

# EVENT GUIDE

# PRAGUE

## INTERNATIONAL MARATHON

### 5. 5. 2024



ENG

**RUNCZECH**

ALL RUNNERS  
ARE BEAUTIFUL

FOR THE FAST

ADIZERO

# FOREWORD



**Bohuslav Svoboda**

Dear runners of Prague International Marathon 2024,  
We will all experience some extraordinary moments. In a beautiful city, at a beautiful time of year, you will enjoy a beautiful sports experience. Sport releases endorphins, the so-called happiness hormones. I think no more words are needed. I can only say that everyone deserves happiness and I wish you to enjoy it to the fullest. Robert Jackson Bennet, an American writer said that, „Running is the most pure combat sport imaginable. You fight yourself every step of the way.“ Don't fight, indulge in the joy of movement and run well.

*Bohuslav Svoboda, Mayor of Prague*



**Libor Varhaník**

Dear runners,  
The Prague Half Marathon in April, with over 15,500 active participants, showed us that both athletes and the public have a great interest in running. It therefore gives me great pleasure to be able to welcome you only a month later to another important running event in the Czech Republic. The Prague International Marathon, set on the streets of the capital, is important for the Czech Athletic Association not only as a national championships, but also as a place for the rest of the running world to gather, as so many athletes of top international quality take to the start. It is also an opportunity for amateur runners to measure their strength, as they once again take to the start to conquer this iconic distance. I wish everyone a successful completion of not only the Prague Marathon, but also other running challenges.

*Libor Varhaník, President of the Czech Athletic Federation*



**František Reismüller**

Dear beautiful runners,  
The Prague International Marathon is an important event not only for sport and its fans. It is also essential for the development of tourism, as it brings many athletes and fans from all over the world to the beautiful Czech capital. It is also important for the city and its local community, as it increases prestige and shows how lively and modern Prague can be. I would like to wish you all the best of luck, strength and strong breath and legs for those amazing and truly challenging forty-two kilometres.

You make Prague beautiful.

*František Reismüller, CEO of the Czech Tourism Agency*



**Carlo Capalbo**

My dear Runners and friends, WELCOME!  
Today I am delighted to celebrate the 30th years of Prague International marathon, together. Our goal this year is not just to do a great race in one of the world's great City. But to create an even more spectacular one. To make runners happy and pampered to run in a supercharged race environment. To do our part to make Prague one of the most hospitable destination in the world. The energy around the marathon is attracting thousands of runners and spectators to the street of Prague, including the finalists of the Junior Marathon championship, which we organize from 27 years, and the thousands of families and children which will enjoy during this weekend

May you enjoy it to the full and really savour every moment of this jubilee event.

Thank you for being with us.

*Carlo Capalbo, President of the RunCzech Organizing Committee*

# NEW OFFICIAL T-SHIRT!



## ALL RUNNERS ARE BEAUTIFUL

**THIS IS WHAT WE BELIEVE. THIS IS WHAT SETS US APART. THIS IS OUR GUIDING STAR.**

When we came up with the slogan ALL RUNNERS ARE BEAUTIFUL, it changed us. We became more than a collection of races. More than a company. We became an advocate, a champion of running for everyone.

We became a voice that called out to millions of runners around the world, letting them know that we love them unconditionally. That we respect the hell out of them for lacing up a pair of shoes, and pushing to make themselves a little better. A little stronger.

That's what victory is, in our minds. Not winning, necessarily. But taking part and enjoying.

Running is a joy. That's the message here. And everyone who's willing to participate in this perfect, beautiful sport young, old, big, slim, fast, or slow— is welcomed. Is loved. Is beautiful.

ALL RUNNERS ARE BEAUTIFUL is a giant banner that every runner, in every running shoe, at every running event in the world can march under.

# TABLE OF CONTENTS

...FOR THOSE RUNNING. AND THOSE WHO DON'T RUN SHOULD COME TO CHEER!

2	FOREWORD
5	USEFUL INFO
6	PROGRAM
7	MARATHON EXPO
9	FOR RUNNERS
10	PACEMAKERS
11 - 12	30 YEARS OF RUNCZECH
13	BEFORE MARATHON
14	INNOVATIVE LIVE STREAMING
15 - 16	MAP OF THE RACE
17	TRAFFIC INFO
18	MAP OF TECHNICAL AREA
19	DM FAMILY MILE & DM ACTIVE BREAKFAST
20	DM BAMBINI RUN
21	JMC FINAL
22	MARATHON MUSIC FESTIVAL
24	VOLUNTEERS
25	PRO ATHLETES
26 - 30	BATTLE OF THE TEAMS
31 - 32	START LIST
34	5 PLACES NOT TO MISS IN PRAGUE
38	SOCIAL RESPONSABILITY
39	RUNNING MALL
41	RUNCZECH RACING
42	EUROHEROES
43	MATTONI RUNNING FESTIVAL
45	FUNNY NUMBERS
46	HALL OF FAME

# USEFUL INFO



PRAGUE  
INTERNATIONAL  
MARATHON  
5.5.2024

## RACE RECORDS

ALEXANDER MUTISO / KEN / 2:05:09 - 2023  
LONAH CHEMTAI SALPETER / ISR / 2:19:46 - 2019

## WORLD RECORDS

KELVIN KIPTUM / KEN / 2:00:35 - 2023  
TIGST ASSEFA / ETH / 2:11:53 - 2023

## CZECH RACE RECORDS

RÓBERT ŠTEFKO / 2:12:35 - 2004  
EVA VRABCOVÁ NÝVLTOVÁ / 2:30:10 - 2016

## CZECH NATIONAL RECORDS

KAREL DAVID / 2:11:57 - 1993  
MOIRA STEWARTOVÁ / 2:25:36 - 2023

8 100 RUNNERS

29<sup>TH</sup> EDITION

91 NATIONALITIES REPRESENTED

1 160 NUMBER OF VOLUNTEERS

9:00 START / FINISH:  
OLD TOWN SQUARE

7 H LIMIT

# PROGRAM

### THURSDAY 2/5/2024

12:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS,  
KŘÍŽÍK PAVILIONS D, E, (B)

### FRIDAY 3/5/2024

10:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS,  
KŘÍŽÍK PAVILIONS D, E, (B)

15:00 START SIGHTSEEING RUN, RUNNING MALL

### SATURDAY 4/5/2024

9:30 dm ACTIVE BREAKFAST, LETNÁ PARK

15:00 START SIGHTSEEING RUN, RUNNING MALL

10:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS,  
KŘÍŽÍK PAVILIONS D, E, (B)

13:00 START OF dm FAMILY DAY PROGRAM,  
VÝSTAVIŠTĚ HOLEŠOVICE

15:00 START dm FAMILY MILE

16:00 START dm BAMBINI RUN

### SUNDAY 5/5/2024

7:00 OPENING OF THE TECHNICAL AREA, WENCESLAS SQUARE - MŮSTEK

8:00 START OF THE PROGRAM OF THE DAY

8:30 OPENING OF THE START CORRIDORS

9:00 START PRAGUE INTERNATIONAL MARATHON,

11:03 – 11:05 EXPECTED FINISH OF THE FIRST MAN

11:20 – 11:23 EXPECTED FINISH OF THE FIRST WOMAN

11:25 – 12:10 AWARD CEREMONY, OLD TOWN SQUARE

16:00 LAST RUNNER AT THE FINISH LINE

17:00 CLOSING OF TECHNICAL AREA

18:30 AFTER PARTY & BATTLE OF THE TEAMS AWARD PARTY,  
BALLROOM, HOTEL HILTON PRAGUE, POBŘEŽNÍ ST.

# MARATHON EXPO

MAY 2-4, 2024

## Prague Exhibition Grounds

Holešovice, Křižík pavilions D, E, (B)

## Opening hours

Thursday, May 2	12.00 – 20.00
Friday, May 3	10.00 – 20.00
Saturday, May 4	10.00 – 20.00

One of the largest sports fairs in the Czech Republic will be at the Prague Exhibition Grounds. Your first steps will lead right here, to pick up your starting number. And not only that. Expect exhibitors of sportswear, accessories and nutritional supplements.

## How to get there?

Metro C – Nádraží Holešovice station or Vltavská station  
Tram no. 6, 17 – Výstaviště Holešovice tram stop

## By car:

You can find the nearest parking lot (P2 and P3) right at the Prague Exhibition Grounds. This is a paid parking lot.

## Exhibitors:

adidas, RunCzech Store, CEP, Salming Running, Garmin, VIF and many others, further you can check where to run out of Czech Republic from Rome to Athens, from Vienna to Venice or choose one of the marathons in Poland between Cracow or Warsaw.

PRAGUE INTERNATIONAL MARATHON  
**MARATHON EXPO**  
VÝSTAVIŠTĚ HOLEŠOVICE  
**2.-4. 5. 2024**  
VELETRH SPORTOVNÍHO VYBAVENÍ  
VSTUP ZDARMA

Sportujeme  
Na Výstavišti

RUNCZECH  
ALL RUNNERS  
ARE BEAUTIFUL

# Běžíme v tom s vámi

VOLKSWAGEN  
FINANCIAL SERVICES  
KLÍČ K MOBILITĚ

Volkswagen Financial Services - Your journey to your dream car starts with us!  
We are a top company in the field of vehicle financing and leasing for individuals and companies. Since 1992, we have been a trusted partner of Czech motorists, offering not only great services, but also innovative approaches. And now is the right time to take advantage of our subsidy offer for electric cars, with attractive conditions that open the door to the ecological and modern world of cars.

[www.unicreditbank.cz](http://www.unicreditbank.cz)

 UniCredit Bank

# FOR RUNNERS

-  **Start Numbers & Starting Bag:** We've assigned you a start number for identification and included a RunCzech branded starting bag as our gift to you
-  **Showers:** Showers are available for all runners at the technical area
-  **Massage & Taping:** If you want to relax before or after the race, you can find massages in technical area
-  **Bag deposit:** You can store your backpack in the storage room. Volunteers will store it on a hanger according to your start number
-  **Changing rooms:** there will be a women's and men's changing room in tents. These will have benches. You can come to the race in your regular clothes and change comfortably here
-  **Toilets:** The mobile toilets provided by Johnny Servis. You can find them in the Start & Finish Area
-  **Medal engraving:** After the race, we can engrave your finish time on your medal at Partners square. If you have not ordered this service, you can also pay on the day.
-  **Refreshment point:** 16 refreshment points will be located on the course and at the finish area
-  **Medical Service:** It will be available at the start, at the finish and along the course. If you need to call an ambulance, ask a volunteer or call the emergency services on number 155
-  **Commemorative medal:** Each runner will receive a commemorative medal at the finish line
-  **Photos from race:** You can order your photos at [www.marathonphotos.live](http://www.marathonphotos.live) They will be available approximately two days after the race
-  **Diploma:** You can remind your performance by collecting your diploma. You will receive it after the race via email with the results or you can find it on the RunCzech website
-  **T-Shirt:** Every runner can purchase an adidas official race T-shirt (Limited edition)
-  **After Party & Battle of the Teams Award Party:** As a reward for your hard work, we have prepared a post-race party for you. Every runner gets something to eat and drink to refresh

**Lette.**  
Z Prahy do více než  
170 destinací



Zážitky už čekají třeba v Soulu,  
v Tchaj-peji nebo New Yorku



# PACEMAKERS

GUTIÉRREZ JAIME	3:00
BURDA TOMÁŠ	3:15
VAVREČKA MARTIN	3:15
KNESPL VOJTĚCH	3:30
KOROTVIČKA ONDŘEJ	3:30
KUZNĚTSOV STANISLAV	3:30
KAŠTIL JOSEF	3:45
ZANOZINA KATKA	3:45
KAČER CTIBOR	4:00
STEKLÁ MÍŠA	4:00
LINDNER TOMÁŠ	4:00
HORÁČEK MÍLA	4:15
KODR KAREL	4:15
MICALORUM HELENA	4:15
KRÁTKÝ JARDA	4:30
MAREČEK JAN	4:30
BEDNÁŘ RICHARD	4:30
BROŽÁNI PAVLÍNA	5:00
FIX JIŘÍ	5:00
NOVIKOVÁ DARINA	5:00

Our great group of pacemakers will support and guide you through the race. Look for their colourful flags and join your best running companion.

