



INSTRUCTIONS FOR RUNNERS

INLINE AND HANDBIKE

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

START MMM – INLINE AND HANDBIKE

The start of Inline and Handbike will take place on Sunday, 1 October 2023 on Hlavná Street in the start area in front of the DoubleTree by Hilton hotel at 8:45 a.m.

COLLECTING THE START NUMBER

Place: Kulturpark / Alfa, Kukučínova 2, Košice

Date: 29.09.2023 (Friday) 10:00 – 19:00 h.

30.09.2023 (Saturday) 09:00 – 19:00 h.

What you need to pick up your Start 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 show the Start Acceptance printed and signed by a legal representative!
- ID Card or Passport

Start number pick up by delegated person

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

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

WHAT WILL THE PARTICIPANT GET AT THE START NUMBER PICK UP

- Start number, Chip
- An envelope with key instructions for the event
- Košice Peace Marathon 2023 Magazine
- If the competitor has ordered and paid for a premium T-shirt during the registration process, he will pick it up directly in the Kulturpark at the designated place

DO NOT FORGET

- Every MMM 2023 participant who shows a valid start number has the opportunity to use public transport in Košice for free from Friday, September 29 to Sunday, October 1.
- Shop at Fajne food stores and Fajne Bistro (from Dargov - Štúrova street or Cassovar - Žriedlová street) from 30.9. until 8.10. with a great 20% discount on all Fajne brand products. The only thing you need for this is to have your start number for MMM 2023 with you.

WHAT DO YOU NEED AT THE START

Start number - Competitors in the Inline and Handbike disciplines will receive a start number and a refundable chip. They place the start number visibly on the chest and the chip on the ankle using an integrated sticker.

Any modification of the start number is forbidden!

YOUR TIME WILL NOT BE MEASURED WITHOUT THE CHIP.

Before entering the correct start sector, a competitor must identify him or herself with the start number. Without a start number the runner will not be allowed to enter the start sector and participate in the event.

Fill in your health information and contact phone number on the back of your start number!

STORAGE ROOM

A runner can store their most necessary things in the storage room, which will be open from 7:30 to 16:00 in the Kulturpark. Each competitor will receive a bag to store his/her belongings from the storage room operator.

There will be a water tank in the finish line, and a limited number of showers will be available in the Alfa building in Kulturpark. For more information, contact our staff here.

WARM-UP ZONE

On the race day, from 8:00 a.m., a warm-up zone is available for inline competitors on Štúrová street near Hilton hotel, in a different area than for running disciplines (see map below). In this zone, there are mobile toilets serving competitors before the start.

Due to space reasons, mobile toilets will not be located directly at the start sectors.

MEETING POINT / START SECTORS / ENTRY TO THE START AREA

The start line is located on Hlavná ul. at the Doubletree by Hilton hotel.

For competitors of this discipline the meeting point is located in the Start / Finish zone, with an entrance from the east side of Námestie Osloboditeľov (see map).

Entry to the start sector is only possible with a valid start number for the given discipline.

The start sector will be open in reasonable time before the start of the given discipline, no later than 30 minutes before the start.

In the start sector itself, corridors will be created marked according to individual intervals of start numbers. Only enter the corridor that matches your start number.

The start of this discipline is set at 8:45 a.m.

Follow the instructions and guidelines of the organizers.

For safety reasons, the sharp start of this discipline will take place at the end of Hlavná street, on Košice Peace Marathon square, on the instructions of the appointed referee, or competitor at the head of the starting field.



REFRESHMENTS

Refreshment stations:

At every 5th km – water and energy drink in cups; water in 0,33l bottles.

Bananas, sugar, salt, biscuits and protein bars will be available on the last tables of such a station.

Sponging stations:

Between the refreshment stations with only water in cups available.

Warning: 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!

At the refreshment stations, follow the basic rules and do not restrict other runners by sudden, unexpected stops at the tables. If you need to stop, do so carefully and in a place where you will not endanger anyone.

Due to the spatial conditions, refreshment stations are one-sided, always on the right-hand side of the competitor. The exception is the station at the 5th kilometre, which is two-sided due to the expected rush of runners, with tables on the right and left side.

MEDICAL CARE

Medical assistance will be provided at stationary workplaces located in the start and finish area and on the course near refreshment stations. **REMEMBER TO FILL IN YOUR HEALTH INDICATIONS AND CONTACT PHONE ON THE BACK OF THE START NUMBER.** This data will be used exclusively for the need of medical and emergency services during the race.

If it is necessary to provide medical assistance to you or another runner, you have a phone with you and there is no organizing service nearby, call the number 155. The operator must be informed of the number of the competitor who needs help and his location on the track (approximate kilometre tracks). Choose this procedure only in serious cases.

