

kind of magic  
35.



**AUSTRIAN<sup>®</sup>**  
WOMEN'S RUN  
4. JUNE 2023



**Program**  
EVENT INFO



# SATURDAY, 3. June 2023 | PROGRAM

09.15

STAGE

## Live on stage: Masala Brass Kollektiv

Anti-marching band, mobile big band, caravan of brass aficionados with a slight tendency towards madness... all that is the Masala Brass Collective. The Graz-based formation of up to 20 musicians skilfully navigates through different genres. With numerous original compositions, somewhere between alternative rock, Balkan beat, klezmer, funk, reggae or other extravaganzas, the colourful collective knows how to sweep its audience away on stages and streets.

09.30

-

17.30

FESTIVAL SITE

## Distribution of race numbers, T-shirts and goodie bags

at Pierre de Coubertin-Platz, 1020 Vienna, access Meiereistraße/Olympiaplatz (U2 Stadion)

09.30

-

17.30

FESTIVAL SITE

## Top4Running Store

The current women's run collection matching the women's run shirt 2023

09.30

-

17.30

FESTIVAL SITE

## Gastronomy

Breakfast, brunch or afternoon coffee? With the rich offer of our gastronomy no wishes remain unfulfilled.

09.30

-

17.30

FESTIVAL SITE

## Check your health - Medical Center

You have a cold and are not sure if you will be able to start on the day of the run? Or you are in pain and are not certain if you should run at all? Then please make use of the Medical Center of the SportOrdination in the course of the Women's Run EXPO – our free of charge, last minute place to go for acute medical problems.

09.30

FESTIVAL SITE

## Children's run

Distribution of race numbers and the opening of information and adventure booths

10.00

STAGE

## Beginning of moderation

with Leila Mahdavian

10.00

-

10.10

STAGE

## ASICS and the Austrian Women's Run - a magical connection

Talk with Enno von Seht, Head of Marketing ASICS

10.15

-

10.35

STAGE

## Happy Morning Yoga with Sara Grace powered by Kellogg's

The free Happy Morning Yoga ensures a good start to the day! The yoga exercises are also suitable for beginners and the inexperienced. Bring your mat with you! The first 100 registered runners will receive a yoga mat from Kellogg's! All other runners are welcome to bring their own mat and join in! Click [here](#) to register!

10.30

PRATER HAUPTALLEE

## Start Children's run

10.35

-

10.45

STAGE

### **"Kind of Magic" - Sport as a wonder medicine**

Talk with Dr. Robert Fritz and Mag. Michael Koller, MPH from SportOrdination

10.50

-

11.00

STAGE

### **Erste Bank and its commitment to running**

Talk with Günther Weninger, sports sponsoring Erste Bank

11.00

-

11.20

STAGE

### **Zumba with Brian Wimpel**

Latinamerican and exotic rhythms for best summer-feeling! The Zumba Session is free of charge. Join us – no registration needed.

11.25

-

11.35

STAGE

### **At the start for the 35th time!**

Talk: Ingrid Riedler, Monika Zorzi & the running pioneers of 1988

11.35

-

11.45

STAGE

### **The Women's Run Shirt - a journey through time**

A sign of (women's) running enthusiasm

11.45

-

11.55

STAGE

### **The ASICS Austrian Women's Run turns 35!**

Talk with Ilse Dippmann, founder and organiser of the ASICS Austrian Women's Run

11.55

-

12.40

STAGE

### **Live on stage: Masala Brass Kollektiv**

Anti-marching band, mobile big band, caravan of brass aficionados with a slight tendency towards madness... all that is the Masala Brass Collective. The Graz-based formation of up to 20 musicians skilfully navigates through different genres. With numerous original compositions, somewhere between alternative rock, Balkan beat, klezmer, funk, reggae or other extravaganzas, the colourful collective knows how to sweep its audience away on stages and streets.

12.45

-

13.05

STAGE

### **Meet the running stars**

Talk: National and international top-athletes

13.10

-

13.35

STAGE

### **Magic Summer Yoga with Natacha Alves powered by Erste Bank**

The free Magic Summer Yoga creates a magical mood! Anticipation of summer guaranteed! The exercises are also suitable for beginners and the inexperienced. The first 100 registered runners will receive a yoga mat from sponsor & partner Erste Bank! All other runners are welcome to bring their own mat and join in!

