



# MOSTAR HALF MARATHON

2022. osvrt  
2023. najava



Review of 2022 Mostar  
Half Marathon and 2023  
announcement

ZLATNI SPONZORI



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**Ponosni smo na sve naše partnere i sponzore koji nam pomažu u izgradnji prepoznatljive manifestacije**

**We are proud of all our partners and sponsors who help us build a recognizable event**

**Izdavač / Publisher:** Udruga „Zdrav život – Kinezis“, Dubrovačka 132, 88000 Mostar, BiH **Kontakt / Contact:** info@kinezis.ba, +387 (0)63 548-958 / www.kinezis.ba / www.mostar.run **Urednik / Editor:** Franjo Lovrić **Prijevod / Translation:** Vanja Krešić **Fotografije / Photos:** Jadran Čilić, Vlado Bulić, Ivana Krezić, Karlo Alilović, Marijo Bošnjak, Denis Ruvic **Dizajn / Graphic Design:** Shift Brand Design, Mostar



## Osmijeh zaštitni znak 6. Mostar Run Weekenda

6. Izdanje Mostar Run Weekenda je još jednom grad na Neretvi ucrtao u trkačku kartu regije, ali i cijelog svijeta promovirajući Mostar i Hercegovinu kao atraktivnu destinaciju aktivnog turizma. Sa osmijehom kao zaštitnim znakom ovogodišnje manifestacije organizatori su željeli dodatno ukazati na sve pozitivne emocije i efekte koje tjelesno vježbanje ima kako na fizičko tako i na mentalno zdravlje. Svi koji su barem jednom obukli tenisice susreli su se sa osjećajem poznatim kao "RUNNERS HIGH". Euforija koju su trkači i njihova pratnja sa sobom donijeli u Mostar mogla se osjetiti u cijelom gradu.

## The smile is the trademark of the 6th Mostar Run Weekend

The 6th edition of the Mostar Run Weekend once again put the city on the Neretva river on the running map of the region, but also of the whole world, promoting Mostar and Herzegovina as an attractive destination for active tourism. With a smile as the trademark of this year's manifestation, the organizers wanted to additionally point out all the positive emotions and effects that physical exercise has on both physical and mental health. Everyone who has put on sneakers at least once has encountered the feeling known as "RUNNERS HIGH". The energy that the runners and their entourage brought with them to Mostar could be felt throughout the city.





# Mostar Run Weekend 2022

## Kontinuitet manifestacije

Mostar Run Weekend je posljednje dvije godine najbrojnija trkačka manifestacija u BiH koja je u 2021. imala 1129 trkača na utrci polumaratona i humanitarnoj utrci od 4K. Ove godine oboren je rekord sa 1268 finišera. Posebno smo ponosni na kontinuitet utrke u doba Covid 19 kad smo uz dodatne napore uspjeli održati dva izdanja manifestacije. Ove godine manifestacija se ponovno održala u punom obliku sa sadržajima od Run Konferencije, sportskog sajma, utrke polumaratona i humanitarne utrke građana.

## Continuity of the manifestation

Mostar Run Weekend has been the most numerous running event in BiH for the last two years. In 2021, 1129 runners participated in the half-marathon race and the 4K humanitarian race. This year, a new record was set with 1268 finishers. We are especially proud of the continuity of the race during the COVID-19 pandemic when, with additional efforts, we managed to hold two editions of the event. In 2022, the event was held in its full form, the Run Conference, sports fair, half marathon race and citizens' humanitarian race were held.



