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...for those running. And those who don't run should come to cheer!

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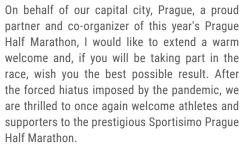


Foreword



ZDENĚK HŘIB

DEAR FANS OF RUNNING AND A HEALTHY LIFESTYLE.



As a doctor, I am extremely conscious of the benefits of outdoor sports activities, and in Prague's many parks, forests, bike paths and streets, we daily see, regardless of the weather, many runners train. I am very happy that so many here are devoted running fans and I take great pride in the fact that so many Prague residents are taking care of their physical and mental health in such a way. In closing, I wish all the best to every runner this year.

7deněk Hřib

Mayor of Prague



CARLO CAPALBO

DEAR RUNNERS AND FRIENDS.

I would like to start with perhaps the most important fact - we are finally back! I could not be happier about getting back to business-as-usual after the compulsory break imposed on us all by COVID 19. As always, the RunCzech season kicked off with a race held in Napoli in February and, now, the second race is fast approaching. On Saturday, April 2nd, the Sportisimo Half Marathon Prague, which will pit runners of all ages in a race through the historical center of Prague, will kick off.

The negative impact of COVID 19 on our collective mental and physical health was evident, but the pandemic also had some hidden positive aspects in that many of us took on running as the alternative to our usual workout habits. As such, we are extremely happy to welcome all the beginners, of all ages, as well as all the experienced runners to the Sportisimo Prague Half Marathon. This year is made even more special due to the addition of the SuperHalfs International, an event which comprises five half marathons in as many beautiful European cities, one of which is our capital city of Prague; runners will receive a stamp in their virtual passport for each race. With the help of the SuperHalfs International we aim to prove that the Prague Half Marathon is as good as any other marathon of the major European and US capitals.

ALL RUNNERS ARE BEAUTIFUL. Carlo Capalbo President of the RunCzech Organizing Committee -















Chairman of the IAAF Road Running Commission.



Event record

Atsedu Tsegay ETH 58:47 2012 Joyciline Jepkosgei KEN 1:04:52 2017

HALF MARATHON WORLD RECORD
Jacob Kiplimo UGA 57:31 Lisbon 2021
Letesenbet Gidey ETH 1:02:52 Valencia 2021

CZECH EVENT RECORD

Jiří Homoláč 1:03:23 2017

Eva Vrabcová Nývltová 1:11:01 2018

CZECH NATIONAL RECORD

Jan Pešava 1:01:31 Košice 1997

Moira Stewartová 1:10:14 Istanbul 2022

Race program

THURSDAY, MARCH 31 Running Expo 12:00 - 20:00

FRIDAY, APRIL 1 Running Expo 10:00 - 20:00 Pre-race press conference 11:00

SATURDAY, APRIL 2

Program starts at 8:00
on Jan Palach Square
Start of the race 10:00
Estimated finish of the first man 10:58 - 11:01
Estimated finish of the first woman 11:05 - 11:07
Award ceremony 11:15 - 11:40
After-race press conference 11:50
Welcoming the last runners 13:00
Closing technical area 14:00



Zážitek z chuti v nové formě















RunCzech pacemakers

Whenever the organizers decide to hold a running event in the city, they try to lead the course through interesting places, preferably historical ones. However, the Sportisimo Prague Half Marathon offers a more original solution; the race takes place in locations where history blends with today's modern architecture. The start and finish of the race, including all the facilities, can be found in Jan Palach Square, in the vicinity of the beautiful Rudolfinum building - you'd be hard-pressed to find a better location. Even before the first kilometer of the race, you can take in the beauty of the National Theater, and then, just a few hundred meters later, you will be able to enjoy the modern architecture of the famous Dancing House. The fourth kilometer will take you all the way to Smíchov, where you will run around the jewel of this district, the Smíchov brewery. After that, a turn on Strakonická Street will take you back to the Legion Bridge, from where you will return to the Rudolfinum to run across the Mánes Bridge to the second half of the race. You can bask in the views of the Vltava River along several embankments. The Libeň Bridge will move the runners to the right bank of the river, to Rohanský ostrov, where the eighteenth kilometer is waiting between office buildings, within sight of the Těšnov tunnel. Soon after is yet another piece of history as you pass the beautiful building of the Ministry of Industry by architect Josef Fanta and, subsequently, the oldest hospital in Prague, Na Františku. Cross the river again via Čechův most, run around the government office, and then over Mánesův most and you are already creeping towards the finish line, where the red carpet will be waiting. You, the participants of the race, together with the RunCzech Pacemakers, will thus have earned the privilege of running over it.