Click [here](#) to register!

13.40

-

14.00

STAGE

### **Dance-Show with Alamande Belfor**

Star choreograph with his Kids & Teens animation team

14.00  
-  
14.05

STAGE

### **The Viennese Prater is looking forward to the runners of the ASICS Austrian Women's Run**

Talk with Tina Heindl from the Vienna Prater Association and Mag. Michael Prohaska from the Prater Vienna GmbH

14.05

STAGE

### **Award Ceremony Children's Run**

Honouring of the first 3 girls and boys of the age groups with Christoph Hogl

15.05  
-  
15.15

STAGE

### **More power for your perfect run**

Talk with Bauerfeind

15.15  
-  
15.25

STAGE

### **Secret tips for tomorrow - How to make the run**

with Dr. Robert Fritz und Mag. Michael Koller, MPH

15.40  
-  
16.00

STAGE

### **Happy Dance Vibes with Brian Wimpel**

Latinamerican and exotic rhythms for best summer-feeling! The Zumba Session is free of charge. Join us – no registration needed.

16.00

### **Shakeout Run with ASICS**

A pleasant preparation for the run on Sunday! Together we activate, mobilise and do a little bit of relaxed running.

**Meeting point:** ASICS Trailer (at the Top4Running shop).

16.05  
-  
16.15

STAGE

### **Move every mind and the NAGINO women's collection**

Talk with ASICS

16.15  
-  
16.25

STAGE

### **More power with BIO**

Talk with Elisabeth Zoubek, Managing Director of Adamah BioHof

16.30

STAGE

### **Pre-run stretch with Sara Grace powered by Kellogg's**

The free pre-run stretch provides a nice end to the day and a perfect preparation for the run! The exercises are also suitable for beginners and the inexperienced. The first 100 registered runners will receive a yoga mat from Kellogg's! All other runners are welcome to bring their own mat and join in!

Click [here](#) to register!

# SUNDAY, 4. June 2023 | PROGRAM

07.30  
-  
15.00

FESTIVAL SITE

## Top4Running Store

The current women's run collection matching the women's run shirt 2023

07.30  
-  
15.00

FESTIVAL SITE

## Gastronomy

Breakfast, brunch or afternoon coffee? With the rich offer of our gastronomy no wishes remain unfulfilled.

07.30

STAGE

## Beginning of moderation

with Elisabeth Auer

08.00

STAGE

## Warm Up with Alamande Belfor

The legendary warm-up with Alamande Belfor, star choreographer, dancer & motivational artist

08.30

PRATER HAUPTALLEE

## Beginning of moderation at the start

with Sonja Watzka and Sabine Loho

08.30

PRATER HAUPTALLEE

## Getting ready in the starting area - 5k race

Please be in your starting area (A-R) by 08:50 at the latest.

08.45

FINISH AREA

## Beginning of moderation in the finish area

with Elisabeth Auer and Mona Müller

08.58

## The countdown to the 5k start

The tension is rising! The countdown to the 35th ASICS Women's Run 2023 starts with the traditional Danube Waltz!

09.00  
-  
13.00

FESTIVAL SITE

## T-Shirt Charity

At the T-Shirt Charity you can buy the Women's Run T-shirts of the last years. The proceeds will go to the Association "Wiener Frauenhäuser".

09.00

PRATER HAUPTALLEE

## 5k start

1st block - then every 2-3 min starting of the 17 other blocks

09.01

FINISH AREA

## DJ Alex List

Austria's Most Wanted DJ ALEX LIST will set the mood on the home stretch!

09.15

FINISH AREA

### Expecting winner of the 5k race

09.30

FINISH AREA

### Flower Ceremony

Honouring of 1st-3rd place 5k elite competition

09.30

-

12.30

FINISH AREA

### Finishing

of all runners and Nordic Walkers

10.00

PRATER HAUPTALLEE

### 10k Warm Up

The legendary warm-up with Alamande Belfor, star choreographer, dancer & motivational artist in the starting blocks.