## Run konferencija

Nakon dvogodišnje pauze zbog nemogućnosti održavanja događaja u zatvorenim prostorima sudionici 6. Mostar Run Weekenda imali su priliku sudjelovati u Run konferenciji i na taj način dodatno se educirati o različitim temama iz svijeta trčanja. Ove godine fokus je bio na poruci jedinstva trkačke zajednice i približavanju trail trčanja cestovnim trkačima kroz promociju prve knjige o trail trčanju na našem govornom području, autora prof. dr. sc. Franje Lovrića i koautora dr. sc. Pavla Vlaheka: "Trail za sve – Osnove trčanja u prirodi". Knjigu su predstavili vrhunska imena iz svijeta trčanja: Alen Paliska, član Upravnog odbora međunarodne trail organizacije i direktor 100 milja Istre, Vladimir Miletić, profesor sa Fakulteta sporta i fizičkog vaspitanja u Beogradu, stručnjak za oblast outdoor aktivnosti, Pavao Vlahek, koautor knjige, doktor ultramaratonske reprezentacije Hrvatske, i autor Franjo Lovrić, direktor Mostarskog polumaratona, profesor na studiju Kineziologije Sveučilišta u Mostaru.

## Run conference

After a two-year break due to restrictions on holding events indoors, the participants of the 6th Mostar Run Weekend had the opportunity to take part in the Run Conference and thereby further educate themselves on various topics from the world of running. This year, the focus was on the message of the unity of the running community and bringing trail running closer to road runners through the promotion of the first book on trail running in our area, authored by prof. Ph.D. Franje Lovrić and co-author Ph.D. Pavla Vlahek: "Trail for everyone - Basics of running in nature". The book was presented by top experts from the world of running: Alen Paliska, member of the Board of Directors of the international trail organization and director of 100 miles of Istria, Vladimir Miletić, professor at the Faculty of Sports and Physical Education in Belgrade, expert in the field of outdoor activities, Pavao Vlahek, co-author of the book, doctor ultramarathon national team of Croatia, and author Franjo Lovrić, director of the Mostar Half Marathon, professor at the University of Mostar, Kinesiology.



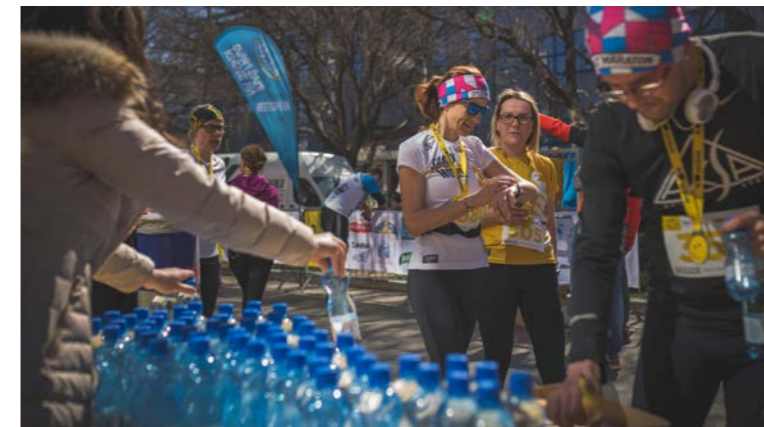
## Sportski sajam

Ove godine smo organizaciju manifestacije po primjeru na renomirane svjetske utrke obo-  
gatili malim sportskim sajamom u Hotelu Me-  
pas i na platou TC Mepas Mall kroz koji smo  
našim prijateljskim utrkama, ali i partnerima  
te sponzorima omogućili dodatnu promociju  
tijekom održavanja naše manifestacije.



## Sports fair

This year, we enriched the organization of the  
event, following the example of prestigious  
world races, with a small sports fair at Hotel  
Mepas and on the plateau of TC Mepas Mall,  
through which we provided additional pro-  
motion to our friends, partners and sponsors  
during our event.