**Jirka Fix,**  
head of RunCzech Pacemakers:

We are really looking forward to the perfect race with 8.100 runners. It is going to be a amazing experience for our pacemaking team! We already know that RunCzech has prepared a lot of new things that you will be excited about! - after one year we will start again Old Town Square! Join us and experience a great adventure at The Prague International Marathon. A steady team of pacemakers will be waiting to guide you through the race in times ranging from 3:00 per km and 5:00 per km.



## RÉVVI

## COMBO, KTERÉ TĚ PODRŽÍ

PŘIPRAV SVÉ SVALY NA KVALITNÍ VÝKON!

NA REGENERACI      NA KŘEČE      PŘI ZRANĚNÍ



# 30 YEARS OF RUNCZECH

**The Beginning** - Like so many things in the Czech Republic, the idea of staging an international marathon in Prague came over a pint of beer (pivo). It was a fine autumn Saturday in November 1994, and Carlo Capalbo was sitting in a small bar with his friends and fellow Italians Francesco Alzati, Maria Vittoria Mastrostefano and Gelindo Bordin, winner of the marathon at the 1988 Seoul Olympics. They decide to ask the famous Emil Zátopek who won three gold medals holder from the Summer Olympics in Helsinki in 1952, for his support and advice.

There were 985 runners, who took part in the first edition of the **Prague Marathon in 1995**, but it was not only that. There were two other distances people could take part in – 9.2 km and 4.8 km. The capacity for these runs was increased several times, and in total over 15 000 people (children and adults) participated in the first event.

**1996** - A new race is added to the marathon – the Gold 10 km for elite runners.

*1997 - The Junior Marathon students' relay kicks off for the first time, with the support of the European Commission. The gold 10 km is renamed, The Grand Prix. The number of marathon participants doubles to 1 848 runners.*

**1998** - The course moves from Zbraslav to the city center and for the first time, the Prague Marathon crosses the Charles Bridge.

*1999 - An Half Marathon is added to the full Marathon and the Grand Prix. The debut of the Marathon Music Festival sets the atmosphere for the race day.*

**2000** - A year after breaking a world record in 2:06:05, Brazilian elite marathon runner Ronaldo Da Costa heads to Prague where he is outrun by Kenyan Simon Chemoiwo.

*2001 - The running legend Haile Gebrselassie wins the Grand Prix. The new women's marathon record is set by Maura Viceconte from Italy (2:26:33).*

**2002** - The first in-line skate race takes place the evening before the marathon and is attended by 530 skaters.

*2003 - The Prague Marathon is started by Václav Klaus, the President of the Czech Republic. The Grand Prix is now open to all runners.*

**2004** - Róbert Štefko's third place win in the Prague Marathon in 2:12:33 secures him a nomination to the Olympic games in Athens.

*2005 - The biggest star of the Grand Prix is Stefano Baldini, the gold medal at the Athens Olympics.*

**2006** - The number of participants in the Prague Marathon is exceeded by the number of Half Marathon runners for the first time.

*2007 - The Marathon Sport Expo with over 30 000 visitors becomes the largest sports fair in the country.*

**2008** - The Men's 10K Race, as a part of the Grand Prix, is awarded the IAAF Road Race Silver Label.

*2009 - The Prague Half Marathon is the first of our races to receive the IAAF Road Race Gold Label.*

**2010** - We host our first race outside of Prague – the Half Marathon in Olomouc. The Prague Marathon is awarded the IAAF Road Race Gold Label.

*2011 - After Olomouc, Ústí nad Labem is added as a second Half Marathon outside of Prague. The first Gold PIM Kings, who ran all 15 editions of Prague Marathon, are announced.*

**2012** - With a time of 58:47 at the Prague Half Marathon, Atsedu Tsegay becomes the fourth fastest man ever. With the introduction of another Half Marathon, this time in České Budějovice, a new brand is created called RunCzech comprising all the races in the Czech Republic.

*2013 - A brand new RunCzech headquarters called the Running Mall is opened in Prague's Letná district. RunCzech Running League expands to include the Karlovy Vary Half Marathon.*

**2014** - The Prague Marathon celebrates its 20 year anniversary; the race is at full capacity by the beginning of the year. Prague completes its collection of Gold Labels as the Prague Grand Prix is also awarded the IAAF Road Race Gold Label.

*2015 - The Half Marathons in Olomouc and Ústí nad Labem are awarded the IAAF Road Race Gold Label.*

**2016** - Eva Vrabcová finished the Prague Marathon in 2:30:10 and beat the Czech record previously held by Alena Peterková since 2000 by 58 seconds. Her performance secured Vrabcová a spot for the Rio Olympics. The RunCzech team starts to work on two races in Italy – Napoli City Half Marathon and Sorrento Positano.

*2017 - Kenya's Joyciline Jepkosgei, a member of the RunCzech Racing team, broke the world half marathon record as well as the 10km, 15km and 20km marks at the Prague Half Marathon on the way to winning the race in 1:04:52. Jepkosgei continued Prague stellar*

*performance in September at the Prague Grand Prix where she bettered her 10 km world record to 29:43. A total of 9 event records and 4 Czech records were broken at RunCzech events in 2017.*

**2018** - Eva Vrabcová Nývltová won the Prague Half Marathon among Czech women. With the time 1:11:01 she broke the record that had endured for 24-years. RunCzech kicked off EuroHeroes project, designed to support European Athletics and search for new local heroes like Zátopek. Liberec Nature Run had its first edition.

*2019 - RunCzech reached a record in participants: 95 129 runners. Volkswagen Prague Marathon celebrates its 25<sup>th</sup> anniversary.*

**2020** - When COVID forced us to cancel all races, we launched a new half marathon only for the best elite runners in the World "Ready for the Restart". Peres Jepchirchir has triumphed with a time of 1:05:34. This is a new world record in women race only.

*2021 - We managed to organize 5 regional races and 2 new virtual projects were launched; Mattoni Run&Plog and Virtual JMC, Pryč ze židle, Get Up and Run.*

**2022** - Restart after pandemic in full strength. A new innovative concept, The Battle of the Teams, was introduced at the Prague International Marathon.

*2023 - Return of EuroHeroes series which was a success for Czech runner Tereza Hrochova. New concept of family runs - family mile to attract even more people and families to run. Alexander Mutiso with the time of 2:05:09 set the new event record of Prague International Marathon.*

**2024** - Sebastian Kimaru SAWE set the new event record at the Prague Half Marathon with the time of 0:58:24. With 15,500 entries it is the biggest running event in Central Europe.

We are looking forward to all new stories and experiences!



# BEFORE MARATHON

## TIPS BY LEGENDARY OLYMPIAN EVA VRABCOVÁ NÝVLTOVÁ

What is important and what you must not forget?

### TRAINING SESSIONS

Choose active rest in the days leading up to the race, including light jogging, stretching, and drinking recovery drinks. Schedule training for the morning, relax in the afternoon, and stretch again in the evening. On race morning, wake up at least 3 hours before starting and engage in light activities like stretching or walking to be race-ready.

### FOOD

Have your last heavy meal, like steak, by Friday to give time for digestion. Focus on easily digestible, high-carbohydrate foods and limit fibre the day before the race. Choose a combination of simple carbohydrates and high-quality proteins (like poultry or white fish) for meals. Select non-flatulent vegetables and fruits, with bananas being a top choice. During the race, replenish energy with drinks and snacks at every station, such as energy gels, and avoid protein and raw bars. AND make sure to use products you have previously tested.

### SLEEP

Aim for 6-8 hours of sound sleep each night starting from the week before the race, especially crucial on the night from Friday to Saturday. Minimize electronic usage and consider a warm shower before bed.

### RACE STRATEGY

Start at a comfortable pace, dividing the marathon into smaller sections, like between refreshment stations. Maintain a manageable pace through the first half and prepare mentally for the harder section after 30 km.

### PACKING LIST

Prepare your race gear the night before, including your race number, shoes, and energy gels. Wear comfortable clothing and well-tested shoes and socks.

### POST-RACE

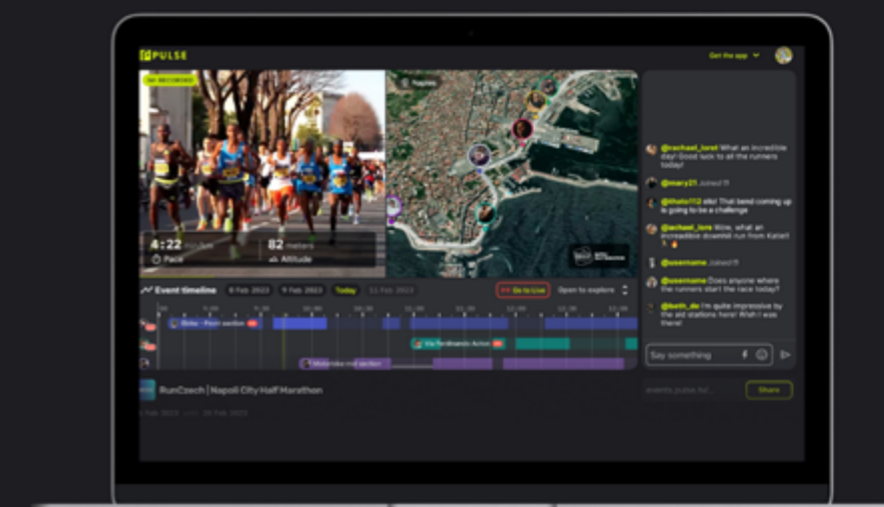
Immediately after finishing, drink a recovery beverage or eat a banana. Continue to hydrate and eat a balanced lunch like the previous day's within two hours of finishing. A short walk or jog and a massage can aid in recovery. Avoid alcohol on race day.



