch relay to support for elite athletes, preparations for the 2024 Games are well underway in Moselle. Discover, explore, run!

Logo Terre De Jeux

Cimaises 3 et 4

Teasing Lorenzo Mattoti

With text

CIMAISES 5 et 6

#### THE OLYMPIC FLAME IN MOSELLE

The Olympic flame has passed through Moselle on three occasions. We take a look back at its visit in 1968, in the run-up to the Grenoble Winter Olympics.

Having left Greece on 18 December 1967, the flame reaches Moselle on 22 December the same year. Moselle-based athletes of the era take part in the celebrations.

In Blâmont, Bernard Gavlick and Jean-Marie Wilhelm, members of Bataville Sporting Club, receive the flame on behalf of the sporting community of Meurthe-et-Moselle.

They pass it on to M.Gassert and Jean-Pierre Dida, a basketball icon from Bataville who, escorted by four athletes (Wilhelm, Widersky, Mossbach and Triou), carries it on foot by relay to Réchicourt crossroads in Saint-Georges.

Finally, François Obstétar, who completed the Paris-Strasbourg walking race, receives the flame in Héming town hall square.

#### FOCUS ON François Obstetar, the smiling walker

François Obstetar was born into a family of farmers in Slovenia on 30 January 1908. As he did not have a driving license, he would regularly travel by foot or train or hitchhike and was instantly recognisable for his unconventional walking style, with his arms behind his back.

One of five children, he left home to work in the coalmines of Lorraine on two occasions between 1923 and 1931. He began his running career at the Catholic Circle of Freyming-Hochwald in 1927 and discovered cycling at Cyclo-Club l'Hirondelle in Merlebach, where he was a member for three years. From 1930 to 1933, he joined Metz Athletic Circle as a long distance runner.

He then became a pattern cutter at the Bata shoe factory in Moussey in 1934. He joined Lunéville walking club in 1935, before moving to Sporting Club Bataville before the war. The company allowed him to stay back after work to make and refine his own walking shoes.

Master Corporal of the 3rd foreign marching battalion during the phony war, he later took up a post at the Marbot & Cie factory in Neuvic-sur-l'Isle (Dordogne), which welcomed a

large number of those evicted from Bataville between 1942 and 1945. He became a French citizen in 1947.

Between 1936 and 1971, he participated in numerous domestic and international competitions. He entered the Paris-Strasbourg walk nine times, finishing on four occasions, the Tour d'Alsace eight times, and the Roubaix 28 hour race four times, among many others, with the devoted support of his children.

Prior to the opening of the Grenoble Winter Olympics in 1968, the "Grandpa of Moussey", as he was affectionately known by those closest to him, held the flame aloft in Héming Town Hall square, between two legs of the relay. He retired in 1973. He continued to walk, while taking care of his family.

CIMAISE 5

LA FLAMME EN MOSELLE EN 2024

CIMAISES 7/8/9

Symbol of the Olympics, the Torch encapsulates the identity of each edition of the Games through its shape, colour and inspirations. It is a true work of art. Since the Flame will visit French people throughout the nation, crossing seas and oceans, the Torch had to be designed in the image of Paris 2024. Paris 2024 chose French designer Mathieu Lehanneur for this task.

"Designing the Olympic Torch is a creative's dream. A dream that comes true once in a lifetime, a miraculous encounter with history. Steeped in ritual and magic, the Torch is a legendary object. A symbol of cohesion and sharing, it is the key to the Olympic Games. It will cover thousands of kilometres, passed from hand to hand, crossing sea and land. For the first time in history, the Paris 2024 torch is perfectly symmetrical, symbolising equality. I wanted to make it extremely pure, iconic, stripped back to the essence. Simple as a hyphen and fluid as a flame..." Mathieu Lehanneur, designer of the torch for the Paris 2024 Olympics and Paralympics.

The first thing you notice about the Paris 2024 Olympic and Paralympic torch is its unique, luminous colour.

To make it a true representation of the upcoming Games, Mathieu Lehanneur took inspiration from the three themes of Paris 2024: Equality, Water and Peacefulness.

