# MARATHON

The Marathon has been organized in Košice continuously since 1924. It is also unique and different from other historic marathons in that right from the very first edition it has strictly maintained the prescribed distance of 42.195 km.

- Final Instructions
- <u>Race Info</u>
- <u>Course description</u>
- Entry Fee

 Please carefully read the following instructions which will help you to become familiar with the different situations on the day of the race.

The race is held under the IAAF rules, Slovak Athletic Federation regulations and proposals for Kosice Peace Marathon in year 2015 distributed by the organizer.

## PRESENTATION AND COLLECTING OF WELCOME BAGS:

#### Place

AUPARK shopping mall, Nam. Osloboditelov

### Date

2nd October 2015 (Friday) 10.00 am – 8.00 pm 3rd October 2015 (Saturday) 09.00 am – 8.00 pm On race day (i.e. 4th October 2015) there is no possibility of presentation or collection of starting numbers with a chip!

## START

4th October 2015 (Sunday) at 9:00 am, Marathon Centre, Hlavna street

#### FINISH

Marathon Centre, Hlavna street

#### COURSE

Course consists of two practically identical circuits with the Start and Finish in front of the Hotel Doubletree by Hilton. Changes of directions will be indicated by fences and tapes. Every kilometer will be marked on the asphalt and on road pillars.

### TIME LIMIT

6 hours. The course will be closed at 3 p.m. The limit for 33nd km is 4,45 hours. Every participant who exceeds the time limit on 33rd km must leave the course and hand over his bib number to a nearest referee.

#### TRANSPORTATION TO START

Public transport is free of charge for the Kosice Peace Marathon participants upon display of the **bib number**.

- On the Race Day, competitors accommodated in the Students Hostels can access the shuttle between the Medická Street and the Start area from 7.00 a.m..
- The competitors will be transported after the race from the cloakrooms back to the hostel by shuttle.
- <u>Public Transportation Plan</u>

## **CLOAK ROOMS**

Cloak rooms are located indoor the swimming pool (Protifašistických bojovníkov 4). Access to the cloak rooms will be permitted from 7:30 a.m. to competitors with a bib number. The competitor will place his belongings into a plastic bag kept in a locker, both properly marked with a bib number. In case that all lockers will be occupied, the personnel will place the plastic bag marked with a bib number to a reserved place. Travel luggage cannot be stored in cloak rooms. Upon request, personnel of the swimming pool will deposit the valuables of the runners in the safe deposit box. Organizers are not responsible for any lost or stolen belongings.

#### TOILETS

Toilets are located indoor the swimming pool (Krytá plaváreň) Portable toilets will be situated at the start/finish area and at the KPM course at 7,5km, 10km, 15km, 17,5 and 20km (for marathon runners also available in the second lap).

#### TIMING AND START NUMBER

- MYLAPS BibTag timing technology.

Participants in Marathon, Halfmarathon, University Run, Relay  $4 \times 1/4$  (only the last member of the team will receive a start number with chip), Handbikers, Wheelchairs will receive one start number with integrated non-returnable chip. The start number must be placed visibly on the chest.

Inline skaters will receive a start number and a non-returnable chip separately. They will place the start number visibly at their right thigh and they fasten the chip around their ankle with a tap.

Every participant must pass all the checkpoints at the course. The Chip cannot be replaced and the neoprene pad cannot be removed. YOUR TIME WILL NOT BE MEASURED WITHOUT THE CHIP.

#### PACEMAKERS

If you need to optimize your running pace, follow pacemakers in discipline Marathon who will run on meantime and final time 3:00, 3:30, 4:00, 4:30. Halfmarathon runners are also welcome in these groups. To each time are assigned 2 runners. At the start you will find them visibly marked with scheduled final time.

#### REFRESHMENTS

#### **Refreshment stations:**

5,1 km, 10,1 km, 15,1 km, 20,1 km, 26,1 km, 31,1 km, 36,1 km, 41,1 km.

Competitors in discipline Marathon (42,195 km) with personal best time better than 2:30 (men) or better than 3:00 (women) can use their own drinks, which must be delivered to the Race office in the hotel Doubletree by Hilton till 7 a.m., on the day of Start. Personal drinks will be arranged on the first tables at the refreshment stations. On further tables: energy drink in red plastic bottles and red glasses and water in 0.5 l plastic bottles and glasses will be at disposal.