Who will lead you to your dream time?

CORRIDOR B

1:30 - Honza Seidl, Ríša Bednář

CORRIDOR D

1:40 - Jan Mareček, Katka Zanozina

CORRIDOR E

1:45 - Ctibor Kačer, Jiří Fix

CORRIDOR G

1:50 - František Míček, Tomáš Lindner

CORRIDOR J

2:00 - Karel Kodr, Petra Heřman, Lucie Síbrová

CORRIDOR K

2:10 - Helena McAlorum, Anna Nosilová, Libor Ondrůšek

CORRIDOR L

2:30 - Jarda Krátký, Pavlína Broďáni

Substitutes: Martin Mahony

RUNNING TRAINING MASSAGE SPORTLOUNGE

WATERBAR Workshop







Running Expo

March 31 - April 2

Hotel HILTON PRAGUE, Pobřežní 1, Prague 8

OPENING HOURS

Thu March 31 2022: 12:00 - 20:00 Fri April 1 2022: 10:00 - 20:00 Sat April 2 2022: 7:00 - 8:00

Come pick up your bib number and complimentary presents. You can also buy the official race t-shirt, and there will be other surprises from our partners.

How to get to the Running Expo?

Hilton Prague is within walking distance from Florenc – tram and metro station (metro lines B and C), or you can arrive by tram no. 14, tram stop Těšnov

Where to start?

There is a shuttle bus on the race day, Saturday, April 2, between 7 a.m. and 8 a.m.

The temporary bus stops are at "Ke Štvanici" street and at the crossroads of "Čechův most" and "Dvořákovo náhřeží"

What to do if you run on Saturday?

In order to give you a starter pack, prepare a document with a photo and your assigned bib number — either in the application, in an e-mail or even written on a piece of paper. You can also find your number in your Runners ID profile at www.runczech.com





For runners

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

Each runner will receive a medal at the finish. We dedicate the 2022 season to the greatness of the greatest Czecho-slovak athlete Emil Zátopek. This also translates into the unique medal. The year 2022 is the year of Zátopek.

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.

FREE TRANSPORT

Every runner has free Prague public transport on the day of the race. Just prove yourself with the start number.

DIPLOMA TO HOME

You can remember your performance thanks to your diploma. You will receive it after the race via email.

PHOTOS FROM RACE

You can order your photos at www.marathon-photos.com. They will be available approximately three days after the race.

T-shirt:

Every runner will receive a super cool limited edition All Runners Are Beautiful x adidas t-shirt at the finish. It is our thank you for your support. For waiting impatiently for this half marathon.



Traffic info

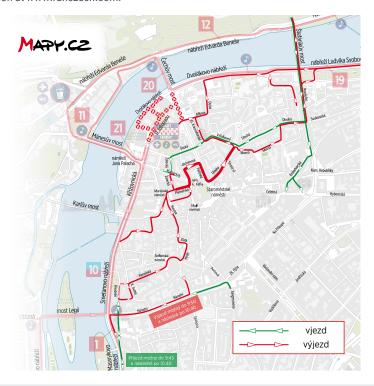
On Saturday, April 2, the streets of Prague will be filled with runners from all over the world to not only compete but also to enjoy the stunning city. Every year we hear comments from both runners and spectators about what a charming city Prague is and how they love to return here as runners and as 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.

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.







Music festival

You won't need headphones at Sportisimo Prague Half Marathon!

11 bands and 8 DJ's will play for the runners on the track this year.

