

### REPUBLIC OF ALBANIA "MARATON ALBANIA" ASSOCIATION

Cultural, Youth, Sports Project with the aim of educating the Albanian and foreign citizens of all age groups and stimulating a more understanding of the values of athletics and in particular the marathon as one of the earliest and most effective sports in forming human physical.

# Half night Marathon 10 km" Enkelana" (Night Marathon in Pogradec) 30<sup>th</sup> of July 2022

#### 1. Introduction,

Let's run together by the lake of Pogradec, enjoy the history and the natural beauties of this city.

#### .1. Overview

The half night marathon will take place on the new road of Pogradec. The road passes by the beautiful lake, starting from the characteristic and old village "Lin" to the city of Pogradec. (Finish is determined by 21 Km).

Participants will be from all over Albania but also from other countries of the world. People who want to enjoy the beautiful tourism that this city offers and the surrounding villages.

This half marathon, will be a stunning new challenge for all participants and many visitors who will be in the city of Pogradec during the hot month of July. The participants will run by the lake, on a very pleasant road, fresh and full of flowers, numerous water supply points and fruit juices.



Under the rhythm of the runners' steps, this activity will be synchronized and revived with extraordinary re-dimensions from the oldest history of the city of Pogradec.

#### 1.2 Who got the idea for this competition?

"Marathon Albania" members usually exercise in different areas of the country, and their dream has been to be able to run in all the beautiful roads of our country. Pogradec is one of these places. Many people not only from Albania but other countries rest and exerxise during the summer so the idea to have such an event here comes from all of us.

#### 1.3 What does the organizer and developer of this project "Marathon Albania" represent?

With the Establishment Act no. 532, Date 30.04.2019, No. Decision 6255 Date 24.05.2019, by the Court of the Judicial District of Tirana - Albania, was performed the registration as a legal entity of the Association "MARATON ALBANIA" based on Law no. 8788, dated 07.05.2001 'for non-profit organizations', and of Law no. 8789, dated 07.05.2001 'On the registration of non-profit organizations'. The objectives of the association are the voluntary union of ordinary people, athletes, legal entities, intellectuals, specialists in various fields of walking, sports walking, aerobics, half marathon, full marathon, ultra marathon, triathlon, sprinting, sports competitions, evidence of sports values in all districts of Albania. Another goal is to to make different categories of people aware of the importance of exercising systematically. This can be done by walking, in different conditions different levels of difficulty like aerobic running, as one of the physical activities with high efficiency and prophylactic values, as wellas treatments to improve health and for a more active life and higher mental, physical, health, professional productivity.

Through this project the association "Marathon Albania" aims to conceive, create, direct, raise awareness and activate a large number of people in this massive sports movement, despite their gender, physical conditions, and sports done. The association has worked systematically through media to explain and encourage people to change their lifestyle, have a more active life, a better performance and psychological, physiological balance.

The presidency of the association has organized periodic announcements for training through activities, has developed programs, promotions, conversations and consultations with all interested parties for the benefit of physical activity. To develop marathons, to create the most optimal training conditions for amateur exercise as in the premises of the park of the



Artificial Lake of Tirana, Dajti National Park and to organize annual marathons for the city of Tirana and other districts of the country, based on national and international Athletics standards.

1.4. Participation of the members of the association in activities inside and outside the country "their experiences.

Members of "Marathon Albania" association have successfully participated in many national and international marathons held in Tirana and other cities, showing professionalism and high technical-organizational technique.

1 The objective of the project.

The objective of this project is the completion of the Half night marathon of 21 km, in the city of Pogradec by the athletes of the "Maraton Albania" association as a sports challenge and not only. The realization of this marathon will show that Albanian marathoners are able to undertake challenges of a world size by competing with their colleagues in the region and opening a new page in the history of national marathons, as well as experimenting with longer marathons.

#### 1 Another purpose of the project.

#### 3.1. Increasing the capacity of tourism in the city of Pogradec.

The organization and development of the national and International Half Marathon "Enkelana" will increase the tourism capacity in the beautiful city of Pogradec, and turn this city into a functional sports-tourist city, accessible by groups runners and athletes, interest groups, tourist groups, etc

3.1 Promotion of the city of Pogradec and villages around it.

Getting acquainted with the inhabited centers but also with the places that preserve fresh historical identity. A very interesting itinerary will be traversed: from the center of the picturesque village by the lake "Lin" to the city of Pogradec and then the road continues near Piskupat, Hudënisht, Memlisht villages. "Marathon Albania", association will prepare the event according to all needs, it will provide participants with accommodation, stops and active vacations, water supply, and also promote a stimulating style of the spirit of race. making it possible for Albanians but also foreigners to enjoy more this road, the irreplaceable natural beauties which can be found only in the city and villages of Pogradec.



