

# EVENT GUIDE

RUNCZECH

ALL RUNNERS  
ARE BEAUTIFUL



PRAGUE  
HALF MARATHON  
1<sup>ST</sup> APRIL 2023

ENG



THEY  
LOVE ME  
HERE



# FOREWORD



**Carlo Capalbo**

Dear runners and friends,

This year, we have introduced a new campaign called **THEY LOVE ME HERE**. The campaign is meant to express our respect for all runners. Everyone, without distinction, comes first for us. Anyone who has the courage to push themselves, to reach the bottom and to go for it with us deserves our respect. Everyone deserves our support. And everyone deserves the best race experiences we can create together.

We start the season in the Czech Republic with the Prague Half Marathon - a beautiful race in the beautiful City of Prague, which is again a part of the SuperHalvs running series. I am looking forward to see you at the start. We will bring back the passion for running to the streets of Prague.

**ALL RUNNERS ARE BEAUTIFUL.**

Carlo Capalbo, President of the RunCzech Organizing Committee



**Bohuslav Svoboda**

Dear runners,

First of all, I would like to express my admiration for everyone who participates in the Prague Half Marathon. And last but not least, to those for whom this particular race became an inspiration and a goal. Because running is an expression of freedom. You can run in "pro" gear, or just in a t-shirt, shorts and regular sneakers. As anyone wants. But it's always about the joy of movement. And running is one of the noblest ways to fulfill this joy. I wish everyone a fast run and a nice experience!

Bohuslav Svoboda  
mayor of hl.m. of Prague

Official collection of adidas running t-shirts

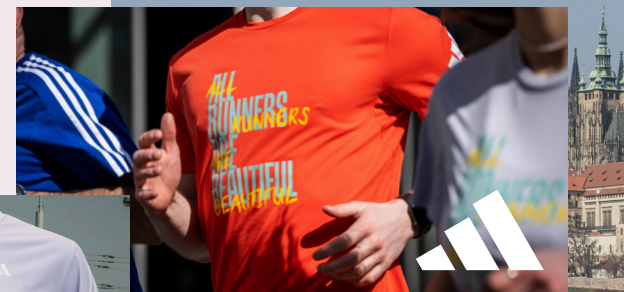


female running t-shirt  
OWN THE RUN TEE

male running t-shirt  
RUN IT TEE

799 CZK

OFFER VALID FROM 16.3. TO 1.4. 2023 IN SELECTED SPORTSIMO STORES AND E-SHOP UNTIL THE STOCK LASTS.



ALL RUNNERS ARE BEAUTIFUL

# 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 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. 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 doing. 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 our way of welcoming everyone —and we do mean everyone— to the wonderful world of running. To a world of fitness and fun and friendship. 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.



#VisitCzechRepublic



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# QUALITY

World Athletics awarded RunCzech with labels—more than any other running organization in the world, and one label for every single event that qualifies for one. Including its fabled Prague runs, its regional runs, and Napoli City Half Marathon which RunCzech also organizes.

WA awards medals for operational integrity, the quality of a race's elite participants, adherence to a comprehensive anti-doping program, prize money offered to participants, accuracy of its time-keepers, the quality of its course, and assorted other criteria.



**RUNCZECH**  
STORE

ACHIEVE YOUR GOALS WITH A STYLE.

WWW.RUNCZECHSTORE.COM

RUNCZECH | ALL RUNNERS ARE BEAUTIFUL

# [USEFUL INFO]

## PRAGUE HALF MARATHON 1<sup>ST</sup> APRIL 2023

11 500 RUNNERS

### EVENT RECORD

ATSEDU TSEGAY ETH 58:47 2012  
JOYCILINE JEPKOSGEI KEN 1:04:52 2017

23 YEARS

### CZECH EVENT RECORD

JIRÍ HOMOLÁČ 1:03:23 2017  
EVA VRABCOVÁ NÝVLTOVÁ 1:11:01 2018

10:00 START  
JAN PALACH  
SQUARE

### WORLD RECORD

JAKOB KIPLIMO UGA 57:31 2021  
LETESENBET GIDEY ETH 1:02:52 2021

21,0975 KM

### CZECH NATIONAL RECORD

JAN PEŠAVA 1:01:31 KOŠICE 1997  
MOIRA STEWARTOVÁ 1:10:14 ISTANBUL 2022

3 H LIMIT

## PROGRAM

### THURSDAY, MARCH 30

RUNNING EXPO 12:00 – 20:00

*Výstaviště Holešovice, Pavilion E*

### FRIDAY, MARCH 31

Pre-race press conference 11:00 – 12:00

*Hilton Prague*

RUNNING EXPO 10:00 – 20:00

*Výstaviště Holešovice, Pavilion E*

Pre-race run 17:30

*Výstaviště Holešovice, Pavilion E, RunCzech stand*

### SATURDAY, APRIL 1

RUNNING EXPO 7:00 – 8:00

*Výstaviště Holešovice, Pavilion E*

**Program starts on Jan Palach Square at 9:00**

**START OF THE RACE 10:00**

Estimated finish of the first man 10:58 – 11:00

Estimated finish of the first woman 11:05 – 11:07

Award ceremony 11:15 – 11:40

After-race press conference 11:50

After-race party 13:30

*Výstaviště Holešovice, Pavilion E*

# RUNNING EXPO

**MARCH 30 – APRIL 1, 2023**

Prague Exhibition Grounds, Křížík Pavilions – Pavilion E

### Opening hours

Thursday, March 30, 2023: 12:00 – 20:00

Friday, March 31, 2023: 10:00 – 20:00

Saturday, April 1, 2023: 7:00 – 8:00

After four years, the Running Expo Prague Half Marathon is back at Prague Exhibition Grounds! Your first steps will lead right here to pick up the start number. You can also expect an accompanying program with news in the field of running equipment and accessories, healthy food, prevention and regeneration, and many more. Entry is completely free.