These musicians performed at the IMF (Marathon Music Festival) in the past and they can't wait for the enthusiasm and euphoria from running, after two years of separation. DJ's Jaro Cossiga, Lukáš Kolíbal and Pufaz on COLOR Music Radio will broadcast live from the track.

The music at the start and finish will definitely not be possible without DJ Frika from the same radio, who has been playing the decks with RunCzech for six years now.



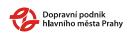
DJ Friky, DJ Bigles, DJ's Jaro Cossiga, Lukáš Kolíbal a Pufaz



Falcon, Connexion Jazz, Osm setin bez jídla, Silent Scream, Cukr, Pale Blue Something, Libor Šimůnek Harmonikář.eu, BackDoorMan, Push?!, Buffaloes.













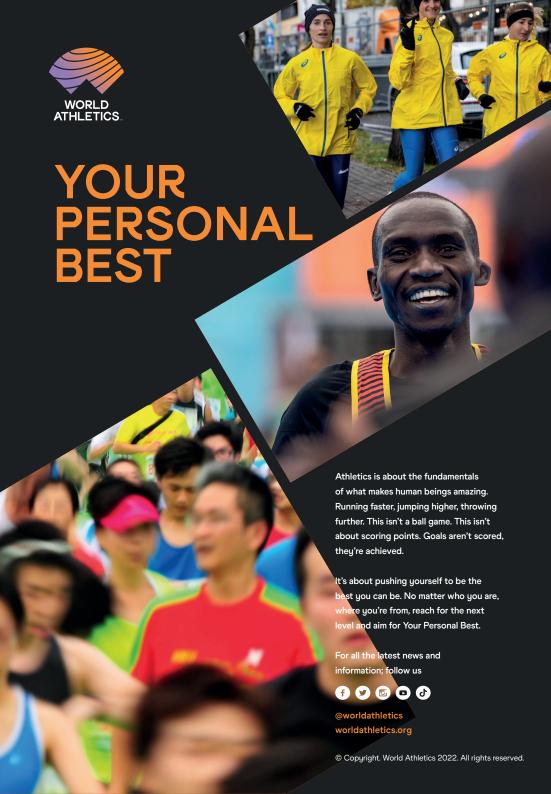












SuperHalfs



SPORTISIMO PRAGUE HALF MARATHON 2. 4. 2022

An extraordinary running series of half marathons for ordinary runners

Sportisimo Prague Half Marathon is part of an extraordinary running series of half marathons for ordinary runners called SuperHalfs. Elite runners travel from city to city, from race to race, from challenge to challenge. They do it for glory and for record books. SuperHalfs is our way of sending you off on a running adventure. The series consists of five beautiful half marathons in five European cities: Lisbon, Prague, Copenhagen, Cardiff and Valencia. All SuperHalfs events are awarded the World Athletics Elite Label. They are AIMS certified or awarded five-star certificate from European athletics. Their quality is also evidenced by the fact that four of them saw a world record.

How to participate?

Each runner has to complete all five half marathons in 36 months. You will create the profile on SuperHalfs website, where you receive a "stamp" for each race in your virtual passport. As soon as you finish the fifth race, you will be rewarded by a special medal.







COPENHAGEN HALF MARATHON 18. 9. 2022





VALENCIA TRINIDAD ALFONSO ZURICH HALF MARATHON 23.10.2022





Alma Mater

Alma Mater is an association that has been participating in various sports and cultural events throughout the Czech Republic for several years, where it offers those interested the opportunity to enter the register of bone marrow donors. In cooperation with the CNMDR, they launched the Chance at Life project, which aims to find as many potential bone marrow donors as possible. It seeks to increase the number of patients who get a chance at recovery. At present, up to 75% of those in need do not find a donor.





Marathon centipede

Originally, it was supposed to appear at the half marathon in 2020. This year, the Centipede charity project will finally be presented for the first time at the Sportisimo Prague Half Marathon. Who will run? 1 centipede, 10 balls, 10 mothers, 20 legs and a total of almost 450 years. Ten mothers decided to run for Ukraine and support the message of peace.

