



VOLKSWAGEN
PRAGUE
MARATHON

EVENT GUIDE



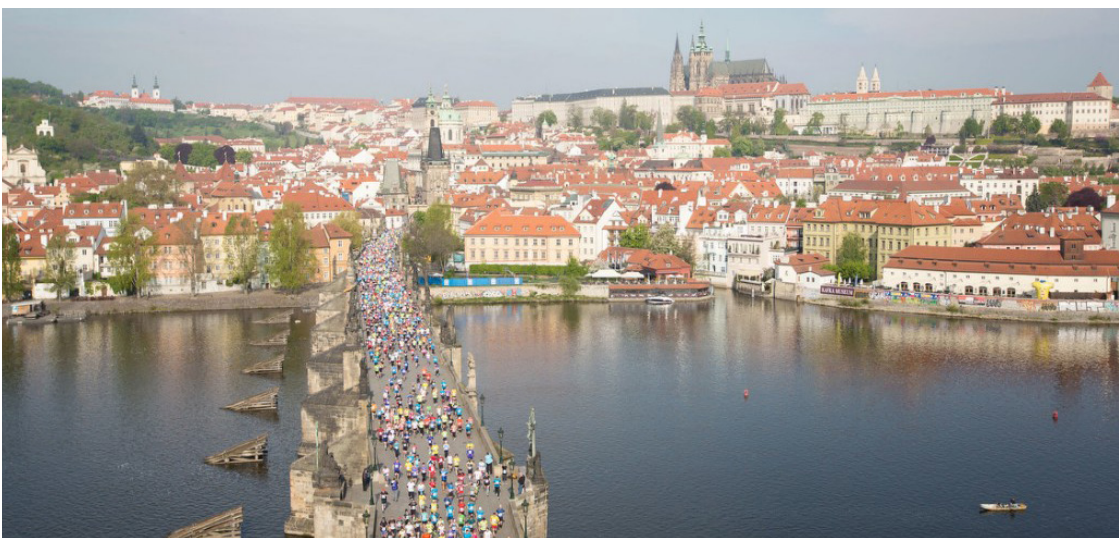
RUNCZECH

ALL RUNNERS
ARE BEAUTIFUL



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Volkswagen Taigo Udávejte směr



Skladem od **5 990 Kč**
měsíčně. Navíc zimní
pneumatiky, povinné
ručení a **servis na 5 let.**

Výrazný sportovní design, komfortní výbava a inteligentní systémy. To je nové SUV kupé pro všechny, kteří nechťejí jít s davem a každý den je pro ně výjimečný.

Volkswagen Financial Services

Úvěr, Leasing, Pojištění, Mobilita.

Vzorový příklad úvěru na vůz Taigo 1.0 v ceně 515 900 Kč, splátka předem 154 770 Kč (30 %), výše úvěru 361 130 Kč, poplatky za uzavření a vedení smlouvy 0 Kč, celkové platby za úvěr 457 290 Kč, celkové platby za úvěr vč. pojištění 514 170 Kč, RPSN vč. pojištění 12 %, délka úvěru 60 měsíců, poslední nerovnoměrná splátka 154 770 Kč, měsíční splátka úvěru 5 042 Kč, měsíční splátka úvěru vč. pojištění 5 990 Kč, úroková sazba p. a. 7,235 %. Volkswagen Pojištění Basic obsahuje havarijní pojištění, povinné ručení (10% spoluúčast) s uznáním bonusu za bezeškodní průběh dosavadních pojištění (60 měsíců) a pojištění skla (limit plnění 10 000 Kč). Další parametry jsou: věk klienta 50 let a běžné použití vozu. Tato indikativní nabídka není nabídkou ve smyslu § 1732 zákona č. 89/2012 Sb., občanského zákoníku, a jejím přijetím nevzniká mezi společností ŠkoFIN s.r.o. a druhou stranou závazkový vztah. Kombinovaná spotřeba a emise CO₂ modelu Taigo: 5,5–6,9 l/100 km, 124–156 g/km. Fotografie je pouze ilustrativní a vyobrazený model může obsahovat prvky příplatkové výbavy.



Foreword



ZDENĚK HŘIB

Dear fans of running and a healthy lifestyle, On behalf of our capital city, Prague, a partner and co-organizer of this year's Volkswagen Prague Marathon 2022, I would like to extend a warm

welcome, and if you will be taking part in the race, wish you the best possible result. I am glad that after a forced break we will welcome you again at the start of the prestigious Volkswagen Prague Marathon. In Prague's streets, parks, forests and bike paths, we see many runners daily, often regardless of the weather. I am very pleased that the running sport has found so many devoted fans here and it is only good that Praguers take care of their physical and mental condition in this way as well. I think Prague is a great place to run. Personally, I take off the imaginary hat in front of every runner who runs the marathon to the finish line. So let all runners do their best this year.