### HOW TO GET TO THE RUNNING EXPO?

#### By public transport:

The nearest metro station is on line C, *Nádraží Holešovice*. From there you can take tram number 6 or 12 to the *Výstaviště Holešovice* tram stop. Or you can either walk, it will take you about 12 minutes.

#### By car:

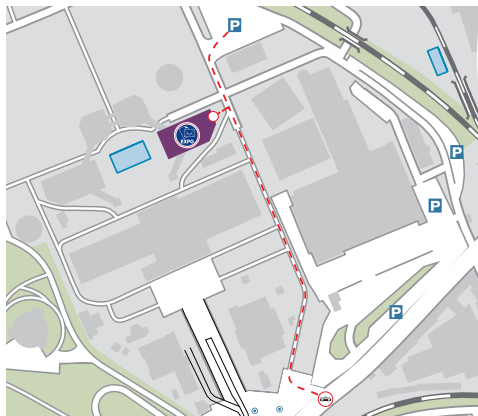
You can find the nearest parking lots right at the Exhibition Center.

### HOW TO GET TO THE RACE START?

If you will be picking up your bib number on Saturday morning, we recommend taking the metro (subway) to the start of the race to avoid possible exclusions and closures. The nearest metro station to the start is on line A, *Staroměstská*.

### WHAT TO TAKE WITH YOU?

In order to give you a starter pack, prepare a photo ID and your assigned start number - either in the application, in an e-mail. You can also find your number in your Runners ID profile at [www.runczech.com](http://www.runczech.com).



# RUNCZECH PACEMAKERS

	<b>KREJČÍK MILAN</b>	<b>1:24</b>
	<b>RADA HONZA</b>	<b>1:24</b>
	<b>KNESPL VOJTA</b>	<b>1:30</b>
	<b>SEIDL HONZA</b>	<b>1:30</b>
	<b>STUHLÝ PAVEL</b>	<b>1:30 – 1:40</b>
	<b>FIX JIŘÍ</b>	<b>1:40</b>
	<b>MAREČEK HONZA</b>	<b>1:40</b>
	<b>KAČER CTIBOR</b>	<b>1:45</b>
	<b>ZANOZINA KATKA</b>	<b>1:45</b>
	<b>BEDNÁŘ ŘÍŠA</b>	<b>1:50</b>
	<b>HORÁČEK MILAN</b>	<b>1:50</b>
	<b>KOBLICOVÁ LUCIE</b>	<b>2:00</b>
	<b>MCALORUM HELENA</b>	<b>2:00</b>
	<b>NOSILOVÁ ANNA</b>	<b>2:00</b>
	<b>LINDNER TOMÁŠ</b>	<b>2:00</b>
	<b>KODR KAREL</b>	<b>2:10</b>
	<b>MARTANOVÁ ŠTĚPÁNKA</b>	<b>2:10</b>
	<b>KRÁTKÝ JARDA</b>	<b>2:10</b>
	<b>BROŽANI PAVLÍNA</b>	<b>2:30</b>
	<b>NOVIKOVÁ DARINA</b>	<b>2:30</b>
	<b>KAŠTIL JOSEF</b>	<b>BN</b>

Our great group of pacemakers will get you perfectly cheered up and guide you through the race.

### Jirka Fix, RunCzech Pacemakers:

We are really looking forward to the perfect race atmosphere and we are curious to see what kind of weather we can expect. We already know that RunCzech has prepared a lot of new things that you will be excited about. One of them is that the pacemakers will be running with a camera at two times and will therefore be able to broadcast the race to everyone at home. Are your parents, grandma, or friends cheering for you? A steady team of pacemakers will be waiting to guide you through the race from 1:24 to 2:30.

9



Download it for free.  
[www.cd.cz/mujvlak](http://www.cd.cz/mujvlak)



# Můj vlak

The 'My Train' app makes travelling easier

**České dráhy**  
Národní doprava

# [FOR RUNNERS]

- Showers:** Showers are available for all runners at the Na Rejdišti Street.
- Massage:** If you want to relax after the race, you can find massages in Břehová Street.
- Bag deposit:** You can store your backpack in the storage room. Volunteers will store it on a hanger according to the start number.
- Changing rooms:** There will be a women's and a men's changing room in tents with benches. You can come to the race in your common clothes and change comfortably here.
- Toilets:** The mobile toilet is provided by Johnny servis. Don't forget to use the toilet before the race.
- Medal Engraving:** After the race, we can engrave your finish time on the medal. If you do not have the service ordered, you can also pay in cash on the spot.
- Commemorative medal:** Each runner will receive a medal at the finish line. For this season, you can look forward to a non-traditional shape with an illustration of the city dominant on the route.
- Photos from race:** You can order your photos at [www.marathonphotos.live](http://www.marathonphotos.live). They will be available approximately three days after the race.
- Diploma:** You can remember your performance thanks to your diploma. You will receive it after the race via email with results.
- T-shirt:** Every runner can purchase an adidas official race T-shirt and, as a novelty this year, a special adidas jacket.
- After 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.

**IO We also offer:** Running Mall trainings, medical service along the course, refreshment points, official merch.

Check-in without worries  
fast and comfortable



<https://www.prg.aero/en/private-check-service>

Letiště  
Praha

# [PULSE.TV]

**PULSE**

We are bringing together with Pulse.tv as the official livestream partner for 2023 season innovative way to watch and stream the races.

Pulse.tv is a streaming platform designed for sports, providing the global running community with access to multiple feeds from the route. Pick a camera to follow different locations on the route while hanging out with friends in chat.

**Be your own director:** Pulse gives viewers the freedom to direct their own viewing experience. They can use the interactive route map and timeline to decide what to watch during the race.