Mathieu Lehanneur, a designer in the broadest sense

Mathieu Lehanneur keeps coming back to one word: magic. This French designer, renowned for his skillful melding of technology, art and design, specialises in finding wonder where it is least expected. Born in 1974, Mathieu Lehanneur is one of the few designers of his generation capable of embracing such diverse fields of creativity. His approach is radically multidisciplinary: from object design to architecture, from unique creations to cutting edge technology. His pieces are inspired by nature, science, history and technology. Eager to experiment and discover new creative realms, he collaborates with the most skilled artisans and also has links with several startups in the technology and urban transport sectors. Through his eponymous brand, Mathieu Lehanneur produces and distributes his creations worldwide. Alongside his Factory, where he develops and manufactures his ideas, he has opened a Pied-à-Terre in New York. In this exclusive space, located in one of the city's most

beautiful skyscrapers, he creates a dialogue between his latest works and his world. A key player in the French design world, Mathieu Lehanneur was awarded the “Grand Prix” for design by the City of Paris. His pieces can now be found in the world’s most important public and private collections, including those of the Centre Pompidou, the Musée des Arts Décoratifs in Paris, the Museum of Modern Art in New-York and the Museum of Modern Art in San Francisco.

To find out more about Mathieu Lehanneur [www.mathieulehanneur.com](http://www.mathieulehanneur.com) |

A torch manufactured with ArcelorMittal’s expertise

The Paris 2024 Torch is manufactured by ArcelorMittal, the world’s leading steel company and Official Partner of the Games, which is also producing the mini cauldrons and the large Olympic rings and Paralympic agitos that will be displayed in Paris. In total, ArcelorMittal will produce 2 000 torches, five times fewer than in previous editions of the Games, in order to reduce the impact of their production. Thanks to its know-how and power of innovation, ArcelorMittal is also contributing to reducing the carbon footprint of torch manufacture. To manufacture the Torch for the Paris 2024 Games, ArcelorMittal is mobilising its Global R&D department and three of its French sites, which reflect the expertise of its teams. These sites have been carefully chosen for their ability to produce steel with a low carbon footprint that meets the design specifications of the Torch.

In Châteauneuf (42), ArcelorMittal is casting 100% recycled steel by melting down scrap steel. This manufacturing decision produces steel with a low carbon footprint. The steel is then rolled in Florange (57), on production lines usually used by the most demanding automotive and food packaging industries. Finally, at the ArcelorMittal site in Woippy (57), the steel sheet is cut into blanks, ready for shaping.

The final two stages of the process are carried out by ArcelorMittal’s partners, chosen for the quality of their work. A renowned French goldsmith is responsible for the painstaking task of shaping the panels that will form the top and bottom parts of the Torch at their factory in Vire (14). These pieces are then sent to a final industrial group, where a high-tech coating is applied to all steel components, giving the Torch its distinctive colour and appearance.

Once these operations are complete, the steel body of the Torch is finished and ArcelorMittal leads the assembly phase, connecting the body to the burner and various other components, particularly those that ensure the safety of the Torch: in total, there are ten main components that must be assembled with meticulous care! “It is a privilege and a great responsibility for ArcelorMittal to manufacture the Torches – such an iconic symbol of the Olympic and Paralympic Games – for Paris 2024. ArcelorMittal's teams are mobilising all their expertise to produce high-quality steel with a reduced carbon footprint, enabling us to create a Torch as beautiful as Mathieu Lehanneur imagined, and as sustainable as we want it to be. I am delighted with this superb achievement and congratulate all the ArcelorMittal teams working on this fantastic project.” Aditya Mittal, CEO of ArcelorMittal

## TERRE DE JEUX

Welcoming foreign delegations – CIMAISES 11 / 12

Gymnasiums, pools, shooting ranges, boxing gyms... 29 sports facilities spread over around twenty sites throughout the Department have been selected as Games Preparation Centres (GPC).



