

# ATHLETE GUIDE



**TOWERRUNNING**  
EUROPEAN CHAMPIONSHIPS  
**2022**

RONDOI<sup>®</sup>  
**BIEG  
NA  
SZCZYT**



# EVENT SCHEDULE

SATURDAY, 21.05.2022

- 08:30 Race Office opening
- 10:00 Start of the first athlete
- 12:45 Estimated time of the amateur competition ending
- 13:00 SOS Children's Villages – short run for kids
- 13:15 Towerrunning European Championships 2022 – 1st leg
- 14:00 Towerrunning European Championships 2022 – 2nd leg
- 15:00 Award Ceremony

# GENERAL INFORMATION

**Address:**

Rondo 1  
Rondo ONZ 1,  
00-124 Warsaw

**Race Office:**

8:30 - 13:00  
Ground Floor,  
Rondo 1

**Elevation  
gain:**

142 m

**Race format:**

Individual time  
trial, intervals  
of 15 sec

**Floors to run:**

38

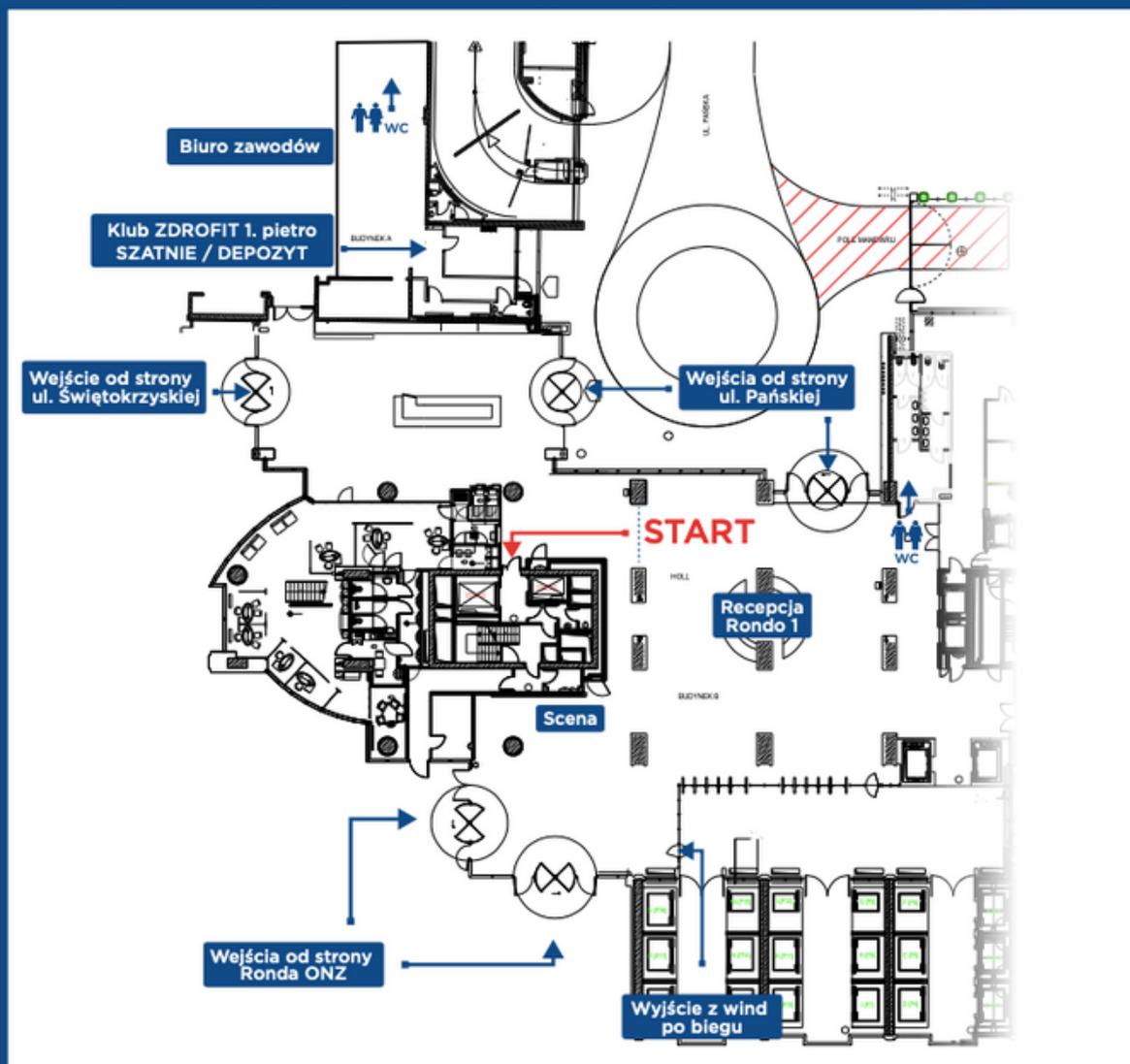
**Course Record:**

3 min 27 sec  
(P.Lobodzinski)