Zdeněk Hřib, Mayor of the capital city, Prague



CARLO CAPALBO

Dear runners and friends,

The Volkswagen Prague Marathon is back and I couldn't be happier. After a forced break caused by the pandemic, we will bring the Czech

Republic back to life. The significance of the marathon has a far greater impact than just the sports one. We are awakening the city and bringing people together. We now live in a time of change, sadness and uncertainty. And that is why it is important to work on ourselves not only as individuals, but also collectively. That's why this year's marathon brings an innovative concept that turns running into a team sport. RunCzech is changing the world of marathon racing. Our revolutionary project Battle of the Teams, which turns the traditionally individual discipline into a team sport, is about to be part of Marathon 2022. The overall result of the team can affect both - the professional athletes and running enthusiasts. We want to inspire and restart our society. We believe that we can do it. And we hope you will be there with us. With respect and gratitude, **Carlo Capalbo**, president of RunCzech



LIBOR VARHANÍK

Dear runners,

Running is an essential physical activity, in many weeks of isolation for many of us it played a key role in maintaining physical and mental health. However, I am very pleased that running is once again fulfilling its social role, and after a truly "marathon" fasting, we can finally meet again this year at the start of events in large numbers.

Libor varhaník, Czech Athletic Federation President



PATRIK FEJTEK

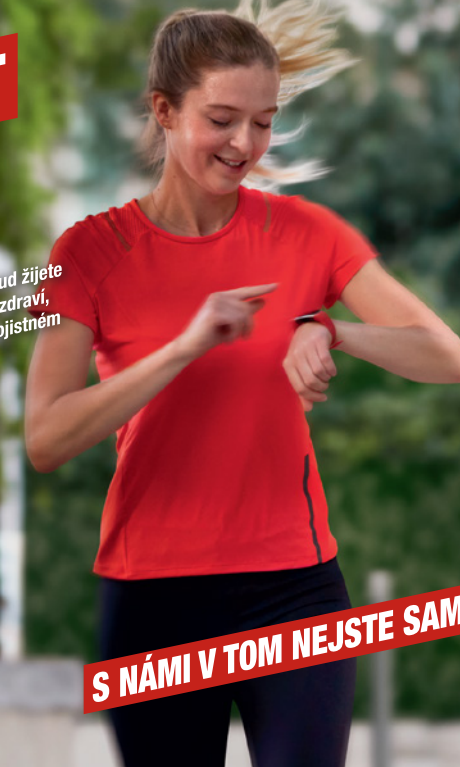
Dear athletes, dear friends, After the covid break, Prague will belong to you and your great performances again! We are really proud that Volkswagen can support you as the titular partner for the 26th

time and that this year will be in our blue and white colours again. We are looking forward to seeing the Volkswagen Prague Marathon again not only with the world's top athletes, but also thousands of amateur athletes, for whom running has become a lifelong passion. This year, we will support the organizers with a fleet of our cars, which will ensure the mobility of pro athletes during their visit to Prague. At the head of the race, our top-of-the-line ID.4 GTX electric cars will drive the timekeeper completely quietly and emission-free. The main prize awaits the winner of the race - the current bestseller, the beautiful SUV-coupe Volkswagen Taigo. You can also thoroughly view this model at the Congress Center when you go to pick up your start number. Dear friends, I wish you beautiful weather, great form and unforgettable experiences at the Volkswagen Marathon Prague 2022! **Patrik Fejtek**, director of the Volkswagen Passenger Cars Division of Porsche Czech Republic



**VÍME, ŽE BÝT
AKTIVNÍ
SE VYPLATÍ**

Záleží nám na vaší dobré kondici. Pokud žijete aktivně, sportujete a pečujete o svoje zdraví, můžete teď získat zpětnou slevu na pojistném z životního pojištění. Běžte na www.generaliceska.cz



S NÁMI V TOM NEJSTE SAMI

ALL RUNNERS ARE BEAUTIFUL

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

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. ALL RUNNERS ARE BEAUTIFUL is a testament to how we feel about running. About the sport itself. It is pure. It is life restoring. It can be social or meditative. It can be a personal challenge or a slow jog through the woods on an autumn morning.

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.

Zátopek & Marathon Alley

The year 2022 in RunCzech, and in the whole sports world, is in the spirit of Emil and Dana Zátopková.

Emil Zátopek, one of the greatest sports personalities in history and in the world. We are celebrating his 100th anniversary and 70 years since his phenomenal victory in Helsinki. Zátopek was also involved in the birth of RunCzech, then the Prague International Marathon.

We dedicate the year 2022 in honor of Emil Zátopek. But we also dedicate the year 2022 to the planet earth. Together with the Nadace Partnerství, we decided to build a symbolic Marathon Alley. As a tribute to Zátopek and as a tribute to all runners. That's why we plant trees all over the country so that we can continue to run and train on tree-lined roads.

HOW TO HELP?