# INNOVATIVE LIVE STREAMING

## Livestream

- complete race coverage from start to finish and much more
- live monitoring of the race by cameras on the course
- interactive race map with all data such as pace, speed and altitude
- replay at any time after the race
- choice of the best footage at any given moment



**PULSE.TV** is a  
streaming platform  
built for sport.

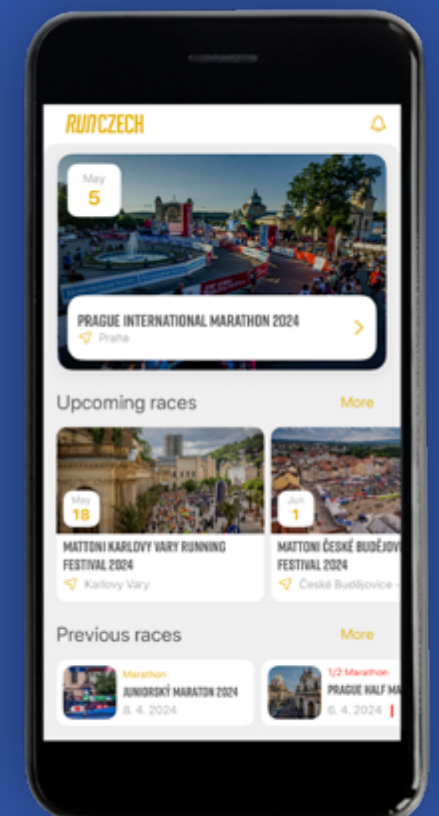
# RUNCZECH APP

This year, we've improved the streaming in our app so you can watch every moment of the race, whether you want to cheer on your friends at the start or follow the elite runners.

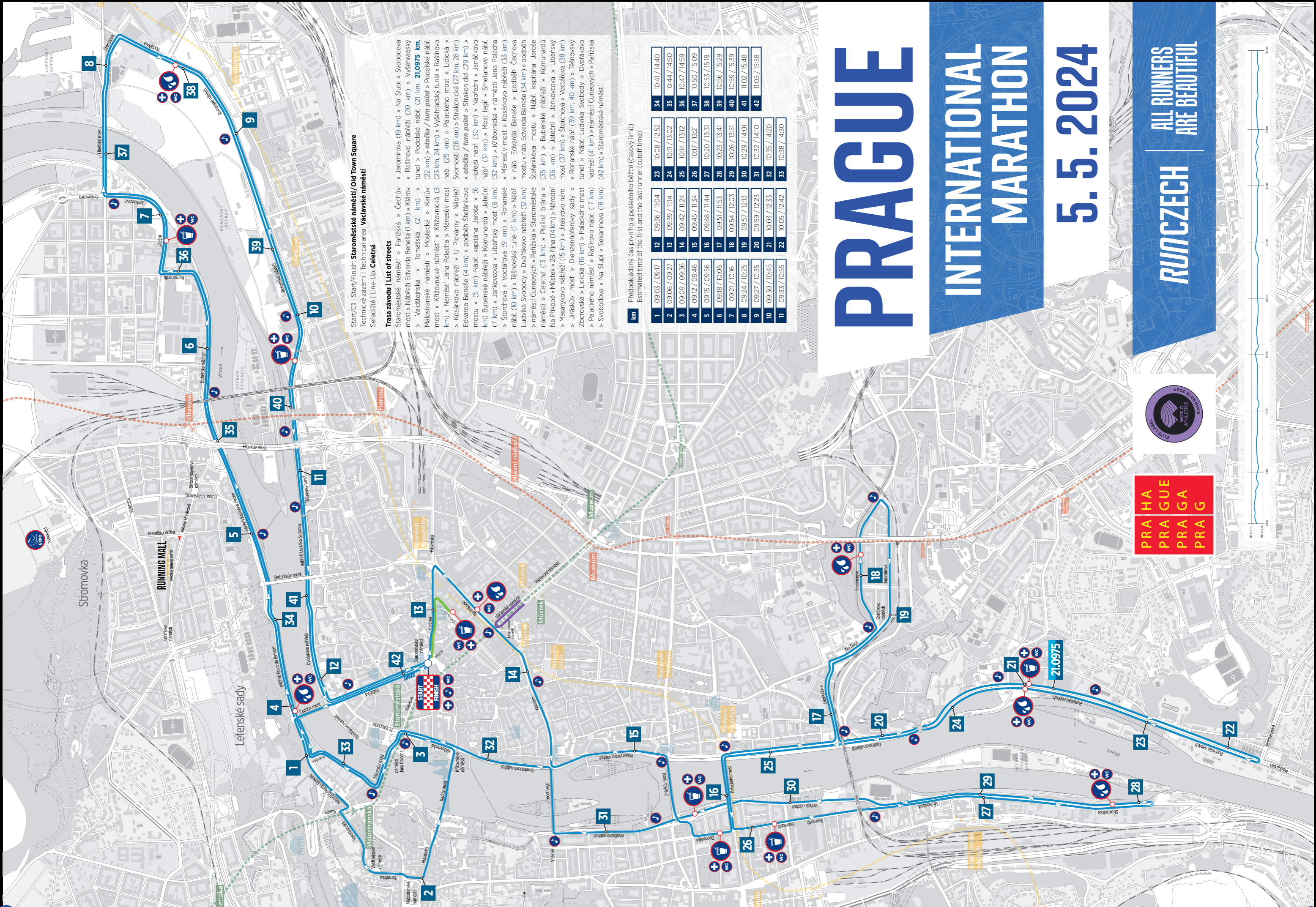
Open our app during the race and choose from multiple cameras on the course. Plus, for the ultimate experience, we offer a classic TV-style commentary stream so you won't miss a moment.

In partnership with PulseTV, our app brings these exclusive experiences directly to your phone while reducing the need for printed materials. It delivers all the information, including the accompanying program and benefits from our partners, in digital form.

Join us and experience the racing atmosphere wherever you are!







Start/Cil | Start/Finish: **Staroměstské náměstí/Old Town Square**  
 Technické zázemí | Technical area: **Václavské náměstí**  
 Seradiště | Line-Up: **Celetná**

**Trasa závodu | List of streets**

Staroměstské náměstí » Pařížská » Jaromírova (19 km) » Na Slupi » Svobodova most » Nábřeží Edvarda Beneše (1 km) » Klárov » Rašínovo nábřeží (20 km) » Vyšehradský Valdešská » Tomášská (2 km) » Podolské náb. (21 km) **21.0975 km**, Malostranské náměstí » Mostecká » Karlův (22 km) » **otočka / turn point** » Podolské náb. most » Křížovnické náměstí » Křížovnická (3 (23 km, 24 km) » Vyšehradský tunel » Rašínovo náb. » Náměstí Jana Palacha » Měnesův most náb. (25 km) » Paleckého most » Lidická » Kosářkovo nábřeží » U Plovárny » Nábřeží Svornosti (26 km) » Strakonická (27 km, 28 km) » Edvarda Beneše (4 km) » Nábřeží » **otočka / turn point** » Strakonická (29 km) » mostu » náb. Edvarda Beneše (34 km) » podobě » (5 km) » Náb. kapitána Jaroše (6 » Hořejší náb. (30 km) » Nábřeží » Janáčkovo nám. » Bubenské nábřeží » Komunardů » Jateční náb. (31 km) » Most legiti » Smetanovo náb. (7 km) » Jankovcova » Libeňský most (8 km) » Křížovnická » náměstí Jana Palacha » Storchova » Voctářova (9 km) » Rohanské » Měnesův most » Kosářkovo nábřeží (33 km) » náb. (10 km) » Těšnovský tunel (11 km) » náb. » náb. Edvarda Beneše » podobě » Čechova Ludvíka Svobody » Dvořákovo nábřeží (12 km) » mostu » náb. Edvarda Beneše (34 km) » podobě » náměstí Curieových » Pařížská » Staroměstské » Stefaňkova mostu » Náb. kapitána Jaroše náměstí » Celetná (13 km) » Prašná brána » (35 km) » Bubenské nábřeží » Komunardů Na Příkopě » Mlýnský » 28. října (14 km) » Národní (36 km) » Jateční » Jankovcova » Libeňský » Masarykovo nábřeží (15 km) » Jiráskovo nám. (37 km) » Storchova » Voctářova (38 km) » Jiráskův most » Dierzenhoferovy sady » Rohanské náb. (39 km, 40 km) » Těšnovský Zborovská » Lidická (16 km) » Paleckého most tunel » Náb. Ludvíka Svobody » Dvořákovo » Paleckého náměstí » Rašínovo náb. (17 km) » nábřeží (41 km) » náměstí Curieových » Pařížská » Svobodova » Na Slupi » Sekaninova (18 km) » (42 km) » Staroměstské náměstí.

**km** Předpokládaný čas prvního a posledního běžce (časový limit)  
 Estimated time of the first and the last runner (cutoff time)

1	09:03 / 09:17	12	09:36 / 11:04	23	10:08 / 12:52	34	10:41 / 14:40
2	09:06 / 09:27	13	09:39 / 11:14	24	10:11 / 13:02	35	10:44 / 14:50
3	09:09 / 09:36	14	09:42 / 11:24	25	10:14 / 13:12	36	10:47 / 14:59
4	09:12 / 09:46	15	09:45 / 11:34	26	10:17 / 13:21	37	10:50 / 15:09
5	09:15 / 09:56	16	09:48 / 11:44	27	10:20 / 13:31	38	10:53 / 15:19
6	09:18 / 10:06	17	09:51 / 11:53	28	10:23 / 13:41	39	10:56 / 15:29
7	09:21 / 10:16	18	09:54 / 12:03	29	10:26 / 13:51	40	10:59 / 15:39
8	09:24 / 10:25	19	09:57 / 12:13	30	10:29 / 14:01	41	11:02 / 15:48
9	09:27 / 10:35	20	09:59 / 12:23	31	10:32 / 14:10	42	11:05 / 15:58
10	09:30 / 10:45	21	10:03 / 12:33	32	10:35 / 14:20		
11	09:33 / 10:55	22	10:05 / 12:42	33	10:38 / 14:30		

