



## 100 days to the Ventspils Marathon – special code for registration

For the 12th time this year, and for the second time, the Ventspils Marathon will be organised in September, which is the perfect time for running, it is neither cold nor hot. The start and finish area will again be in front of Concert Hall “Latvija” and the large fountains, which will create a completely different feeling for participants and fans, with the final 150 metres finishing in the Big Square.

This year, the Ventspils running festival will take place on 17 September, when the streets of Ventspils will be filled with runners, both local and foreign running enthusiasts, competing for medals!

We invite you to use the race as a great team-building event and choose from classic distances – marathon, half marathon, 10.6km, 5km, and new for the second year this season, Nordic walkers will be able to sign up and walk the 10.6km course. Younger visitors will be invited to enjoy the fun of exercise at the Kids’ Race, where registration is free, while the youngest children will be able to take part in the Baby Crawl.

The Ventspils Marathon is not just a running event. There will also be entertainment throughout the day, with musical performances and additional activities.

Emotions, atmosphere, togetherness and sports spirit – choose the distance that suits you and register on 9 and 10 June with the code **TRASE42** to get a **-42% discount** on any of the Ventspils Marathon distances.

Register at [www.sportlat.lv](http://www.sportlat.lv), run and win your medal!

Children’s run is organised within the EU project “Measures to Promote Local Community Health and Disease Prevention in Ventspils”! The aim of the Project is to promote a change in public health behaviour by improving access to health promotion and disease prevention services for the population. Project activities include promoting physical activity, healthy eating, mental health and public awareness. Project activities include promotion and popularization of physical activities, healthy nutrition, mental health in society.