Dielský domov
Dolní Počernice



SVĚTLO
PRO SVĚT

TyfloCentrum
OLOMOUČ

ZDRAVOTNÍ KLAUB



kudyznudy.cz
CzechTourism



WORLD
ATHLETICS

EUROPEAN
ATHLETICS



Race info

May 8, 2022
START 9 am
 Old Town Square
 Capacity: 10 600 runners
 42, 195 km
 7 hour limit
 Live broadcast 8:50 - 11:50

INCLUDES
 2022 CZECH MARATHON CHAMPIONSHIP

MARATHON RECORDS

RACE RECORDS

Eliud Kiptanui (KEN) 2:05:39 2010
 Lonah Chemtai Salpeter (ISR) 2:19:46 2019

CZECH NATIONAL RECORDS

Eva Vrabcová Nýlvtová 2:26:31 Berlin, 2018
 Karel David 2:11:57 Hamburk, 1993

WORLD RECORDS

Eliud Kipchoge (KEN) 2:01:39 Berlin, 2018
 Brigid Kosgei (KEN) 2:14:04 Chicago, 2019

CZECH RACE RECORDS

Róbert Štefko 2:12:35 Prague, 2004
 Eva Vrabcová 2:30:10 Prague, 2016

MARATHON WEEKEND PROGRAM

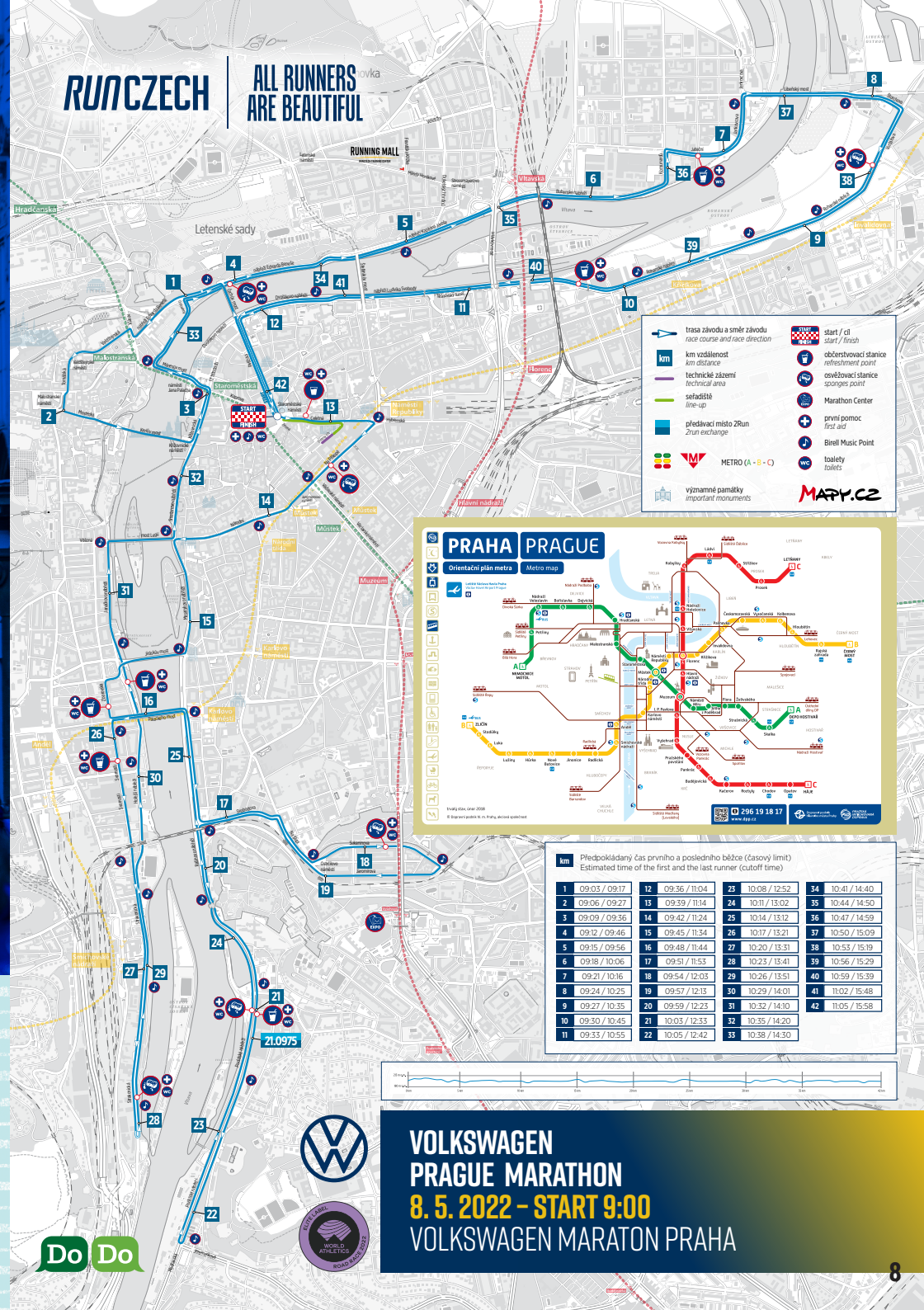
FRIDAY, MAY 6
 Marathon Centre 10.00 – 20.00
 Pre-race press conference 10:30 - 11:30

SATURDAY, MAY 7
 Marathon Centre 10.00 – 20.00
 Pre-race run from Running Mall 10.00