# PRAGUE

## INTERNATIONAL MARATHON

# 5. 5. 2024

PRAHA  
 PRAGA  
 PRAG

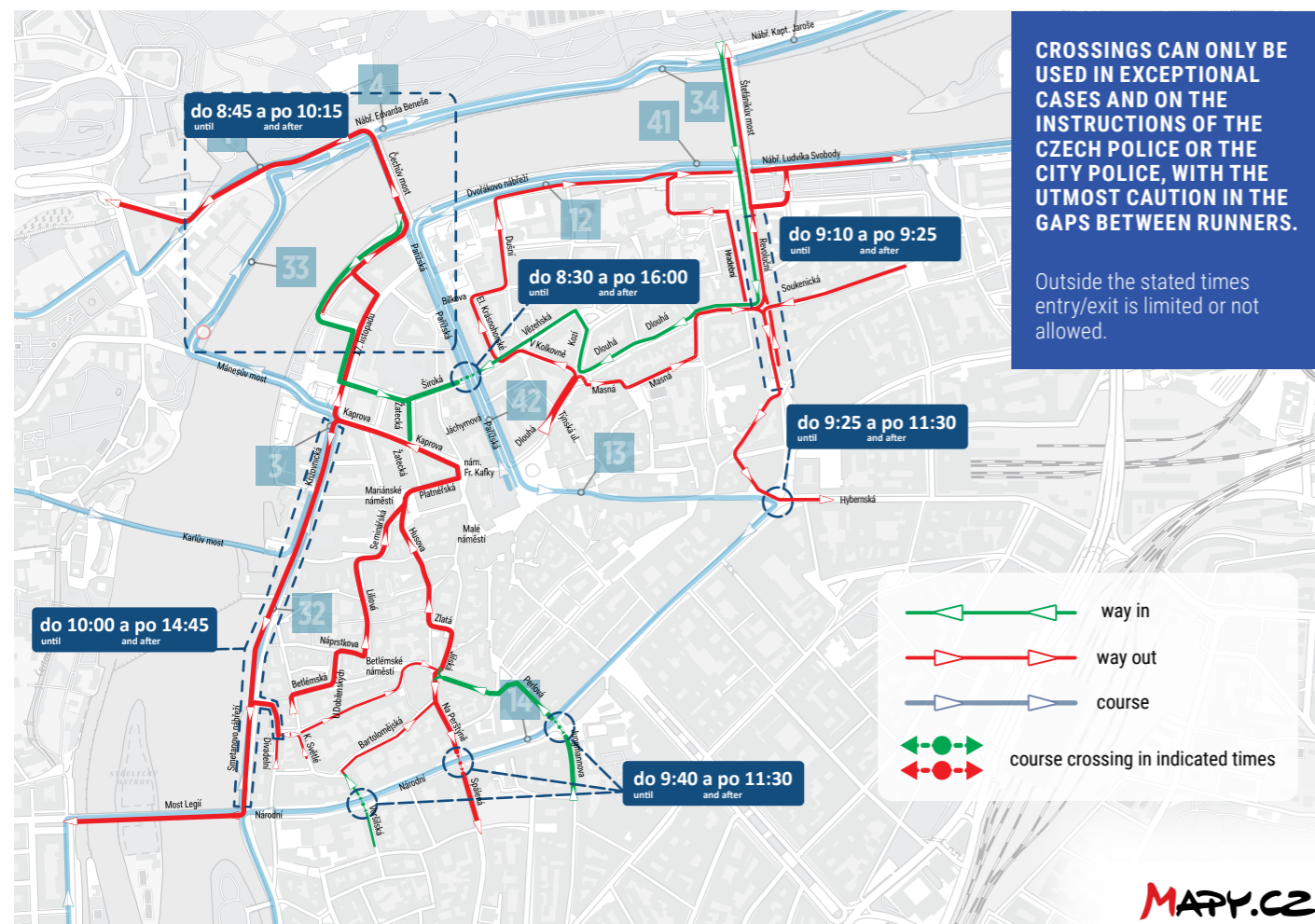


RUNNERS  
 ARE BEAUTIFUL



# TRAFFIC INFO

On Sunday, May 5, the Prague International Marathon will start, the biggest race of the season, and professional athletes and running enthusiasts, who also like to return to the metropolis as tourists, will return to the center of Prague. The race will not only bring great sporting performances, but also minor inconveniences with traffic restrictions. We appreciate your tolerance and thank you in advance. At the same time, we cordially invite you to the race and would love to see you along the track as a spectator where you will experience the unforgettable atmosphere of this unique event.



Traffic info and race map:



www.runczech.com

**800 165 102**

29. 4. - 4. 5. 9:00 - 18:00  
neděle 5. 5. 8:00 - 16:00

**800 100 991**

neděle 5. 5. 8:00 - 16:00

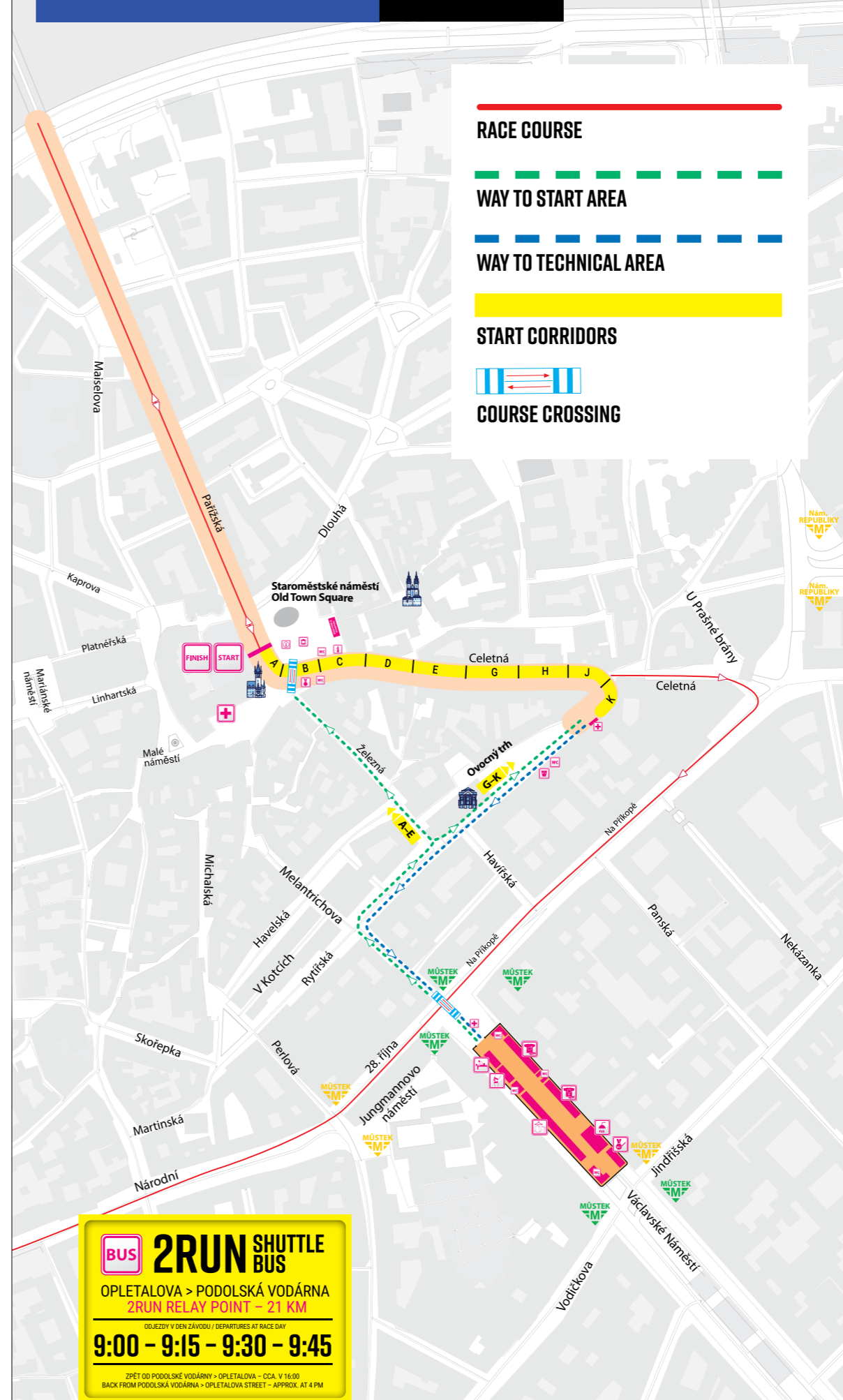
**DON'T KNOW WHAT TO DO WITH STREET CLOSURES?**

Download the Waze app, which keeps track of all the closures on race day and guides you along the least busy route to keep your delays to minimum. More information about the app at [www.waze.com/cs](http://www.waze.com/cs) or on Google Play and the App Store.



MAP TECHNICAL AREA

START / FINISH



- START
- FINISH
- ENTRANCE - TECHNICAL AREA
- EXIT FROM THE TECHNICAL AREA
- PARTNER STANDS
- BAG DEPOSIT
- MEDALS
- CHANGING ROOMS
- ISOTONIC DRINKS, FRUIT
- MATTONI WATER
- AWARD CEREMONY
- MEDAL ENGRAVING
- FIRST AID
- LOST & FOUND
- WC
- TAPING
- SHUTTLE BUS 2RUN

# DM FAMILY MILE

## dm FAMILY DAY 4. 5. 2024

Prague exhibition grounds – Holešovice, near Bruselská  
Families with children will also enjoy the marathon weekend. We have 2 races ready for Saturday afternoon, the dm family mile and the dm bambini run.

### Program

- 13.00 Start of the dm family day program, at Bruselská
- 14.30 Warm up
- 15.00 Start dm family mile
- 16.00 Start dm bambini run

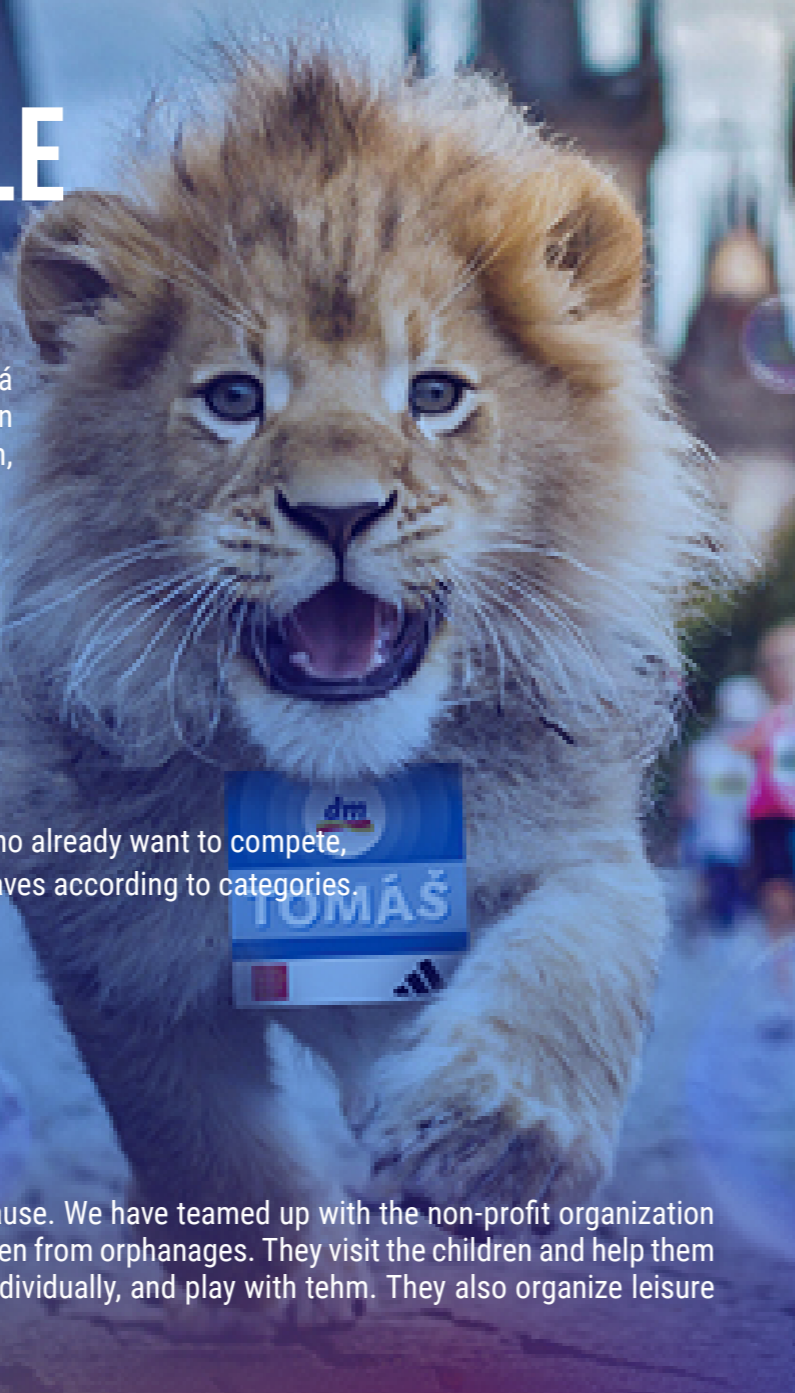
### dm family mile

Complete beginners, parents with children, children who already want to compete, or grandparents with grandchildren. We will start in waves according to categories.