TOILETS

Portable toilets will be situated at the warm up zone and at the Košice Peace Marathon course behind the refreshment stations (for marathon runners, also available on the second lap). You can find the toilets before the start in the places as described in the paragraphs above.

COURSE - INLINE / HANDBIKE

The Inline and Handbike course consists of one lap with the Start in front of the Doubletree by Hilton hotel and the Finish in front of intersection Moyzesova/Bačikova near the Sports hall. It is 20 km long and partly coincides with the Marathon course (approx. up to 13.8 km). Then it continues along the Južna trieda - the VSS – Holubyho bridge turn and returns to the Marathon course. Every change of direction on the course is indicated by a blue line, tapes and fences. Every kilometre will be marked on the asphalt and on road pillars. See the course map at the end of these instructions and at www.kosicemarathon.com.

REACHING THE FINISH LINE

Finish for disciplines Inline and Handbike is located on Moyzesova street., cca 30 m in front of intersection Moyzesova / Bačikova.

Every competitor who crosses the finish line immediately moves to the finish line service. There he/she will pick up the medal and refreshments, returns the chip and continue without delay out of the finish service zone.

After reaching the finish line, under no circumstances enter the course of the running the race.

AWARD CEREMONY

The Award ceremony will be held in the start and finish area.

If you have placed in one of the disciplines and categories at the prized place in terms of the propositions (the top three in each discipline and winner in each age category in discipline Marathon), come to the blue tent marked "MMM Ceremonies" at the specified time.

- 11:30 Marathon men (1st – 3rd place)
- 11:45 Marathon women (1st – 3rd place)
- 12:00 Handbike men (1st – 3rd place)
Handbike women (1st – 3rd place)
Inline men (1st – 3rd place)
Inline women (1st – 3rd place)
- 12:15 Slovak Marathon Championships men (1st – 3rd place)
Relay 4x1/4 Marathon (1st – 3rd place)
Slovak Marathon Championships women (1st – 3rd place)
- 13:00 Half-Marathon men (1st – 3rd place)
Half-Marathon women (1st – 3rd place)
Marathon age categories men (M40, M50, M60, M70) – 1st place
Marathon age categories women (W40, W50, W60, W70) – 1st place

PRIZES FOR WINNERS

The payment of prize money for the first runners of the marathon will take place after the end of the event and the processing of administrative requirements by transferring the funds to the bank account of the runner. Winners of other disciplines and age categories in the Marathon, who are entitled to a financial reward according to the current proposals, will be contacted by the organizer within 30 days after the end of the event. Subsequently, after signing the relevant protocol, the organizer will send the corresponding prize to the specified bank account.

END OF THE EVENT

The time limit of the event is 6 hours. The course will be closed at 15:00 h (3:00 p.m.).

Every participant who exceeds this time limit must leave the course and hand over his/her start number to the nearest referee.

OTHER CONDITIONS AND WARNINGS

Detailed terms of participation in the Kosice Peace Marathon are subject to the General Terms 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.
- The accompanying of Participants by other persons along the course during the Event on bicycles and similar transport vehicles is prohibited and may have as a consequence disqualification of the so-accompanied Participant. Only persons accredited and properly identified by the Organizer for the purpose of fulfilling tasks defined by the Organizer may move along the course on bicycles or similar transport devices.
- All participants must respect the instructions of referees, track marshals and organizers.
- The start number assigned to a Participant is not transferable to another person. In the case of violation of this provision of General Terms, the persons demonstrated as having committed the violation run the risk of disqualification in the given year of the Event and also a ban on starting in future years.
- 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!

Racing shoes must meet the criteria of WA rules (technical rules – rules 5 and 5.5 – max. Sole thickness 40 mm); the competitor is obliged to present the shoes for inspection at the request of the relevant judge when entering the starting sector. You can find a list of permitted running and athletic shoes on this link:

[List of permitted shoes.](#)