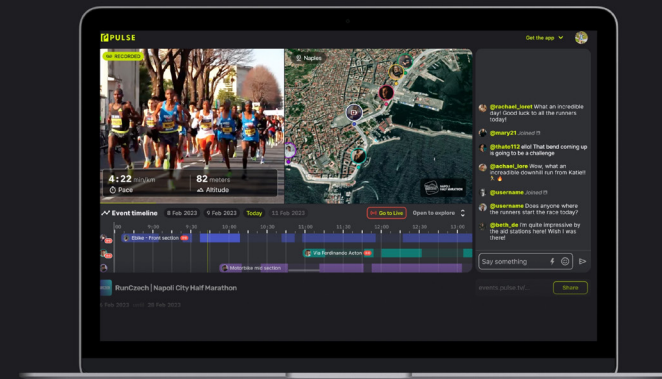
**Showing the data that matters:** Pulse's technology not only provides map data but also overlays key performance metrics like pace, helping viewers gain a better understanding of the athlete's performance.

**Better together:** Real-time chat creates a sense of community and togetherness that lasts throughout the event and beyond, bringing viewers closer to the action and connecting them with other fans.

**Just add GoPro:** Pulse.TV offers many advantages compared to traditional event coverage methods. With the Pulse mobile app, streaming directly from GoPro cameras eliminates the need for expensive broadcast systems and infrastructure.

## Livestream

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



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

# [ RUNCZECH APP ]

We are always working on our improvement and new innovations and the latest technologies. That's why we've been working on a new app that will improve the experience of our race participants.

The platform will allow us to transfer the maximum amount of information online and reduce the number of printed materials.

Runners will get all the necessary information about the race, the accompanying program, a package of benefits from partners and much more.

## Functions:

Livetracking

Pulse.TV integration

Push notification

New graphic design

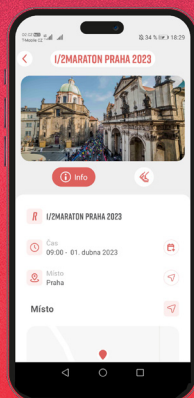
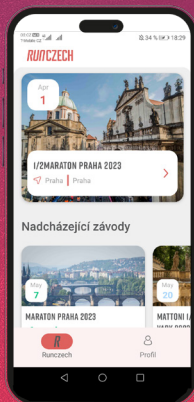
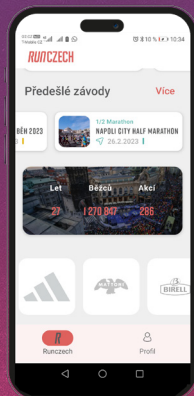
BoT enrolling

Partners + institutional promo

Mattoni FreeRun

RunCzech world

Virtual goodie bag



# [ SVĚTLUŠKA ]

Světluška is the main charity partner of the Prague Half Marathon. Thanks to the cooperation with this and other organizations, more and more runners are not only running with RunCzech but also can make a difference to those who need it most every day of the year.

Světluška is a long-term project of the Český Rozhlas Foundation that helps the severe sight impaired

people. Since 2003, Světluška has been trying to make people happy twice, both by continuous financial help to the visually impaired and by organizing educational and experiential activities for all donors.

RunCzech supports many other charitable projects throughout the year.



**RUN FOR A GOOD CAUSE WITH MAIN CHARITY PARTNER.**



Radiožurnál Sport  
Český rozhlas

100

# Jediné sportovní rádio

V digitální síti DAB+,  
mobilní aplikaci mujRozhlas  
nebo na internetu

dab+  
Více rádia

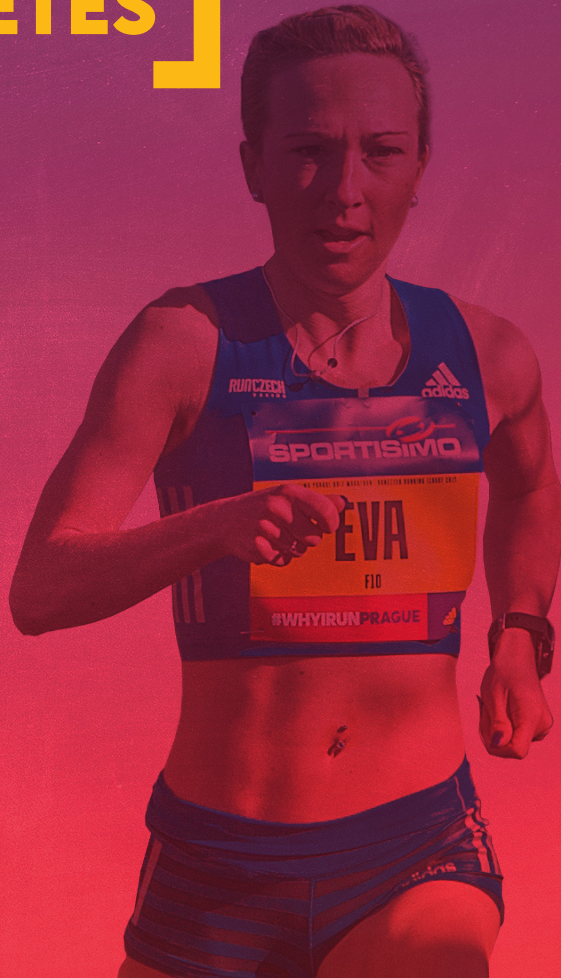
#poslouchesport | radiozurnalsport.cz

# PRO ATHLETES

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

The line up of professional athletes for Prague Half Marathon indicates an attack on the race record. The favorites for the victory comes from all around the world.