### Individual categories

- children without parents
- family and adults
- grandparents and grandchildren
- a walk

By participating, you will also be supporting a good cause. We have teamed up with the non-profit organization Good Fairies. Since 2015, they have been helping children from orphanages. They visit the children and help them with their school preparation, pay attention to them individually, and play with them. They also organize leisure activities, summer camps, and educational events.



**VÝSTAVIŠTĚ PRAHA, HOLEŠOVICE**  
**START - 15:00 HOD**

Start/Cíl | Start/Finish & Seřadění | Line-Up: Výstaviště Praha  
Trasa závodu | List of street: Stromovka Park

- seřadění line-up
- první pomoc first aid
- toalety toilets
- směr závodu direction of the race
- vzdálenost distance
- start / cíl start / finish

**DM FAMILY MILE PRAGUE**  
**4. 5. 2024**

# DM ACTIVE BREAKFAST

Join us for the dm Breakfast Run on **Saturday May 4<sup>th</sup>**, at Letná Park.

This 4.2 km non-competitive, friendly run is a perfect way to enjoy the pre-marathon atmosphere and connect with fellow runners. With a leisurely pace of 5:30 to 7:00 min/km, it's an event for everyone in the running community.

After the run, enjoy a tasty breakfast including Lavazza coffee, refreshments from dm, fresh water from Mattoni and several flavours of Birell Active.



# DM BAMBINI RUN

So that even the little ones can enjoy the race, we also organize a dm bambini run. The run is completely free and each participant will receive a t-shirt, starting number and chocolate medal at the finish line.

The dm bambini run will be divided into three categories according to the age of the competitors:

- 2-3 years: 100 m
- 4-5 years: 150 m
- 6-7 years: 200 m



# JMC FINAL



The 26<sup>th</sup> annual Junior Marathon is a relay race designed for high school students. Teams of 10 members work together to complete the marathon course (42.125 km). Each student runs his or her leg and the entire team tries to reach the finish line before the competitors. The final will be held within the Prague International Marathon on May 5<sup>th</sup>, 2024.

The largest running competition for students has brought this year more than 2 500 young people across the country to participate in the regional qualifications. Our goal is to get as many young people running and involved in aerobic activities.

And we've been doing that for a quarter of a century, from 1997, involving over 130 000 students.

This year we have put a special emphasis on mental health prevention in partnership with the non-profit organization Dělej, co tě baví (Do What You Love).

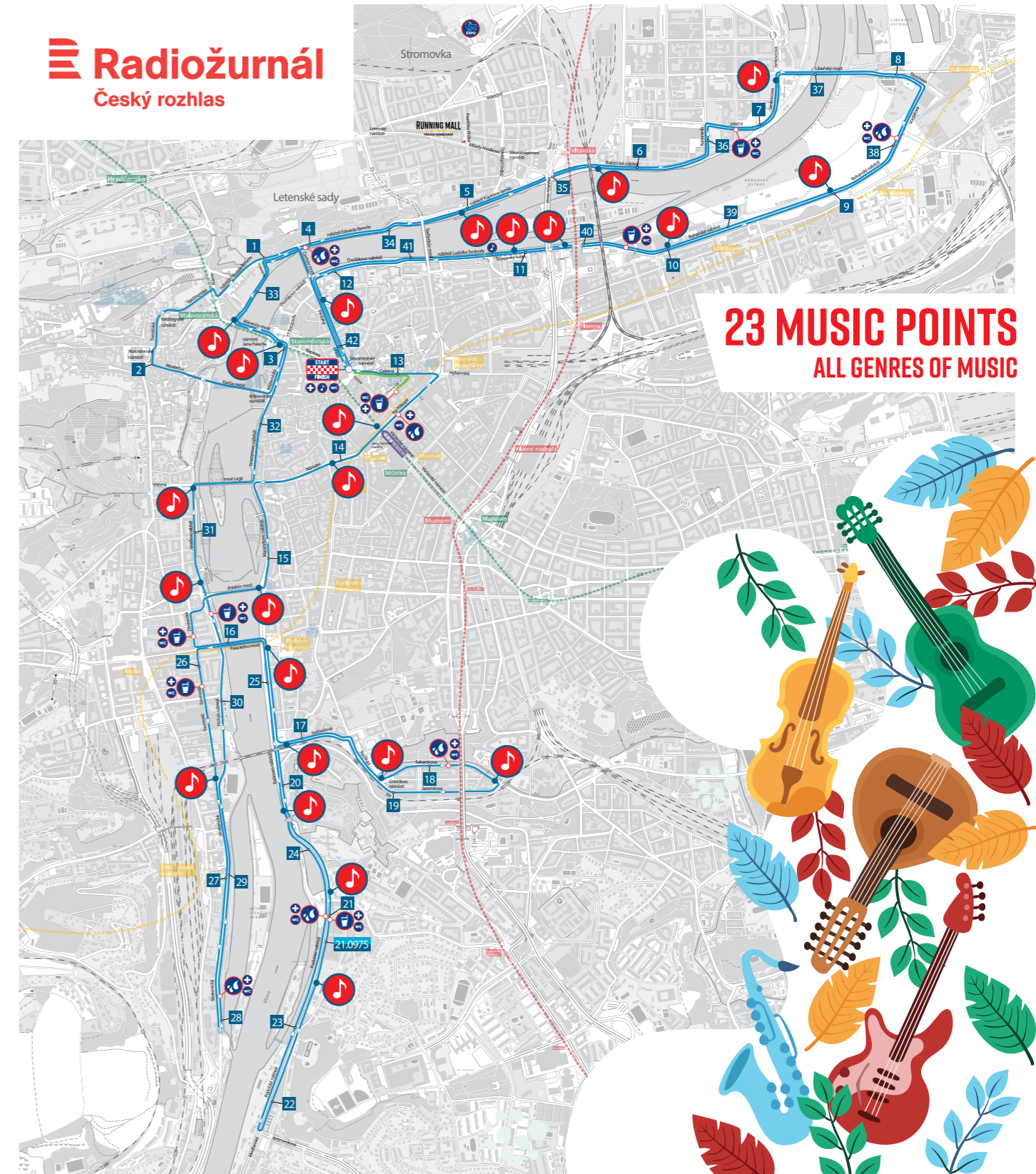
The long term partner of the project is the Representation of the European Commission in the Czech Republic.

## THE HIGH SCHOOLS GOING TO THE FINAL

VYSOČINA – GYMNÁZIUM JIHLAVA	PRAHA – GYMNÁZIUM OTA PAVLY
ÚSTECKÝ KRAJ – PODKRUŠNOHORSKÉ GYMNÁZIUM MOST	PRAHA – GYMNÁZIUM JANA NERUDY
PLZEŇSKÝ KRAJ – SPORTOVNÍ GYMNÁZIUM PLZEŇ	PRAHA – GYMNÁZIUM PŘÍPOTOČNÍ
KRÁLOVÉHRADECKÝ KRAJ – LEPAŘOVO GYMNÁZIUM JIČÍN	STŘEDOČESKÝ KRAJ – GYMNÁZIUM PŘÍBRAM
OLMOUCKÝ KRAJ – GYMNÁZIUM JAKUBA ŠKODY	STŘEDOČESKÝ KRAJ – GYMNÁZIUM KARLA ČAPKA
OLMOUCKÝ KRAJ – GY A SOŠ RÝMAŘOV	JIHOČESKÝ KRAJ – GYMNÁZIUM ČESKÁ
ZLÍNSKÝ KRAJ – GJŠ ZLÍN	JIHOČESKÝ KRAJ – VŠEOBECNÉ A SPORTOVNÍ GYMNÁZIUM VIMPERK
MORAVSKOSLEZSKÝ KRAJ – SLEZSKÉ GYMNÁZIUM OPAVA	KARLOVARSKÝ KRAJ – GYMNÁZIUM CHEB
MORAVSKOSLEZSKÝ KRAJ – MENDELOVO GYMNÁZIUM	PARDUBICKÝ KRAJ – GYMNÁZIUM DAŠICKÁ
JIHOMORAVSKÝ KRAJ – GYMNÁZIUM MATYÁŠE LERCHA	LIBEREC – GYMNÁZIUM, SOŠ A SZŠ JILEMNICE

# MARATHON MUSIC FESTIVAL

Are you tired? Do you feel that you don't have enough energy to reach the finish line? We will push you through the streets of Prague with the Marathon Music Festival! Energetic performances by live bands, electro music produced by DJs, cheering zones, and many different kinds of music **"rhythm to the beat"** will lead you to the finish area! In cooperation with United Islands and Radiožurnál, we deliver the best running experience with diverse sounds. Because **"Music makes the people come together—and run!"**



**23 MUSIC POINTS**  
ALL GENRES OF MUSIC

# SPORTISIMO



# Come and run with us in OSAKA MARATHON.

**24 February 2025**

The race entry will start in Summer 2024.



Expo 2025 Official Character MYAKU-MYAKU ©Expo 2025

# OSAKA MARATHON 2025

<https://www.osaka-marathon.com/>

Osaka Marathon Organizing Committee

**Meet me at EXPO 2025!**

Period: 13 Apr – 13 Oct 2025 Venue: Yumeshima, Osaka



©Expo 2025

# VOLUNTEERS

Number of volunteers working at the Prague International Marathon: 1 160 on the race day plus 240 for preparations

RunCzech races could not achieve such a high standard without the work of our fantastic Volunteers. These kind of people are essential to the running of the event – so a big THANK YOU must go to our incredible **6 048 RunCzech volunteers**.

It's them who bring a smile to every runner's face, who help, cheer and help our runners towards the finish line, who make sure the event is safe, and runs well. It's volunteers who provide your drinks on race day and it's volunteers who create an unforgettable atmosphere.

## AREAS OF COMPETENCE

REFRESHMENT POINT

INFO VOLUNTEER

RACE COURSE

FLAG BEARER

CHAPERON

GUEST AREA

PRESS CENTRE

BAG DEPOSIT

START AND FINISH AREA

24



**VŠE, CO POTŘEBUJETE,  
NA JEDNOM MÍSTĚ  
U VÁS DOMA UŽ ZA 60 MINUT**

**S Rohlíkem vás hlad nedoběhne!**

# PRO ATHLETES



The running stars are preparing to attack the record at Prague International Marathon

The line up of professional athletes for Prague International Marathon suggests there will be an attack on the event record. The favourites to win come from all around the world.

# BATTLE OF THE TEAMS

**BT. BATTLE OF THE TEAMS**  
RUN FOR ALL. ALL FOR RUN.

4 teams are formed featuring 6 elite runners each. Selected 4 members of each team will get points which will be assigned using the World Athletics Scoring Table.

