



The Ekiden Relay Marathon will take place on 18 October 2025 at King Baudouin Stadium, Brussels. It's a very popular sport and social event.

Registrations are open until 7 October 2025 — don't miss out!

Each Ekiden team consists of six runners, who together complete the full marathon distance of 42.195 km:

- the 1st, 3rd and 5th runners each cover 5km
- the 2nd and 4th runners each run 10 km
- the final runners complete the remaining 7.195 km.

Signing up for this inclusive race is more than just an opportunity to enjoy sport together and take on team challenges-- it's also a charitable initiative for all participants. EU teams are invited to run for two staff associations GIVE EUR-HOPE and eu can aid.

Please note that the registration fees paid by each team go entirely to the private company organising the race. As in previous editions, we strongly encourage participants to organise their own fundraising campaigns to support the project or cause they have chosen (more information below).

To demonstrate its commitment to the **Be Well** objectives and to EU Staff volunteering, Afiliatys has partnered with the two charities to provide new participants with a T-shirt.

In line with the goal of making the Ekiden Relay Marathon a more sustainable event:

- T-shirts will only be distributed to new runners and to teams who did not collect theirs in 2024
- Runners who already received a T-shirt last year are asked to reuse it.
- If the size no longer fits, exchanges are possible, provided the T-shirt is clean and in good condition.

Let's break last year's record together!

In 2024, an impressive **1,284 runners from the EU Institutions** took part, forming **214 teams**. This year, our goal is even higher—**250 teams**! Join us and help make it happen!

Practical information

Registration process: please contact HR BEWELL EKIDEN functional mailbox

T-shirt Distribution: Team captains or their representatives will be invited to collect the T-shirts for their teams. Further details and instructions will be sent to them by email.

Sponsor, Associations, Fundraising: You will find below a short description of the two projects selected by the NGOs and for which you're invited to donate and organise fundraising campaigns. Following standard practice for GIVE EUR-HOPE and eu can aid

Give Eur-Hope

- **Beneficiary:** ATD Quart Monde (Belgium)
- **Co-funded project:** Renovation
- The [ATD Quart Monde House](#), in Etterbeek, has been at the heart of ATD Quart Monde Belgium's activities for over 60 years. It serves as a national coordination centre, a reception hub, and a space for reflection and collaboration among those dedicated to eradicating extreme poverty.
- Due to the age of the building, it now faces high energy costs and a lack of comfort. **Give Eur-Hope aims to raise €8,000** to replace the exterior woodwork of a multipurpose room at the back façade of this house, improving its energy efficiency and usability.

eu can aid

- **Beneficiary:** Village of Mdughuyu, Singida Region (Tanzania)
- **Co-funded project:** Development of income-generating activities
- **Amount needed:** €8,000
- **eu can aid** supports the Tanzania Development Trust (TDT) in an integrated development programme in the village of Mdughuyu, Singida Region, Tanzania.
- This initiative aims to improve the lives of local villagers through projects focused on clean water, education, healthcare, and agriculture.
- To date, the programme has delivered or is delivering access to water and sanitation, healthcare services, a teacher's house, and an ecological garden.
- In its final phase, **eu can aid seeks to raise €8,000** to fund income-generating activities such as **fish farming and grain milling**, fostering long-term community empowerment and self-sufficiency.

One unique Bank Account for **both** NGOs:

1. Bank holder: EU Can Aid!; IBAN: BE62310024024461 – BIC: BBRUBEBB
2. Specific communication: 200/0007/49901