#### **Sponging stations:**

with water in plastic glasses will be located between the refreshment stations. Do not throw empty bottles and glasses down the middle of the road; it may cause injuries to competitors running behind you!

#### **MEDICAL CARE**

Medical care standpoints are located in the Start and Finish area as well as at kms 3, 6, 24, 27 (Kostolianska road), 11; 13,5; 32; 34,5 (Cross-roads at Ryba). An emergency vehicle for rapid assistance will move along the course.

#### **Runner's Emergency Card:**

An emergency card will be printed at the back of every start number. Organizers recommend, with attention to health protection to fill out this card.

## **RUNNERS' ARRANGEMENT INTO STARTING SECTORS (A, B, C, D)**

MARATHON, HALFMARATHÓN, RELAY 4×1/4 (1st member of the team), UNIVERSITY RUN

- Access into the start area is exclusively through warm-up area follow the instructions of organizers
- Before the start, runners line up into sectors A D according to the marking on their start number

- In a discipline Relay 4×1/4 only the first member of the team comes to the starting sector
- Runners have to take their place in the sector by 08:40 a.m. After this time they can take their place in the final sector D.
- Start will take place at 09:00 a.m., with the gunshot.

## IMPORTANT WARNINGS AND INSTRUCTIONS

- 5,1 km and 26,1 km Anička area, in front of the tennis courts. The road is constricted to 3,0 meters width on a 10 meters long distance!
- 13,7 km and 34,8 km diversion to Holubyho street. Only one traffic lane 3,5m wide

Organizers ask all participants to adjust their movement to the condition of the road!!!

## GENERAL CONDITIONS AND WARNINGS

- All participants start on their own risk .
- Inline skaters, handbikers and wheelchairs must wear a helmet.
- Each runner is personally responsible for the decision on his or her physical condition and on ability to overcome the whole distance in chosen category.
- During the race is forbidden to listen to music and to wear headphones from safety reasons.
- Coaches or other persons on bicycles (or other means) are not allowed to accompany participants and therefore will be excluded by police or by organizers.
- According to IAAF rules, accepting refreshment is allowed only in refreshment station's areas.
- All participants must respect the instructions of referees, track marshals and organizers.
- A competitor running with a bib number of another runner will be disqualified and both competitors will be banned from the KPM in the future.
- Violation of these rules can lead to disqualification!

## AWARD CEREMONY

Award ceremony will be held in the start/finish area, according to the following timetable:

I –Maratho	n Centre – In front of the VIP tribune		
09:55 am	Minimarathon	Men, Women	1st – 3rd pl
	Company Run	Teams	1st – 3rd pl
	Finals of SAZ Run	Teams	1st place
II – Marath	oon Centre, Hlavna street		
10:30 am	Handbike	Men, Women	1st – 3rd pl
	Inline	Men, Women	1st – 3rd pl
	Wheelchairs	Men, Women	1st – 3rd pl
	Halfmarathon	Men, Women	1st – 3rd pl
III – Marat	hon Centre – In front of the VIP tribune VI	IP	
10:45 am	University Run	Team, Man, Woman	1st place
IV – Marat	hon Centre, Hlavna street		
11:30 am	Marathon	Men	1st – 3rd p
11:40 am	Nationa Marathon Championships	Men	1st -3rd pla

11:50 am	Marathon	Women	1st – 3rd p		
12:00 am	Relay 4×1/4	Teams	1st – 3rd pla		
	Junior Realay Race				
	FS SR International Championships	Marathon – Men	1st – 3rd pla		
	National Marathon Championships	Women	1st – 3rd pla		
V – Marathon Centre, Hlavna street					
13:00 pm	Marathon – Age categories	M40, M50, M60, M70, W40, W50, W60	1st place		

## **PAYMENT OF THE PRIZE MONEY**

Prize Money will be paid to winners after the release of official results by bank transfer. All winners entitled to prize money have to report their account number by e-mail to the Marathon Club Kosice (info@kosicemarathon.com) by 15th October 2015.

We wish you a pleasant and successful Marathon weekend in Košice.

# HALF MARATHON

This always popular and well-liked discipline has been included in the Kosice Peace Marathon programme since 1994. Just three years later the IAAF World Half-marathon Championships were held on this course in Košice.

