

49th ROMAOSTIA HALF MARATHON

TRAINING PROGRAM STARTS TOWARDS ROMAOSTIA 2024

- Leading up to the race on **March 3rd, 2024**, online training and training sessions at **Villa Borghese** will be available, starting with the **Christmas Training on Saturday, December 23rd**.
- Over **4,000** registrations have been received for the race on **March 3rd**. **35%** are foreigners, and **30%** are women.

Rome, December 6th, 2023 - The countdown has officially begun for **the 49th edition of the RomaOstia Half Marathon**, the most well-known and participated half marathon in Italy, with a fast and smooth course that goes from EUR to the sea, among the imposing pine trees of Via Cristoforo Colombo.

There are already over **four thousand registered participants** for the race on **March 3rd**, organized by the Gruppo Sportivo Bancari Romani - GSBRun in partnership with RCS Sports & Events, under the auspices of World Athletics and FIDAL, with the patronage of Rome Capital and the Lazio Region.

The increasing number of foreigners stands out, with 35% of the total registrations. Female participation is also steadily growing, with about a third of the registered participants being women.

To prepare for the race, participants can follow the proposed training program, either independently or by following the **RomaOstia** training program curated by patron **Luciano Duchi**, which includes an updated training schedule on the RomaOstia website starting today.

For all runners in Rome, there will be **five live training sessions** with official trainers from the GSBRun sports group at Villa Borghese: starting with the traditional **Christmas Training on Saturday, December 23rd**, and continuing with the following sessions: **Sunday, January 7th, Saturday, January 27th, Saturday, February 10th, and Saturday, February 24th**.

The meeting time for the December 23rd session will be at 10:00 at the Casa del Cinema for a moderately fast 8 km run on a 1.2 km loop circuit (almost 7 laps in total), with a marked course. The trainers will accompany the runners at different paces, starting from slower speeds and going up to those below 4 minutes per km; the pace for the moderately fast run should be intermediate between that of a half marathon and a full marathon.

For the first one hundred participants who sign up for the training, there will be sponsor gadgets and a Santa Claus hat. All participants will receive a discount code to register for the RomaOstia Half Marathon on March 3rd.

On December 23rd, there will also be a dedicated program for non-running companions: from 10:00, there will be a fitness lesson and a Fitwalking training session with the pacemakers of RomaOstia.

Reservations can be made on Eventbrite at this [link](#).

REQUIREMENTS TO PARTICIPATE IN THE 49th EDITION ON SUNDAY, MARCH 3rd, 2024

- Possess a COMPETITIVE MEDICAL CERTIFICATE issued by a sports doctor. It is easy to find them online in your city. The certificate is also important to verify one's health condition before undertaking a competitive effort.
- Activate a MEMBERSHIP. If you do not have a Runcard, it is necessary to activate membership with Fidal through a sports club. The membership is valid for one year (calendar year): from January 1st to December 31st. The organizing club, GSBRun, offers membership for 25 euros.
- REGISTER on the website www.romaostia.it. Registrations for the RomaOstia Half Marathon must be made exclusively through the organization's portal.

Important! It is possible to register and then provide the medical certification and membership. All updates will be announced and published on the official website www.romaostia.it and dedicated social media channels.

PARTNERS OF THE 49th EDITION

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PRESS OFFICE ROMAOSTIA HALF MARATHON 2023 press@romaostia.it

Barbara Ruiz: +39 348 5166231 Simone Corbetta + 39 333 2700055

Ivana Capozzi - RCS Sports & Events: Ivana.Capozzi@rcs.it +39 339 4728398