#### 3.3. The beauties of nature during the Half night marathon "Enkelana",

The focus will be on the fragment from the center of the village of Lin – to Pogradec. This fragment will be well shown on the fliers. This flier contains technical details of the marathon and it will be given to each participant in the individual bag. It also includes some cultural and historical information uniting our Albanian-speaking and Balkan territories, but it also gives the intercontinental connections between the states of Europe.

3.4. Historic sites visited during the stay. Instructions for the guides.

This initiative is not only a sports challenge, but it will give participants the opportunity to get to know the tourist and historical values of this city. This was exactly the reason why the association selected this marathon. Through this journey, tourism and sports, culture and health will unite in one direction, in order make the hot days of July more pleasant, but also hepl mental and body health. What does tourism in the city contain? (describe the places on the fliers that accompany the marathon materials in the bags)

A. The villages of Tushemisht and Drilon, the beauty they have, the ground and underground waters, the special Koran fish that the lake offers, the cuisine, etc. - (a little story about the house and the place where the film "The Lady from the City" was shot and something about the great actress, Olga.

- B. Hotels around the Lake -
- C. The city museum -
- D. Villages with tourist qualities.



- 1. The program , three phases of the project. First preparatory phase, second preparatory phase and the third phase its implementation.".
- 2. 4.1. Program of pre-preparation projects of half marathon and 10 km night marathon "Enkelana".

Nr.	Description of the activities		R	ealisati	ion		Involved in				
INF.	Description of the activities	Marc h	April	May	June	July	in.				
1	Providing topographic maps 1:25000.						Yes	D.Çali, L.Peço			
2	Marking the roads, correct measurement, targeting, creation of the map with details of the development of the marathon.						Yes	D.Çali, L.Peço,s. Qiriaqi			
3	Contact the company for measuring the time.				4		Yes	D.Çali, L.Peço,B.Danaj			
4	Contact the volunteers, The moderator of the activity should have very good knowledge of English language, marathons, sports, and Pogradec city.						Yes	D.Çali, L.Peço, S.Godella, N.Kurteshi, A.Bregu, E.Rexhepi, Sh.Vulaj, G.Veisi,			
5	Intterviews, notification to local community and municipalities.	)	4				Yes	D.Çali, L.Peço, S. Qiriaqi			
6	Field exploration, with volunteers in charge.						Yes	D.Çali, L.Peço, S.Godella, N.Kurteshi, A.Bregu, E.Rexhepi, Sh.Vulaj, G.Veisi,			
7	Professional road marking to be used by runners, tourists, etc.	Н					Yes	D.Çali, L.Peço, R.Bahidi, S.Godella, N.Kurteshi			
8	Preparation of the staff of the "Marathon Albania" Association to fulfill this half night marathon.						Yes	D.Çali, L.Peço,A.Bregu			
9	Coordinating individual and collective training and absorbing as many athletes as possible in this initiative.						Yes	D.Çali, L.Peço,A.Bregu			
10	Prepare the advertisment for local and state TV for the development of the marathon.						Yes	D.Çali, L.Peço, S.Godella, N.Kurteshi, A.Bregu, E.Rexhepi, Sh.Vulaj, G.Veisi,			
11	Make an effort to register it in the calendar of European marathons.						Yes	D.Çali, L.Peço,A.Bregu			
12	.Promoting experienced members and especially girls who are small in numbers.						Yes	D.Çali, L.Peço, S.Godella, N.Kurteshi, A.Bregu, E.Rexhepi, Sh.Vulaj, G.Veisi,			
13	Filming and publishing on web site, facebook, instagram, twitter, from the preparatory stages,						Yes	D.Çali, L.Peço, S.Godella, N.Kurteshi, A.Bregu, E.Rexhepi, Sh.Vulaj, G.Veisi,			



capacities, quality and development, for the publication in the media.

### 4.2. The program of the preparatory phase, half marathon and marathon the first 10 km of the night "Enkelana" in the city of Pogradec.

																			L.	
Nr	Description of the activities.									July 2022										Assisting
•	Description of the activities.	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	ion stat us	roototing
1	Prepare route maps with conventional signs of half night marathon development. Scanning, Locations of water supply stations, food, transport for cases of interruption of the races, medical care, toilets, accommodation.						1	ij	K										JO	D.Çali, S. Qiriaqi, L. Peço
2	Përcaktimi i datës dhe orës së zhvillimit të aktivitetit , fillon më datën 30.07.2022 ditë e shtunë, fillon me nisjen e vrapuesve me autobuz, në orën 17:00, drejt fshatit Lin, (Aktiviteti fillon mbas dite në orën 19:00 të mbrëmjes). Aktiviteti përfundon me datën 30.07.2022, në orën 23.00, Njoftimi në web site dhe portalet kombëtare dhe ndërkombëtare. Determining the date and time of the activity. It starts on 30.07.2022 on Saturday, with the departure of the runners by bus, at 17:00, towards the village of Lin, (The activity starts in the afternoon at 19:00 in the evening ). It ends on 30.07.2022, at 23.00, There will be nnouncements on the web site and national and international portals.																		PO	D.Çali, A. Sukniqi, S. Qiriaqi, L. Peço