Moselle has become the Olympic powerhouse of Grand Est, home to 29 of the region's 100 GPCs. Grand Est is also the French region with the third highest number of these facilities. The Department has already signed partnerships with several foreign delegations who have visited the region or will do so in advance of the Olympics.

For example, the Bolivian swimming team are based at the pool in Forbach, the Danish gymnasts have trained in Fameck and volleyball teams from France, Bulgaria, Slovenia, Germany, Poland, Japan, Canada and Hungary have gone head-to-head in friendly matches in Moselle.

The entire Philippines delegation will be based in Metz for three months, spread between various facilities. Brazil has also decided to base its volleyball and beach-volleyball teams, among the best in the world, in Verny, south of Metz, where the local government has launched Academos, a 4.5 ha sports and youth facility. It boasts a gym, fitness and recovery facilities, and on-site accommodation for over 60 people.

The "Moselle Terre de Jeux" Roadshow CIMAISE 10

In summer 2023, The Moselle Terre de Jeux Roadshow took to the streets. With 10 planned stops throughout the region it aimed to bring a day of celebration and community spirit to the people of Moselle.

The 2024 Paris Olympic and Paralympic Games present a challenge and an opportunity for Moselle: to raise the profile of different sporting disciplines through a programme of cultural and artistic events, while showcasing local producers and artisans.

The Terre de Jeux Roadshow aims to make sport part of daily life in Moselle, boost local charities and NGOs, give people the chance to discover Olympic and Paralympic sports locally and unite Moselle's Olympic community.

Moselle has its own site for celebrating the Games CIMAISE 15

One year in advance of the opening of the Olympic Games, Moselle has launched Club 2024 Moselle in Amnéville, the perfect place to celebrate the 2024 Olympics and Paralympics, Moselle style!

In the run-up to and during the Games, it will offer an exciting programme of events. Sporting events, a sports-themed film festival, medical conventions, celebrations, fan zones and much more.

Sport for everyone CIMAISES 14/13

Children's homes care for almost 2 000 vulnerable children in Moselle every year.

As part of Terre de Jeux, the Department is running fifty activities and events each year.

These children and young people are also given tickets to sporting events.

Les Belles Rencontres align with a key aspect of Moselle's strategy for Terre de Jeux 2024: strengthening human connection and opening the sporting horizons of young people in Moselle.

They aim to help match young people with athletes, activities and clubs.

A moment of sharing and authentic exchange that enables these young people to find a little, energy and hope for the future.

Michel MUNSCH Marathon runner Running in the MECS Olympics for children in care, in the footsteps of a para athlete "The children are excited to meet a famous sports person, who has achieved great things. And the attention given to every child is a real breath of fresh air

in an often difficult existence. Les Belles Rencontres give young people the message that they matter.” Patrick WEITEN

TERRE DE JEUX 2024 Actions by the Department of Moselle: supporting income support recipients and the elderly

The Department of Moselle has established an innovative scheme to get people back to work through sport. Over 500 recipients of income support are taking part in sports sessions, receiving tailored support to help them understand training and job opportunities. The sessions will run for 10 weeks.

- For secondary school students

“Collèges Moselle Terre de Jeux” (Moselle Land of Games Schools) is an initiative based on the concept of 1 school, 1 project and one great school sports day in May 2024, held at the central hub of Moselle’s Olympic celebrations: the Moselle Paris 2024 Club in Amnéville. The 24 schools awarded the Generation 2024 label took part in the first department-wide day of parasport, with appearances from Paralympic champions including Michael JEREMIASZ and Stéphane MOLLIENS.

The schools will also take part in the Olympic torch relay, which will pass through Moselle on 27 June 2024. The events are designed to enable the maximum number of schools to join this great celebration of Olympic values.

- Promoting parasport

Committed to its partnership with Olympic and Paralympic Week, aimed at promoting Olympic values among young people, the Department of Moselle hosted the first ever department-wide para sports day on 3 April 2023. The event was run in partnership with the charity Handiamo and the departmental Olympic and Sporting, Parasport and Adaptive Sport Committees, as part of the "Moselle Sport Ensemble" (“Sport Together, Moselle”) project. This initiative aims to raise awareness of different forms of disability, promote adaptive sports provision and create connections between specialist facilities and the sporting world to encourage people with disabilities to get involved and foster inclusivity.

