

# RACE MANUAL

## THE RUN

SLOVAKIA 2026

**NÁRODNÝ ŠTAFETOVÝ BEH  
/NATIONAL RELAY RUN  
KOŠICE – BRATISLAVA**

**12 – 14/6  
2026**



Terms in this race manual are subject to change.  
Last update on September 10th, 2025

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## **NATIONAL RELAY RUN KOSICE — BRATISLAVA THE RUN SLOVAKIA 2026**

Organizer:

<b>therun.sk, oz.</b>	<b>HCG, s.r.o.</b>
Parickova 1099/24	Parickova 1099/24
82108 Bratislava	82108 Bratislava
Slovak republic	Slovak republic

**Crew:**

PR and media:	cell phone: +421 903 560 460 email: info@therun.sk
Race director:	Dušan Tarčák
IT support:	Daniel Janiga, Peter Augustín
Course manager:	Jozef Chorvát
Safety manager:	Roman Štamborský Ladislav Gračík
Technical production:	Martin Medvecký
Medical:	Emergency support, s.r.o.



## 1. TEAM REGISTRATION

- REGISTRATION PROCEDURE:
  - Register your team at [www.therun.sk](http://www.therun.sk)
- REGISTRATION FEES
  - According to official pricelist for 2026.
- PAYMENT
  - Pay the registration fee via bank transfer
  - Registration is valid after the registration fee is paid for the whole team
    - *Registration fee must be paid for minimum number of runners for selected FREESTYLE category i.e. 7 and later on the team captain can purchase additional registration fees for the remaining team members until the registration deadline*
    - *in the case of the MARATHON category, the registration fee must be paid for the total number of team members, i.e. 12.*
  - Registration fee is non-refundable
  - Team member changes and updates are allowed until registration deadline
  - Applications are opened from October 1st, 2025 at 18:00 CET until April 30th, 2026 at 23:59 CET.

## 2. ORGANIZING A TEAM

Organize your team for one of the following categories:

### ■ THE RUN SLOVAKIA - FULL

KOŠICE – BRATISLAVA

/leg 1 to 48 – 529 km, start on Friday June 12<sup>th</sup>, 2026 from 8:00 CET/

- **FREESTYLE CATEGORY** - /7 to 16 runners in team, gender ratio and number of legs per runner is optional/
  - **THE RUN FREESTYLE 7-16MIX - FULL:** 7 to 16 runners teams – mixed (gender ratio optional)
  - **LADIES RUN FREESTYLE 7-16W - FULL:** 7 až 16 runners team – women
- **MARATHON CATEGORY** - /every runner runs every 12<sup>th</sup> leg, total of 4 legs x approx.10,5 km per leg/
  - **THE RUN MARATHON 12MIX - FULL:** 12 runners teams – mixed (gender ratio optional)

Registration fee paid due:	until 31.10.2025 85,- EUR/person	until 28.2.2026 95,- EUR/person	until 30.4.2026 105.- EUR/person
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Change of runner:	from 1.5.2026 until 11.6.2026 10,- EUR/change
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- SUPPORT VEHICLES
  - only 2 race vehicles per team with official event sticker will be allowed to enter check point designated area
  - minivans, minibuses and caravans are recommended
- SUPPORT VEHICLE MANDATORY EQUIPMENT:
  - 2 x head lamp
  - 2 x wrist flash light
  - 2 x reflective vest
  - 1 x fully charged mobile smartphone with internet connection
  - official sticker (sticker with team bib number and vehicle number)

## 3. TEAM CHECK IN

### ▪ THE RUN APP

- Installing
  - we will not use the original application that you could download from the APP STORE or GOOGLE PLAY from 2025 onwards
  - open the new application in your mobile phone or computer browser at <https://app.therun.sk>
  - after loading the app, follow the instructions on the initial screen and add the app icon to the desktop of your phone or computer
- using THE RUN APP
  - to communicate with race organizer
  - to follow the live position of the active runner
  - to check current and final team/runners standings
  - reporting a runner's injury
  - reporting the change of runner
  - and more