- Final Instructions
- Race Info
- <u>Course description</u>
- Entry Fee
- More important information will be added to the Final instructions progressively.

Please carefully read the following instructions which will help you to become familiar with the different situations on the day of the race.

The race is held under the IAAF rules, Slovak Athletic Federation regulations and proposals for Kosice Peace Marathon in year 2015 distributed by the organizer.

## PRESENTATION AND COLLECTING OF WELCOME BAGS:

#### Place

AUPARK shopping mall, Nam. Osloboditelov

#### Date

#### 2nd October 2015 (Friday) 10.00 am - 8.00 pm

#### 3rd October 2015 (Saturday) 09.00 am – 8.00 pm

On race day (i.e. 4th October 2015) there is no possibility of presentation or collection of starting numbers with a chip!

### START

4th October 2015 (Sunday) at 9:00 am, Marathon Centre, Hlavna street, in front of hotel Doubletree by Hilton

#### FINISH

Marathon Centre, Hlavna street

### COURSE

Course consists of two practically identical circuits with the Start and Finish in front of the Hotel Doubletree by Hilton. Changes of directions will be indicated by fences and tapes. Every kilometer will be marked on the asphalt and on road pillars.

### TIME LIMIT

6 hours. The course will be closed at 3 p.m. The limit for 33nd km is 4,45 hours. Every participant who exceeds the time limit on 33rd km must leave the course and hand over his bib number to a nearest referee.

#### TRANSPORTATION TO START

Public transport is free of charge for the Kosice Peace Marathon participants upon display of the bib number.

- On the Race Day, competitors accommodated in the Students Hostels can access the shuttle between the Medická Street and the Start area from 7.00 a.m..
- The competitors will be transported after the race from the cloakrooms back to the hostel by shuttle.
- <u>Public Transportation Plan</u>

## **CLOAK ROOMS**

Cloak rooms are located indoor the swimming pool (Protifašistických bojovníkov 4). Access to the cloak rooms will be permitted from 7:30 a.m. to competitors with a bib number. The competitor will place his belongings into a plastic bag kept in a locker, both properly marked with a bib number. In case that all lockers will be occupied, the personnel will place the plastic bag marked with a bib number to a reserved place. Travel luggage cannot be stored in cloak rooms. Upon request, personnel of the swimming pool will deposit the valuables of the runners in the safe deposit box. Organizers are not responsible for any lost or stolen belongings.

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Every participant must pass all the checkpoints at the course. The Chip cannot be replaced and the neoprene pad cannot be removed. YOUR TIME WILL NOT BE MEASURED WITHOUT THE CHIP.

## PACEMAKERS

If you need to optimize your running pace, follow pacemakers in discipline Marathon who will run on meantime and final time 3:00, 3:30, 4:00, 4:30. Halfmarathon runners are also welcome in these groups. To each time are assigned 2 runners. At the start you will find them visibly marked with scheduled final time.

### REFRESHMENTS

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## **MEDICAL CARE**

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- Before the start, runners line up into sectors A D according to the marking on their start number
- In a discipline Relay  $4 \times 1/4$  only the first member of the team comes to the starting sector
- Runners have to take their place in the sector by 08:40 a.m. After this time they can take their . place in the final sector D.
- Start will take place at 09:00 a.m., with the gunshot.

#### **IMPORTANT WARNINGS AND INSTRUCTIONS**

From 11:00 a.m. to the end of the race is the finish of Halfmarathon race organized through a separate corridor on the left side with a finish line under the big screen.

- 5,1 km and 26,1 km Anička area, in front of the tennis courts. The road is constricted to 3,0 meters width on a 10 meters long distance!
- 13,7 km and 34,8 km diversion to Holubyho street. Only one traffic lane 3,5m wide

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10:30 am	Handbike	Men, Women	1st – 3rd pl
	Inline	Men, Women	1st – 3rd pl
	Wheelchairs	Men, Women	1st – 3rd pl
	Halfmarathon	Men, Women	1st – 3rd pl

- Marathon Centre – in front of the vir tribule vir

10:45 am	University Run	Team, Man, Woman	1st place
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11:30 am	Marathon	Men	1st – 3rd p
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13:00 pm	Marathon – Age categories	M40, M50, M60, M70, W40, W50, W60	1st place

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