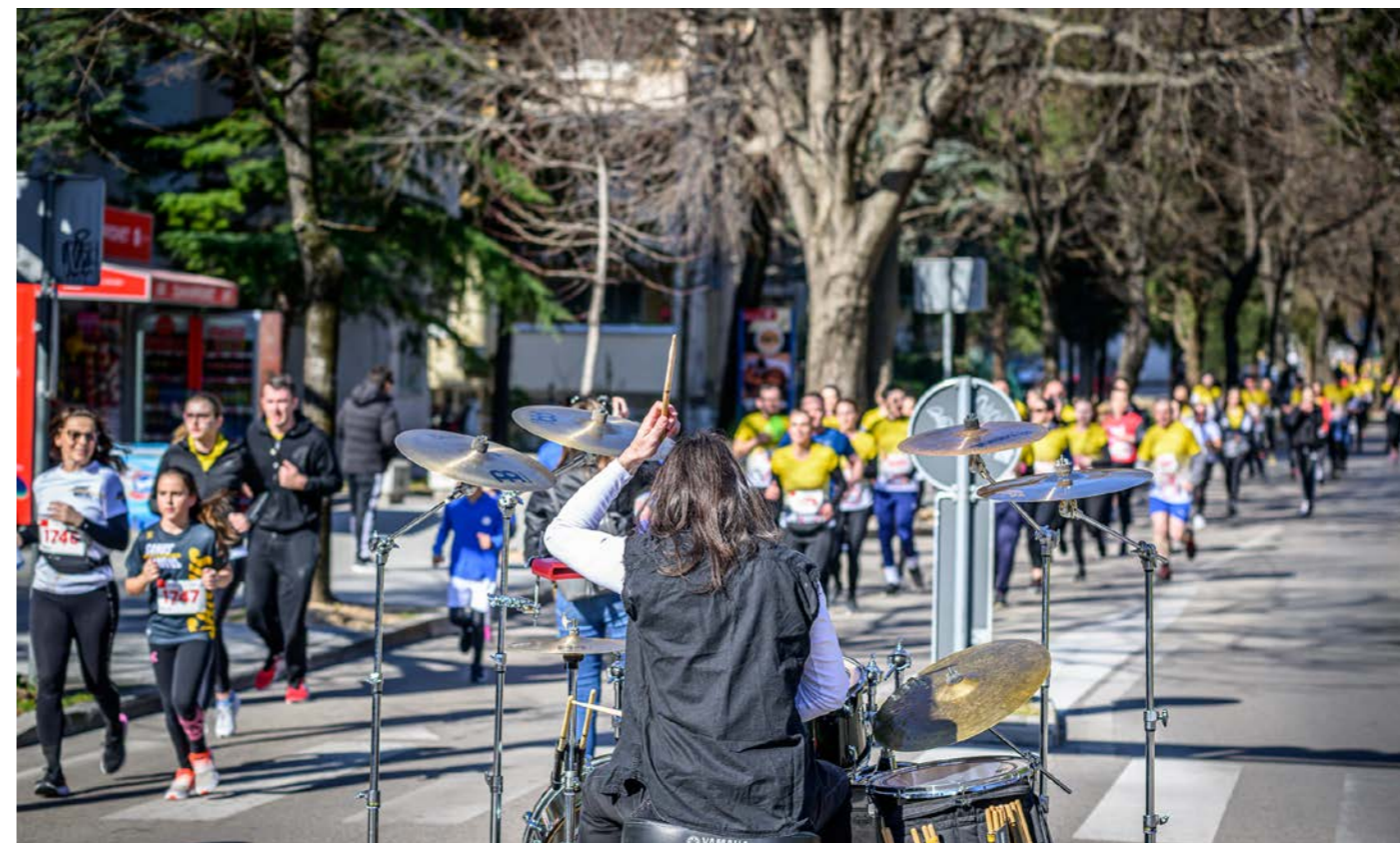


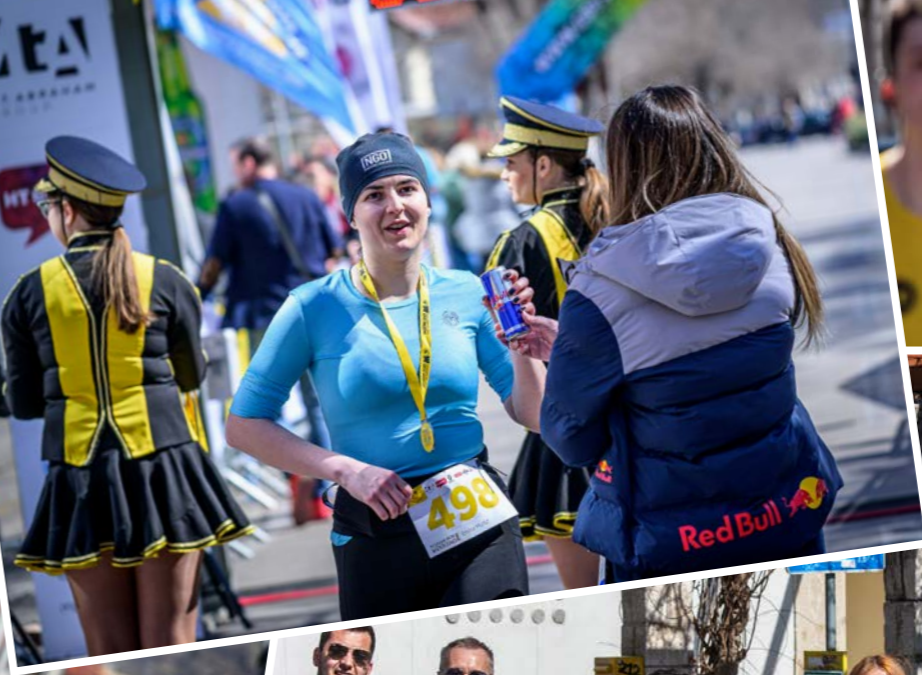
## Mostarski polumaraton

Trasa Mostarskog polumaratona najbolje opisuje poruku koja je bila i ostati će naš zaštitni znak! Mostarski polumaraton je polumaraton mostova koji spajaju, koji zblizavaju i na najbolji način vas upoznaju sa najljepšim dijelovima Mostara. Ovogodišnje izdanje pored naših prijatelja koji su trkače sa osmjehom čekali na standardnim okrepnim stanicama (Udruga Zemlja Sunca-ZeS, Ženski odbojkaški klub Blato, Škola trčanja Sanus Motus, Splitski maraton i Bokeški polumaraton, Du Motion) imali smo iznenađenja u vidu glazbenih i navijačkih punktova na kojima ćemo u budućnosti pokušati graditi sinergiju između naše manifestacije, glazbenika, sugrađana koji će biti dodatni vjetar u leđa svim trkačima. Ono što čini našu utrku prepoznatljivom svakako su trkačke majice, vrhunske finišerske medalje, bogati startni paket koji je ove godine uključivao i Podravka pasta party gdje su trkači nakon utrke nadoknadili potrošenu energiju te zajedno sa drugima proslavili svoje uspjehe.

## Mostar Half Marathon

The route of the Mostar Half Marathon best describes the message that was and will remain our trademark! The Mostar Half Marathon is a half marathon of bridges that connect, bring you closer and introduce you to the most beautiful parts of Mostar in the best possible way. This year's edition, in addition to our friends who were waiting for the runners with a smile at the standard refreshment stations (Association Zemlja Sunca, Women's