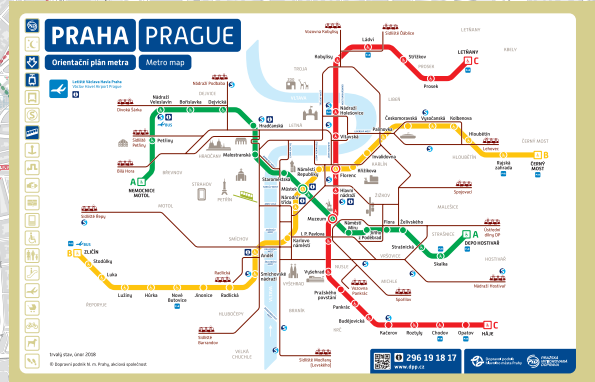
SUNDAY, MAY 8
 Technical area open 7.00
 Start of entertainment program Old Town Square 8.00
START of the main race 9.00
 START dm family run from Náměstí Republiky 9.15
 Expected arrival of the first man 11.05 – 11.08
 Expected arrival of the first woman 11.23 – 11.26
 Award ceremony 11.25 – 12.10
 Welcoming the last runners 16.00
 Closing of the technical area 17.00
 BoT award ceremony and After Party at Hilton 19.00



RUNCZECH ALL RUNNERS ARE BEAUTIFUL



trasa závodu a směr závodu / race course and race direction
 km vzdálenost / km distance
 technické zázemí / technical area
 seřadění / line-up
 předvávací místo 2Run / 2Run exchange
 významné památky / important monuments
 start / cíl / start / finish
 občerstvovací stanice / refreshment point
 osvěžovací stanice / sponges point
 Marathon Center
 první pomoc / first aid
 Birell Music Point
 toalety / toilets
 METRO (A - B - C)
 MAPY.CZ



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 / 10:04	23	10:08 / 12:52	34	10:41 / 14:40
2	09:06 / 09:27	13	09:39 / 10:14	24	10:11 / 13:02	35	10:44 / 14:50
3	09:09 / 09:36	14	09:42 / 10:24	25	10:14 / 13:12	36	10:47 / 14:59
4	09:12 / 09:46	15	09:45 / 10:34	26	10:17 / 13:21	37	10:50 / 15:09
5	09:15 / 09:56	16	09:48 / 10:44	27	10:20 / 13:31	38	10:53 / 15:19
6	09:18 / 10:06	17	09:51 / 10:53	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		



*Jak vylepšit něco,
 co je skvělé?*



Předplatte na
www.forbes.cz



VOLKSWAGEN
PRAGUE MARATHON
8. 5. 2022 - START 9:00
 VOLKSWAGEN MARATON PRAHA

BT. BATTLE OF THE TEAMS

RUN FOR ALL. ALL FOR RUN.

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 runner in the team could have a profound effect on the outcome of the Race. Even the slowest member of the team.

In 2022, 10 600 marathoners are invited to participate in the Battle of the Teams 2022. Just decide which team you'd like to be a part of based on who you think will win, and the benefits offered by each partner.



BE PART OF A GREAT TEAM AND A PART OF HISTORY

AJETO

LASVIT EDITIONS

Official trophy

RUNCZECH

ALL RUNNERS ARE BEAUTIFUL

HOW IT WORKS

6 TEAMS



4 PRO-ATHLETES

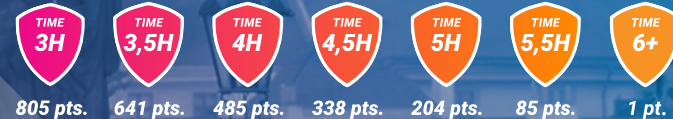
(2 SUBSTITUTES)

+

ALL RUNNERS

(YOUR TIME)

from the same team will collect points



The average of points goes to

YOUR TEAM

PRO Athletes Time

1179 Pts.



ALL RUNNERS Time

1020 Pts.



MORE POINTS

WIN



BALDIES

nadace partnerství
| LIDÉ A PŘÍRODA



Captain: ZUZANA HEJNOVÁ



Captain: JIŘÍ PRSKAVEC

1 **AYELE ABSHERO**
2:04:23 - Dubai 2012



Winner of Dubai Marathon in 2012. Podiums in London (2013), Gongju (2015), Hamburg (2018 and 2019), Mumbai (2020).

1128 PTS.


2 **RISPER CHEBET**
2:23:45 - Milano 2021



Top-5 finishes in Prague (2016 and 2018), Shanghai and Ottawa (2019), Milano (2021).

1153 PTS.


1 **EMMANUEL SAINA**
2:05:02 - Dubai 2019



Winner of Buenos Aires Marathon in 2018. Top-5 finishes in Dubai (2019), Rotterdam (2019 and 2021).

1124 PTS.

2 **SINTAYEHU HAILEMICHAEL**
2:22:45 - Frankfurt 2018



Top-5 finishes in Rotterdam (2018), Dubai (2019), Osaka (2020). Sub-15 minutes 5000m runner.

1159 PTS.


3 **VÍT PAVLIŠTA**
2:15:35 - Valencia 2020



Multiple National marathon, half marathon and 10,000 meters champion and a full-time employee of Pivovar Svijany.

1061 PTS.

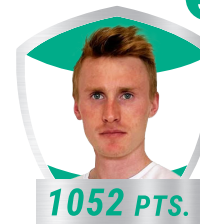
4 **LUCY CHERUIYOT**
2:27:16 - prague 2019



Winner of Macao Marathon in 2019 and Mexico City Marathon in 2021. Debuted in Prague in 2019 with 5th place finish.