10.00

PRATER HAUPTALLEE

### Getting ready in the starting area – 10k race

Please be in your starting area by 10:20 at the latest.

10.23

### The countdown to the 10k start

The tension is rising! The countdown to the 35th ASICS Women's Run 2023 starts with the traditional Danube Waltz!

10.25

PRATER HAUPTALLEE

### 10k start

1. block - then every 2-3 min starting of the 5 other blocks

10.45

-

12.15

STAGE

### Live on stage: Ridin' Dudes

There will be dancing, marvelling and celebrating when "The Ridin' Dudes" take us back in time with their original vintage sound and look!

10.55

PRATER HAUPTALLEE

### Getting ready in the starting area – Nordic Walking

Please be in your starting area by 11:00 at the latest.

11.00

FINISH AREA

### Expecting winner of the 10k race

11.03

### The countdown to the Nordic Walking start

The tension is rising! The countdown to the 35th ASICS Women's Run 2023 starts with the traditional Danube Waltz!

11.05

PRATER HAUPTALLEE

### Start Nordic Walking

1. block - then every 2-3 min starting of the 3 other blocks

12.30

STAGE

### **Award ceremony for elite runners**

Honoring the top 10 elite athletes at the Women's Run Stage

13.00

STAGE

### **Handover of the e-bike sponsored by Bikepirat**

The lucky winner of the "Bring your friends" competition can rejoice! She will receive her SPECIALIZED Turbo Como SL. 5.0!

13.15

STAGE

### **Women's Run Party & Winner Honouring**

Individual and team classification for 5km and 10km. The biggest women's winners' ceremony in Austria!

15.00

### **End of the event**

17.35

ORF EINS

### **Experience the highlights of the 35th ASICS Austrian Women's Run® 2023**

Please pass the word on to all relatives, acquaintances and friends!

## THURSDAY, 1. January 1970 | PROGRAM

01.00

FESTIVAL SITE

### **T-Shirt Charity**

At the T-Shirt Charity you can buy the Women's Run T-shirts of the last years. The proceeds will go to the Association "Wiener Frauenhäuser".

17.30

# A-Z

## AMBULANCE SERVICE

The event will be supervised by the Arbeiter Samariterbund Leopoldstadt. On Saturday there will be a first-aid station at Pierre-de-Coubertin-Platz, on Sunday there will be a large medical tent to the left of the finish line and flexible medical along the course. See [course](#) and [terrain](#) map.

In case of emergency, the medical staff can be reached through all helpers of the ASICS Austrian Women's Run.

If you need help on the course, please contact a course marshal, ask another runner to do this or call the emergency number of the rescue service: 144

## ARRIVAL

### Public means of transport

We request that, while in Vienna, you dispense with your car and only make use of public transport (Wiener Linien).

How to get to the issuing of bibs and to the "Festwiese" (festival site) at Pierre-de-Coubertin-Platz, as well as to the start:

- With the metro line U2 to the STADION stop, then walk approx. 200 m across Olympiaplatz directly to the event area.
- With the tram line 1 to the terminus "Prater Hauptallee," then walk approx. 1 km to the event area.
- With the number 77A bus to the stop Pierre-de-Coubertin-Platz

### Automobiles

Please only use automobiles when no other form of transport is possible!

Due to the large number of visitors, the resulting high volume of traffic and the large barriers, we advise against travelling directly by car! Our tip: park near a subway station and use public transport for the last part.

PLEASE NOTE: For organizational reasons, both Meiereistraße and Stadionallee will be closed to traffic between Vorgartenstraße and Lusthausstraße on 3 and 4 June 2023.

PLEASE NOTE – All illegally parked vehicles will be towed away at the owner's expense by the relevant authorities!

**Parking ban:** 4 June 2023: Lusthausstraße, Rustenschacherallee, Rotundenallee, parts of Stadionallee, in the vicinity of the Lusthaus.

### Routes to the start:

Please take note that it will NOT be possible to cross the finishing area at Olympiaplatz on Sunday, 4 June 2023.

