

E-Run for Diversity

6th edition

E-RUN FOR DIVERSITY

29 September - 5 October 2025



HELLENIC ORGANIZATION
FOR COMPANY SPORT & HEALTH

Our mission

E-Run for
Diversity

- A **connected challenge** of physical and sports activities to take part in throughout the week — **solo, in pairs, or with all your company colleagues.**
- Encouraging physical activity in the workplace while promoting diversity in all its forms — gender, age, background, disability, and culture.
- A virtual race with a **points system based on your performance** and your scores in quizzes and missions.
- An event **to share together**, whether you're in the same office or working remotely.



OUR GOAL

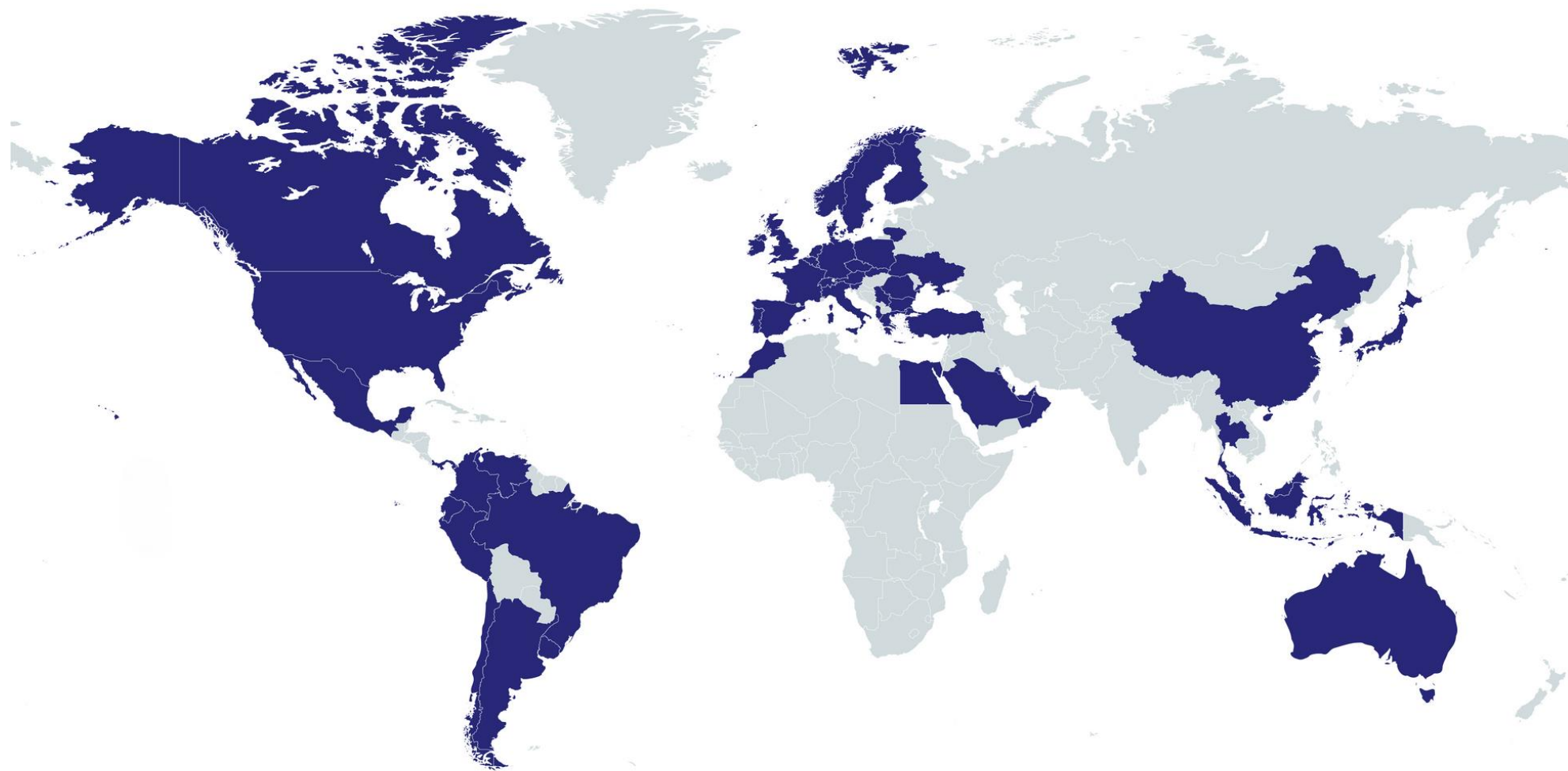
Offering a dynamic, fun challenge that appeals to everyone, athletes and non-athletes alike!

The E-Run, an international challenge

E-Run for
Diversity

KEY FIGURES OF THE 2024 EDITION

5th edition - E-RUN FOR DIVERSITY



NUMBER OF
PARTICIPANTS

+ 4500

KM TRAVELLED

132793,9049 KM

NUMBER OF COMPANIES

68

NUMBER OF COUNTRIES

90



The challenge

**E-Run .for
Diversity**

UN CHALLENGE CONNECTÉ PAR POINTS

The number of steps accumulated over the duration of the challenge (from 29 September to 5 October) results in a total of points for the participant or pair of participants.

Participants can walk or run whenever and wherever they like.



The E-Run for Diversity mobile application will be available mid-September for Android and iOS and will be available in three languages: French, English and Spanish.

A detailed guide to using the application will be sent to you by e-mail a few days before the start of the challenge.

The challenge

E-Run for
Diversity

There will be other types of challenges throughout the week:

MISSIONS

Every day, new missions will be available to spice up the week

Once completed, these missions will add bonus points to your total points (for solo and duo runners).

The duration of a mission can vary, and some missions might take place simultaneously.

For example: walk as many steps as you can between 12pm and 2pm.

QUIZZES

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

RANKINGS

Countries- Companies- Branches- Solo/Duo



OBJECTIVES

***CREATE A SENSE OF EMULATION,
TO SHARE AN EXPERIENCE AND
TO PUSH YOUR LIMITS!***

Registration

E-Run .for
Diversity

REGISTERING YOUR COMPANY

15 € per
person

To participate in the E-Run Diversity, companies must first register their organization and designate a representative:

1. The representative goes to the FFSE website,
2. downloads the registration form, fills it out, and sends it back to us at ffse@ffse.fr.
3. Once the company's registration is approved by the FFSE, the representative will receive by email:
 - their login credentials for a BackOffice platform to monitor employee registrations and track participation during the E-Run,
 - a company-specific URL allowing employees to register for the E-Run and be recognized on the E-Run application via their email address.
4. Each employee who registers through the company-specific URL provided by the representative will be identified on the E-Run app and will be able to participate in the Challenge.

The application will be available to everyone starting September 20, 2025.

Registration

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REGISTRATION OF CO-WORKERS

Each employee will register online by clicking on the registration link sent to them by their manager.



15 € per person

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CONTACT US

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