1129 PTS.

3 **NICOLAÏ SAKÉ**
2:17:06 - Belp 2021



Medical doctor in a psychiatric ward, very active during first year of Covid-19 pandemic as a medical student. Former tennis player.

1052 PTS.


4 **TIGIST GEBEYAHU**
2:24:23 - geneve 2021



Winner of Zhengzhou Marathon in 2017 and Paris Marathon in 2021. Podiums in Hannover (2019), Istanbul (2020), Geneva (2021).

1149 PTS.

5 **EDWIN KOSGEI**
2:07:51 - Siena 2021



Developing marathoner with a 3rd place finish in Vienna (2021).

1107 PTS.


6 **WORKNEH SERBESSA**
2:07:58 - Geneve 2021



Winner of Porto Marathon in 2014. Top-8 finishes in Sevilla (2017), Marrakesh (2020), Geneva (2021).

1106 PTS.

5 **SOFIYA CHEGEN**
2:27:51 - Istanbul 2019



Developing marathoner with Top-10 finishes in Istanbul in 2019 and 2021.

1126 PTS.

6 **HIRIBO HARE**
2:07:48 - Kosice 2021



Winner of Dakar Marathon in 2019. Podiums in Castellon (2020), Kosice (2021).

1107 PTS.



JAH DA
NEZISKOVÁ ORGANIZACE




Captain:
BARBORA VOTÍKOVA



Captain:
JIŘÍ JEŽEK

1 **MALENE MEYER**
2:58:47 - Barcelona 2021



adidas Runners Copenhagen - pacer and The Speed Squad member. Veterinary nurse at University Hospital for Companion animals.

924 PTS.

2 **JAN PERNICA**
2:37:13 - Athens 2021



adidas Runners Prague - coach. Father. Husband. Sports leader." Companion animals.

935 PTS.


1 **NOBERT KIGEN**
2:05:13 - Amsterdam 2017



Top-5 finishes in Eindhoven (2016), Amsterdam (2017), Seoul (2017), Valencia (2018), Prague (2021).

1123 PTS.

2 **NANCY METO**
2:19:31 - Valencia 2021



Winner of Treviso Marathon in 2019 and Valencia Marathon in 2021.
1:05:21 and 30:50 half marathon and 10K runner.

1181 PTS.

3 **JULIEN LEBRETON**
2:39:43 - Paris 2021



adidas Runners Paris. Running for 3.5 years. Re-visiting Prague after twelve years.

921 PTS.

4 **PHILIPP BAAR**
2:16:17 - Dusseldorf 2018



adidas Runners Berlin - captain. Pro-athlete until 2021. National Half Marathon Champion, Team Germany member.

1057 PTS.

3 **BENJAMIN FLETCHER**
2:20:24 - Vienna 2019



Born and raised in the high altitude of northern New Mexico, USA.
2020 US Olympic Marathon Trials Qualifier. Coach to runners of all abilities.

1033 PTS.

4 **MARCELA JOGLOVÁ**
2:28:16 - Enschede 2021



2020 Olympian (marathon). Winner of 2020 Czech Half Marathon Championships.

1123 PTS.

5 **MOHAMED OUESLATI**
2:40:08 - Paris 2022



adidas Runners Paris. Running for 3.5 years. Father. Interim Marketing Director.

918 PTS.

6 **ADRIEN LE CORNEC**
2:49:31 - Paris 2019



adidas Runners Paris. Data analyst. Chess enthusiast.

865 PTS.


5 **BIRHO GIDEY**
debut / 1:07:57 - Napoli 2020



Debutant. Top-8 half marathon finishes in Napoli (2020) and Herzogenaurach (2021).

1213 PTS.

6 **BONTU GADA**
2:23:39 - Sevilla 2020



Winner of Muscat and Porto marathons in 2019. Podiums in Zhengzhou (2018) and Sevilla (2020).

1153 PTS.



Captain: BARBORA STRÝCOVÁ

Captain: MICHAL ŠLESINGR

1 YUMA HATTORI
2:07:27 - Fukuoka 2018

Winner of Fukuoka Marathon in 2018.
Top-5 finishes in Prague (2018),
MGC in Tokyo (2019).

1110 PTS.

2 AZMERA HAGOS
2:20:48 - Amsterdam 2019

Top-5 finishes in Amsterdam (2018 and 2019), Paris (2019).
World U20 Cross Country
Bronze medalist (2011).

1172 PTS.

1 KELKILE WOLDAREGAY
2:05:56 - Rotterdam 2018

Winner in Chongqing (2016), Hefei (2016), Frankfurt (2018), Ljubljana (2019), Houston, TX (2020).
Podiums in Frankfurt (2017), Rotterdam (2018).

1119 PTS.

2 PURITY CHANGWONY
2:22:46 - Siena 2021

Winner of Ljubljana Marathon in 2016 and Nairobi Marathon in 2019.
Podiums in Ljubljana (2017), Siena (2021).

1159 PTS.

3 JIŘÍ HOMOLÁČ
2:14:35 - Berlin 2019

Working on his marathon craft, among other high-altitude locations, in Iten, Kenya. National Champion - Half marathon (2022), 10,000m (2021).