Marathon alley

RunCzech and Nadace Partnerství celebrate Emil Zátopek's 100th anniversary and seven decades since the Helsinki Marathon Gold. We would like to give Emil Zátopek and all the runners of the world a gift and complete the symbolic Marathon Alley, which will consist of 4,220 trees supported by runners from all continents. We are missing 755 trees to meet the target. For this purpose, we need to raise 1.2 million crowns.





















RunCzech anywhere

During the Pandemic, we have decided to provide several races to runners virtually. Over three thousand runners joined the virtual events.

Its popularity brought up the idea of bringing our races to runners who cannot come physically to our beautiful destinations. All RunCzech races are provided on our platform RunCzech Racing to deliver an opportunity for any runner worldwide to be part of our ALL RUNNERS ARE BEAUTIFUL community and explore the Czech Republic and its regions.



Elite athletes men

Prague is where professional distance runners come to set world records. In fact, 5 world records have been shattered here in the past 5 years. The course is fast. The scenery is inspiring. The crowds are electric. But while the pros run for gold, there is glory enough for everyone. In taking part. In being treated with the same respect and professionalism as the top finishers. The Sportisimo Prague Half Marathon is back for 2022. Come to where all runners are loved. Where All Runners Are Beautiful.

Kennedy Kimutai - Kenya - 58:28, Valencia 2021 - adidas

Top 5 half marathon finishes in Valencia and Cardiff.







Philemon Kiplimo - Kenya - 58:11, Valencia 2020 - adidas **RunCzech Racing alumnus**

Winner of Boston and Bahrain half marathons. Podium in Venlo, Prague, Berlin.



Mathew Kimeli - Kenya - 58:43, Valencia 2021 - adidas RunCzech Racing alumnus

58:43 half marathon debut in 2021. 10K podiums in Prague, New York City, Berlin.

Keneth Renju - Kenya - 58:35, Ras Al Khaimah 2022 - Nike

Podiums in Copenhagen, Lens, Ras Al Khaimah. 26:57 for 10K on 20 MAR 2022 in Lille.



Gerba Beyata - Ethiopia - 59:39, Lisbon 2021 - Nike

Newcomer, with potential to surprise.





Jiří Homoláč - Czech Republic - 1:03:23, Prague 2017 - adidas

The best long distance runner in the Czech Republic. Winner of half marathon in Prague 2017.



Alfred Barkach / Benard Kimeli (RunCzech Racing alumnus) / Josphat Kiprotich / Meshack Lelgut / Weldon Langat (RunCzech Racing alumnus) / Wisley Kibichii (RunCzech Racing)



Mogos Tuemay



Andreas Vojta (AUT) / Dario Ivanovski (MKD) / Khalid Choukoud (NED) / Lukas Gstaltner (AUT) / Ondřej Fejfar (CZE)



Thomas Toth (CAN)



Isaac Kibet (RunCzech Racing) / Victor Kimutai / Kelvin Kibiwott



Your performance is a test of your readiness, but the right running shoes can definitely help. If you would like to treat yourself and add a new addition to the running gear, go to the adidas Watt Challenge to try the new adidas Solarglide 5. These are brand new running shoes



with an adidas Bubble Boost midsole suitable for everyday running. It is a stable and versatile model that provides an excellent return on energy. adidas store Black Rose is ready for you.



AJETO

LASVIT EDITIONS

Official trophy



Elite athletes women

Nelly Jepchumba - Kenya - 1:07:46, Madrid 2021 - adidas

Newcomer, course record holder in Madrid (2021). Someone to look out for.



Brenda Jepleting - Kenya - 1:05:44, Valencia 2021 - adidas **RunCzech Racing**

Future of distance running, homegrown talent. Winner of 2021 adizero: Road to Records.





Ftaw Bezabh - Ethiopia - 1:08:30, Berlin 2021 - adidas

Podiums in Napoli, Marugame, Azpeitia.



