

## FINAL INSTRUCTIONS FOR RUNNERS

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

The race will take place according to the rules of World Athletics, the SAZ competition rules and the Košice Peace Half Marathon (KPHM) propositions issued by the organizer for 2024.

Follow the Organizers' instructions throughout the event!

### **COLLECTING THE BIB NUMBER**

Place: Dolná brána, Hlavna st. 10, Košice

Date: May 10, 2024 (Friday) 4:00 PM – 7:00 PM

May 11, 2024 (Saturday) 12:00 AM - 4:00 PM

#### What you need to pick up your bib number:

Start Acceptance – Each competitor who has met the conditions for participation in the event will receive this at their
e-mail address. There is no need to print it; simply allow the code to be scanned from a mobile phone.

Competitors under the age of 18 will present the START ACCEPTANCE printed and signed by a legal representative!

ID card or Passport

The start number cannot be issued to you without the above requirements!

Pick up your bib number on Friday or Saturday so you can avoid possible delays before the start!

#### Start number pick up by delegated person

The competitor can authorize another person to pick up his start number by filling in and sending the form that he can find in his runner's account. (https://registration.kosicemarathon.com)

Without the said authorization, it is not possible to issue the start number to another person.

### WHAT DO YOU NEED AT THE START

- Start number with an integrated chip put it on your chest or in the front on a sports belt.
- No one will be allowed to enter the starting sector and participate in the race without showing their starting number.
- Any modification of the start number is forbidden. The chip cannot be folded, and the neoprene pad cannot be removed!
- Fill in your health information and contact phone number on the back of your race number! (applies for participants of Half Marathon and Quarter Marathon)

### **CHANGING ROOM AND DEPOSIT**

Changing rooms will be available in marked tents in the start and finish area from 4:00 PM to 8:30 PM.

A runner can store his/her most necessary things in the deposit, which will be open from 4:00 PM to 8:30 PM near the start and finish sector on Pribinova street in two buses. Each competitor will receive a bag to store his/her belongings from the deposit operator. Tanks with running water will be available in the finish area.

### START OF THE KOŠICE PEACE HALF MARATHON

Start: Saturday, May 11, 2024

4:55 PM - Minimarathon

5:00 PM - Half Marathon, Quarter Marathon

Arrive on time to the starting sector on Hlavná Street in the Dolná brána area.

## KOŠICE PEACE HALF MARATHON COURSE

The course consists of two identical laps. Every kilometre will be marked on vertical panels. Participants of the Half Marathon complete the course twice, Quarter Marathon runners once.

The Minimarathon course is not identical with the Half Marathon course.

See the course map at the end of these instructions and at www.kosicemarathon.com











## **MEDICAL CARE**

At the start and finish area, and on Zimná Street at the refreshment station (5.2 km and 15.7 km). In case of health problems on the course, contact the nearest organizer.

#### TOILETS

Portable toilets will be situated at the start and finish area and at the course behind the refreshment stations.

#### REFRESHMENT STATIONS

Refreshment stations:

Zimná street (5,2 km and 15,7 km)

Moyzesova street (8 km and 18 km)

Hlavná street (10,6 km)

Drinking water will be available at the refreshment stations. Follow the weather and adapt your drinking regime to general recommendations before the race.

CAUTION: Dispose of empty cups and bottles off the track or directly into the containers behind each refreshment station. Do not throw cups and bottles on the track under your feet! This may cause injuries to the runners behind you!

#### Refreshment at the finish

Each competitor will receive refreshments at the finish line. Please pay attention to the needs of all participating runners.

### **AWARD CEREMONY**

The Award ceremony will be held in the start and finish area as follows:

10:30 AM Winners of every discipline in the absolute ranking (Half Marathon, Quarter Marathon, Mini Marathon)

11:00 AM Joint announcement of winners in the age categories (M/W 40, M/W 50, M/W 60, M/W70)

#### **Prizes for Winners**

In case that a competitor is entitled to a financial award in accordance with the regulations, it will be paid to him within 30 days after the end of the race, by bank transfer to the competitor's written account.

Winners of individual disciplines and age categories, who are entitled to a non-financial prize according to the propositions, will be awarded by the organizer during the award ceremony. In case of their non-participation in this ceremony, the organizer has no obligation to deliver prizes to the competitors in another way.

#### **TIME LIMIT**

The time limit for the race is 2:45 hours. The race will end at 7:45 PM. A competitor who does not meet the set limit is obliged to leave the track.

### **OTHER CONDITIONS AND WARNINGS**

Detailed terms of participation in the Kosice Peace Half Marathon are subject to the <u>General Terms</u> and are obligatory for every registered Participant of the Event.

- All participants start on their own risk.
- Each runner is personally responsible for the decision on his or her physical condition and on the ability to overcome the whole distance in chosen category.
- 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.
- All participants must respect the instructions of referees, track marshals and organizers.
- A competitor running with the bib number of another runner will be disqualified and both competitors will be banned from the KPM in the future.
- For safety reasons, it is forbidden to listen to music and to wear headphones during the race.
- Violation of these rules can lead to disqualification!

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

PLEAS READ THESE INSTRUCTIONS CAREFULLY!
ALSO AVAILABLE ATWWW.KOSICEMARATHON.COM































