



RUNNER'S *guide*

terO

Spadel

TAPIO

AYA

ecostery

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Square Nuts

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concept



First of all, one of the most important points of the IMPACTRUN by Tero is the time spent together! The race is a **team run of 3 colleagues**, covering distances of 9, 6 or 3 km, with a group finish to strengthen team cohesion. That's team spirit, and that's what the IMPACTRUN by Tero is all about.

Rest assured, the IMPACTRUN experience isn't just about running. After you've pushed your limits on the track, it's time to relax and rejuvenate! Once you've refreshed yourselves (all necessary facilities will be provided), you'll have the chance to indulge in a **well-deserved walking dinner**, featuring upscale cuisine from the renowned caterer Tero. This is the perfect occasion to unwind with colleagues over drinks and to network with other professionals in a relaxed and enjoyable atmosphere.



TERO EVENTHOUSE WATERLOO

Chau. de Tervuren 389, 1410 Waterloo 

The IMPACTRUN by Tero takes place at the **Tero Eventhouse Waterloo**, an exceptional venue at the edge of the **Forêt de Soignes**. This beautifully refurbished farmhouse offers a perfect blend of nature, sports, and business, providing the ideal setting for an energetic and inspiring race.

Runners will enjoy a dynamic course, a vibrant event village and premium networking opportunities. With spacious event areas, comfortable facilities and a welcoming post-race atmosphere, Tero Eventhouse Waterloo ensures an unforgettable experience!


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access



We place great importance on sustainable mobility and reducing our carbon footprint during the event. Here's how you can get to IMPACTRUN responsibly:

 **Bicycle** : A dedicated bike parking area will be available on-site to encourage eco-friendly travel. We strongly recommend using this mode of transport whenever possible!

 **Train / Bus** : A shuttle service will be running between Groenendaal train station and the event venue. Each shuttle has a capacity of 30 passengers. Please plan accordingly and arrive early to secure a seat. Shuttle schedule : Shuttles from Groenendaal Station → Tero Eventhouse 

Objective: Arrive between 15:00 and 16:30 for welcome & bib collection, ensuring everyone is present for the 16:45 briefing.

- **15:10** → for the train arriving at 14:53 (Brussels-Midi → Louvain-la-Neuve) & 15:05 (Louvain-la-Neuve → Brussels-Midi)
- **15:40** → for the train arriving at 15:22 (Zottegem → Louvain-la-Neuve) & 15:37 (Louvain-la-Neuve → Zottegem)
- **16:10** → for the train arriving at 15:53 (Brussels-Midi → Louvain-la-Neuve) & 16:05 (Louvain-la-Neuve → Brussels-Midi)
- **16:30** → for the train arriving at 16:22 (Zottegem → Louvain-la-Neuve) — Last shuttle to arrive before the briefing.

If the bus is empty, the trip will be canceled to avoid unnecessary transport.

Shuttles from Tero Eventhouse → Groenendaal Station 🚌

Objective: Ensure transport after key moments (walking dinner & event closing).

- **19:30** → for those leaving after the race (train at 19:53 to Louvain-la-Neuve & 20:05 to Brussels-Midi)
- **20:45** → after the shower facilities close (train at 21:05 to Brussels-Midi & 21:22 to Louvain-la-Neuve)
- **LAST SHUTTLE 22:00** → after event closing (trains at 22:22 to Louvain-la-Neuve & 22:37 to Oudenaarde)

If the bus is empty, the trip will be canceled to avoid unnecessary transport.

🚗 **Carpooling** : Sharing a ride is highly encouraged! Here's how it works:

- Parking at Tero Padel Club: Not accessible to IMPACTRUN participants (reserved for padel and Bistro Pilko clients).
- Parking at Tero Eventhouse: Only available for cars with three or more people onboard.
- To coordinate your ride, please use our dedicated carpooling platform: [covievent](https://covievent.com).

🚗 **Driving alone?** No on-site parking will be available for cars with less than three occupants. Participants who arrive solo will need to park at Groenendaal train station and take the shuttle to the venue.

🚧 **Parking Responsibility:** The organization declines all responsibility in case of fines due to improper parking. Please ensure you respect local parking regulations to avoid any inconvenience.

