

# ESS & MAX IV

**KUNSKAPSPARKEN**  
Thursday 16 May  
Start: 10.00

**Science  
Spring Run  
'24**



This is a running/charity event jointly organised by ESS and MAX IV. The race will be take place on a well-marked 2.5 km 'loop' course in and around Kunskapsparken. You can run (or walk) individually, or in teams of 2 or 4 - sharing the selected distance.

**Scan the QR code  
below to sign up**



**Participation options:**

- \* 10 km single runner: 4 laps
- \* 5 km single runner: 2 laps
- \* 10 km two-person relay team: 2 laps per team member
- \* 10 km four-person relay team: 1 lap per team member
- \* 2.5 km walk: 1 lap (just for fun - not a competition)

**RUN OR WALK FOR A GOOD CAUSE  
IN RELAY TEAM OR INDIVIDUALLY**  
2.5 km / 5 km / 10 km

**Scan the QR-code on the left  
to make a contribution**



Questions? Email [sciencespringrun@ess.eu](mailto:sciencespringrun@ess.eu)