1067 PTS.

4 BEKELECH BORECHA
2:24:51 - Barcelona 2021

Developing marathon runner with strong half marathon resume and Top-8 finishes in Istanbul, Copenhagen and Valencia.

1145 PTS.

3 EDWARD GODDARD
2:13:45 - Manchester 2022

Fast-developing marathoner and half marathoner. Top-5 marathon finishes in Melbourne (2021), Manchester (2022).

1072 PTS.

4 YITAYAL ZERIHUN
2:06:21 - Dubai 2020

Top-5 finishes in Paris (2017 and 2018), Houston, TX (2018 and 2019), Istanbul (2019), Dubai (2020).

1116 PTS.

5 DULCE FÉLIX
2:25:15 - London 2015

European 10,000m Champion (2012).
Top-8 finishes in NYC (2011), Vienna (2011), London (2014 and 2015), Valencia (2018).

1143 PTS.

6 JOSE GONZALEZ
2:18:53 - Valencia 2020

Multiple National 5000m Champion and Top-5 finisher at South American Championships.
Developing marathoner, 62-minute half marathoner.

1042 PTS.

5 WAGANESH AMARE
2:22:45 - Dubai 2019

Winner of Hengshui Marathon in 2018.
Top-5 finishes in Dubai (2019), Dongying (2019), Shanghai (2019), Paris (2021), Riyadh (2022).

1159 PTS.

6 GEOFFREY YEGON
2:12:39 - Shenzhen 2019

On the comeback. Top-5 finishes in Eindhoven (2018), Shenzhen (2019).
Four half marathon performances under 1-hour in 2016 - 2018 period.

1079 PTS.

Marathon centre

MAY 6 - MAY 7

Prague Congress Centre, Winter garden
st. 5. Května 1640/65, near the metro line C
- station Vyšehrad

OPENING HOURS

Fri May 6, 2022: 10:00 - 20:00

Sat May 7, 2022: 10:00 - 20:00

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

HOW TO GET HERE?

The Prague congress centre is just on the metro
line C station Vyšehrad.

WHAT TO TAKE WITH YOU?

In order to get your 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.



After party

THE BATTLE OF THE TEAMS CEREMONY

hotel Hilton Prague, Congress Hall
Pobřežní 1, Praha 8
Pasta, beer, wine. It's all on us! Your host for the
night will be Dan Stach.

PROGRAM

19.00 – Door opens

19.30 – Program starts

19.40 – Team presentation show

19.45 – Handing over Charity cheques

19.50 – Points counting

20.00 – Official winner announcement

20.02 – Let's get the party started

Barilla Pasta Party - Hungry?

We got you covered.

22.00 – End

BATTLE OF TEAMS AWARDS WITH AFTER PARTY

8. 5. 2022

Hotel Hilton Prague
Congress Hall



VOLKSWAGEN
PRAGUE
MARATHON

BT. BATTLE
OF TEAMS

Barilla



CLOUD

SKY BAR & LOUNGE

TASTE HEAVEN ON EARTH

STUNNING VIEWS OF PRAGUE • ROOFTOP TERRACES
VIBRANT ATMOSPHERE • SIGNATURE COCKTAILS
TRENDY FOOD MENU

HILTON PRAGUE • POBŘEŽNÍ 1, 186 00 PRAGUE 8
T 224 842 999 • INFO@CLOUD9.CZ • CLOUD9.CZ



Kde to na víkend zapíchnete vy?
Cíl je jasný.

- Přímá spojení z Letiště Praha do Španělska
Barcelona, Alicante, Madrid
a dalších 12 destinací

kudyznudy.cz
CzechTourism

Nejlepší začátek výletu? Na kudyznudy.cz

Vybírejte z tisíců
turistických tipů
a objevujte Česko

kudyznudy.cz

For runners

 BAG DEPOSIT |  TOILETS

 FREE TRANSPORT

 MEDAL ENGRAVING

 DIPLOMA |  CHANGING ROOMS

 PHOTOS FROM RACE

 MEDALS |  T-SHIRT:



Pacemakers

Corridor B
3:00 - GUTIÉRREZ Jaime

Corridor C
3:15 - POJMON Ondřej, SEIDL Honza

Corridor E
3:30 - MAREČEK Jan, ZANOZINA Katka

Corridor G
3:45 - KAČER Ctibor, MÍČEK František

Corridor H
4:00 - KNESPL Vojta,
BEDNÁŘ Ríša, SÍBROVÁ Lucie

Corridor J
4:15 - KODR Karel,
LINDNER Tomáš, McALORUM Helena















Corridor K
4:30 - ONDRŮŠEK Libor, NOSILOVÁ Anna

Corridor L
5:00 - MAHONY Martin, KRÁTKÝ Jarda

Substitute:
FIX Jiří

Traffic info



-  trasa závodu a směr závodu
race course and race direction
 -  km vzdálenost
km distance
 -  technické zázemí
technical area
 -  seřadíště
line-up
 -  předávací místo 2Run
2Run exchange
 -  METRO (A - B - C)
 -  významné památky
important monuments
 -  start / cíl
start / finish
 -  občerstvovací stanice
refreshment point
 -  osvěžovací stanice
sponges point
 -  Marathon Expo
 -  první pomoc
first aid
 -  Birell Music Point
 -  toalety
toilets
- MAPPY.CZ**

After the two-year break, Volkswagen Prague Marathon and its runners from all over the world will fill the streets of Prague again. The biggest race of the season returns professional athletes and running enthusiasts to the center of Prague, who also like to return to the metropolis as tourists. The race will not only bring great sports performances, but also minor inconveniences associated with traffic restrictions. We appreciate your tolerance and thank you in advance



Reportér

Jsme tam,
kde se něco děje

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		

km
Estimated time of the first and the last runner (cutoff time)

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.