### ▪ THE RUN SLOVAKIA - FULL

- location:
  - Archeological museum Dolna brana, Hlavna ulica, Kosice – Stare Mesto (south end of ul. Hlavna)
  - <https://goo.gl/maps/8fdoEMoxH6gNB2Pf9>
- time:
  - 11.6.2026 (Thursday) from 18:00 CET until 22:00 CET
- check in process:
  - team packages can be picked up by any team member
  - the team presentation is valid on the condition that the team captain hands over to the organizer a form signed by all team members - RUNNERS' DECLARATION, or possibly also the CONSENT OF THE LEGAL GUARDIAN
- teams package content:
  - bib numbers
  - relay baton – GPS tracker on runners wrist (will be picked up by the runner of the first stage no later than 30 min before the start in the starting mix zone on Friday)

- two official vehicle stickers (sticker with team bib number and vehicle number)
- official event t-shirt with THE RUN SLOVAKIA logo
- bottled water package
- energy drink
- other promotional items

## 4. START

### ▪ THE RUN SLOVAKIA - FULL

- location:
  - Hlavna ulica (on parking lot between DoubleTree By Hilton hotel and OD Dargov), Kosice – Stare Mesto (Old town)
  - <https://maps.app.goo.gl/WJaw71NHMKeTTPdX7>
- time:
  - Friday, 12.6.2026 from 8:00 CET
    - continuous start - the start time of the teams will be announced by the organizer no later than 48 hours before the start

### ▪ START LINE CHECK IN

- the starting runner is obliged to arrive at the race start in Kosice at least 30 minutes before the start
- the starting runner takes over a relay pin – a GPS transmitter, which is handed over to him by a member of the organizing team at the event's starting point
- the starting runner attaches the GPS transmitter around his waist so that it is not covered by anything
- a member of the organizing team checks the functionality and correctness of the location of the GPS transmitter on the runner's belt
- a member of the organizing team scans the QR code placed on the runner's BIB number and checks whether it is in accordance with the start number on the runner's wristband

### ▪ BIB NUMBERS

- each member of the running team must be marked with a BIB number
- each member of the running team must wear a wristband that corresponds to the runner's BIB number
- the team member's BIB number must be placed in a visible place on the waist during the run
- a member of the organizing team can at any time ask the runner to show her/his starting number and verify the identity of the runner by scanning the QR code

### ▪ RELAY PIN

- Relay pin = GPS transmitter
- The GPS transmitter must be placed on the runner's belt during the entire stage

## ▪ PARKING THE VEHICLES

### Kosice:

- There are no designated parking areas reserved for support vehicles
- You can find several parking lots in Kosice center, near Hlavna ulica
- It is recommended to use following parking lots:
  - in Aupark shopping center
  - in Doubletree by Hilton parking garage
  - on Masiarska street
  - on Hradbova street
  - on Mlynska street
- it is not possible to park support vehicles in start line area (pedestrian zone)