Pro-athletes start list and detailed info here:



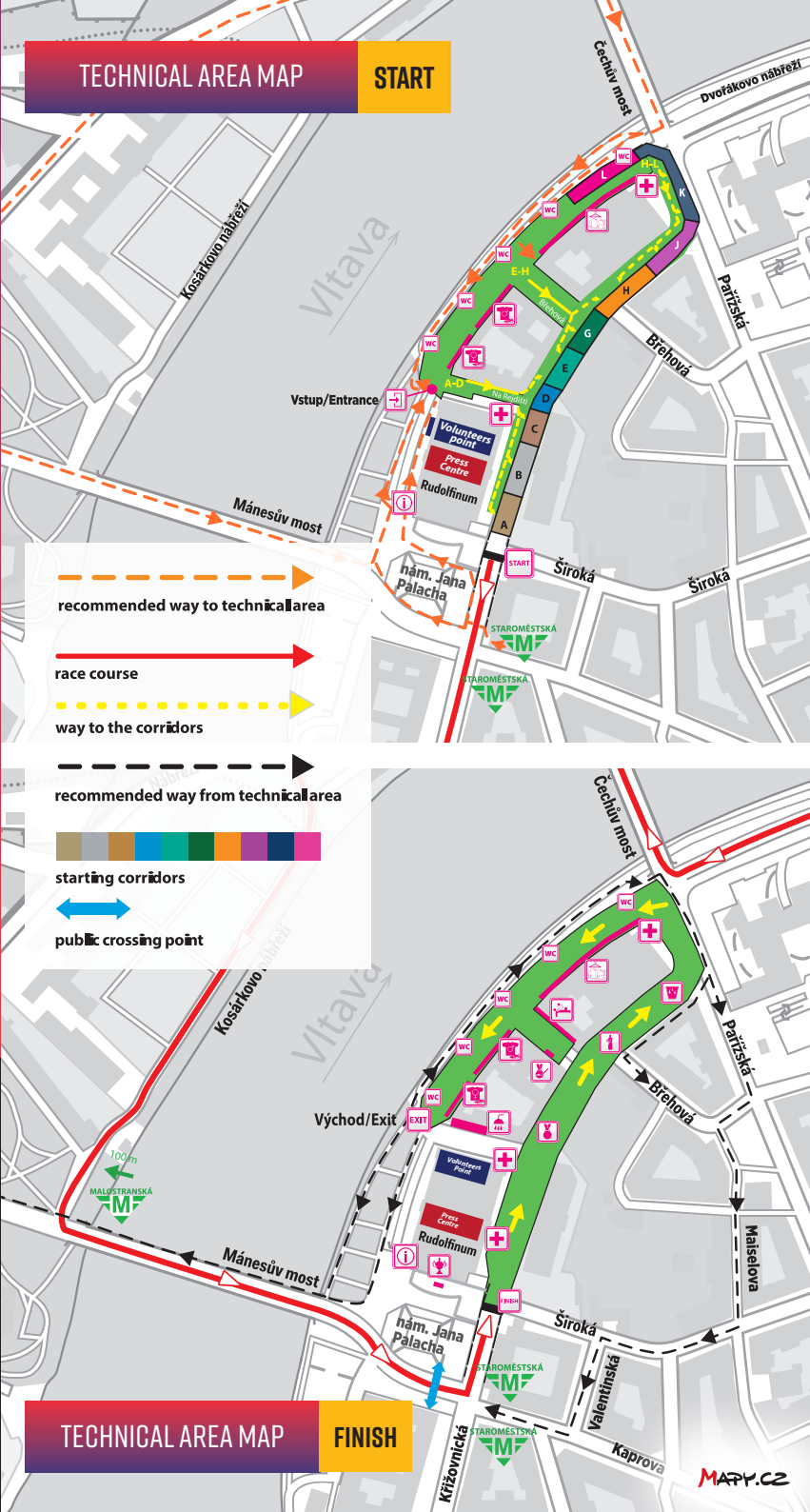
# AJETO

















LASVIT EDITIONS

Official trophy

RUNCZECH

ALL RUNNERS ARE BEAUTIFUL



-  START
-  FINISH
-  ENTRANCE - TECHNICAL AREA
-  EXIT FROM THE TECHNICAL AREA
-  BAG DEPOSIT
-  MEDALS
-  CHANGING ROOMS
-  GATORADE, FRUITS
-  MATTONI WATER
-  AWARD CEREMONY
-  MEDAL ENGRAVING
-  FIRST AID
-  LOST & FOUND
-  WC
-  SHOWER
-  MASSAGE