After that, the larger group of non-professional runners will be affiliated with each team and will have their times averaged. The scores will be combined. And a winning team will be declared.

This is not just a new event. It's a whole new way to approach our sport. Turning the marathon into a team sport adds a ton of excitement to the race. One in which every runner matters. Every second matters.

It prolongs the drama. It motivates every runner to reach for their best. And it makes the sport of running infinitely more watchable.



## EACH TEAM CONSISTS OF 5 MEMBERS

# 4 PRO ATHLETES



# + ALL RUNNERS HOBBY RUNNERS

[WWW.BATTLEOFTHE TEAMS.COM](http://WWW.BATTLEOFTHE TEAMS.COM)

25



## Extra vybavené modely People

Zvýhodnění  
až 170 000 Kč



Kombinovaná spotřeba a emise CO<sub>2</sub>: Tiguan: 5,3–7,9 l / 100 km, 139–180 g/km, T-Cross: 5,6–6,4 l / 100 km, 127–144 g/km, ID.3: 15 kWh / 100 km, 0 g/km. Vyobrazené vozy nemusí odpovídat cenové nabídce a mohou obsahovat prvky příplatkové výbavy. Více na volkswagen.cz

26

**BT. BATTLE OF THE TEAMS**  
RUN FOR ALL. ALL FOR RUN.



## TEAM MATTONI

### JIŘÍ PRSKAVEC | CAPTAIN

Jiří Prskavec, a Czech representative in canoe slalom, is a multiple European champion and a four-time world champion. He is also a two-time Olympic medalist, having won a bronze medal in Rio 2016, and then at the postponed Tokyo 2021 Olympics winning the gold medal and achieving his career's greatest success.



**BT. BATTLE OF THE TEAMS**  
RUN FOR ALL. ALL FOR RUN.



## TEAM PRAGUE AIRPORT

### JIŘÍ JEŽEK | CAPTAIN

Jiří Ježek, the six-time Paralympic champion and six-time world champion, is the most successful cyclist in Paralympic history. After ending his professional career in 2017, he remains actively involved in sports, regularly alternating between cycling and running, and also enjoys participating in running events. He works as a sports presenter, lectures on motivation, and represents various non-profit projects. His enthusiastic personality continues to inspire many.



## NADACE PARTNERSTVÍ LIDÉ A PŘÍRODA

The largest Czech charitable foundation for environmental protection. We help manage the effects of the climate crisis, support tree planting and educating both children and adults in the Open Garden Weekend which raises people's awareness of open spaces. LIDÉ A PŘÍRODA has been together for people and nature for 30 years.

partnerství  
nadace

- 15 randomly drawn runners on the team will receive a hydration plan for 3 months.
- 5 randomly drawn runners on the team will receive a hydration plan for 6 months.
- 1 randomly drawn runner on the team will receive a hydration plan for 12 months.
- 5 randomly drawn runners will receive 2 tickets to the National Theatre.
- All registered team members can also participate for free in regular group running training sessions with a Mattoni FreeRun coach.

## KEY TO THE HEART

Key to the Heart is a non-profit organisation that assists people facing crises related to homelessness. It provides temporary housing, meets basic needs, and offers solutions to improve people's circumstances. The organisation aims to help individuals overcome the cycle of poverty and social exclusion and increase their ability to be employed. Since 2020, it has collaborated with Prague Airport on an innovative project that focuses on identifying and aiding homeless individuals, including those in the public areas of the airport.



- 1x voucher for 2 people to use VIP Service Club CONTINENTAL services
- 3x voucher for 2 people to use the Private Check-in Service
- 3x voucher for 2 people to the FastTrack Lounge
- 3x AeroParking voucher for 2000 CZK - park directly at the airport
- 3x voucher for consumption at the Runway Restaurant - eat before the trip, one-time consumption worth up to CZK 1,000
- One lucky runner will have a personal meeting with Jiří Ježek. You can choose to have him as a mentor, a running or cycling coach, or simply enjoy a conversation over dinner.



## TEAM TURKISH AIRLINES

### JÍŘÍ HOMOLÁČ | CAPTAIN

Homoláč several times represented the Czech Republic in international competition. In 2011, he won the Modřice Cup, and that same year, he claimed victory at the St. Wenceslas Run in Blažovice. He was the winner of the Žebrák 25km in 2013, 2014, and 2016. He also took first place in the Triexpert Vokolo Příglu race in 2011, 2015, and 2016. He qualified for the 2016 European Championships in Amsterdam, finishing 64th in the half marathon and 16th in the team event. He is the reigning Prague Marathon Champion from 2022, having also won this title in 2018 and 2013. Additionally, he is a three-time Czech champion over the half marathon and eight times champion over multiple distances. His personal best in the marathon stands at 2:14:35.



## PINK BUBBLE

The Pink Bubble Foundation supports children, adolescents and young adult patients under the age of 30 across the Czech republic whose lives have been complicated by cancer or haematological disease to be happier and get back on their feet as soon as possible. We help them during treatment, during their recovery time and when they return and get back to their normal lives. We call our beneficiaries „BUBBLES“ in confidence and we treat each of their stories personally. Because each person who turns to us is unique to us...



- Become a member of our team and get a discount on your next flight with Turkish Airlines. We fly to more countries than any other airline and thanks to this special discount only for the Battle of the Teams Turkish Airlines members you can discover 347 destinations and 130 countries.



## TEAM VOLKSWAGEN

### EVA VRABCOVÁ NÝVLTOVÁ | CAPTAIN

Eva Vrabcová Nývltová is a Czech legend in road running and cross-country skiing. A participant in five Olympic Games, she holds the Czech marathon record, which she set while winning a bronze medal at the 2018 European Championships in Berlin. After retiring from her professional career, she continues to run and train, and in the 2024 season, she is the face of the Czech RunCzech Racing team. Eva's motto, „When you do something with love, it comes back to you with love,“ embodies her life's mission and passion for running.



## CENTRUM PARAPLE

Founded by Zdeněk Svěrák and the civic association Svaz Paraplegiků, Centrum Paraple is a public benefit society that has been supporting individuals in wheelchairs with spinal cord injuries as well as their families since 1994. They rely on the mutual support of thousands of people. In collaboration with Volkswagen Financial Services, they have been aiding those affected by road accidents for nearly 30 years. If you too believe in this worthy cause, you can join their team.



Pomáháme najít cestu dál

Již 30 let

- 8% discount on the price of a Volkswagen car on a new order, 0% interest and free service for 5 years or up to 150,000 km (cannot be combined with other discounts), for everyone in the team.
- 20 tickets for family admission to ZOO Prague for the first and last 10 registrants.



# START LIST MEN

START LIST	BIB	NAME	NATIONALITY	PB	BEST SINCE 2022
1	HERPASA	HERPASA NEGASA KITESA		2:03:40 - DUBAI 2019	2:04:49 - SEOUL 2022
2	LEMI	LEMI BERHANU HAYLE		2:04:33 - DUBAI 2016	2:05:48 - AMSTERDAM 2023
3	ABEBE	ABEBE NEGEWO DEGEFA		2:04:51 - VALENCIA 2019	2:06:05 - HAMBURG 2022
4	ABAYNEH	ABAYNEH DEGU TSEHAY		2:04:53 - PARIS 2021	2:06:03 - PARIS 2022
5	KIPKEMOI	KIPKEMOI KIPRONO		2:06:45 - BARCELONA 2021	2:07:29 - LJUBLJANA 2023
6	KELKILE	KELKILE GEZAHEGN WOLDAREGAY		2:05:56 - ROTTERDAM 2018	2:08:30 - PRAGUE 2022
7	JOSHUA	JOSHUA KIPKEMBOI KOGO		2:08:39 - WIEN 2023	
8	BYAMBAJAV	BYAMBAJAV TSEVEENRAVDAN		2:09:03 - OITA 2020	2:09:19 - SEVILLA 2024
10	ONESPHORE	ONESPHORE NZIWINKUNDA		2:11:42 - ZÜRICH 2022	
11	ABEL	ABEL CHEBET		DEBUT	HM 1:00:31 - BELFORT 2022
12	FERDINAN	FERDINAN CEREGEDA RODRIGUEZ		2:12:19 - VALENCIA 2023	
13	GOPI	GOPI THONAKAL		2:13:39 - SEOUL 2019	2:14:40 - NEW DELHI 2024
14	BUGUTHA	BUGATHA SRINU		2:14:41 - NEW DELHI 2024	
15	WENDELL	WENDELL JERONIMO SOUZA		2:16:20 - AMSTERDAM 2023	
16	MO	MO'ATH AHMAD HILAL ALKHAWALDEH		2:18:43 - BERLIN 2022	
17	PATRIK	PATRIK VEBR		DEBUT	HM 1:05:42 - PRAGUE 2023
18	JIRKA	JIŘÍ HOMOLÁČ		2:14:35 - BERLIN 2019	2:18:44 - PRAGUE 2022
19	VÍTEK	VÍT PAVLIŠTA		2:15:35 - VALENCIA 2020	2:19:14 - PRAGUE 2023
20	ONDRA	ONDŘEJ FEJFAR		2:19:54 - PRAGUE 2023	
21	YANN	YANN HAVLENA		2:20:12 - VALENCIA 2023	
22	PETR	PETR PEČEK		2:18:28 - PRAGUE 2011	2:21:09 - PRAGUE 2022
23	MATUŠ	MATUŠ HUJSA		2:22:45 - KOŠICE 2023	
24	DAVID	DAVID VAŠ		2:23:05 - PRAGUE 2019	1:09:37 - PARDUBICE 2024
25	HONZA	JAN KOHUT		2:21:13 - PRAGUE 2021	2:28:26 - KOŠICE 2023
26	BANGRIYA	BANGRIYA VIKRAM BHARATSINH		2:27:06 - NEW DELHI 2022	
41	PACE M1	VINCENT KIPROTICH MUTAI		PACEMAKERS	
42	PACE M2	GIDEON KIPROTICH ROP		PACEMAKERS	
43	PACE M3	TIMON CHERUIYOT KORIR		PACEMAKERS	
44	PACE M4	DAMIÁN VÍCH		PACEMAKERS	
51	PACE W1	AREGA BULTUME REGASA		PACEMAKERS	
52	PACE W2	ABIYOT GUTA DUGUMA		PACEMAKERS	
53	PACE W3	HERMANO FERREIRA		PACEMAKERS	



