



Erasmus+ Run 2018

29th of September 2018

The Józef Piłsudski University of Physical Education
in Warsaw

ABOUT THE RUN

The Erasmus+ Run is organised as part of the European Week of Sport and in frame of the European Night of Sport (#BeActiveNight initiative). This year during the run we're also celebrating the 25th anniversary of the Foundation for the Development of the Education System – the Polish National Agency of Erasmus+ programme.

The Erasmus+ Run and European Night of Sport is co-organised and held under the auspices of the Ministry of Sport and Tourism. It means there will more than just running event but also meeting with famous sportsmen, kiddos run, musical cheering and support for runners (drum band), Erasmus+ picnic – educational games such as: big memo, big chess, face painting, quizzes and traditional European folk games, Erasmus+ info-tent – counselling, presentations, workshops and final concert.

PARTICIPANTS

Everyone is welcome to become a participant of the Erasmus RUN, including wheelchair users. The organisers will invite all former and current beneficiaries of the Erasmus+ programme, as well as participants and users of other programmes operated by the Foundation for the Development of the Education System.

Registration starts at the end of June

CHARITY

One of the important aspects of the run is the cooperation with a well-established non-governmental organization Jasiek Mela "Beyond Horizon" Foundation operating in the area of activation and inclusion of amputees: as in the previous year, participants' entry fees will be entirely donated to support a comprehensive WalkCamp project addressed to amputees, enabling them to return to full fitness including sport and social activities.

COMPETITION FORMULA

The Erasmus Run is a kind of a **relay race**. It will take place on a running track at the athletic stadium at The Józef Piłsudski University of Physical Education in Warsaw (Marymoncka 34 Street). The overall distance to run by a team is 10 km (25 laps). **Every team consists of 4 runners**. It's up to a team to decide the distance for each runner (at least one lap) and the number and times of changes.

There will be an **open classification** and two additional classifications:

- 1. former and current beneficiaries of the Erasmus+ programme** (with all previous editions), as well as participants and users of other programmes operated by the Foundation for the Development of the Education System;
- 2. Gender balanced teams** (two men and two women).

ENTRY FEE AND STARTER PACK

The entry fee is 190 PLN (about 45 EUR) per team – less than 12 EUR per person. What you will find in your starter pack is worth much more than the fee: high quality technical singlet, band and running sleeves.

PROGRAMME (DRAFT)

- 12.00 – 16.30 Erasmus+ Run office: check in, starter packs
- 16.00 – 22.00 European Night of Sport events
- 16:45 – team leaders' meeting
- 17.00 – Erasmus+ Run 1st series
- 18.00 – Erasmus+ Run 2nd series
- 19.00 – Erasmus+ Run 3rd series
- 20.15 – unofficial results
- 20.30 – official results and decorating the winners
- 21.00 – a concert

VOLUNTEERING

At the end of June you'll be able to apply to become a volunteer at the event. Last year we were supported by volunteers of European Volunteering Service (EVS) from many countries – the great international team! We will provide accommodation next to the stadium, food and volunteering starter pack (technical long sleeve and running band). We also plan to organise an integration evening a day before the event.

FACEBOOK

Follow the Erasmus+ Run at its Facebook event:

<https://www.facebook.com/events/209300729686892>

THE LAST EDITION GALLERY

That's how it was at Erasmus Run 2017!

https://www.flickr.com/photos/frse_pl/sets/72157687531090134/with/37482004656/