Music festival

You won't need headphones even at the Volkswagen Prague Half Marathon! 12 bands and 5 DJs will play for runners on the track this year.

Cut Dem, Pufaz, Chuck Diesal, Dj Olson, Dj Friky



Deep Purple Plzeň, Connexion Jazz, Osm setin bez jídla, Silent Scream, Cukr, Pale Blue Something, Libor Šimůnek Harmonikář.eu, Back Door Man, Push!?, Buffaloes, Tam Tam Batucada



Radiožurnál music point



**Radiožurnál
Sport**
Český rozhlas

**Jediné
sportovní
rádio**



Junior Marathon Final

We know the winners of the semifinals.
Which high school becomes the year's
champion?

May 8, 2022
9.00 START of the race
Old Town Square
12:10 Award ceremony and lottery
Old Town Square



Emil Zátopek

Juniorský maraton • Běžíme pro Evropu 2022

22

SPORTISIMO

**KDYŽ JARO,
TAK V POHYBU**

www.sportisimo.cz

**Cesta za zážitky
začíná s aplikací
Vlakem na výlet**



Inspirujte se na www.cd.cz/vlakemnavylet
nebo si rovnou stáhněte aplikaci.



ČD České dráhy
Národní doprava

dm Family Run

SUNDAY 8. 5. 2022
9.15 START OF THE RACE
NÁMĚSTÍ REPUBLIKY
2,5 KM



23



Volunteers

Do you know who the good guys are? Our volunteers, also called goodies, are the backbone and heart of each of our events. Thanks to them, the runners don't get lost on the track, they get refreshments, they can store things safely in the bag deposit, the volunteers advise them where to find what on the day of the race - in short, you will meet volunteers at literally every step. At the Volkswagen Prague Marathon, 1,200 volunteers from all over the Czech Republic and abroad help and devote an average of 9 hours or more of their time to us. They have a million worth. "I have been coordinating volunteers at Prague's running events for more than 14 years, and during that time we have become one big family, with whom it is a pleasure to work."

Martina Kozáková, volunteer coordinator



24

kondice
SAMOSTATNÝ SPECIÁL

BĚHÁNÍ

SE PSEM NA TRATI
Radost na druhou

Ultraběžkyně Lenka Vaecalová: Kondice mi dává svobodu

NA STARTU
Závodů, které stojí za to běžet

Recepty a pitný režim pro lepší výkon

Vyběhněte s námi

- bežečský styl
- trénink a hubnutí
- prevence zranění
- motivační triky

TESTY BOT
Co ocení začátečníci a co zlášené maratodorky?

PRÁVĚ V PRODEJI

13. – 29. května



ICE HOCKEY WORLD CHAMPIONSHIP FINLAND Tampere - Helsinky



MS v ledním hokeji 2022
Helsinky - Tampere



www.ctsport.cz

ZÁZEMÍ PRO VAŠE SPORTOVNÍ AKCE



KOMWAG ČISTĚ EKOLOGICKY

Odpady	Čištění	Zeleň
svoz likvidace odpadkové koše zanáška popelnice kontejnery	chodníky, ulice zimní údržba, posypy samosběry, mty ruční metení odstraňování graffiti	zahradnické práce sekání trávy údržba mobiliáře plnění bazénů ostatní komunální služby

KOMWAG ALL RUNNERS ARE BEAUTIFUL
RUNČECH

Perucká 2542/10, 120 00 Praha 2, tel.: +420 236 040 000, fax: +420 236 040 003
komwag@komwag.cz, www.komwag.cz

RUNNING MALL

RUNCZECH BĚŽECKÉ CENTRUM

RUNNING TRAINING
MASSAGE
ENERGY AT WORK
SPORTLOUNGE
WATERBAR
WORKSHOP

FRANTIŠKA KŘÍŽKA II - PRAHA 7 - HOLEŠOVICE

 [RUNNING.MALL](#)

[WWW.RUNNINGMALL.CZ](#)



YOUR PERSONAL BEST



Athletics is about the fundamentals of what makes human beings amazing. Running faster, jumping higher, throwing further. This isn't a ball game. This isn't about scoring points. Goals aren't scored, they're achieved.

It's about pushing yourself to be the best you can be. No matter who you are, where you're from, reach for the next level and aim for Your Personal Best.

