



PRESS RELEASE

TOMORROW'S APPOINTMENT AT PONTE MILVIO FOR THE "GET READY" SESSION IN PREPARATION FOR THE ACEA RUN ROME MARATHON

Training continues for marathon runners, preparing for the race on Sunday, 17 March

Rome, February 2, 2024 – The "Get Ready", the collective training sessions with free participation, continue in view of the **ACEA Run Rome The Marathon** on Sunday, March 17. The third event for marathon runners and those who want to get ready for the race will take place tomorrow, starting from Ponte Milvio.

The "Get Ready" training **is free and open to all those who want to participate** in the Acea Run Rome the Marathon, the *Fun Run*, a non-competitive five-kilometer race that starts at the back of the marathon and arrives at the Circus Maximus, or the *Acea Run4Rome Relay*, the relay marathon for teams of four people.

Acea Run Rome The Marathon 2024 wants to send an important message to everyone: **#runforwater**. Water is an essential resource for life, the environment and our health, so it must be protected and safeguarded. During the race, participants have a constant need to quench their thirst and hydrate properly: along the "Get Ready" route they will find public fountains, marked with coloured balloons, and typical Roman drinking fountains known as *nasoni* - as many as 2,500 throughout the city - to quench their thirst and they will be able to avail themselves of the support of nutritionists experienced in the correct use of water. Thanks to the **ACEA WaidyWow** app, developed by the company, it will also be possible for runners to identify the nearest water points.

Each workout is a real event, a great party for *runners*, with music and distribution of gadgets, in the presence of the official sprinters of the Acea Run Rome The Marathon, selected to give the right rhythm to the runners. Tomorrow's "Get Ready" will be a 24-kilometre route, with the possibility of running even lower fractions.

The next Get Ready appointments are scheduled for **February 17, 2024** (up to 30 kilometers), **March 9, 2024** (up to 14 kilometers).

To stay updated on the #RRTMGetReady appointment calendar, you can follow the dedicated Facebook group. For more information, please write to training@runromethemarathon.com.