



INSTRUCTIONS FOR RUNNERS

INLINE A HANDBIKE

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

ŠTART MMM – INLINE A HANDBIKE

The start of Inline and Handbike will take place on Sunday, 2 October 2022 on Hlavná Street in the start area in front of the DoubleTree by Hilton hotel at 8:45 a.m.

COLLECTING THE BIB NUMBER

Place: Kulturpark / Alfa, Kukučínova 2, Košice
 Date: 30.09.2022 (Friday) 10:00 – 19:00 h.
 01.10.2022 (Saturday) 09:00 – 19:00 h.

PICK UP A BIB NUMBER ON THE BASIS OF A POWER OF ATTORNEY!

The competitor can authorize another person to pick up his bib 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 bib number to another person.

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**

WHAT WILL THE PARTICIPANT GET AT THE BIB NUMBER PICK UP

- **BIB NUMBER, CHIP**
- An envelope with key instructions for the event
- MMM 2022 welcome package gift items and 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

- 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 2022 with you.
- And don't forget the special 10% discount with the code KOSICE10 at the running e-shop www.top4running.sk. It is waiting for you until the end of October.
- Every MMM 2022 participant who shows a valid start number has the opportunity to use public transport in Košice for free from Friday, September 30 to Sunday, October 2.

WHAT DO YOU NEED AT THE START

BIB NUMBER, CHIP

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

DEPOSIT

- A runner can store their most necessary things in the deposit, 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 deposit operator.
- There will be a water tank in the finish line, and a limited number of showers will be available in the 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 runners on Štúrová street (see map below). There are also mobile toilets in this place. If necessary, you can also use other mobile toilets located directly at the starting sectors.

START SECTOR / ASSEMBLY POINT/ ENTRY TO THE STARTING AREA

Start – the starting line is located on Hlavná ul. at the Doubletree by Hilton hotel.

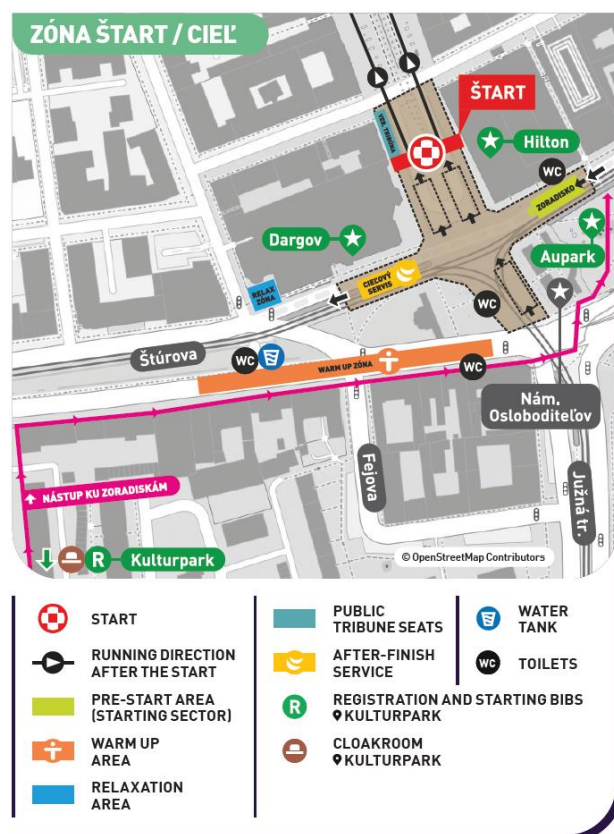
For competitors of this discipline the assembly point is located in the Start / Finish zone, with an entrance from the east side of Námestie Osloboditeľov (see map).

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. The competitor can repeatedly leave the starting sector and return to the sector if necessary. Mobile toilets will be available in the area near the start sector. Additional mobile toilets will be in the development zone.

At the designated time, accompanied by the organizers, you will move to the start zone. Follow their instructions and guidelines.

Competitors in Handbike discipline start from sector 1 on the west side.

Competitors in Inline discipline Inline start from sector 2 on the east side.



BIB NUMBER, CHIP AND MEASURING OF TIMES

MYLAPS BibTag timing technology.

Every participant will receive one bib number with an integrated chip. The bib number must be placed visibly on the chest. Any modification of the bib number is forbidden. The chip cannot be folded and the neoprene pad cannot be removed!

YOUR TIME WILL NOT BE MEASURED WITHOUT THE CHIP.

ŠTARTOVÉ ČÍSLO, ČIP A MERANIE ČASOV

MYLAPS BibTag timing technology.

Competitors in the Inline and Handbike disciplines will receive a bib number and a refundable chip. They place the start number visibly on the chest and the chip on the ankle using an integrated sticker. The chip cannot be folded and the neoprene pad cannot be removed!

YOUR TIME WILL NOT BE MEASURED WITHOUT THE CHIP.

The competitor is obliged to return the chip in the target area.

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.

TOILETS

Portable toilets will be situated at the start/finish area 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.

REFRESHMENTS

Refreshment stations:

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

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

Sponging stations:

Between the refreshment stations with only water in cups available.

In the case of individual need, you may take other refreshments, e.g. energy gels or sticks, with you!

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!

MEDICAL CARE

At the start and finish, as well as on the course at refreshment stations. **DO NOT FORGET TO FILL OUT THE HEALTH CARD, WHICH CAN BE FOUND ON THE BACK OF THE BIB NUMBER.**

These data are not collected or processed; they remain along with the bib number in possession of a participant. The provided data can help in case of medical emergency.

FINISH LINE AND 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 outside the area of the finish line service.

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

11:50 Marathon women

12:00 Handbike men

Handbike women

Inline men

Inline women

Slovak Marathon Championships men

Relay 4x1/4 Marathon

Slovak Marathon Championships women

13:00 Half-Marathon men

Half-Marathon women

Marathon age categories men (M40, M50, M60, M70)

Marathon age categories women (W40, W50, W60, W70)

PRIZES FOR WINNERS

The payment of prize money will be made after the end of the event by transferring funds to the athlete's bank account.

Winners of individual disciplines and age categories, who are entitled to a prize in terms of the current propositions, will be awarded directly during the award ceremony. In case of their non-participation in such a ceremony, the organizer will contact them after the end of the race.

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 the time limit on the 33rd km must leave the course and hand over his/her bib 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 bib 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.](#)

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

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

MAPA TRATE – INLINE A HANDBIKE



<https://www.youtube.com/watch?v=d3C06JL9hkg>
[Mapa trate MMM \(PDF\)](#)