A STAR ALLIANCE MEMBER

BUSINESS CLASS

# CONNECT TO ISTANBUL

WITH THE AIRLINE THAT FLIES TO MORE COUNTRIES THAN ANY OTHER



# START LIST WOMEN

START LIST	BIB	NAME	NATIONALITY	PB	BEST SINCE 2022
F1	DORCAS	DORCAS JEPCHIRCHIR TUITOEK		2:20:02 - AMSTERDAM 2023	
F2	BUZUNESH	BUZUNESH GETACHEW GUDETA		2:19:27 - FRANKFURT 2023	
F3	AFERA	AFERA GODFAY BERHA		2:22:41 - DONGYING 2019	2:23:15 - TORONTO 2023
F4	MESERET	MESERET GEBRE DEKEBO		2:23:11 - BARCELONA 2022	
F5	MULUHABT	MULUHABT TSEGA CHEKOL		2:24:23 - KOPENHAGEN 2022	
F6	BEDATU	BEDATU HIRPA BADANE		2:21:32 - FRANKFURT 2018	2:24:48 - DUBAI 2023
F7	ABERASH	ABERASH FAYESA ROBI		2:24:59 - RIYADH 2023	
F8	ZINASH	ZINASH DEBEBE GETACHEW		2:25:59 - ROMA 2023	
F10	TSEGINESH	TSEGINESH MEKONNIN LEGESSE		2:24:50 - MÁLAGA 2021	2:26:29 - HAMBURG 2022
F11	SOLANGE	SOLANGE JESUS		2:27:30 - SEVILLA 2023	
F12	DAN	DAN LI		2:26:59 - NANJING 2020	2:27:32 - WUXI 2024
F13	SHEWARGE	SHEWARGE ALENE AMARE		2:27:26 - CAPE TOWN 2023	
F14	AYINADIS	AYINADIS TESHOME BIRLE		2:27:58 - MUMBAI 2024	
F15	PAOLA	PAOLA ANDREA BONILLA		2:27:38 - VALENCIA 2021	
F16	MILITSA	MILITSA MIRCHEVA		2:29:23 - KOPENHAGEN 2022	
F18	LENSA	LENSA DEBELE JALETA		2:38:10 - WUXI 2023	
F19	GRAZIELE	GRAZIELE ZARRI		2:42:48 - VALENCIA 2023	
F20	PETRA	PETRA PASTOROVÁ		2:36:44 - PRAGUE 2013	2:42:18 - DEBNO 2022
F21	EVA	EVA FILIPIOVÁ		2:43:50 - PRAGUE 2023	
F22	KATEŘINA	KATEŘINA KAŠPAROVÁ		2:44:43 - PRAGUE 2023	
F23	BARBORA	BARBORA JÍŠOVÁ		2:45:25 - PRAGUE 2023	
F24	HANA	HANA HOMOLKOVÁ		DEBUT	HM 1:18:08 - BERLIN 2023
F25	BIBIRO	BIBIRO ALI TAHER		2:51:04 - MILANO 2022	



Již **31** let  
se staráme  
o Karlův most  
*galerii pod  
širým nebem*

SDRUŽENÍ VÝTVARNÍKŮ  
KARLOVA MOSTU, SPOLEK  
GARANT POŘÁDKU,  
VYSTAVOVÁNÍ A PRODEJE  
NA KARLOVĚ MOSTĚ  
[WWW.KARLUVMOST.CZ](http://WWW.KARLUVMOST.CZ)

Adresa pro písemný styk: Hroznová 493/5, 118 00 Praha 1  
Kancelář spolku: Hroznová 493/5, 118 00 Praha 1 - Malá Strana  
Telefon: +420 257 535 796 e-mail: [svkm@iol.cz](mailto:svkm@iol.cz)

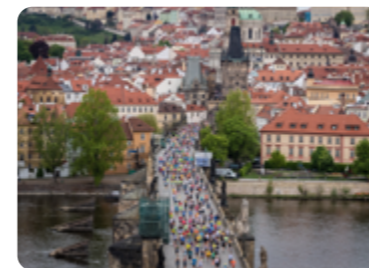
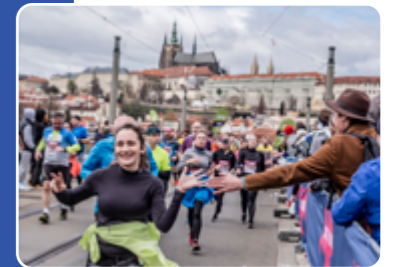
[www.karlummost.cz](http://www.karlummost.cz)

# 5 PLACES NOT TO MISS IN PRAGUE

Prague, the capital city of the Czech Republic, is often referred to as "The City of a Hundred Spires." It's a historical marvel that blends Gothic, Renaissance, and Baroque architecture, making it a top destination for travellers from around the world. Here are the top five places you must visit when in Prague to fully experience its beauty and historical depth.

## 1. Prague Castle

Dominating the city's skyline, Prague Castle is not only the largest ancient castle in the world but also the beating heart of Czech history. The castle complex houses the Gothic masterpiece, St. Vitus Cathedral, along with the Old Royal Palace, St. George's Basilica, and the Golden Lane. Walking through the castle's grounds offers a journey through centuries of architectural evolution and the chance to witness the changing of the guard ceremony.



## 2. Charles Bridge

Connecting the Old Town with the Lesser Town (Malá Strana), the Charles Bridge is an iconic symbol of Prague. Built in the 14th century, this historic bridge is lined with statues of Catholic saints and offers picturesque views of the Vltava River and the city's grandiose landscape. Visiting at dawn or dusk provides a magical experience, with fewer crowds and stunning light for photographs.

## 3. Old Town Square & Astronomical Clock

The Old Town Square is the pulsating heart of Prague, surrounded by colorful baroque buildings and Gothic churches like the Church of Our Lady before Týn and the Old Town Hall. The square's showstopper is the medieval Astronomical Clock, which puts on a captivating mechanical performance every hour. The bustling square also hosts various markets throughout the year, including the famous Christmas markets.



## 4. Vyšehrad

Vyšehrad is a historic fort located on a hill over the Vltava River in Prague, Czech Republic, offering panoramic views of the city. Today, Vyšehrad is not only a cultural monument but also a serene park, home to the Basilica of St. Peter and St. Paul, the Vyšehrad Cemetery, where many famous Czechs are buried, and ancient fortifications that whisper tales of the past.

## 5. Dancing House

Strikingly modern amidst the historic fabric of Prague, the Dancing House is an architectural marvel that stands out for its deconstructivist design, resembling two dancers. This unique building, also known as „Fred and Ginger,” after Fred Astaire and Ginger Rogers, showcases the playful, innovative side of Prague. While primarily an office building, its top floor features a restaurant offering splendid views of the city, making it a must-visit for architecture enthusiasts and those looking to see Prague from a new perspective.



THANK YOU PRAGUE



MĚSTSKÁ ČÁST PRAHA 2



MĚSTSKÁ ČÁST PRAHA 5



## 30 Years of Cooperation with **RUNCZECH**



### Take Advantage of Our E-shop **GO 1** ➡

Rent Our Products Online:

- Compatible with your mobile device
- Any time of the day
- Add your installation location on the map
- Payment by card
- Delivery within 24 hours

**We Will Find a Solution For You.**



go1.johnnyservis.cz

## MATTONI RUNNING FESTIVAL

### KARLOVY VARY

### 18. 5. 2024

# ALL RUNNERS ARE BEAUTIFUL



## MATTONI KARLOVY VARY HALF MARATHON

## 10 KM RACE

## DM FAMILY MILE

## DM BAMBINI RUN

Naskenuj QR kód  
a podívej se na  
kompletní seznam závodů



# Forbes

• PŘEDPLATNÉ •



**DENNÍ DÁVKA  
INSPIRACE  
KDEKOLI  
A KDYKOLI**



WWW.FORBES.CZ

# SOCIAL RESPONSIBILITY

RunCzech has been committed to its social responsibility already for many years, but even more in the last couple of years when we have been all touched by covid, war, inflation which generate inequalities.

Every year, we are supporting a wide range of non-profit organizations. Some of them are focused on helping children with diseases, some on adults with various physical and mental health problems, not forgetting those concerned about environmental protection and many other great causes.

RunCzech also encourages not only runners but the wider public as well to adapt running for a good cause, an option that is so well known abroad.

Our runners can support financially different charities, not only those with whom RunCzech already cooperates, but we are open to new stories that deserve to be remembered.

Each of our races is connected with one main and several other non-profit organizations.



generaliceska.cz

**SPRÁVNÝ PARTNER  
JE VŽDY PO  
VAŠEM BOKU**

S NÁMI V TOM NEJSTE SAMI

JSME HRDÝM PARTNEREM  
**RUNCZECH**

 **GENERALI  
ČESKÁ POJIŠŤOVNA**



## Dosažením svého cíle plníte sny ostatním

Stáhněte si aplikaci EPP Pomáhej pohybem a získávejte body za každou svou aktivitu. Ty potom můžete věnovat vámi vybranému projektu a Nadace ČEZ je promění na finanční podporu.



**SKUPINA ČEZ**



www.pomahejpohybem.cz

# RUNNING MALL

**Running Mall** is a running centre that provides complete support for every single runner and runner-to-be; a place where you can train, learn, improve, enjoy, relax, and make new friends.

We also have lots of events! RunCzech connects active people locally and internationally and offers a space where they can both exercise and chat at the same time. Coaches will take care of you from the very beginning of your journey, until you reach your goals or set new ones!

**Runczech Store:** There is no better location to buy running shoes than one of the biggest and professional running place in The Czech Republic. With more than a quarter century of experience in organizing running events and teaching the community to run, we offer advice on choosing the proper running shoes, clothes and accessories that make running a joy. At Running Expo you can find us at Pavillon E or you can also order our new official t-shirt directly at the Running Mall or through our website on [www.runczechstore.com](http://www.runczechstore.com).

**Energy at Work:** It is a program where we provide special training events with our coaches for corporates and anybody who is interested to help to keep their employees happy and fit!



Jsme v tom s vámi

**HOPI**  
LOGISTICS



[hopilogistics.eu](http://hopilogistics.eu)

**OD STARTOVNÍ  
ČÁRY AŽ DO CÍLE**  
... LOGISTIKA, KTERÁ BĚŽÍ S VÁMI

*Don't worry be HOPI®*

**RUNCZECH** | ALL RUNNERS  
ARE BEAUTIFUL



[www.reportermagazin.cz](http://www.reportermagazin.cz)

Reportér

# RUNCZECH RACING

Young promising athletes of various nationalities represent RunCzech at the most prestigious races in the world.

We want to connect professional and amateur runners, organise workshops, visit schools, and arrange meetings with pro athletes in our running centre and during pre-race runs.