Thank you for your cooperation in making IMPACTRUN a more responsible and accessible event for everyone!

schedule



15:00	Welcome & bib numbers pick-up
15:30	Team pictures
16:45	Race briefing @starting line
17:00	Race time 🏁
18:15	Award ceremony & drink
18:30	Showers (until 20:00)
19:00	Walking dinner
22:00	Closing of open bar
22:00	Last shuttle to Groenendaal station
22:30	Closing cloakrooms
23:00	Closing time



THE ULTIMATE *check list*

RUNNING GEAR

- ☐ Running shoes
- ☐ Socks
- ☐ Shorts or leggings
- ☐ Weather-appropriate top (warm/cool conditions)
- ☐ Company/team shirt

HYDRATATION

- ☐ Refillable water bottle (no disposable cups!)

BAG & LOCKER MUST HAVE

- ☐ Small bag for valuables
- ☐ ID & phone (for photos and race updates)
- ☐ Power bank (if needed)
- ☐ Keys

POST RACE ESSENTIALS

- ☐ Towel for showers
- ☐ Change of clothes
- ☐ Toiletries (deodorant, hairbrush, etc.)
- ☐ No need to bring your own soap—Habeebee has you covered! Their natural, planet-friendly soaps will be available in the showers, helping us reduce waste and unnecessary packaging. Refresh responsibly! 🌊

EXTRA

- ☐ Sunglasses
- ☐ Cap or headband
- ☐ Raincoat or poncho (depending on the weather)
- ☐ Team spirit & good vibes!

hydration

At IMPACTRUN, we are committed to **minimizing unnecessary waste** while ensuring all participants stay hydrated. To align with this approach, we will provide **hydration stations** along the course, but no **disposable cups** will be available before or during the race.

BRING YOUR OWN BOTTLE

We encourage all participants to **bring a reusable water bottle**, which can be refilled at our dedicated hydration stations. This ensures that everyone stays refreshed throughout the run while reducing single-use plastics.

HYDRATATION, YOUR WAY

Our **refill stations** are conveniently located, allowing you to top up at key moments during the race. Don't worry—whether you run 3, 6, or 9 km, fresh water will always be within reach.

AND AFTER THE RACE?

Once you cross the finish line and join us for the walking dinner, you can leave your water bottle aside! Our caterer will ensure that all drinks are served conveniently during the post-race celebrations, so you can relax, enjoy great food, and connect with fellow participants hassle-free.

Thank you for embracing this initiative and helping make IMPACTRUN a more thoughtful and efficient event!



before the race

The team captain or team manager goes to the welcome desk to :

- ① **Collect the envelope** containing his/her team's 3 race numbers. The envelope will contain :
 - The 3 race numbers.
 - Safety pins to attach the number to the front of your running clothing.
 - Wristbands to wear for access to the walking dinner and, if you've ordered extra walking dinners, the wristbands will also be there.

NO WRISTBAND = NO ACCESS TO THE EVENTHOUSE

- ② **Make a change** at the helpdesk (if necessary) giving the correct names and category of your team.



Meet Victoria

- ③ The team can then go and change in the changing rooms provided. A supervised baggage room is provided (but under the owner's own responsibility).
- ④ Don't forget to gather your teammates and move to the TEAM PICTURE zones.



To be classified and timed, the race number must be visible and placed on the front of each runner's T-shirt throughout the race. If a runner's number is not visible, the team may be disqualified.

n° 1 to 75 = 9 KM; n° 10 001 to 10 075 = 6 KM; n° 20 001 to 20 075 = 3 KM

The runner wearing numbers from 1 to 75 MUST RUN FIRST.



during the race

All runners with bib numbers **1 to 75** will start the race at **17:00**, running the first 3 km loop (**9 km category**). The circuit is clearly signposted, and marshals will guide you along the way while ensuring road safety at crossing points.

At the end of the first lap, runners wearing bib numbers **10 001 to 10 075 (6 km category)** will **join their teammates in the relay zone** to continue together for the second loop. Finally, at the end of the second lap, runners with bib numbers **20 001 to 20 075 (3 km category)** will **join the team for the final stretch**.

It is essential to **follow the correct sequence** and respect your team's start order.

During the **2nd and 3rd laps**, all teammates must run together and cross the finish line as a team. The team's final time will be determined by the 3rd runner to cross the finish line—

so pacing and teamwork are key! 🏃
The key to a successful IMPACTRUN isn't just speed, but supporting each other, adapting to the group's pace, and finishing strong—together.