Irine Cheptai - Kenya - 1:06:43, New Delhi 2020 - Nike

World Cross Country Champion (2017). Top 5 half marathon finishes in New York City, New Delhi, Bahrain. Sheila Jebiwot - - Kenya - 1:09:48 - Herzogenaurach 2021 - adidas RunCzech Racing

Newcomer, with potential to surprise.



Sofiia Yaremchuk - Italy - 1:10:33, Terni 2020 - Nike

Podiums in Napoli, Terni, Siena, Padova. 2021 Italian 10K Champion.





Cynthia Nolari / Nesphine Jepleting (RunCzech Racing)



Fantu Shugi



Luzia Ludwig (AUT) / Petra Kamínková (CZE)









Jak vylepšit něco, co je skvělé?



Předplaťte na www.forbes.cz



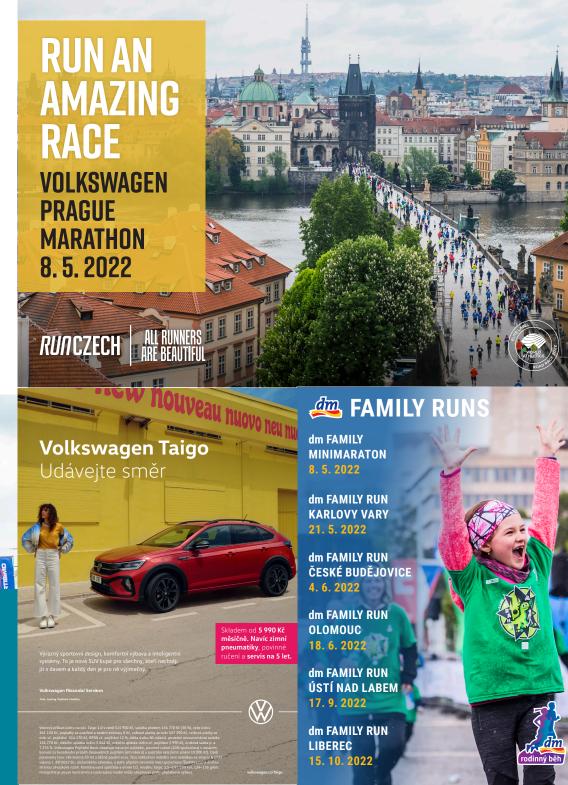
Volunteers

They are an essential part of every race, they ensure its smooth running and the safety of competitors. They support the runners to reach the goal, as well as take care of the unique atmosphere of the race. There are about a thousand of them at the Sportisimo Prague Marathon. Volunteers look under the cover of the organizing team, learn something new and meet other passionate helpers. In addition to a great experience, volunteers will receive a T-shirt and jacket, as well as refreshments, an invitation to a volunteer party at the end of the season, and can attend free training at Running Mall. Do you want to experience the race from the other side? Just fill out the application at www.runczech.com/volunteers. A unique opportunity for all those who watch running races and want to get close to elite athletes. Imagine that you could say that you were in charge of a winner or a world record holder.



IS OUR NEW IDENTITY.
A UNIQUE PERSONALITY.
SOMETHING THAT NOT ONLY
MAKES US DIFFERENT,
BUT MAKES US
MONSTROUSLY DIFFERENT.

ALL RUNNERS Are Beautiful





NAPOLI CITY HALF MARATHON 27, 2, 2022



SPORTISIMO PRAGUE HALF MARATHON 2, 4, 2022



VOLKSWAGEN PRAGUE MARATHON 8, 5, 2022



MATTONI KARLOVY VARY HALF MARATHON 21. 5. 2022



MATTONI ČESKÉ BUDĚJOVICE HALF MARATHON 4. 6. 2022



MATTONI OLOMOUC HALF MARATHON 18, 6, 2022



PRAGUE RELAY 4 × 5 KM 23. 6. 2022



BIRELL RUN 10K RACE 3. 9. 2022



adidas WOMEN'S RACE 5 KM 3, 9, 2022



MATTONI ÚSTÍ NAD LABEM HALF MARATHON 17. 9. 2022



MATTONI LIBEREC NATURE RUN 15. 10. 2022



SORRENTO POSITANO 4, 12, 2022

So which one will be yours?