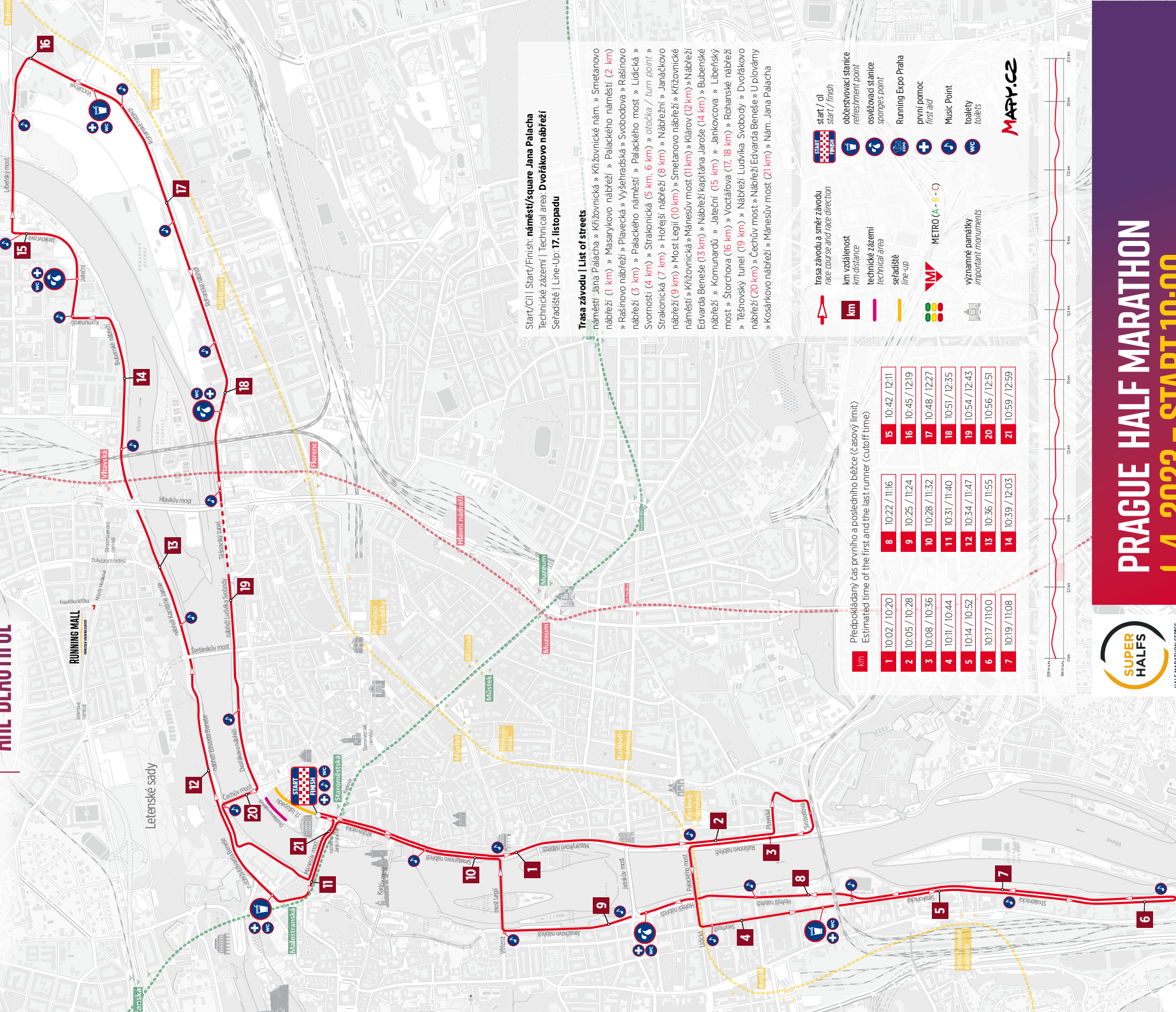




Running Mall  
Prague Marathon Series

Running Mall  
Prague Marathon Series

Running Mall  
Prague Marathon Series



**Start/CII Start/Finish náměstí/square Jana Palacha**  
Technické zázemí | Technical area: **Dvořákovo nábreží**  
Seradiště | Line-Up: **17. listopadu**

**Trasa závodu | List of streets**

náměstí Jana Palacha » Křižovnická » Křižovnické nám. » Smetanovo nábreží (1 km) » Masarykovo nábreží » Palackého náměstí (2 km) » Rašínovo nábreží » Playvecká » Vyšehradská » Svobodova » Rašínovo nábreží (3 km) » Palackého náměstí » Palackého most » Lidická » Svornosti (4 km) » Strakonická (5 km, 6 km) » očka / turn point » Strakonická (7 km) » Hořejší nábreží (8 km) » Nábreží » Janáčkovo nábreží (9 km) » Most Legii (10 km) » Smetanovo nábreží » Křižovnické náměstí » Křižovnická » Měnesův most (11 km) » Klárov (12 km) » Nábreží Edvarda Beneše (13 km) » Nábreží kapitána Jarose (14 km) » Bubenská nábreží » Komunardů » Jateční (15 km) » Jankovcova » Libeňský most » Štorchova (16 km) » Votčáčkova (17, 18 km) » Rohanské nábreží » Tešnovský tunel (19 km) » Nábreží Ludvíka Svobody » Dvořákovo nábreží (20 km) » Cechův most » Nábreží Edvarda Beneše » U plošárny » Kosákovo nábreží » Měnesův most (21 km) » Nám. Jana Palacha

- trasa závodu a směr závodu / race course and race direction
- km vzdálenost / km distance
- technické zázemí / technical area
- seradiště / line-up
- start / dí / start / finish
- občerstvovací stanice / refreshment point
- osvěžovací stanice / sporges point
- první pomoc / first aid
- Music Point
- toalety / toilets
- trasa závodu a směr závodu / race course and race direction
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- osvěžovací stanice / sporges point
- první pomoc / first aid
- Music Point
- toalety / toilets

Předpokládaný čas prvního a posledního běžce (časový limit)  
Estimated time of the first and the last runner (cut-off time)

km	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	10:02 / 10:20	10:05 / 10:28	10:08 / 10:36	10:11 / 10:44	10:14 / 10:52	10:17 / 11:00	10:19 / 11:08	10:22 / 11:16	10:25 / 11:24	10:28 / 11:32	10:31 / 11:40	10:34 / 11:47	10:36 / 11:55	10:39 / 12:03	10:42 / 12:11	10:45 / 12:19	10:48 / 12:27	10:51 / 12:35	10:54 / 12:43	10:56 / 12:51	10:59 / 12:59