For all the latest news and information; follow us



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Mattoni FreeRun

 **93 Courses**

 **11 425**
Runners community

 **56 Coaches**

MATTONI
FREE RUN

25

S KAŽDÝM PŘEČTENÝM ČLÁNKEM JSTE BLÍŽ LEPŠÍMU

ROZHODNUTÍ



HOSPODÁŘSKÉ NOVINY

[hn.cz/předplatné](#)

3. 9. 2022
START: 18:00
NÁMĚSTÍ REPUBLIKY
45 MINUTE LIMIT
5 KM

RUN AN AMAZING RACE

ADIDAS WOMEN'S
RACE 5 KM
3. 9. 2022

RUNCZECH | ALL RUNNERS
ARE BEAUTIFUL



adidas WOMEN'S
RACE 5 KM

3. 9. 2022
START: 19:30
NÁMĚSTÍ REPUBLIKY
1,5 H LIMIT
10 KM

RUN AN AMAZING RACE

BIRELL
10K RACE
3. 9. 2022



BIRELL
10K RACE

PRAHA
PRAGUE
PRAGA
PRAG



AR

Žijeme heslem IMPOSSIBLE IS NOTHING, protože všechno je možné a pomocí běhu máme sílu měnit životy a překonávat sami sebe. A proto letos spojíme a poměříme síly v Battle of The Teams. Ne nadarmo je kapitánkou našeho týmu Bára Votíková. Podpoř nás i ty!

A pokud je maraton teprve tvým budoucím cílem, připoj se k naší komunitě adidas Runners Prague a přijď trénovat s námi. Pořádáme zdarma výběhy, speciální eventy, zaměřujeme se i na funkční trénink, jógu, workshopy – jednoduše s námi se nudit nebudeš.

Může přijít kdokoli, stačí se přihlásit přes aplikaci ADIDAS RUNNING a žádná ze super aktivit adidas Runners Prague už tě nemine.

OBJEV
NOVÉ OSVĚŽUJÍCÍ
PŘÍCHUTĚ!

LIMITOVANÁ
EDICE



23. 6. 2022
 START: 18:00
 VÝSTAVIŠTĚ HOLEŠOVICE
 LIMIT 3 H
 4X5 KM

CATEGORY:
 RELAY
 BAMBINI RUN
 BANK CUP
 IZS CUP
 CHAMBERS CUP
 DIPLOMATIC CUP

**RUN
 AN AMAZING
 RACE**
 UNICREDIT
 PRAGUE RELAY
 23. 6. 2022



MATTONI ÚSTÍ NAD LABEM HALF MARATHON
17. 9. 2022

MATTONI LIBEREC NATURE RUN
15. 10. 2022

MATTONI KARLOVY VARY HALF MARATHON
21. 5. 2022

MATTONI ČESKÉ BUDĚJOVICE HALF MARATHON
4. 6. 2022

MATTONI OLOMOUC HALF MARATHON
18. 6. 2022

RUNCZECH
ALL RUNNERS ARE BEAUTIFUL

Nižší účty za energie nás dokážou rozzářit.

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Pořídte si účet, který vám vrátí 10 % z plateb za energie, telefon či internet. Získejte účet pohodlně a rychle, na pobočce nebo online – prostě jak se vám to líbí.

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Kampaň s odměnou platí pouze pro nové klienty, kteří si do 31. 5. 2022 založí běžný účet a do 30. 6. 2022 zřídí SIPO nebo trvalý příkaz, případně inkaso, ve prospěch vybraných dodavatelů. Nabídka běžných účtů a úplné podmínky kampaně jsou dostupné na stránkách www.unicreditbank.cz/energie. • Toto sdělení slouží pouze pro informační účely a není návrhem na uzavření smlouvy.



**Zážitek z chuti
 v nové formě**



**FAMILY
 RUNS**

dm FAMILY RUN
 KARLOVY VARY
 21. 5. 2022

dm FAMILY RUN
 ČESKÉ BUDĚJOVICE
 4. 6. 2022

dm FAMILY RUN
 OLOMOUC
 18. 6. 2022

dm FAMILY RUN
 ÚSTÍ NAD LABEM
 17. 9. 2022

dm FAMILY RUN
 LIBEREC
 15. 10. 2022



2022

RUNCZECH

ALL RUNNERS
ARE BEAUTIFUL



**NAPOLI CITY
HALF MARATHON**
27. 2. 2022



**UNICREDIT
PRAGUE RELAY**
23. 6. 2022



**SPORTISIMO
PRAGUE
HALF MARATHON**
2. 4. 2022



**BIRELL
RUN 10K RACE**
3. 9. 2022



**VOLKSWAGEN
PRAGUE
MARATHON**
8. 5. 2022



**adidas
WOMEN'S RACE
5 KM**
3. 9. 2022



**MATTONI
KARLOVY VARY
HALF MARATHON**
21. 5. 2022



**MATTONI
ÚSTÍ NAD LABEM
HALF MARATHON**
17. 9. 2022



**MATTONI
ČESKÉ BUDĚJOVICE
HALF MARATHON**
4. 6. 2022



**MATTONI
LIBEREC
NATURE RUN**
15. 10. 2022



**MATTONI
OLOMOUC
HALF MARATHON**
18. 6. 2022



**SORRENTO
POSITANO**
4. 12. 2022

So which one will be yours?

*THE CALENDAR IS PROVISIONAL AT THIS STAGE AND REMAINS SUBJECT TO CHANGES DEPENDING ON THE GLOBAL HEALTH SITUATION IN 2021.