# SITE MAP

Take a look at the site map below - it shows the ground floor of the Rondo 1. When you enter the building, please follow straight to the Race Office.

## MAPA SYTUACYJNA BIEG NA SZCZYT RONDO 1



# RACE OFFICE

**In order to collect the starting kit, runners are obliged to:**

- provide an identity document in order to verify the data entered in the registration form;
- present the QR code (on a mobile device or printout), received at the e-mail address provided during registration.

**The starting kit includes:**

- timing chip,
- BIB number
- finisher medal
- drinks (water, iso)
- T-shirt\*

\*applies to competitors who additionally purchased a T-shirt upon registration

# START LIST

Start list with start times assigned to participants is available on [www.biegnaszczyt.pl](http://www.biegnaszczyt.pl) (**LINK**)

We kindly ask you to be present in the starting area (ground floor of Rondo 1) about 15 minutes before your start time. Our announcer will be reading out the bib numbers of the runners who should be heading to the start area at the time

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Intensywność



**#RuszSięNaWiosnę**

# CLOAKROOMS

There will be changing rooms with lockers available in the Zdrofit fitness club in the Rondo 1 building (1st floor).

# BIB NUMBER

The starting number will be issued in the race office together with the start package. The number should be attached with safety pins to the front of the T-shirt so that it is visible to the judges.

# FINISH LINE

Finish line will be located on the 37th floor of the Rondo 1 building. Water and isotonic drinks will be available. Each finisher will also receive a medal.

Due to limited space, we kindly ask the competitors to head straight to the lifts after completing the run and taking a short rest.

# AWARD CEREMONY

Prizes in individual categories can only be collected in person on the day of the competition. Statuettes that, for justified reasons, are not collected during the award ceremony, will be available for collection at the Organizer's office, until 20 June 2022.

**Attention!** Please note that unclaimed statuettes will not be sent individually.

# RESULTS

Live results will be available at [www.wyniki.datasport.pl](http://www.wyniki.datasport.pl).

The final standings will be posted on the event website:  
[www.biegnaszczyt.pl](http://www.biegnaszczyt.pl).

Each runner will also receive their result via SMS.

## **Classifications of the 2022 Rondo 1 Run Up:**

- OPEN classification (F/M)
- real estate industry classification (F/M)
- Towerrunning European Championships (F/M)

# HAVE A QUESTION?

If, after reading the Athlete Guide, you have further questions, feel free to contact us at the addresses below.

**General inquiries:**

[zapisy@sporteolution.pl](mailto:zapisy@sporteolution.pl)

**Event registration matters:**

[contact@slotmarket.pl](mailto:contact@slotmarket.pl)

On the race day, our staff and volunteers will be happy to answer your questions in the Race Office. Our staff will wear special badges.

# RUNNING WITH US...



## **Anna Dereszowska**

actress, ambassador of SOS Children's Villages in Poland

*For me it is only 38 floors to overcome, but the children in the care of the Association have many more obstacles in their lives. Thanks to SOS Children's Villages and initiatives like the Rondo 1 Run Up, we can make their lives better.*

## **Michał Hanczak**

radio presenter, publisher, speaker, announcer

*As a radio presenter I do more talking than training on a daily basis, but this time I decided to step out of my comfort zone. I am afraid that the real stairs will start sooner than I think, but I am motivated by the noble goal of this run. And that is why, even if I have to crawl across the finish line, I will reach it.*



# THANK YOU!

Thank you for being with us at the 2022 Rondo 1 Run Up! We are extremely happy that after a two-year break we can once again host runners in the Rondo 1 office building.

Have fun and smile towards our photographers :)

Also, please remember that regardless of the result **you are already a winner!** Thanks to you and the other runners taking part in the event, this year we will transfer a record amount of money to the SOS Children's Village in Kraśnik, Poland.

High five!

GOSPODARZ

RONDO 

PARTNER

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