## DISTRIBUTION OF STARTING BAGS AND T-SHIRTS

### How do I obtain my starting documents on 3 and 4 June 2023?

1. On 19 May you will receive your confirmation of registration by e-mail.
2. You will receive your starting number envelope with your starting number (bib) in the large white starting number distribution tent on presentation of your confirmation of registration. Here you can also get your loan chip and the pre-ordered clothes safekeeping bag.
3. To collect your starting bag with presents from our sponsors and partners simply turn left after exiting the tent and go behind the bib distribution tent.
4. You will receive your ASICS Women's Run T-shirt on the festival grounds opposite the stage.

Please take note: Already take your starting number out of its envelope to show when collecting your T-shirt. This helps to reduce the waiting time. Thank you! The T-shirt will be handed out in the race number distribution tent on Sunday, 4 June 2023

Please consider exactly which size you need to choose. Beware: for hygienic reasons it is not possible to try on and exchange the T-shirts!



## DRINKS

Each runner will receive sufficient drinks (0.2l Vöslauer without) on the course and at the finish.

### **Here you can find the distribution points:**

5 km event: before km 2,5

10 km race: at km 4,5, km 6,2 and km 8 (additionally Gatorade)

At the finish line every participant will receive a 0,75l bottle of Vöslauer Sport + Magnesium. Please take only 1 bottle- also out of consideration for the following runners and walkers!

### **Please note the following tips:**

Drink enough before the race (the day before!) - this will help you to avoid feeling thirsty during the race! Remember- During the ASICS Austrian Women's Run you will be running/walking 5 or 10 km - so drink enough at the aid stations, but not too much. By the way, it is worthwhile to practice drinking during a training run beforehand!

At the first aid station (km 2.5 for the 5 km race or km 4.5 for the 10 km race) there are 15 (!) tables on both sides. Please don't stop at the first table.

## FOR YOUR SAFETY

Please only start if you feel absolutely healthy on race day. If you are not sure on the day before the race the SPORTordination team will be at your disposal free of charge at the Medical Centre on the festival site.

Please inform yourself about the upcoming weather conditions and dress accordingly. Even warm clothing can have a stressful effect on the body.

Please fill in the emergency data on the back of your race number before the race.

Please remember that your race number is your unique identification document during the race. Transferring your race number to another person without changing your data at the same time could have serious consequences and liability issues. If you do not feel well during the race, please stop the race and seek medical assistance (see [course](#) and [terrain](#) map).

## GARBAGE

Please help to keep the festival grounds and the Prater clean and throw your rubbish separately according to fractions (waste paper, residual waste, light packaging - plastic/metal) into the bins provided by MA48. For the sake of the environment. Thank you!

## HANDING IN OF CLOTHES

For safety reasons, clothes can only be handed in in the official transparent clothes delivery bag (size: 45 x 50 cm). You will receive the bag you ordered with your registration at the race number distribution.

### **Handing in of clothes at the Ernst Happel Stadium Sector F**

Open from 7.30 a.m. to 12.45 p.m.!

All participants have the opportunity of leaving their official clothes bag at the Ernst Happel Stadium (Sector F) during the run.

Please remember to have all the necessary equipment ready for the run. For organizational reasons it is only possible to pick up your clothes after the run.

The clothes bag must be collected after the run by 12.45 p.m. at the latest! Uncollected bags will be stored by the organizer until 30 June 2023.

Please do not hand in valuables together with the clothes bags! The organizer assumes no liability in case of damage or loss.

Information for participants from the federal states and abroad: Please leave all luggage (bags, suitcases, backpacks, etc.) in your hotel. These CANNOT be deposited with the organizer.

**This is how you can hand in your clothes bag:** Your clothing delivery strip is on the lower part of your start number. Please cut it off carefully and hand it in with your bag. Go to one of the 12 clothing drop-off points marked A-L. Your clothing delivery strip will be attached to your clothes delivery bag. The consecutive numbering of your clothing distribution point (e.g. D-45) will be affixed to the clothing distribution strip and your start number. **Collecting the clothes bag:** The collection takes place with your start number at the same clothing drop-off point where you handed in your clothes drop-off bag. You will find the letter of your clothing drop-off point on the sticker you received on your start number (e.g. D-45; this means your clothing drop-off point is at letter D). The clothing delivery closes punctually at 12.45 pm!

