



PRESS RELEASE

ACEA RUN ROME THE MARATHON, THE "GET READY" CONTINUES: TOMORROW THE MEETING POINT IS PONTE MILVIO

Fourth training for marathon runners, in preparation for the race of 17 March. Along the track, fountains marked with panels and geolocalised on the ACEA WaidyWow app

The message of this initiative is #runforwater — water is an essential resource for life, the environment and our health, so it must be protected and safeguarded.

Rome, 16 February 2024 – Tomorrow's "Get Ready", the collective training sessions with free participation in view of the **ACEA Run Rome The Marathon** scheduled for Sunday, 17 March, will be held on Ponte Milvio. This is the fourth initiative dedicated to marathon runners and beginners who want to prepare for the race.

The event will be attended by the Marathon Ambassador **Franca Fiacconi**, former winner of the Rome and New York marathons, the ultramarathon runner **Giorgio Calcaterra**, and the nutritionist **Francesco Fagnani** who, in a space set up by ACEA on Ponte Milvio, will give useful advice on importance of hydration in athletic preparation and the correct use of water. Thanks to the **ACEA WaidyWow app**, it will be possible for runners, along the "Get Ready" route, to quench their thirst at fountains and *nasoni* marked with descriptive panels (with a QR Code to download the app). This is a "water and environment friendly" application, created by a team within the ACEA Group, which geolocalises water points in the area. It is precisely water that inspires the message that Acea Run Rome The Marathon 2024 wants to send to everyone: **#runforwater**. Water is in fact an essential resource for life, the environment and our health, so it must be protected and safeguarded through an industry-level planning.

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-kilometre 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. 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 30-kilometre route, with the possibility of running even lower fractions.

The last Get Ready is scheduled for **9 March 2024** (up to 14 kilometres).

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