## Overall successes

 **8** WORLD RECORDS

 **3** OLYMPIANS

 **2** WORLD BEST

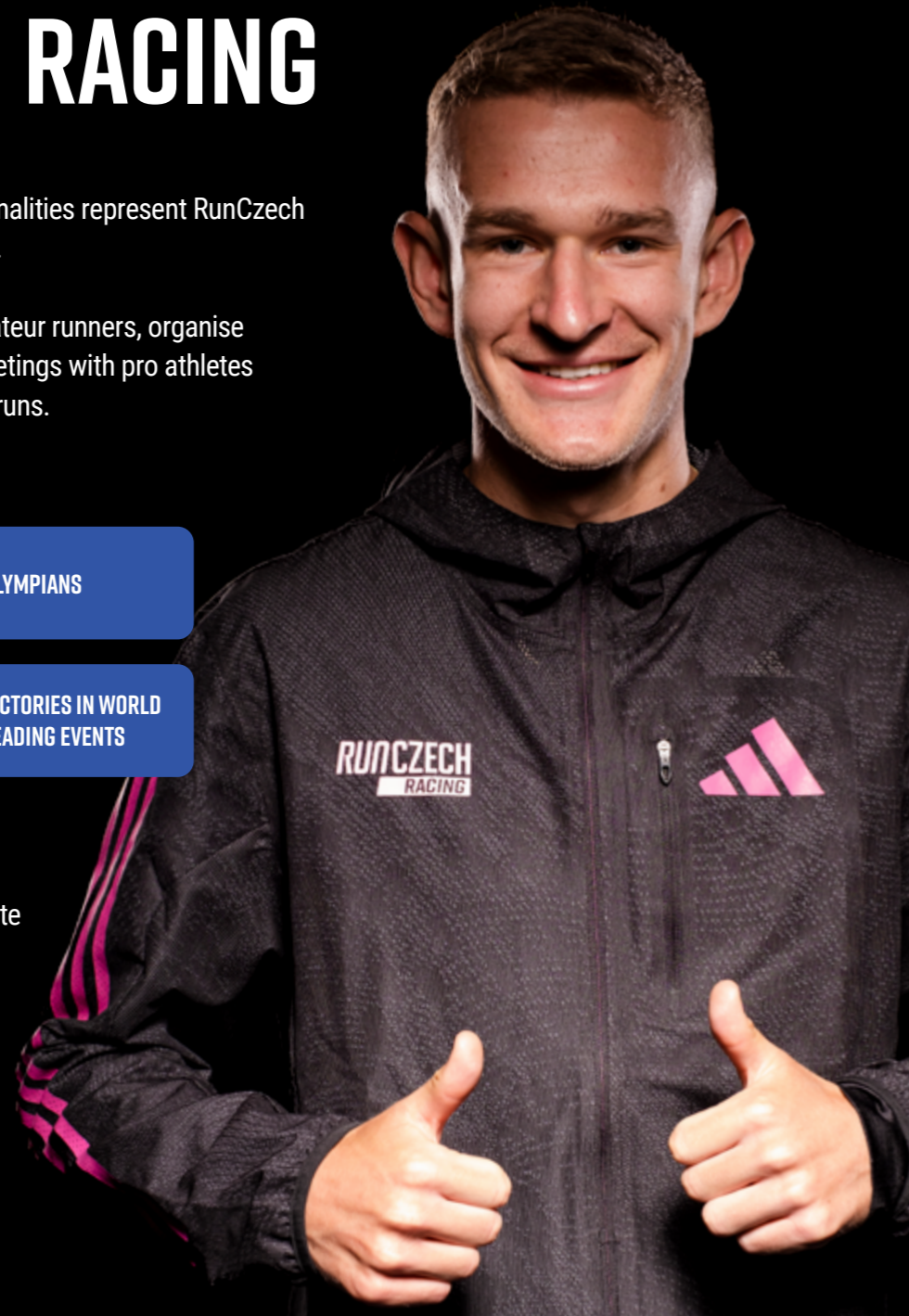
 **82** VICTORIES IN WORLD LEADING EVENTS

## Goals

- ▶ Support young talented athletes
- ▶ Create conditions for athletes to compete with the Top endurance athletes
- ▶ Inspire and motivate to sport everyone across all age group

## Czech athletes:

Jiří Homoláč / Patrik Vebr /  
Damian Vích / Martin Zajíc



# EUROHEROES



EuroHeroes is a RunCzech initiative created under the auspices of European Athletics. The project has three main aims. To make European athletes even more competitive on the world stage.

To celebrate the greatness that exists among us, and to generate a fan base for local and regional runners with the hope of inspiring a new generation to follow in their footsteps.

With that in mind, we have designated four of our half marathons as EuroHeroes events, featuring only runners born and raised in Europe. Each race is awarded with a World Athletics Label and 5 star certificate from European Athletics.

 **Radiožurnál**  
Český rozhlas

## Když světový hokej, tak živě

Petr Kadeřábek a František Kuna  
sportovní komentátoři

Každý den s Vámi



PROUD PARTNER OF RUNCZECH TROPHIES

[WWW.AJETOGLASS.COM](http://WWW.AJETOGLASS.COM)

# MATTONI RUNNING FESTIVAL

**MATTONI  
ÚSTÍ NAD LABEM  
RUNNING FESTIVAL**  
21 SEPTEMBER 2024

MATTONI ÚSTÍ NAD LABEM  
HALF MARATHON  
5 KM RACE  
DM FAMILY RUN  
DM BAMBINI RUN

Experience the thrill of race day with RunCzech's newly introduced distances! Whether your running takes you beyond the half marathon or if you're just starting out, our expanded race categories mean there's a place for everyone!

Join the excitement of a RunCzech event, where you're guaranteed of a professionally managed race, an electrifying atmosphere, exclusive medals, and plenty of refreshments.

**MATTONI  
KARLOVY VARY  
RUNNING FESTIVAL**  
18 MAY 2024

MATTONI KARLOVY VARY  
HALF MARATHON  
10 KM RACE  
DM FAMILY RUN  
DM BAMBINI RUN

**MATTONI  
ČESKÉ BUDĚJOVICE  
RUNNING FESTIVAL**  
1 JUNE 2024

MATTONI  
ČESKÉ BUDĚJOVICE  
HALF MARATHON  
5 KM RACE  
DM FAMILY RUN  
DM BAMBINI RUN

**MATTONI  
OLOMOUC  
RUNNING FESTIVAL**  
15 JUNE 2024

MATTONI  
OLOMOUC  
HALF MARATHON  
5 KM RACE  
DM FAMILY RUN  
DM BAMBINI RUN



Balanced mineral  
content



For your body  
every day



**MATTONI** IS LIFE

# FUNNY NUMBERS



**MEDALS - 8 000 PCS**



**BOTTLE OF WATER - 39 762 PCS**



**BANANAS - 27 125 PCS**



**BARRIERS - 3 600 PCS**



**ORANGE - 17 345 PCS**



**SAFETY PINS - 36 000 PCS**



**DELIMIT TAPE - 20 KM**



**VOLUNTEERS - 1 160 PCS**



**TOILETS - 180 PCS**



**VEST FOR VOLUNTEERS - 1 160 PCS**



**RACE T-SHIRT - 3 263 PCS**



**LITERS OF WATER - 30 000 L**



**LITERS OF ISOTONIC DRINKS - 16 200 L**



**BED FOR INCOMERS - 12 354**

# HALL OF FAME PRAGUE INTERNATIONAL MARATHON

## MEN

1995	Turbo Tumo (ETH)	2:12:44
1996	William Musyoki (KEN)	2:12:21
1997	John Kagwe (KEN)	2:09:07
1998	Elijah Lagat (KEN)	2:08:52
1999	Eliud Keiring (KEN)	2:11:19
2000	Simon Chemoiywo (KEN)	2:10:35
2001	Andrew Sambu (TAN)	2:10:14
2002	Henry Tarus (KEN)	2:11:41
2003	Willy Cheruiyot (KEN)	2:11:56
2004	Barbanas Koech (KEN)	2:12:15
2005	Steven M. Cheptot (KEN)	2:10:42
2006	Mubarak Hassan Shami (QAT)	2:11:11
2007	Ornelas Helder (POR)	2:11:49
2008	Kenneth M. Mungara (KEN)	2:11:09
2009	Patrick M. Ivuti (KEN)	2:07:48
2010	Eliud Kiptanui (KEN)	2:05:39
2011	Benson K. Barus (KEN)	2:07:07
2012	Deressa Chimsa (ETH)	2:06:25
2013	Nicholas Kemboi (QAT)	2:08:51
2014	Patrick Kipyegon (KEN)	2:08:07
2015	Felix Kipchirchir Kandie (KEN)	2:08:32
2016	Lawrence Cherono (KEN)	2:07:24
2017	Gebreksadik Abraha (ETH)	2:08:47
2018	Galen Rupp (USA)	2:06:07
2019	Dawit Wolde (ETH)	2:06:18
2020	N/A	
2021	Benson Kipruto (KEN)	2:10:16
2022	Nobert Kigen (KEN)	2:07:54
2023	<b>Alexander Mutiso (KEN)</b>	<b>2:05:09</b>

## WOMEN

1995	Svetlana Tkach (UKR)	2:39:33
1996	Elena Vinickaya (BLR)	2:37:33
1997	Elena Vinickaya (BLR)	2:32:58
1998	Elena Vinickaya (BLR)	2:35:25
1999	Franca Fiacconi (ITA)	2:28:33
2000	Alina Ivanova (RUS)	2:27:42
2001	Maura Viceconte (ITA)	2:26:33
2002	Alevtina Ivanova (RUS)	2:32:24
2003	Anne Kibor Jelagat (KEN)	2:31:10
2004	Leila Aman (ETH)	2:31:49
2005	Salina Jebet Kosgei (KEN)	2:28:42
2006	Alina Ivanova (RUS)	2:29:20
2007	Nailya Yulamanova (RUS)	2:33:10
2008	Nailya Yulamanova (RUS)	2:31:43
2009	Olga Glok (RUS)	2:28:27
2010	Helena L. Kirop (KEN)	2:25:29
2011	Lydia Cheromei (KEN)	2:22:34
2012	Agnes Kiprof (KEN)	2:25:41
2013	Caroline Rotich (KEN)	2:27:00
2014	Dado Firehwot (ETH)	2:23:34
2015	Yebrgual Melese (ETH)	2:23:49
2016	Lucy Karimi (KEN)	2:24:46
2017	Valary Jemeli Aiyabei (KEN)	2:21:57
2018	Bornes Jepkirui Kitur (KEN)	2:24:19
2019	<b>Lonah C. Salpeter (ISR)</b>	<b>2:19:46</b>
2020	N/A	
2021	Purity Rionoripo (KEN)	2:20:14
2022	Bekelech Borecha (KEN)	2:22:56
2023	Workenesh Edesa (ETH)	2:20:42

# BEER GARDEN KARLÍN

Pobřežní 1 | Praha 8

- » Sunny terraces overlooking the Vltava river
- » Relaxed and fun atmosphere
- » Giant screens with live sports
- » Kids and pets are welcome
- » Ideal pit stop for bikers & skaters
- » Summer cocktails
- » Tacos, nachos, burgers and more...

Forerunners  
for  
Runners



GARMIN®



# ALL RUNNERS ARE BEAUTIFUL



Scan the QR code  
to know more



## RUNCZECH

18. 5. 2024

**MATTONI  
KARLOVY VARY  
RUNNING FESTIVAL**

1. 6. 2024

**MATTONI  
ČESKÉ BUDĚJOVICE  
RUNNING FESTIVAL**

15. 6. 2024

**MATTONI  
OLOMOUC  
RUNNING FESTIVAL**

25. - 26. 6. 2024

**UNICREDIT  
PRAGUE RELAY  
4 X 5 KM**

7. 9. 2024

**BIRELL  
PRAGUE  
10K RACE**

7. 9. 2024

**ADIDAS  
PRAGUE WOMEN'S  
RACE 5 KM**

21. 9. 2024

**MATTONI  
ÚSTÍ NAD LABEM  
RUNNING FESTIVAL**

5. 10. 2024

**MATTONI  
LIBEREC NATURE RUN  
12 KM | 22KM**

5. 4. 2025

**PRAGUE  
HALF MARATHON**

4. 5. 2025

**PRAGUE  
INTERNATIONAL  
MARATHON**