ALL RUNNERS PARTICIPATE IN THE RACE UNDER THEIR OWN RESPONSIBILITY. IN CASE OF INJURY DURING THE RACE, PLEASE INFORM THE CLOSEST OFFICIAL GUIDE ALONG THE CIRCUIT. THE FIRST AID WILL BE PRESENT TO INTERVENE IN CASE OF AN INCIDENT.

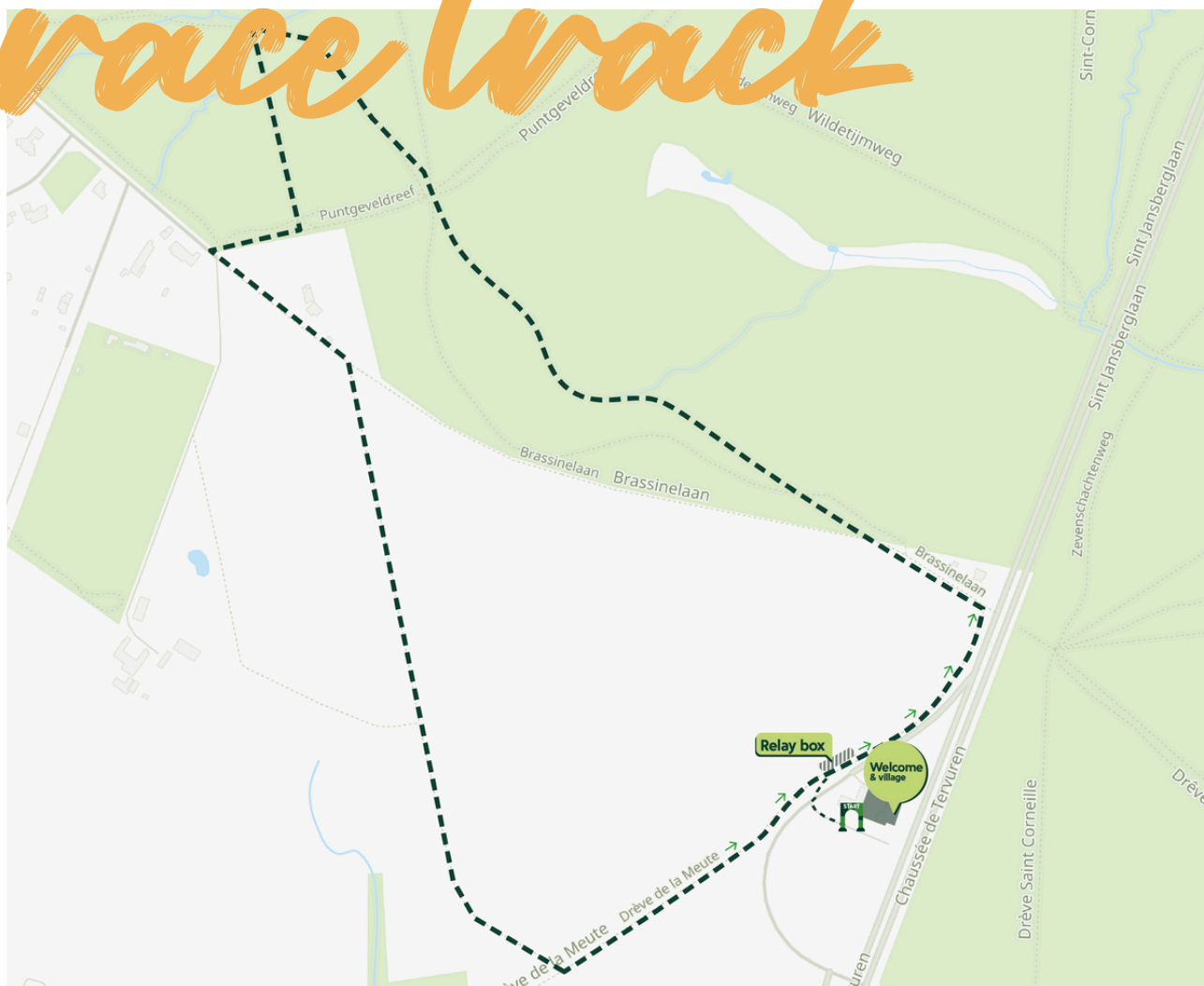


What you should know

- 1 The course avoids roads, but there is one **road crossing** at the start and finish. A steward will be there, but please stay alert.
- 2 At all times, **follow the instructions of our officials**, who you will recognise by their fluorescent yellow bibs.
- 3 **Respect other road users** and be aware of their behaviour (pedestrians, cyclists & other vehicles).
- 4 **Be careful where you step.** We have made every effort to make the race as safe as possible, but some sections near the woods can be tricky for ankles. The first aid will be on-site, of course. The organization may not be held responsible.
- 5 As you enter the field section, the terrain may be uneven. Follow the course markings and listen to the marshals' directions to stay on track and run safely. Let's keep it fair and enjoyable for all!
- 6 We remind you that this is an amateur race, **fair-play and respect is king.**

7 In our commitment to reducing waste, we are using **reusable race bibs** for IMPACTRUN. At the end of the race, please return your bib and safety pins to the designated collection point.

race track



pictures



Look who's here! If you spot our amazing photographer, don't forget to flash your best smile or strike a fun pose! These photos will capture not just the action, but also your energy and enthusiasm during IMPACTRUN by Tero 📸

#SayCheese #StrikeAPose

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after the race

Runners from the top three teams in each category are asked to keep their bibs on for the awards ceremony and the podium presentation.

To ensure that all participants have ample time to freshen up before the aperitif, we kindly ask the first teams to complete the race to make their way directly to the shower facilities. This will help avoid congestion and ensure that everyone has a chance to relax and refresh.

Good weather is expected, but late March can be chilly. The walking dinner will be held indoors and on the covered terrace, so bring warm clothing.



The evening space, including the aperitif and walking dinner, is exclusively accessible to those wearing a wristband provided at registration upon your arrival.

