



INSTRUCTIONS FOR RUNNERS

RELAY MAGNA MARATHON 4x1/4

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

START – RELAY MAGNA MARATHON 4x1/4

The start of Relay Magna Marathon 4x1/4 will take place on Sunday, 1 October 2023 on Hlavná Street in the start area in front of the DoubleTree by Hilton hotel at 9:00 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 present 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 start 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 - each member of the relay receives one start number in the order in which they run according to the number after the slash (X/1, X/2, X/3, X/4). Pin the start number on your chest or on the sports belt in front. A disposable chip is stuck on the start number.

Any modification of the start number is forbidden. The chip cannot be folded and the neoprene pad cannot be removed!

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 runners on Štúrová street (see map below). There are also mobile toilets in this place.

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 runners of this discipline the Meeting point is located in the Start / Finish zone, with an entrance from the south side of Námestie Osloboditeľov. (see map)

Entry to the start sector is only possible with a valid start number for the given discipline. Only the first member of the relay with the number 1 behind the slash enters the start sector.

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 is marked for Relays.

The start of this discipline is set at 9:00 a.m.
Follow the instructions and guidelines of the organizers.



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 and 26th kilometers, 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.

RELAY COURSE AND SECTIONS

The relay race course is the same as the Marathon course. Individual sections of the relay have the following lengths: 12 km, 9 km, 12 km, 9 km. Each relay participant will run one of the mentioned sections. Team members define their order in the relay during the online registration process. Possible changes can be made at the latest before picking up the start numbers.

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.

RELAY TEAMS

Relay teams have four members. Each member of the relay can run only one section of the course. The relay runner with the number 1 behind the slash runs the first section leg, etc. Only the last member of the relay team (with the number 4 behind the slash) runs to the finish. The order of runners in the relay is entered during registration and cannot be changed arbitrarily. The last changes to the members and order of the relay can be made in person at the registration in Košice.

HANDOVER AREAS

The competitor is obliged to check-in with the section referee before his start and after the relay handover.

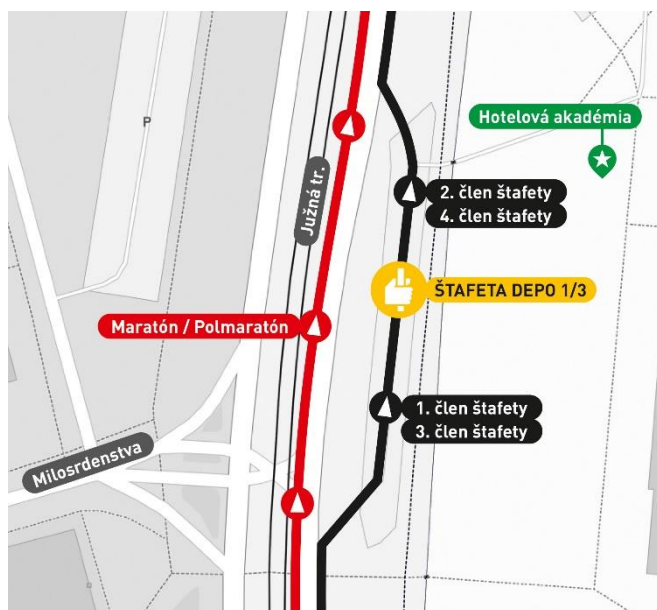
Location of handover areas:

1. Handover area (cca 12,1 km) - Južná trieda – parking place near the Hotel Academy
2. Handover area (cca 21,3 km) - Hlavná street – behind the Marathon turning point near the National Theatre
3. Handover area (cca 33,1 km) - Južná trieda - parking place near the Hotel Academy
4. Finish (42,195 km) - Hlavná street, near the hotel DoubleTree by Hilton

In the handover areas, the runners are obliged to respect the guidelines and instructions of the referee/organizer.

