

# Thank you to all the Sponsors!!!



**Salomon Vietnam**  
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**Ruby Soho Saigon**  
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**Remi Privet**  
<http://remiprivet.fr>

**SALOMON** products are definitively the best for trail running to me and especially on long and ultra long distances for which, there is no space for products failure... It is with a great honor that during the race, I will proudly wear **SALOMON** shoes and apparels supported by **SALOMON VIETNAM** team.

**RUBY SOHO**, which has supported the project when it was still "on paper", will organize end of September an evening "Runforacause" to promote the project and the Charity organization work!

**Remi Privet**, is the creator of the project website and preparing new features including an online "Live update" which will be available during the race!!! At any time during the race, everyone will be able to follow my progression.

## Equipment offered by Salomon Vietnam:






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**Thank you to the Gold Donor!!!**



**Fresh Studio Innovations Asia**

[www.freshstudio.vn](http://www.freshstudio.vn)

 Fresh Studio

It is fair to elect as Gold Donor **Fresh Studio Innovations Asia** for the Special donation made to the project. Also, departments of the company offer donations as well as several of the company's employees!

Please visit the Fresh Studio to learn more about the company and its super generous Team!!



## The charity organization: Les Enfants du Dragon



“Les Enfants du Dragon” is currently running plenty of activities and below recent updates really deserve a highlight:

Construction of an orphanage in Long An province - Great progresses were made on the construction site:



Distribution of bicycle to Kids in needs:



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## How is going the training???

Following now 1 year of preparation, my training for the race is all right, even more limited than many others racers are doing but an intensive and specific training session in France in July has built the legs and stamina that I will need to cover the 163km with 10000m elevation gain of the race.

Thanks to the 350km and 10,000 m elevation gain that I ran during this trip to France, I also gain the confidence required to be at the starting line of this crazy race!



Top of Mont Veyrier (Haute-Savoie)



Summit of "La Tournette" (Haute-Savoie)

From now to the race, the objective is to maintain the good condition gained, sharpen the body, titan strengthen the mind and of course, the most important is to keep injury free till the big day...

The ultimate test and last long training before "La diagonale des Fous" will be for me **The Vietnam Mountain Marathon**, which I will join on the 26<sup>th</sup> of September, in Sapa, for a race of 70Km with 3000m elevation gain. This will be less than 4 weeks prior to the start of "La diagonale des Fous"



**Vietnam Mountain Marathon – 70 Km – Elevation Gain 3000m**

<http://vietnammountainmarathon.com>