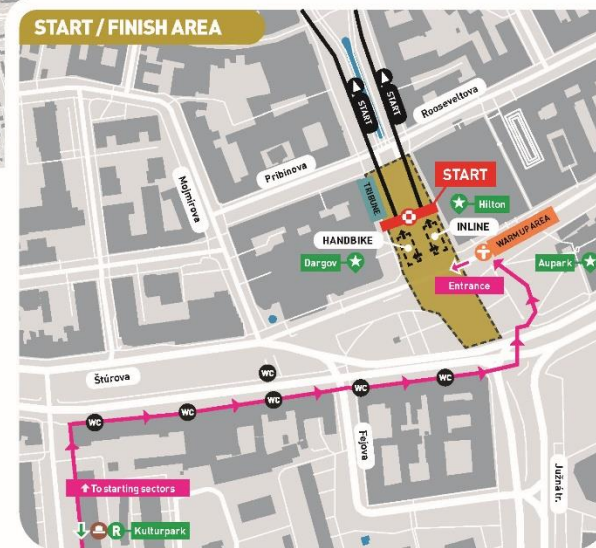
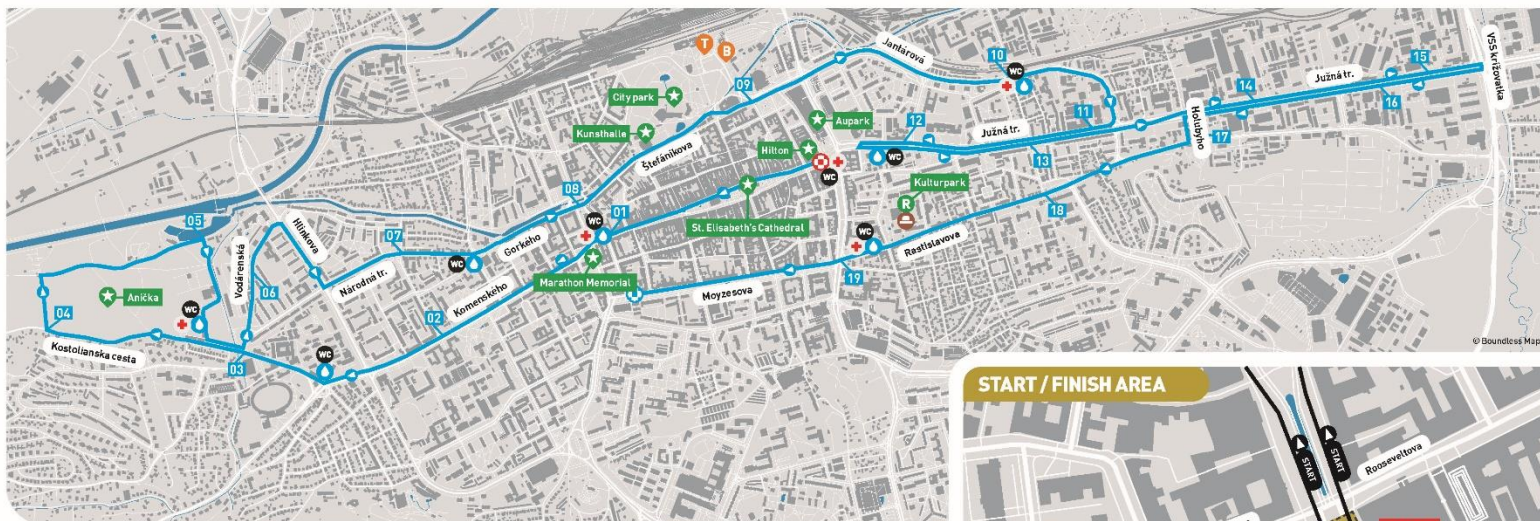
TELEVISION BROADCAST

For all who are interested, there is an opportunity to watch the live television broadcast of the Košice Peace Marathon on the RTVS channels. For viewers abroad live broadcast will be available online at www.rtv.sk.

**PLEASE READ THESE INSTRUCTIONS CAREFULLY!
ALSO AVAILABLE AT WWW.KOSICEMARATHON.COM.**

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

INLINE A HANDBIKE · MAPA TRATE



IMPORTANT INFORMATION

- READ THE INSTRUCTIONS ON WWW.KOSICEMARATHON.COM
 - FILL IN YOUR MEDICAL INDICATIONS ON THE STARTING BIB
 - EMERGENCY SERVICE 155
 - IT IS FORBIDDEN TO USE HEADPHONES DURING THE RACE
 - TRY ALWAYS TO COMPETE FAIR PLAY AND RESPECT YOUR FRIENDS ON THE COURSE
- [#KOSICEMARATHON](https://www.facebook.com/kosicemarathon) [#MARATONSKEMESTO](https://www.facebook.com/maratonskemesto)
[#EUROPESOLDEST](https://www.instagram.com/kosicemarathon) [#KOSICE](https://www.instagram.com/kosice)

- START
- FINISH
- COURSE
- KM DISTANCE
- SPONGING STATION, REFRESHMENT STATION
- MEDICAL CARE
- REGISTRATION, STARTING BIBS, EXPO KULTURPARK
- CLOAKROOM KULTURPARK
- DIRECTION AFTER THE START
- STARTING SECTOR
- WARM UP AREA
- PUBLIC TRIBUNE
- TOILETS
- POINT OF INTEREST
- TRAIN STATION
- BUS STATION

GOOD LUCK ON THE COURSE!

KOSICEMARATHON.COM