# PRAGUE HALF MARATHON

## 1. 4. 2023 - START 10:00

### 1/2 MARATON PRAHA

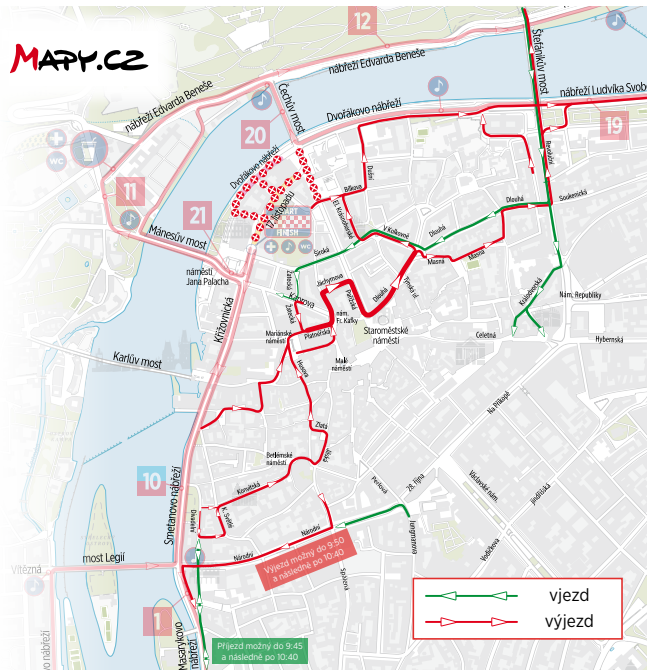


# TRAFFIC INFO

On Saturday, April 1, the streets of Prague will be filled with runners from all over the world to not only compete but also to enjoy the stunning city. Every year we hear comments from both runners and spectators about what a charming city Prague is and how they love to return here as runners and as tourists. We know that race day also means traffic restrictions for you. We appreciate your tolerance and thank you in advance for it. From 9:30 to 13:00 there will be closed streets and intersections following the course of the race. The closures will be reopened as soon as possible. The 17. listopadu Street will be closed from midnight until about 16:00. More information at [www.runczech.com](http://www.runczech.com).

## HOW TO PROCEED IN CASE THAT YOUR VEHICLE HAS BEEN TOWED

We believe that such a situation will not occur. In case it happens, you can find out on which towing car park your vehicle is located through the website <http://sshmp.cz> after entering the registration. Alternatively, call the phone number Prague City Police - line 156. Subsequently visit the towing car park and proceed according to the instructions of the city of Prague employees.



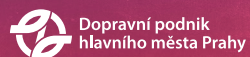
**800 165 102**

27. 3. - 31. 3. 2023 | 9:00 - 18:00

1. 4. 2022 | 8:00 - 14:00

**800 100 991**

1. 4. 2022 | 8:00 - 14:00



# SUPERHALFS 2023

HALF MARATHON SERIES



**LISBON**  
12 MARCH

**PRAGUE**  
1 APRIL

**COPENHAGEN**  
17 SEPTEMBER

**CARDIFF**  
1 OCTOBER

**VALENCIA**  
22 OCTOBER



Be part of the  
**World Championships**  
mass race over 21km, 5km,  
1 mile or Kid's Festival.

INFO AND REGISTRATION [WWW.RIGA23.ORG](http://WWW.RIGA23.ORG)



WORLD ATHLETICS  
ROAD RUNNING  
CHAMPIONSHIPS  
**RIGA 23**

30 SEP - 1 OCT 2023

# UNICREDIT PRAGUE RELAY

27<sup>TH</sup> - 28<sup>TH</sup> JUNE 2023

Party, sport activities, picnic and early June evening with friends and family.

That and much more is the UniCredit Prague Relay! Come and enjoy the 6th year of the relay race, which takes place in Prague Stromovka park.



20

# LOYALTY PROGRAM

## RunCzech Kings & Queens

RunCzech Kings & Queens are our most important runners and we consider all of them valuable inspirations for the upcoming years. These runners completed at least 6 Prague Marathons since 1997.

## RunCzech Stars

We value RunCzech Stars runners very much. They are runners who have run all our races with us at full length in one season. RunCzech Stars can look forward to the end of the season, when a festive gala evening awaits them, where the announcement of the RunCzech Stars will take place as well as the introduction of the RunCzech Queens and RunCzech Kings.

2022 - 115 RunCzech Stars



21



UniCredit Bank, partner všech běžců.

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



## Děláme spolehlivé IT služby již 23 let

správa IT - datové centrum - vývoj software



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

# VOLUNTEERS

## Number of volunteers at Half Marathon: 1060

RunCzech races would not be at the top level without the work of our fantastic Volunteers. Essential helpers with a good heart – big THANK YOU belongs to our incredible 6048 RunCzech volunteers. In the backstage, on the course, refreshment stations, near the start/finish and wherever is needed. On every RunCzech race. It's them who make a smile on a runner's face, who help, cheer and bring participant closer to the finish gate, who secure the safety, comfort and fluent event, it's them when refreshment is served and it's them who create an unforgettable atmosphere. No volunteer, no race – indeed.

1. START AND FINISH AREA

2. RACE COURSE

3. REFRESHMENT STATION

4. FLAG BEARERS

5. INFO VOLUNTEER

6. VIP ZONE

7. CHAPERON

8. DEPOSIT ROOM

9. PRESS CENTRE



# JUNIOR MARATHON

Since its first year in 1997, the JMC has been the largest relay-like running event aimed at students and their teachers. The goal is clear. The Junior Marathon is here to motivate teenagers and young adults to lead a healthy lifestyle and to light up their interest in running and sport in general. The highlight of the JMC is clearly the final which is part of the Prague International Marathon. Students can experience the electrifying atmosphere of a great international event, and run alongside best pro-athletes from all around the world. Thousands of students participate in the project every year. The qualifying rounds to semifinals start already in November.

4<sup>TH</sup> APRIL 2023 PARDUBICE

19<sup>TH</sup> APRIL 2023 OLOMOUC

5<sup>TH</sup> APRIL 2023 HRADEC KRÁLOVÉ

20<sup>TH</sup> APRIL 2023 ZLÍN

11<sup>TH</sup> APRIL 2023 KARLOVY VARY

21<sup>ST</sup> APRIL 2023 OSTRAVA

12<sup>TH</sup> APRIL 2023 JIHLAVA

25<sup>TH</sup> APRIL 2023 PRAHA

13<sup>TH</sup> APRIL 2023 ÚSTÍ NAD LABEM

25<sup>TH</sup> APRIL 2023 STŘEDOČESKÝ KRAJ

14<sup>TH</sup> APRIL 2023 PLZEŇ

26<sup>ST</sup> APRIL 2023 LIBEREC

18<sup>TH</sup> APRIL 2023 BRNO

27<sup>TH</sup> APRIL 2023 ČESKÉ BUDĚJOVICE

# THEY LOVE ME HERE

25<sup>TH</sup> JUNIOR MARATHON  
ACTIVE LIFE, HAPPY MIND



JMC



# EUROHEROES

EUROHEROES  
BY RUNCZECH

Europe used to be full of running idols. Emil Zátopek, Paula Radcliffe, Stefano Baldini... And the EuroHeroes want to achieve the same goal again. EuroHeroes was introduced by RunCzech in 2018 in cooperation with European Athletics.

