

SPECIAL BULLETIN MARATHON







th European Deaf Athletics Championship BYDGOSZCZ

1st European Deaf Marathon Championships (9th European Deaf Athletics Championships)

10 May 2015 at 09:00 in **LUBLIN**, Poland









GENERAL INFORMATION

Polish Deaf Sports Association is proud to organize 1^{st} European Deaf Marathon Championships (9^{th} European Deaf Athletics Championships) from 10 May 2015 in Lublin, Voivodeship Lublin and warmly welcome all participants.

ORGANIZING COMMITTEE



Dietmar MARSCHNER EDSO Technical Director



Ota PANSKY EDSO Representative



Maciej PAWELEC

Marathon Director of Lublin



Jaroslaw JANIEC PDSA Official Poland



Stanislaw JANIEC PDSA Official Poland (finance)

LUBLIN CITY

Lublin is the ninth largest city in Poland and the second largest city of Lesser Poland. It is the capital of Lublin Voivodeship (*province*) with a population of 349,103 (March 2011). Lublin is the largest Polish city east of the Vistula River. It was recently a candidate for the title of "2016 European Capital of Culture". Lublin is approximately 170 kilometers (106 miles) southeast of the capital, Warsaw.

Website:

http://www.lublin.eu

http://en.wikipedia.org/wiki/Lublin



PHOTOS – LUBLIN CITY









VENUE CHAMPIONSHIPS

Venues for 1st European Deaf Marathon Championship (9th European Deaf Athletics Championship) will be the city Lublin.

ROUTE - II MARATHON LUBELSKI'2013 - ARCHIVES

















MARATHON ROUTE LUBLIN (III MARATHON LUBELSKI)

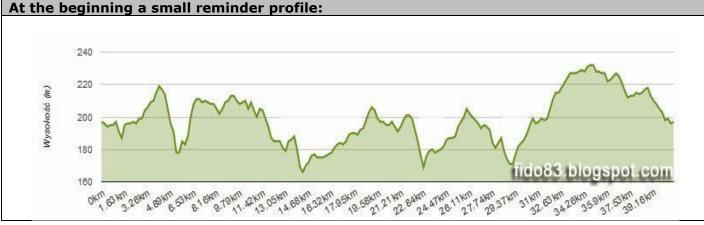
Lublin Marathon Route 3 starts in the center of Lublin, Lithuanian Square. The first kilometer run through the most beautiful places in the downtown, giving runners the chance to explore the historic part of the city. Then across the street and Avenue Krakow suburb Raclawickie route runs towards Slawinek. Around 8 kilometer marathon runners waiting for the first ascent hill Czechowskie Hills. After a few kilometers run by the leafy streets Kalinowszczyzna participants Ponikwoda and they run into the industrial districts - Tatary and Felin. At the halfway point of the marathon, about 22 kilometer Marathon runners pass at Majdanek State Museum, located at the former concentration camp. Then the trail leads in the direction of the largest residential areas, on Czuby and Weglin. From 31 starts last kilometer ascent street John Paul II. From the 36 mile route runs down Avenue and Avenue Raclawickie, Krasnicka. The last meters down the street Krakow suburb lead to the finish on the Square of Lithuania.



MARATHON ROUTE PROFILE LUBELSKI - (III MARATHON LUBELSKI)

Of course, anyone who knows Lublin knows that in this city it is impossible to draw the flat route running. According to the site, hills Navime.pl height is 242 meters. The lowest point of the route falls for 14 km and is 166 meters. Top 232 meter find after you have run 34 km.

This is the profile generated by the service area navime.pl:



ROUTE MARATHON LUBLIN

Annex No.1 - Route Marathon Lublin

STARTER PACKAGE

As part of the fee participant will receive a package containing:

- Technical shirt Marathon Lublin
- Commemorative medal at the finish line
- Regenerative meal at the finish
- Water and isotonic drinks along the route and at the finish of the run,

commemorative T-shirt





commemorative medal at the finish line





Water and sports drinks along the route and at the finish of the run





volunteers





TECHNICAL - MASSAGE





COMPETITION	
men	42 km 195 m
women	42 km 195 m

REGISTRATIONS	
Preliminary entry	15.11.2014
Final entry	10.01.2015
Registration by name	10.03.2015

COMPETITION PROGRAM

Annex No.2 - Program

TRAINING

Training on 09 May 2015 from h.09:00 to h.15:00 in the city Lublin or Park or stadion Training session lasts only 60-90 min.