## HANDING OUT OF STARTING NUMBERS (BIBS)

The collection of the starting documents including the time-measuring chip, the starting bags with many presents, as well as the ASICS Women's Run T-shirts takes place exclusively on the weekend of the ASICS Austrian Women's Run:

### **Saturday, 3 June 2023: 09.30 am to 5.30 pm**

Women's Run Village at Pierre-de-Coubertin-Platz in 1020 Vienna – ideally reachable with the U2 metro line, stop "Stadion." The village is located next to Ernst Happel Stadium.

## MEDICAL CENTER

You have a cold and are not sure if you will be able to start on the day of the run? Or you are in pain and are not certain if you should run at all? Then please make use of the Medical Center in the course of the Women's Run EXPO – our free of charge, last minute place to go for acute medical problems. The teams of experts led by Dr. Robert Fritz of the "[SPORTordination](#)" consists of sports physicians, sports scientists, sport traumatologists, orthopedists, internists, general physicians and physiotherapists who are making their expertise available free of charge.

## RESULTS AND CERTIFICATES

The link to the results can be found on our [website](#) after the run. Go directly into the list of results and click on the certificate symbol next to your name – you will then be able to print your personal certificate.

Due to the block start, no exact placing can be ascertained at the time of running to the finish. This can only be found on the website after the event has ended.

In the Nordic Walking competition there is no age group ranking, those who finish will be listed alphabetically by name and time.

### **SMS Result Service**

With the SMS result service you will receive your running time sent to your mobile phone free of charge. Unfortunately, the SMS Result Service was only available for online registration and can no longer be booked.

## SHOWER AND CHANGING FACILITIES

These are located in the Ernst Happel Stadium (entrance sector E).

Opening hours: 08.00 - 12:45 hrs

## STARTING BLOCK

In order to be able to guarantee the quality of the running course despite the large number of participants, there will be different starting blocks.

In order for this system to work for everyone, it is essential that all participants start from their assigned starting blocks. The starting blocks will be allocated according to the target times given at registration or according to the previous year's running times. The allocation of blocks cannot be chosen by the participants themselves and cannot be changed. The allocated starting block can be seen in your starting documents and on your race number.

It is imperative that you start in your designated starting block! Runners who start in a starting block ahead of their allocated one will be disqualified.

It is not a disadvantage to start in a rear starting area, as the chip will only start your personal time measurement when you cross the start line.

Access to the starting blocks: ATTENTION - access to the starting blocks is alternating on both sides. In running direction A - from the left, B - from the right, C - from the left, D - from the right, ... see also site plan!

[All starting times >>>](#)

## T-SHIRT PRINTING

Have you heard? All runners who take part in the 35th ASICS Austrian Women's Run can have the Women's Run shirt personalised! When registering you can enter up to 15 characters (incl. spaces) for your back print.

Whether it's your **team name** or a short, **cool motivational slogan**, you decide and complete your T-shirt. This service can also be purchased on the Women's Run weekend at the Women's Run Expo!

## TOILETS

There are plenty of MA48 toilets and portable toilets in the event area and on the way to the start. Especially on your way to the start we ask you not to queue at the first toilets near the festival area. On the route between the festival area and the start there are enough toilets on both sides at regular intervals. The last toilets before the start are located under the south-east tangent, at the level of starting block B. Please be considerate of other participants and keep the toilets clean!

## WINNER'S CEREMONY

The biggest winner's ceremony in Austria will take place on Sunday, 4 June 2023 from 12:30 pm on the women's running stage. There the first 3 places will be honoured. If you are not sure whether you have won or not, check your result online or come to the winner's ceremony and find out!

9:30 Flower Ceremony at the finish

12:30 Award ceremony 5km elite run & award ceremony for the best Austrian women U18, U20, U23, general class

13:15 Award ceremony for individual and teams (5km & 10km)

[-> all age groups](#)