• Mobilising the regions

With 95% of the region being awarded the “Terre de Jeux” label, creating a unified spirit in advance of the Games, the Department of Moselle has launched "Collectif Volontaires 57", aimed at 16 to 25 year olds.

Through this Collective, the Department of Moselle is running a series of training events aimed at preparing young people to volunteer at the upcoming Paris 2024 Olympic and Paralympic Games.

These are based around:

- Training sessions on Olympic culture and values, in partnership with the Departmental Olympic and Sporting Committee of Moselle.
- Training sessions on safety, first aid and disability.
- Language session
- First-hand participation in major events organised by the Department
- Support from the "Talents 2024" collective

CIMAISES 21/22/23

TITRE Talents 2024: the champions of tomorrow

The Department of Moselle is working to mentor, encourage and support young sporting talents from our region as they prepare for 2024.

Emma Jacques Handball ?

FAIRE INFOGRAPHIE AVEC photos

Akymed AIBUEV - WRESTLING - Sarreguemines - aged 33  
Saifedine ALEKM - WRESTLING - Sarreguemines - aged 29  
Auguste Bey - LONG JUMP - Metz - aged 29  
Quentin BIGOT - HAMMER THROW - Metz - aged 31  
Emilien CHASSAT- SHOOTING - Bitche - aged 27  
Thomas DACHER - WRESTLING - Sarreguemines - aged 23  
Kendra DACHER - WRESTLING - Sarreguemines - aged 25  
Camille DAUBA - SWIMMING - Sarreguemines - aged 27  
Esteban DORR - TABLE TENNIS - Metz - aged 24  
Arman ELOYAN - WRESTLING - Sarreguemines - aged 25  
Théo FEIPEL - PARA SWIMMING - Vichy - aged 20  
Appoline FOLTZ - TRIATHLON - Metz - aged 21  
Lucas KRYZS - SHOOTING - Nitting - aged 23  
Pauline LANDRON - TRIATHLON - Metz - aged 25  
Jeanne LEHAIR - TRIATHLON - Metz - aged 28  
Benik MELKUMIAN - BOXING - Florange - aged 23  
Aurélie MULLER - OPEN WATER SWIMMING - Sarreguemines - aged 34  
Alan PAPIRER - PARA TABLE TENNIS - Moulins Lès Metz - aged 36  
Marine PRIEUR - GYMNASTICS - Fameck - aged 22  
Marie-Ange RIMLINGER - TRACK ATHLETICS - Forbach - aged 22  
Yann SCHRUB - MIDDLE DISTANCE RUNNING - Sarreguemines - aged 28  
Laure USTARITZ - PARA ATHLETICS - Sarrebourg - aged 28  
Lozéa VILARINO - RHYTHMIC GYMNASTICS - Thionville - aged 21  
Marwane YEZZA - WRESTLING - Sarreguemines - aged 25

NB: ages stated at the time of the 2024 Olympic Games.

CIMAISES 25 ET 24

With the Marathon for All, Paris 2024 will revolutionise the way the general public experience the Olympic and Paralympic Games. The dreams of many will finally come true as amateurs take on the actual Olympic marathon course, allowing thousands of runners to follow in the footsteps of exceptional athletes. Taking place on the evening of 10 August 2024, this brand new course is a feast for the senses, celebrating the history of France and the Paris region.

Paris 2024 aims to offer the French public a unique experience of the Games. The Marathon For All embodies this ambition by allowing more people to experience the thrill of the Games first hand, stepping into the shoes of an Olympian on the actual Olympic marathon course. For the first time in history, Olympic running events will be open to the general public, with both a marathon and a 10km taking place on the night of 10 August 2024 to ensure good running conditions. Like the Olympic Games themselves, The Marathon For All seeks parity, and Paris 2024 is committed to offering an equal number of entries to men and women.