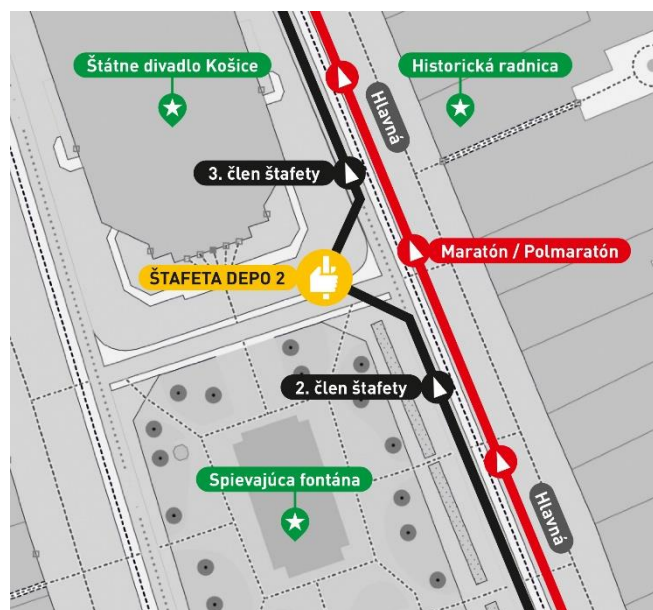
HANDOVER AREA 1 a 3

Južná trieda, parking near Hotel Academy



HANDOVER AREA 2

Hlavná street – after the Marathon turning point near the National Theatre



REACHING THE FINISH LINE

The finish is located near the Dolná Brána on Hlavná Street.

Only the fourth member of the relay with the number (X/4) reaches the finish line.

Every competitor who crosses the finish line immediately moves to the finish line service. There he/she will pick up the medal (will receive 4 medals for all members of the team), water and refreshments and continue without delay out of the finish service zone, which is capacity limited.

FINISH SERVICE FOR THE FIRST THREE MEMBERS OF THE RELAY TEAM

Relay runners no. 1, 2 and 3, have their finish service at the point of handover to the next runner. Here they get a bottle of water and refreshment. Runners 1, 2 and 3 do not receive here their medals. These are taken over for all members of the relay by runner no. 4 in the main finish service after crossing the finish line.

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 the time limit on the 33rd km 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

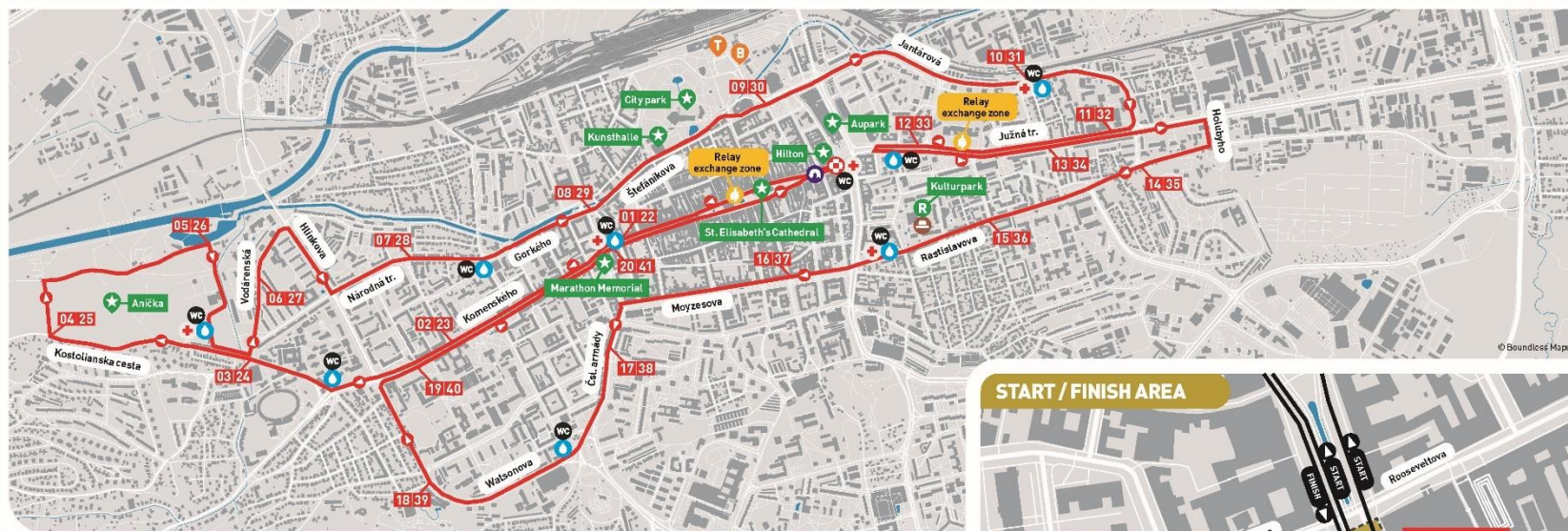
For all who are interested, there is an opportunity to watch the live television broadcast of the Košice Peace Marathon on the RTVS channels. For viewers abroad live broadcast will be available online at www.rtv.sk.