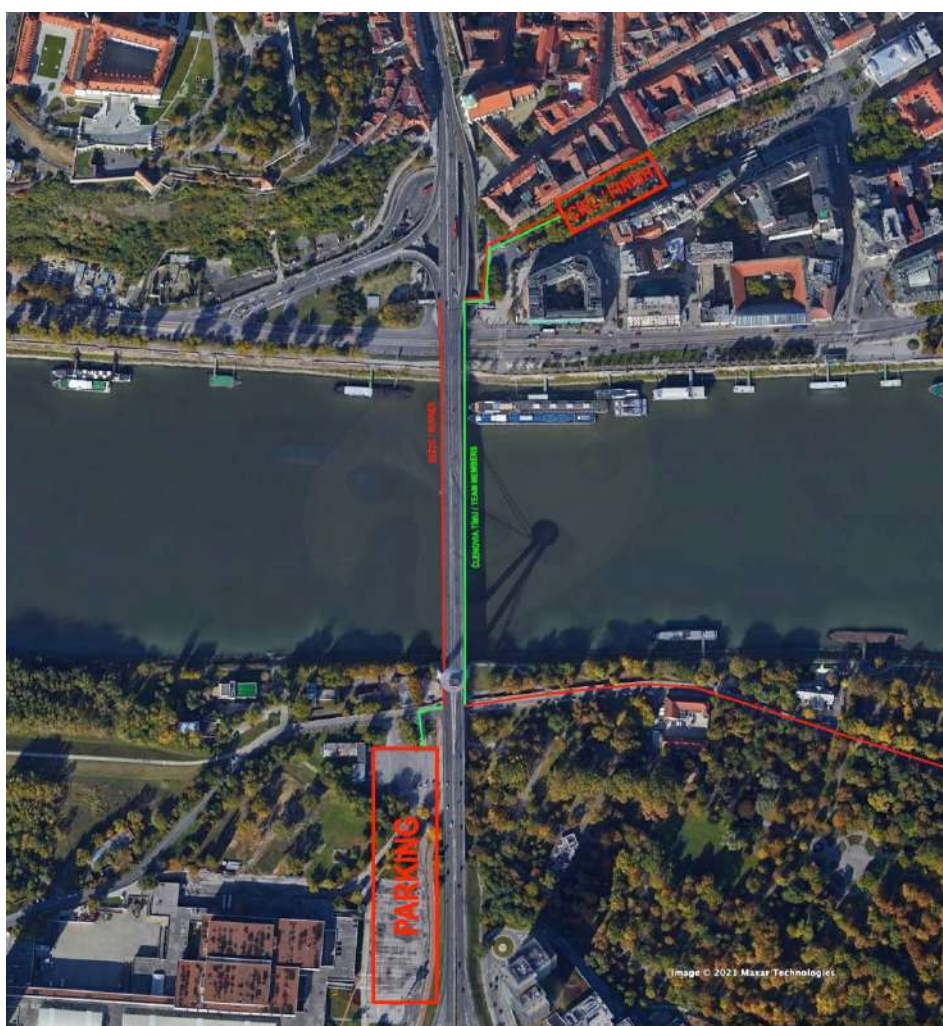
## Teplicka nad Vahom:

- the organizer provides designated parking areas for race participants, which are marked in the app
- only officially marked vehicles can park at the drop-off location You can find several parking lots in Teplicka nad Vahom, near sports complex
- It is recommended to use following parking spots:
  - along Školská street
  - other streets
- <https://goo.gl/maps/Qfv1CCBhML95sdtk6>
- it is not possible to park support vehicles in start line area (sports complex area)



## Bratislava:

- There will be designated parking areas reserved for support vehicles parking on parking lot in INCHEBA EXPO (refer to map)
- It is approx. 800 m walking distance to get to finish line area from parking lot
- Parking lot location is: GPS: 48.135721 S, 17.104218 V
- <https://goo.gl/maps/isjz2kQ4XZtZjzPk8>



**At check points:**

- the organizer provides designated parking areas for officially marked cars in designated parking areas that are marked in THE RUN APP in the maps of each checkpoint
- only officially marked vehicles can park at the checkpoint parking area

## 5. THE RACE

### ▪ GENERAL RULES

- THE RUN SLOVAKIA is teams relay race
- Runners age limit is 18 yrs +
- Runners of age 15 to 17 yrs old can apply only if accompanied by legal parent who must be member of the same team
- Every team runner runs:
  - alone
  - explicitly assigned legs according to official start list

### ▪ USING THE RUN APP DURING THE RACE

- It is mandatory to use THE RUN APP for every teams captain during the whole race
- It is also strongly recommended to use THE RUN APP for every team member

#### CHECK IN PROCESS IN CHECK POINT

- during the run-up time of the team's runner, the GPS transmitter automatically sends data about the runner's current run-up time to the drop-off point
- every runner, after finishing and before running to and from the handover point, is obliged to show his starting number and wristband to the present member of the organizing team
- a member of the organizing team checks:
  - scans the QR code placed on the BIB number
  - first name and last name,
  - the BIB number, which the runner must have attached to the front of the chest
  - wristband on the hand of the runner
- ATTENTION! Every runner who runs in and every runner who runs out from the handover point must show their starting number.
- data in the system (QR code scan) first and last name, BIB number on the chest and start number on the wristband must match!
- If the name and surname, the BIB number on the chest and the starting number on the wristband do not match the data in the system, the organizer:
  - in the case of an **approaching runner**: will record a violation of the rules, which will be reported to the chief judge and the race director, who will verify the data and decide on the imposition of a penalty
  - in the case of an **exiting runner**: will not allow the runner to run the next stage

## COMMUNICATION

- THE RUN APP is the prime communication channel for race crew and team captains.
- Through THE RUN APP team members will be informed about all important organisation updates, changes, restrictions, etc.