Volleyball Club Blato., Sanus Motus Running School, Split Marathon and Boka Half Marathon, Du Motion), we had surprises in the form of music and fan stations where in the future we will try to build synergy between our event, musicians, fellow citizens who will be a tail wind to all runners. What makes our race recognizable are definitely the racing shirts, the top finisher's medals, the rich start package, which this year also included the Podravka pasta party, where the runners recovered their energy after the race and celebrated their successes together.





## 4K Humanitarna utrka 2022 - Za Minores

Poseban dio naše manifestacije svake godine čini humanitarna utrka u dužini od 4 kilometra. Razloga za to je više, jedan od njih je svakako razvijanje empatije i osjećaja za pomoć različitim ugroženim skupinama i stavljanja fokusa na pozitivne društvene fenomene u gradu Mostaru. Drugi je poticanje na aktivni životni stil i tjelesnu aktivnost kao prevenciju hipokinezije i mnogih drugih bolesti suvremenog načina života. Također ne smijemo zaboraviti i svu pozitivnu energiju koja se oslobađa kroz zajedništvo sudjelovanja u ovoj utrci. Ovogodišnji partner humanitarne utrke bio je Minores, organizacija za pomoć beskućnicima i socijalno ugroženim osobama. Rekordnih 850 sudionika među kojima su se našle cijele obitelji, studenti, umirovljenici, veliki broj kompanija sa svojim zaposlenicima, osobe sa posebnim potrebama, najbolji su pokazatelj da smo na pravom putu društveno odgovorne manifestacije koja je u sinergiji sa lokanom zajednicom!