A unique experience over two distances

There is something for everyone, with two course formats open to runners. The two races, unique in the history of the Games, will take place after dark, offering runners an extraordinary sporting, sensory and emotional experience as they rediscover Paris by night. The legendary distance: the marathon

King of races, the marathon will be held on the same course as the Olympic event. This 42.195 km is aimed at those who are looking for a challenge and the once in a lifetime opportunity to follow in the footsteps of the Olympic athletes, on the very same course where the male and female runners will contest the Olympic marathon title. Open to anyone over the age of 20, this marathon, starting at the Hôtel de Ville and ending at the Esplanade des Invalides, is sure to be unforgettable.

- A 42km circuit connecting Paris and Versailles
- Starting at Paris Hôtel de Ville at 9pm.
- Ending at Esplanade des Invalides
- Crossing 9 municipalities: Paris – Boulogne-Billancourt, Sèvres, Ville d'Avray, Versailles, Viroflay, Chaville, Meudon, Issy-les-Moulineaux
- 20 024 participants

The route of the 42.195 km Marathon For All will be identical to that of the Olympic marathon, paying homage to a key moment in the history of France and the French Revolution: the Women's March on Versailles, of 5 October 1789. This march was a popular feminist uprising that shaped the history of modern France. It saw thousands of women march upon Versailles to return the king and his family to Paris, gripped by famine at the time. Louis XVI would never leave Paris again, and would sign the Declaration of Human Rights, something he had refused to do until that point.

After setting off from the courtyard outside Paris City Hall at 9 pm, the runners will cross the capital, following a spectacular route past the greatest monuments of the Paris region and reaching Versailles, before turning back toward the finish line at Esplanade des Invalides. A moment of excitement and magic in the Parisian night: a true sporting epic, filled with emotion and unique in history.

CIMAISES 26 et 24

VERBATIMS COUREURS

In the words of everyday runners

Jogging was the birth of a new form of running: running just because. Running for running's sake. That's what makes it one of the most fascinating and paradoxical pastimes of the modern era, as it can exist without targets, without time limits, without teams, without pressure. It belongs to nobody but those who choose to get up and go" (Cécile)

"When I go out for my morning jog, just after waking up, and I step into a natural world that is still sleeping, I'm on cloud nine. I feel free, I appreciate the environment in my own way. I exist in harmony with my surroundings and when my workout is finished, I am filled with a great sense of wellbeing. It's a simple pleasure, but so restorative" (Gilbert)

In the words of marathon runners

"I came from Belgium with my boyfriend. This is my third marathon after Brussels and Versailles. I am new to this world so I mainly need to focus on the race to make sure I finish

(around the 5 hour mark). It's hard for me, it's a real physical challenge" (Jennifer at the Paris Marathon)

"I visit European capitals running marathons between 1 April and 1 October. I've done Vienna, Venice, Berlin, Istanbul, Budapest and Madrid in the last five years. Running is an excuse - what really matters are the places I see, which is why I choose marathons in beautiful cities that I want to visit. That explains why I've just finished the Paris Marathon" (François, Paris marathon finisher).

In the words of the ultra trail runners

"I've been into ultra trails for six years, after three years running marathons. But I've always done sport (triathlon, cross country skiing, etc.). I train regularly all year round with competitions to give me structure. What I like about this kind of race is that you push your limits, you go to the extreme. It gives me a sense of personal satisfaction and validation. But it is more than a race. I also come here for the atmosphere, the entertainment, the beautiful scenery" (Jean-Pierre, finisher of the second Diagonale des Fous).

"I have suffered a lot physically, but the constant wonder at the beauty of the landscapes I was running through gave me the strength to carry on: the starry night from the Seigne Pass, the moon guiding the way, the rising sun casting its glow on the icy peak of Mont-Blanc, night closing in over the Jorasses. Utterly spectacular! I can still see it now. And despite the crushing fatigue, I just want to come back and do it all again..." (Martine, UTMB finisher).