

First breakfast run - DRESDEN-MARATHON – Oct 26th 2019 09.30 AM



Come, run and have fun – at the first breakfast run @ DRESDEN-MARATHON 2019

The DRESDEN-MARATHON breakfast run leads on comfortable paths through the city forest of Dresden (Dresdner Heide). A last warm up before hitting the challenge on Sunday! All runners will start between 9:30 and 10:00 am after a warm up in an unhurried pace from [Konzertplatz Weißer Hirsch](https://www.konzertplatz-weisser-hirsch.de) (<https://www.konzertplatz-weisser-hirsch.de>) No official timing.

After the 5 km run a healthy power-breakfast to recharge your energy reserves like a Feta-hummus-olive sandwich, a Creamcheese-onion-chicken sandwich on wholemeal- or nutbread and porridge will be offered.

Stefan Hermann opens up his popular beergarden “Konzertplatz Weißer Hirsch” and takes care of the culinary supply. The run is accompanied by Thomas Sperling, pacemaker, former long-distance runner and member of the DRESDEN-MARATHON e.V. and as well by Marcus Trocha – longdistance runner and [physiotherapist](http://www.physiotherapie-trocha.de/) (<http://www.physiotherapie-trocha.de/>) who will give you valuable hints for your Sunday race! The race is open for all from 14 years on.

Please send your binding registration to fsl@dresden-marathon.de until Oct 24th 2019.

Price: 12 € (incl. 19% VAT) to be payed at the event

The participant limit is 100 people for the breakfast. Nonrunners and children are welcome at breakfast. A playground and walking paths are right at the site of the event.

How to get there

Konzertplatz Weißer Hirsch (Stechgrundstraße) can be reached by public transport. Tram 11 directly runs from stop “Kongresszentrum (Devrientstr.)” to stop “Plattleite”. From there it is 3 min by foot. Alternatively you can take the cable car from “Körnerplatz”, then 10 min by foot. Sightseeing buses have a stop on “Plattleite”

Liability

The participant takes part in the event at his own risk and responsibility. The organizer (Dresden Marathon e.V.) assumes no liability for accidents, thefts and damages of any kind.