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

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

COURSE MAP – RELAY MAGNA MARATHON 4x1/4

MAGNA MARATHON 4 X 1/4 – RELAY · COURSE MAP



IMPORTANT INFORMATION

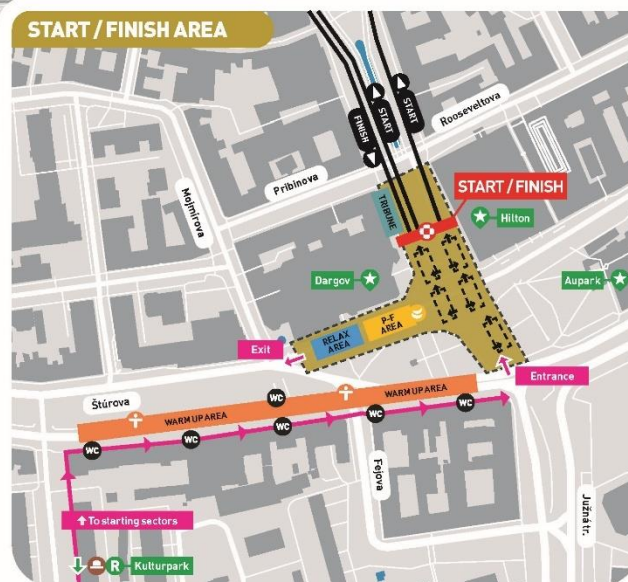
- READ THE INSTRUCTIONS ON WWW.KOSICEMARATHON.COM
- FILL IN YOUR MEDICAL INDICATIONS ON THE STARTING BIB
- EMERGENCY SERVICE 155
- IT IS FORBIDDEN TO USE HEADPHONES WHILE RUNNING THE RACE
- TRY ALWAYS TO COMPETE FAIR PLAY AND RESPECT YOUR FRIENDS ON THE COURSE



#KOSICEMARATHON #MARATONSKEMESTO
#EUROPESSOLDEST #KOSICE

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|---|---------------------|
| START / FINISH | STARTING SECTOR |
| COURSE | WARM UP AREA |
| KM DISTANCE | RELAX AREA |
| TURNING POINT TO 2ND ROUND | PUBLIC TRIBUNE |
| RELAY EXCHANGE ZONE | POST-FINISH SERVICE |
| SPONGING STATION, REFRESHMENT STATION | TOILETS |
| MEDICAL CARE | POINT OF INTEREST |
| REGISTRATION, STARTING BIBS, EXPO & KULTURPARK | TRAIN STATION |
| CLOAKROOM & KULTURPARK | BUS STATION |
| RUNNING DIRECTION AFTER THE START AND TO THE FINISH | |

START / FINISH AREA



GOOD LUCK ON THE COURSE!

KOSICEMARATHON.COM