OFFICIAL PROGRAMME

The Opening Ceremony will be held in Hotel LWOW on 09.05.2015 at 16:00

TECHNICAL MEETING

The first Technical Meeting will be held on 09.05.2015 at 18:00 at the conference room in LWOW Hotel.

Each team can have two representatives.

Technical Meeting for marathon and outdoor info.

TRANSPORT TO LUBLIN

AIRPORT





TRAIN STATION





FROM THE AIRPORT TO LUBLIN

http://www.airport.lublin.pl/

Map of Destinations

The map shows examples of transit connections from destination airports. Please verify information on the carrier websites.

http://www.airport.lublin.pl/en/dla-podroznych/planowanie-podrozy/mapa-polaczen.html

Timetables

Tickets for flights to and from Lublin Airport and for other destinations are available at Online Booking (click here).

You can also purchase your ticket for routes available at Lublin Airport in our Ticket Desk located in the terminal, next to the Arrivals Hall **(see here)**. The Ticket Desk is open 3 hours before any scheduled departure and up to 30 minutes after each arrival.

http://www.airport.lublin.pl/en/dla-podroznych/planowanie-podrozy/rozklad-lotow.html

MAP OF DESTINATIONS

The map show examples of transit connections from destination airports. Please verify information on the Cartier websites.





ACCOMMODATION

LWOW Hotel

See here: http://www.hotel-lwow.pl









This hotel is located in a large business centre in the centrum city of Lublin. Away from the city center and old town, about 500 m

The Hotel offers free Wi-Fi.

All rooms are air-conditioned and include a flat-screen TV, desk and a private bathroom.

PRICE OFFER			
Rooms	Quantity of beds in room	Price	
Standard single Standard double	1 person	80 euro	

FEE INCLUDES:

Prices based on full board accommodation (Breakfast, Lunch and Dinner)

Transportation (airport, station, stadium)

Accreditation

Waters

T-shirt

Closing banquet

Annex No. 3 - Reservation Hotel Form

TRANSPORT FORM

Please see attached Transport Form. You need to send filled Transport Form back to us no later than the 10 April 2015

Annex No. 4 - Travel Information

TRANSPORT IN LUBLIN

Polish Deaf Sports Association is responsible for transport:

1. Airport or Train Station - Hotel - Airport or Train Station

2.Hotel - Venues - Hotel

VISA

The following countries require visas **Belarus**, **Russia**, **Ukraine**, ..., ..., it is in order to send you the invitation we need to have your name, surname, date of birth, passport number and a copy of hotel reservation.

We can send you necessary forms by e-mail.

Despite visa you will need a medical insurance for each participant. It is also available at the Polish Embassy in your country.

ACCREDITATION

Each participant of European Deaf Marathon Championships will receive accreditation with photo. This accreditation allows free entry to all competitions.

We ask all to send photo for accreditation to keep time.

FAREWELL PARTY

We invite you for the farewell party after the closing ceremony on 10.05.2015 at 14:00 or 15:00 in LWOW Restaurant.

MEDIA

The LWOW Hotel offers free Wi-Fi.

INTERNET

Website: www.edac2015.pl

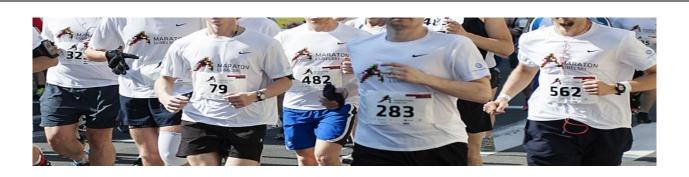
www.maraton.lublin.eu

www.maraton.lublin.eu/maraton/informacje

CONTACT

If there are any questions please don't hesitate to contact the PDSA Office:

E-mail: **info@pzsn.pl**



WELCOME TO POLAND!