## GPS LIVE TRACKING

- GPS tracking function enables all app users to follow live position of active runners on track

More information about other functions of THE RUN APP can be found in the user manual in the application itself, which you can open and activate on your smartphone at <https://app.therun.sk>.

## ▪ SAFETY

- It is mandatory to carry functioning smartphone for every active runner
- Race is occurring during full road traffic
- It is mandatory to follow Slovak road traffic rules for every active runner
- Every race runner is running at own risk and responsibility
- Runners mandatory equipment is: (during night or reduced visibility)
  - functioning smartphone
  - reflective vest
  - turned on headlamp
  - turned on flashing light
  - at least one other reflective item (wristband, waiststripe, headband, etc.)

## ▪ RUNNER CHANGE

- Each team captain may report a runner change during the race on the assigned stage only in the following cases:
  - if a runner is injured (applies to all categories)
  - due to the need to replace a runner with another runner from the team among themselves (does not apply to the MARATHON category)

## RUNNER INJURY

- In the event that a runner in the team is injured during the run, the team captain must report the name, surname and BiB number of the injured runner and the name, surname and BiB number of the runner who will replace him, immediately via THE RUN APP.
- The function of reporting an injured runner will appear in the app at the time during the race.

- The injured runner is replaced by:
  - MARATHON category: a team member who does not runs two consecutive stages
  - FREESTYLE category: any team member
- **An injured runner can no longer continue the race!**
- The function of reporting an injured runner will appear in the app at the time during the race.
  - The functionality of the app respects this rule.
- In case of urgent emergency first call 112 and afterwards report it to medical crew through THE RUN APP or phone.

## INTERCHANGE OF RUNNERS WITHIN A TEAM:

- Interchanging runners within the team is only possible within the FREESTYLE and LADIES RUN category.
- Runners can only be replaced by the team captain, who must report the name, surname and start number of the runner and the name and surname of the runner who will replace him/her immediately via THE RUN APP. He/she must do so no later than before the runner leaves the handover location.
- If the team captain reports the runner change only after the runner in question has left the handover location, or does not do so at all, the organizer will automatically consider the original runner who was supposed to run the given stage to be injured. An injured runner can no longer continue and ends the race.
- When replacing runners, the rule must be followed that each team member must run at least one stage during the race.
  - The functionality of the app respects this rule.
- The runner change function will be displayed in the app at the time during the race.

## ▪ TRACK SIGNAGE AND ORIENTATION

- Track is marked only in difficult track sections
- It is mandatory to study the track and directions for every runner
- Accurate track orientation is one of the most important race rules and challenges, therefore every team is responsible for accurate track orientation
- In case the runner gets lost and gets off the track he/she is obliged to get back to same point on track and continue the race
- The venue organizer is not responsible for unpredicted race delays (red light on railway crossings, police control, fallen tree on track, etc).

- TRACK SIGNS METHOD

- DIRECTION ARROW AND LINE:

- where:
  - Arrow: left side of the road, (asphalt, concrete, etc)
  - Line: in the middle of the lane
- color: neon orange or neon yellow
- intensity:
  - every approx. each 500 m to 1000 m
  - on every turn
    - 2 x before the turn – approx. 50m and 20m
    - 2 x behind the turn – approx. 20m and 50m



- LOGO THE RUN SLOVAKIA

- where: roads, sidewalks, pavements (asphalt, concrete, etc)
- color: neon orange or neon yellow
- intensity:
  - 2 x logo per leg (instead of directional arrow every approx. 2 km)
  - in legs finish line (check point area)