## 4K Humanitarian Race

A special part of our event every year is a 4-kilometer humanitarian race. There are several reasons for this, one of them is certainly the development of empathy and a sense of helping different vulnerable groups and focusing on positive social phenomena in the city of Mostar. The second is encouraging an active lifestyle and physical activity as a prevention of hypokinesia and many other diseases of the modern lifestyle. We must also not forget all the positive energy that is released through the community of participating in this race. This year's partner of the humanitarian race was Minores, an organization for helping homeless and socially vulnerable people. A record 850 participants, including entire families, students, retirees, a large number of companies with their employees, people with special needs... they are the best indicator that we are on the right track of a socially responsible manifestation that is in synergy with the local community!





## Monte utrka za djecu – poseban projekt izrastao iz MRW

Zbog želje da djeca dobiju potpunu pozornost i maksimalnu posvećenost „Monte utrku za djecu“ smo i ove godine organizirali kao poseban događaj. Park Zrinjevac se pokazao kao izvrsno mjesto za više od 350 djece koja su ove godine zajedno sa roditeljima i navijačima smijehom i radošću ispunili park. Ideja vodilja ove utrke je promocija važnosti kretanja kroz pozitivan sportski naboj, ali i uspjeh po završetku natjecanja uz finišerske medalje i poklone naših partnera. Sudjelovanje u utrci za djecu je potpuno besplatno. Ove godine utrka za djecu bila je dio Međunarodnog Erasmus + projekta "Grassroots exchange and mobility (GEM) – empowering youth sport professionals" u sklopu kojeg su utrku kao primjer dobre prakse motivacije djece za sportske aktivnosti, posjetili sportski djelatnici iz 10 europskih zemalja.

## Monte Kids Race - a special project that grew out of MRW

Due to the desire for children to receive full attention and maximum dedication, we organized the "Monte Kids Race" as a special event this year as well. Park Zrinjevac proved to be an excellent place for more than 350 children who, together with their parents and fans, filled the park with laugh and joy this year. The guiding idea of this race is to promote the importance of movement through a positive sports charge, but also success at the end of the competition with finisher medals and gifts from our partners. Participation in the race for children is completely free. This year, the children's race was part of the international Erasmus+ project "Grassroots exchange and mobility (GEM) - empowering youth sport professionals", where sports professionals from 10 European countries visited the race as an example of good practice in motivating children for sports activities.

