

European Deaf Marathon Championships 2023

Bulletin 1



24 September 2023
Odense, Denmark



HCA Marathon

Årsmarkens eventyrlige Marathon - Odense



HCA Marathon

mere end et løb . . .

The fastest and cleanest marathon in the world H.C. Andersen Marathon in Odense not only has the fastest route in Denmark but in the world! As if that was not already enough to make you sign up, the race is also the marathon in the world with the cleanest air. This truly is a fairy-tale marathon.

H.C. Andersen Marathon is named after the famous Danish fairy-tale author Hans Christian Andersen who wrote *The Little Mermaid*, *The Ugly Duckling* and *The Little Match Girl*. So, if you both love fairy tales and running, this marathon is perfect for you.

"The marathon is quite popular among foreigners because of the fairy tale element but also because we have the fastest route in the world, which makes it an ideal run for runners looking to beat their personal record. On average the runners finish the marathon in just 3:51:22 which is just 8 minutes 50 second a mile."

One of the reasons why the route is so fast is because Odense is flat as a pancake. This also means it is not only a great marathon for runners who want to beat their personal record but also for debutants.

"The marathon starts and ends at Odense Sport Centre just outside the city centre. You then run in a four-leaf clover, so you actually run in the city centre a few times, so your friends and family have several chances to cheer for you,"

Because you run the same route twice you have a unique option of doing a negative split which is a running strategy where you complete the second half of the race faster than the first half. The idea is you intentionally run slower in the beginning, and then increase the speed towards the end of the race.

But this is not all that makes HCA Marathon a one of a kind fairy-tale marathon. It is also the marathon with the cleanest and safest air in the world. And as the cherry on top each runner receives a unique fairy tale medal after the race.



RUTEKORT 2022

HCA MARATHON - ODENSE
MARATHON - DM MARATHON - ½ MARATHON

LETBANEN

kører lige til
Odense Idrætspark

Husk at købe billet på forhånd
på odenseletbane.dk



INFO
HCA Marathon og ½ Marathon
• 21,097 km rundstrækning
• --- Marathon 2. omgang
• Ret til ændringer forbeholdes

DEPOT
ved ca. km 5, 10, 15, 20, osv.
• Egen forplejning
• Energidrik i farvede krus
• Kildevand i hvide krus
• Bananer fra km 15

VÆSKEDEPOT
ved ca. km 2,5 - 7,5 - 12,5 - 17,5
• Energidrik i farvede krus
• Kildevand i hvide krus
TOILET
• ved hvert depot - dvs. for ca. hver 2,5 km

PASSERINGSTIDER

Kilometer	Første løber
Start	10:00
5	10:15
10	10:30
15	10:45
20	11:00
21,097	11:04
25	11:15
30	11:31
35	11:46
40	12:01
MÅL	12:08



EUROPEAN DEAF MARATHON CHAMPIONSHIPS 2023



Welcome to 3rd European Deaf Marathon Championships 2023

It is a great honour to arrange 3rd European Deaf Marathon Championships 2023, which will be held on 24th September, 2023 at 10.00 in Odense, Denmark.

We would like to invite you to Odense for an exciting running day in September 2023. Danish Deaf Sports Federation arranges EC Marathon 2023 with HCA Marathon, who has arranged high-level, professional and international running events for many years.

In co-operation with our sponsors and partners, we are pleased to host 3rd European Deaf Marathon Championships. Odense is a perfect city for this international running event.

Please find more information of EC Marathon in Bulletin 1.

We look forward to welcoming you to Denmark.

Best regards

Danish Deaf Sports Federation

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EUROPEAN DEAF MARATHON CHAMPIONSHIPS 2023



ACCOMMODATION

Hotel

Nyborg Strand Hotel

Østerøvej 2

5800 Nyborg

All prices incl. full board (breakfast, lunch, dinner and banquet on Sunday evening)

- Small, old single room at old wing of the hotel 180 euro / room / night
- Single room 230 euro / room / night
- Double room (2 persons) 350 euro per room / night
- Triple room (3 persons) 465 euro per room / night

Important: If you do not choose the official hotel, we charge 200 euro per person in the addition of OC Registration Fee. This includes access for the banquet after EC Marathon.

OC REGISTRATION FEE FOR HC ANDERSEN MARATHON AND EDSO REG. FEE

130 euro per person (50€ for staff)

- Registration and starting package from HC Andersen Marathon and European Deaf Marathon Championships 2023
- Snacks after Marathon
- Water
- Transport

EDSO REGISTRATION FEE

20 euro per person to EDSO

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EUROPEAN DEAF MARATHON CHAMPIONSHIPS 2023



OFFICIAL PROGRAM

21-23 September	Arrival
22-23 September	Training
24 September	3RD EUROPEAN DEAF MARATHON CHAMPIONSHIPS 2023
24 September	Banquet
25 September	Departure

ORGANIZATION COMMITTEE

Joachim Thor Krøyer
Secretary General, Danish Deaf Sports Federation

Michael Weber Steenberg
President, Danish Deaf Sports Federation

Eetu Keski-Levijoki
Elite Sports Coordinator, Danish Deaf Sports Federation

EDSO Athletics Technical Director
Dietmar Marschner

EDSO Representative
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CONTACT

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Sponsor and Partners



William Demant Fonden

Energiselskabet OK

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HCA Marathon