- RIBBON:
  - where: field and forrest tracks (trees, bushes, etc)
  - color:
    - day use: white, red, orange,
    - night use: reflective silver
  - intensity: every approx. 200 to 500m
  - note: at night, the chemical light sticks are hanged on ribbons





- DIRECTION SIGN:

- where: next to roads, sidewalks, pavements, field and forest tracks
- color: white / orange
- intensity: on important turns (eg. on Y shaped crossroads)
  - before the turn – approx. 10m
  - or directly on the turn – as possible



- CHECK POINT AREA

Check point equipment:



## Check point crew:

- **2 volunteers** (regional partner – town/village):
  - volunteer responsibilities:
    - guarding the check point area
    - check point parking area organisation (support vehicles are allowed to park in 50 m radius around check point area the closest)
    - contact person for race crew
    - providing information about town/village to runners and fans
    - serving refreshments to runners (water, hot tea, gulash, etc. – not mandatory)
    - making positive atmosphere 😊
  - **SUPPORT VEHICLE USE RULES AND RESTRICTIONS**
    - Parking rules:
      - Each support vehicle must be marked with official race sticker on visible spot (official sticker on car hood)
      - support vehicles are parked exclusively in places designated by the organizer, which are marked in THE RUN APP
      - support vehicles are allowed to park in 50 m radius around check point area the closest
      - all designated parking areas will be marked where possible
    - Transfers to check points:
      - All support vehicle are obliged to follow Slovak road rules when transferring to check point.
      - Some check points are not accessible by car
        - the team will be penalized for violating the ban on entering the sections in question
      - the team's motor vehicle may not accompany the runner (with the exception of night stages)

## ▪ EMERGENCY SITUATIONS / DANGER

- It is mandatory to carry functioning smartphone for every active runner
- In case of urgent emergency first call 112 and afterwards report it to medical crew through THE RUN APP or phone
- Injured runner can be replaced only by runner from the same team who is not assigned to run following leg (valid for THE RUN MARATHON category)
- Injured runner is not allowed to continue the race
- contacts:
  - chief security manager: JUDr. Ladislav Gráčík: +421 905 712 194
  - security manager: Ing. Roman Štamborský: +421 918 746 756
  - event director: Dušan Tarčák: +421 903 560 460

## ▪ NIGHT LEGS

- Runners mandatory equipment is: (during night or reduced visibility)
  - functioning smartphone
  - reflective vest
  - turned on headlamp
  - turned on flashing light
  - at least one other reflective item (wristband, waiststripe, headband, etc.)
- during the daylight, it is strictly forbidden to accompany the runner on bicycles, scooters, cars or any other means of transport
- bicycle or support vehicle can drive behind the active runner only during night or low visibility to illuminate the road for runner
  - in that case, the runner runs on the right side of the road and the cyclist or car follows him
  - it is strictly forbidden to accompany a runner in front of him, next to him or simultaneously on the other side of the road
- it is mandatory to respect the night silence from 10:00 p.m. to 6:00 a.m., with the exception of checkpoints, where the program will be organized by the local municipality
- for violation of these regime measures, the team is subject to penalty

## 6. MID-CHECK POINT

- location:
  - Teplicka nad Vahom, sport complex
  - <https://goo.gl/maps/fSq9SQQWuvxQvssN6>
- leg:
  - finish of leg nr. 28
- time:
  - Saturday, 13.6.2026 from 08:00 CET to 20:00 CET
- PARKING:
  - the organizer will mark designated parking areas for race participants in THE RUN APP
- PROGRAM:
  - the mid-check point area will be divided into following designated zones for:
    - regeneration
    - refreshments (foodtrucks)
    - hygiene (toilets, showers)
    - tents, loungers, blankets
    - quiet zone (gym)
- STARTING FROM MID-CHECK POINT
  - location:
    - Teplicka nad Vahom, sports complex
    - <https://goo.gl/maps/fSq9SQQWuvxQvssN6>
  - leg:
    - start line of leg nr. 29
  - time:
    - Saturday, 13.6.2026 from 15:00 CET until 20:00 CET
    - team start times will be announced at 14:00 CET the latest in THE RUN APP
    - teams will be started in adequate time intervals according to actual standings
      - the last/slowest teams will be first to be started