This season, the EuroHeroes series includes half marathons that have been awarded the Gold Labels from World Athletics - Mattoni Karlovy Vary Half Marathon, Mattoni České Budějovice Half Marathon, Mattoni Olomouc Half Marathon, and Mattoni Ústí nad Labem Half Marathon. These events will welcome only athletes from Europe in the elite field. EuroHeroes has been chosen by European Athletics as the best project of 2019.



generalczech.cz

JSME HRDÝM PARTNEREM  
**RUNCZECH**

**SPRÁVNÝ PARTNER  
JE VŽDY PO  
VAŠEM BOKU**

S NÁMI V TOM NEJSTE SAMI

GENERALI  
ČESKÁ POJIŠŤOVNA

# MATTONI FREERUN

Run anytime, anywhere on tracks certified by the Czech Athletics Federation. More than 90 courses (five-kilometre) are all over the Czech Republic, and more than half of them are guided by coaches. Everything is free, just choose a course and run. Why Mattoni FreeRun?

- Runs and maps are in the RunCzech mobile app
- Safe routes for everyone
- FreeRun coaches
- More than ninety courses around the Czech Republic
- Official courses certified by the Czech Athletic Association and local government
- Running events which are part of Freerun
- Special FreeRun events
- All free



MATTONI  
FREERUN



@freerun.mattoni



@mattoni.freerun

Is performance often  
all you care about?

Be it in sport, at work or in relationships? It's these big expectations that often keep us from doing what we really love.

Overcome your limits and get out there! Even on a bad day, at a slower pace, when you're sore or even without a clear goal. Don't let your head slow you down. Running is just about you.

What limits will you overcome during Prague 1/2 Marathon 2023?

We're adidas Runners Prague and we live by the words IMPOSSIBLE IS NOTHING. Because anything is possible and running can help us change our lives and outdo ourselves. Come train with us. We organise free runs, special events, and we also focus on functional training, yoga and workshops.

All you need to do is register in the ADIDAS RUNNING app.

**We can't wait!**



RUNCZECH



impossible is nothing

# THEY LOVE ME HERE

## PRAGUE INTERNATIONAL MARATHON 7. 5. 2023

MARATHON - 42,195 KM

2RUN - 21 KM + 21 KM RELAY

RUNCZECH | ALL RUNNERS ARE BEAUTIFUL



# RUNNING MALL

Running Mall is a running center 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 at many of our events! RunCzech connects active people locally and internationally and offers a space where they also merge wellness & networking. Running Mall is a place for everybody - trainers will take care of you from the very beginning until you reach your goals and set up new ones! And now even Eva Vrabcová Nývltová (former pro-athlete) offers training for Prague International Marathon.

Energy at Work: At RunCzech, we like to motivate everyone to be active and have a moment to run with us. Based on this we provide a program called "Energy at Work" where we create special training with our couches at any company to make employees happy and fit!

33 468 RUNNERS

9 DIFFERENT TRAINING CLASSES

8 CERTIFIED COACHES

6 SPECIAL WORKSHOPS

10 SPECIAL THEMED RUNS

RUNNING MALL  
RUNCZECH TRAINING CENTER

# LAVAZZA

TORINO, ITALIA, 1895

# [ 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, organize workshops, visit schools, and organize meetings with pro athletes in our running center and during pre-race runs.

## Overall successes



This year we strengthened the team with promising athletes from the Czech republic.

## Goals

- ▶ We want Czech flags on the podium
- ▶ Raise the level of Czech endurance running
- ▶ Support young talented athletes
- ▶ Create conditions for athletes so they compete with the Top European endurance athletes
- ▶ Inspire and motivate to sport everyone across all age group

## Czech athletes:

Jiří Homoláč / Patrik Vebr / Damian Vích / Martin Zajíc / Julia-Anna Lily Bell

**RUNCZECH**  
RACING



# [ DM FAMILY MILE ]



After a very successful series of dm family runs, it is time for a change and that is the dm family mile. Running more than 3km was limiting for some runners, either physically or mentally. The concept of 1 mile runs is attracting interest not only because of its non-standard and more acceptable distance. But most importantly, it allows the entire running field to stay more together, sharing the collective running experience.

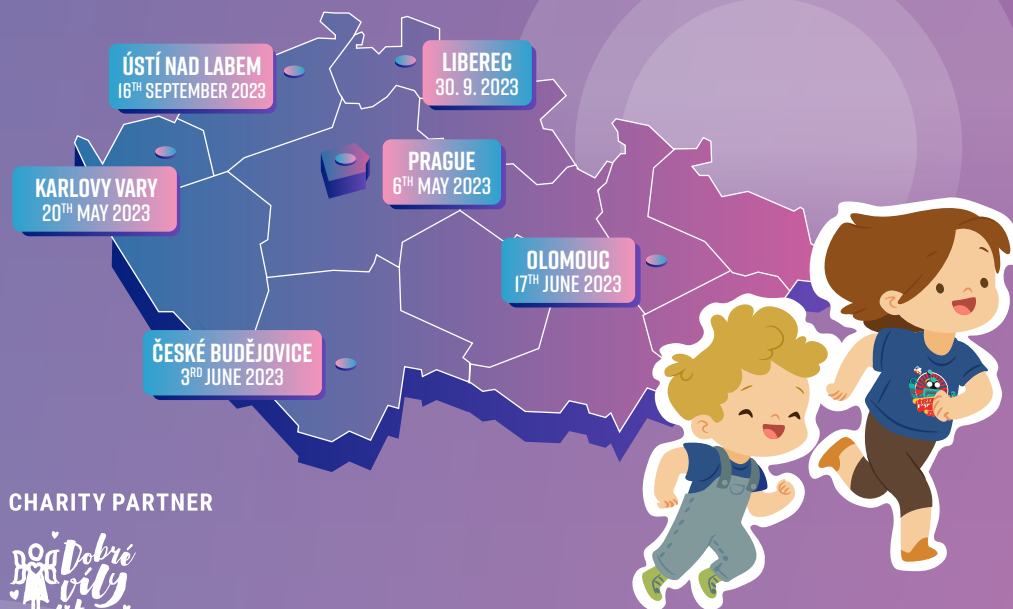
## New Categories:

Children without parents (8 - 14 years)

Family and adults (0 - 99 years)

Grandparents and grandchildren (0 - 99 years)

Walk (0 - 99 years)



## CHARITY PARTNER



They have been helping children from orphanages since 2015. They meet them every week, so they already know the story of each of them - their hobbies, joys and sorrows. They give them the time, love and attention, which they need far more than piles of toys. Dobré víly currently have 13 homes under their wings with which they cooperate. They visit the children regularly in their "homes", help them with school preparation and much more. Also organize leisure activities, summer camps and educational events.

The company dm drogerie markt s.r.o. donates 10 CZK for each dm family mile participant to the Dobré Víly Dětem project.

# 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 proměnit na finanční podporu.



SKUPINA ČEZ



pomahejpohybem.cz

## CT sport Plus



### Žijte s námi ještě více sportem!

Aktuální streamy naleznete na [www.ctsport.cz/plus](http://www.ctsport.cz/plus)

# BEFORE HALF MARATHON

Tips by pro-athlete Eva Vrabcová Nývltová. What is important and what not to forget?

## Training sessions

On Friday before the race, the training session should be shorter. Focus on the warm-up, and include 3 shorter intervals at a racing pace (the duration of the section is max. 3 minutes and the break is also 3 minutes). After the training, drink a recovery drink and stretch. Training is better done in the morning. Relax in the afternoon and stretch in the evening. On Saturday morning before the race, I recommend a short walk before breakfast and light stretching. About an hour before the start, run for at least 1 km, warm up, and do the athletic alphabet.

## Sleep:

Try to get a good night's sleep, especially on the night from Thursday to Friday. Avoid using electronics before going to bed in the evening. You can take a warm shower, 1,5 hours before going to bed. Plan your sleep to get 6-8 hours of sleep. You can still take a nap on Friday after lunch. The night from Friday to Saturday is not so important anymore. You will probably wake up often or will have trouble falling asleep. Still, 6 hours of sleep is the absolute minimum.

## Food:

If you are a meat lover, treat yourself to the last "steak" no later than Thursday evening, so that the body has enough time to digest a large portion of protein. On Friday, include easily digestible foods and limit fiber as well. The food should contain more carbohydrates, mainly complex, but you can also indulge in some snacks (preferably an afternoon snack). Lunch and dinner should consist of  $\frac{2}{3}$  a non-bloating side dish (pasta, rice) and  $\frac{1}{3}$  high-quality protein with a minimum of fat (preferably poultry or white fish). This can be accompanied by some vegetables and fruits. But watch out for flatulent vegetables (broccoli, cabbage...), for some even apples can be problematic. Banana is the best choice. In the morning before the race, the food should be easily digestible, give you enough energy and not be heavy for you. White pastries with butter and marmalade, croissants, or pancakes were the most suitable for me. Drink an ion drink before the race, but don't overdo it with fluids so you don't have to look for the toilet during the race.

## What to pack with you?

It is best to prepare everything you need the night before the race, so you don't have to worry whether you have everything in the morning. Don't forget to pack: the start number, racing shoes, and gels for snacks. Wear what suits you for the race. In particular, so that nothing will strangle you and you feel comfortable. Pay attention to the socks, especially the tried-and-tested ones. As for the shoes, if you have exactly tried one model, you can easily wear new ones, but I recommend at least one training session before the race to try and break them down.

## What after the race?

After I finish, I don't forget to drink a recovery drink or eat a banana to replenish my glycogen reserves. This will speed up regeneration. Two hours after the race, have a quality lunch, composed more or less the same as the day before the race. In the afternoon after the race (or in the evening) I recommend at least a short walk (ideally a short jog) and if you have the opportunity, a massage is a great option. At least on the day of the race, avoid alcohol!!!!



# CALENDAR 2023

RUNCZECH | ALL RUNNERS  
ARE BEAUTIFUL



**NAPOLI CITY  
HALF MARATHON**  
26. 2. 2023



**UNICREDIT  
PRAGUE RELAY  
4 X 5 KM**  
27. - 28. 6. 2023



**PRAGUE  
HALF MARATHON**  
1. 4. 2023



**BIRELL  
10K RACE**  
2. 9. 2023



**PRAGUE  
INTERNATIONAL  
MARATHON**  
7. 5. 2023



**adidas WOMEN'S  
RACE 5 KM**  
2. 9. 2023



**MATTONI  
KARLOVY VARY  
HALF MARATHON**  
20. 5. 2023



**MATTONI  
ÚSTÍ NAD LABEM  
HALF MARATHON**  
16. 9. 2023



**MATTONI  
ČESKÉ BUDĚJOVICE  
HALF MARATHON**  
3. 6. 2023



**MATTONI LIBEREC  
NATURE RUN  
12 KM | 22 KM**  
30. 9. 2023



**MATTONI  
OLOMOUC  
HALF MARATHON**  
17. 6. 2023



**SORRENTO POSITANO  
PANORAMICA 27 KM  
ULTRAMARATHON 54 KM**  
3. 12. 2023