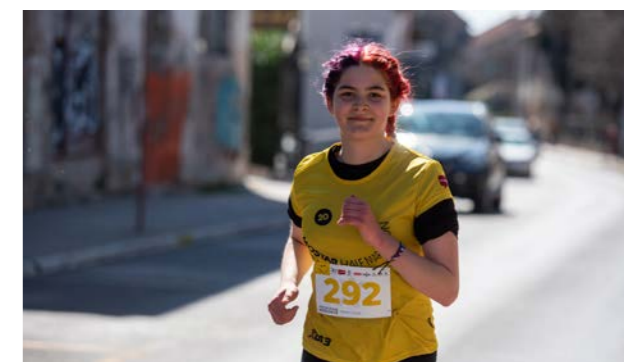


## Više od utrke

Iznimno nam je drago što možemo podijeliti neke činjenice i zanimljivosti s naše manifestacije. Na manifestaciji su sudjelovali trkači iz 20 zemalja, a najbrojnija grupa bila je UWC Mostar. Vedran Ugljen je istrčao unazad Mostarski polumaraton uz pomoć pratnje, a kako godine nisu prepreka ni ograničenje i ove godine nam je to pokazao Božo Marković iz kluba AK Puls Tomislavgrad 71- godišnjak koji je istrčao Mostarski polumaraton u vremenu od 1h i 54 minute kao naš najstariji sudionik. Vera Stričević 67-godišnjakinja iz Sombora podijelila je s nama svoju priču. Par godina unatrag počela se baviti trčanjem i istrčala svoj prvi polumaraton u Torontu, uživala je u treninzi i druženju, ali uvijek se pojavi neko ali, kako kaže gospođa Vera, zbog bolesti i na preporuku liječnika morala je prestati s trčanjem. Kako odustajanje nije bilo opcija za gospođu Veru odlučila je prehodati Mostarski polumaraton u zadanom vremenskom ograničenju od 3 sata. Pripreme i treninzi nordijskog hodanja su počeli, a cilj je i ostvaren s vremenom od 2:54:26. Vera je ciljnu crtu prešla kao prva u kategoriji žena 65+ s porukom SLIJEDI ME, AKO MOGU JA MOŽEŠ I TI..... Ovogodišnji partner na humanitarnoj utrci nam je bila udruga Minores, za koju smo zajedničkim snagama prikupili 8.500 KM i tako podržali njihov rad.

## More than a race

We are pleased to be able to share some interesting facts from our event. Runners from 20 countries took part in the event, and the largest group was UWC Mostar. Vedran Ugljen ran the Mostar half-marathon backwards with the help of an escort. This year Božo Marković from the AK Puls Tomislavgrad club showed us how age is neither an obstacle nor a limitation, a 71-year-old who ran the Mostar half-marathon in a time of 1 hour and 54 minutes as our oldest participant. Vera Stričević, 67 years old from Sombor, shared her story with us. A few years ago, she started running and ran her first half marathon in Toronto, she enjoyed training and socializing, but there is always but, as Mrs. Vera says, she had to stop running due to illness and on the doctor's recommendation. Since giving up was not an option for Mrs. Vera, she decided to complete the Mostar Half Marathon within the given time limit of 3 hours. Preparations and training for Nordic walking began, and the goal was achieved with a time of 2:54:26. Vera crossed the finish line as the first in the category of women above 65 years with a message FOLLOW ME, IF I CAN YOU CAN AS WELL. This year's partner in the humanitarian race was the Minores association, for which we collected 8,500 KM to support their work.



20 22  
MOSTAR HALF MARATHON

# Mostar Run Weekend 2022



01:06:32

**MTA**  
M.T. ABRAHAM  
GROUP

**HT eronet**

**RENAULT**

**PODRAVKA**

SPORTSKI SAVEZ  
GRADA MOSTARA

INTEGRATED OUTDOOR  
OF BOSNIA AND  
HERZEGOVINA

**Antilinić**  
**GENEL**

**Monte**

**Heineken**  
00

hercegovački

**SBD**  
style  
brand  
design



**MTA**  
M.T. ABRAHAM  
GROUP

**HT eronet**

**RENAULT**

**PODRAVKA**

GRAD MOSTAR

VLADA HERCEGOVINE  
MOSTARSKA ŽUPANIJA

**Hotel Mepas**  
**UWC**



## Trkački tim Mostarskog polumaratona

Sa ciljem promocije Mostarskog polumaratona na utrka u zemlji i inozemstvu, kao i želje da pomognemo drugim utrkama u organizaciji njihovih manifestacija, ali i učimo od njih, oformili smo trkački i support tim. Tim na godišnjoj razini sudjeluje na više od 20 utrka, sportskih sajмова i sličnih manifestacija.

## The running team of the Mostar Half Marathon

With the goal of promoting the Mostar Half Marathon at races in the country and abroad, as well as the desire to help other races in the organization of their events, but also to learn from them, we formed a racing and support team. The team annually participates in more than 20 races, sports fairs and similar events.





Na kamen koji se ne kotrlja,  
hvata se mahovina...

*-Murasaki Šikibu, kineska poslovice*

Prijavi se već od 1.9.2022.  
i sudjeluj 18.3.2023. na  
Mostar Run Weekendu!

[www.mostar.run](http://www.mostar.run)