- MID-CHECK POINT START LINE CHECK IN – THE RUN APP
  - team captain is required to check in / confirm teams/runners presence on start line at least ½ hour before start
  - active runner receives the GPS tracker from crew member in start line mix zone
  - runner installs the GPS tracker on shoulder or hand. Make sure the GPS tracker is not covered with your clothes or other objects
  - crew member makes final inspection of GPS tracker functionality and its proper location on runners shoulder or hand
  - a member of the organizing team scans the QR code located on the runner's start number and checks whether it matches the start number on the runner's wristband

## 7. FINISH

### ▪ THE RUN SLOVAKIA - FULL

- location:
  - BRATISLAVA, Hviezdoslavovo namestie,
  - /GPS:48°8'30.8274739"N, 17°6'32.0183659"E/
  - <https://goo.gl/maps/evaygBMkoJSdqt2t7>
- time:
  - Sunday, 14.6.2026 from 11:00 CET to 18:00 CET

### ▪ PARKING

- There will be designated parking areas reserved for support vehicles parking on parking lot in INCHEBA EXPO (refer to map on page 12)
- It is approx. 800 m walking distance to get to finish line area from parking lot
- Parking lot location is: GPS: 48.135721 S, 17.104218 V
- <https://goo.gl/maps/H7zR4ggzqVKJe2ky9>

### ▪ PROGRAM:

- Teams crossing the finish line
- final results ceremony
- refreshments – foodtruck – pasta party, beer
- toilets:
  - mobile toilets located behind the main stage
  - public toilets with entrance from ul. Riegeleho 2 (next to PARK INN Hotel Danube): <https://maps.app.goo.gl/5HALx5eHczYEiS2t7>
    - the fee for using the toilets is EUR 0.50

### ▪ CROSSING THE FINISH LINE

- Active runner is running to finish with all team member together
- All team members are waiting for their teams active runner in designated waiting area (approx. 200 m before finish gate)
- all team members should symbolically reach the finish line, with the exception of injured runners (this is not a requirement)

## ▪ FINAL TIME AND RESULTS

- Official result time is net cumulative time measured:
  - from start of leg nr. 1 to finish of leg nr. 28  
(from Kosice to Teplicka nad Vahom)
  - and
  - from start of leg nr. 29 to finish of leg nr. 48  
(from Teplicka nad Vahom to Bratislava)
- current leg standings are approximate and will be published in THE RUN APP

## ▪ TIME LIMITS

- Time limit (net time) for:
  - THE RUN SLOVAKIA - FULL is: 53h:00m
  - THE RUN SLOVAKIA - EAST is: 30h:30m
  - THE RUN SLOVAKIA - WEST is: 22h:30m
- after the time limit has elapsed the race crew will close the track gradually
- all teams, which will miss the time limit will be disqualified and can continue in running out of official race
- all teams, which will run much faster then they stated in registration form, can be stopped temporarily by race crew

## ▪ OFFICIAL RESULTS ANNOUNCEMENT

- location:
  - finish (in Bratislava)
- time:
  - at 15:00 CET
- first, second and third place of each category will be announced

## ▪ RULES VIOLATION

- in case of rules violation each team captain can file a complaint anytime during the race until Sunday 14.6.2026 at 14:30 CET
  - the complaint can be filed only by sending the message at [info@therun.sk](mailto:info@therun.sk) to event organiser
  - the event organiser will post official answer to complaint through THE RUN APP until 15:30 CET or later, depending on kind of complaint
- 
- The event organiser has right to penalize all teams which violated the race rules stated in this manual
  - The event organiser will determine penalisation according to rules violation seriousness in following levels:
    - 1st level/notice: 30 minutes penalization
    - 2nd level/notice: 60 minutes penalization
    - 3rd level/notice: team disqualification
- 
- event participants are prohibited from consuming excessive amounts of alcoholic beverages and other intoxicants during the duration of the event
  - the event organiser will inform penalized team about his decision through THE RUN APP, by phone or in person.