The bars will offer complimentary drinks until closing at 10:00 PM, exclusively for participants wearing the wristband. Please be aware that access may be revoked at any time if instructions are not followed.

We can't wait to see you there!

PS: Please be mindful of our padel club members, even when the party is in full swing!



medal ceremony



WOMEN CATEGORY

by

terø



MEN CATEGORY

by

Spadel



MIX CATEGORY

by

TAPIO

we support

**THE
SHIFTERS**

IMPACTRUN by Tero is not only about sport and networking...

At IMPACTRUN, we believe in making every step count—not just for ourselves, but for the planet. That's why, for each participant, **€5 will be donated to The Shifters Belgium**, an association dedicated to promoting energy transition and decarbonization through knowledge-sharing and action.

our partners

MAIN PARTNER

tero

GOLD PARTNERS

Spadel TAPIO

SILVER PARTNER

AYA

BRONZE PARTNERS

ecosteryl

TORREFACTORY

Square Nuts

Organised by
sporter
SPORT EVENTS ONLY

A huge thank you to our fantastic main sponsor, Tero, for making this incredible event possible! Special recognition goes to our gold sponsor Spadel & Tapio.

We also want to highlight our silver sponsor Aya, as well as our bronze partners, Ecosteryl, Torrefactory & Squarenuts.

Together, we form a powerful network of dedicated partners who strengthen the impact-driven business community and make IMPACTRUN an unforgettable event!

To all our sponsors—thank you for believing in this vision and making the first edition of IMPACTRUN a reality!

organized by
sportero

SPORT EVENTS ONLY



Sportero is part of Tero Group

ABOUT sporter^o

SPORT EVENTS ONLY

With over 15 years of experience, Sportero is composed of a dynamic team within the Tero Group, specializing in organizing B2B/B2C sporting events, from small sports tournaments to large-scale events with 30.000 participants.

Our portfolio includes a wide range of events, from adrenaline-pumping running races such as IMMORUN, BOUWRUN, BATIRUN, IMMORUN Luxembourg, to creative challenges like the Sandcastle Challenge.

Our dedicated team is currently working enthusiastically on the fifth edition of the Brussels Premier Padel, a stage of the Premier Padel Tour that guarantees exciting competitions and unforgettable experiences.

For us, it's about creating unique and memorable moments for participants and spectators. Through our dedication, expertise, and innovative approach, we ensure every event is a success. We look forward to working with you to achieve your sporting dreams and goals!

The IMPACTRUN Team 🏃🏻‍♂️👋