3	Establishing contact with the host municipalities of Pogradec, Lin Village, commune Recognition for the development of this activity.											JO	A. Sukniqi, D.Çali, S. Qiriaqi, L. Peço,
4	Preparation of the departure area in the center of the village of Lin, and the changing rooms, placement of the signs with the inscription START / Departure and time measuring antennas every 5 km.							1 4					D.Çali, L.Peço, A.Bruci,
5	The decor at the start and finish of the half marathon must be announced in two languages in Albanian and English, Media must be heard normally by all participants. The announcements start 20 to 30 minutes before the race and there is music along with sports adrenaline.			7 <								JO	D.Çali, L.Peço, A.Bruci,
6	Registration of participants and equipping them with the representative means of the night half marathon (t-shirts, bags, identification number with time-measuring chip. Information on the route to be traversed, distribution of leaflets and indicative maps of the race).			5	1000	1						JO	D.Çali, L.Peço, A. Bregu, A.Bruci, S. Godella, G. Veis
7	The place where you will spend your next vacation, water supply, health care, toilets, etc. indicative map of the race.											PO	D.Çali, A. Sukniqi, L.Peço, S. Qiriaqi, A. Bregu, A.Bruci, S. Godella, G. Veis
8	Accommodation of the participants. Information about hotels, food, sleep, places are determined, camping where they can set up tents, or gyms and other sports facilities that can be used for sleeping since it is also the peak of heat, etc.											JO	D.Çali, A. Sukniqi, S. Qiriaqi, L. Peço



9	Pre-race transport from the town of Pogradec to the village of Lin, during the race for those who fail to complete it.												JO	D.Çali, A. Sukniqi, S. Qiriaqi, L. Peço
10	Placing volunteers at intersections and roads to facilitate the race of the runners.												JO	D.Çali, L.Peço, A. Bregu, A.Bruci, S. Godella, G. Veis
11	Filming and publishing on web site, facebook, instagram, twitter, from the preparatory phase and publication in the media,												JO	G.Veis, R.Bahidi, Anila Xira
12	Preparation of promotion materials, decor, leaflets, flags, stands, banners, etc.	0		7	1							\	JO	D.Çali, L.Peço, A.Bruci, A. Xira
13	Interviews and newspaper articles,										1		JO	D.Çali , L.Peço, A.Bruci, A. Xira
14	A TV program and interviews on TV,												JO	D.Çali, L.Peço, A.Bruci, A. Xira
15	Logo of the activity and printing of the decor.												JO	D.Çali, L.Peço, A.Bruci, A. Xira
16	Printed Certificates for all the participants.		1			J							JO	D.Çali, L.Peço, A.Bruci, A. Xira
17	Medals for all the participants.							_		7			JO	D.Çali, L.Peço, A.Bruci, A. Xira
18	Cost for one participant (Registration fee) This is divided in a)complete package from the organizers, (including activity, accommodation and transport) b)only participation in the activity (excluding accommodation and transport).												JO	D.Çali, A. Sukniqi, L. Peço



## 4.3. Preparation: Details on the preparations of the first night marathon "Enkelana". Activity implementation program

		July	2022			The realis	
Nr.	Description of the activities.	27	28	29	30	ation status	Assisting
1	Administration of the budget.		A		-	NO	D.Çali, L.Peço, A. Sukniqi
2	Requests toward Ministries, Municipalities, Communes and Sponsors.					NO	D. Çali, L.Peço, A. Bruçi, S. Qiriaqi, A. Sukniqi
3	Destibution of T-shirts, chips, leaflets with the logos of the activity.			4		NO	D.Çali, A.Bruci, S. Godella, G. Veis, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
4	Distribution of leaflets for the race.					NO	D.Çali, A.Bruci, S. Godella, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
5	Administration of water, juices and foods before, during and and in the end of the marathon.					NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
6	Organization and administration of the décor in the Start Lin village, and the Finish in Pogrdec					0	D.Çali, A.Bruci, S. Godella, G. Veis, E. Qirici, A. Xira
7	Transport from Pogradecit to Lin, during the race and the ceremony of the Finish.					NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
8	Notification of the local authorities, Municipalities, Communes and their participation in this activity, opening speech, random peaches from other participants, the program.						D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
9	Notification of the moderator of the event, volunteers.						D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
10	Accompanng the time measuring company and taking measures for the smooth running of the measuring time.						D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
11	Announcement and health presence personnel during the development of half night Marathon.						D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
12	Notification and presence of security forces and state Police for the safety and well being of Half nih Marathon.						D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
13	Different opsions of accommodation are provided for the participants for the first night on the 29th of July like hotels, sports facilities, camping areas to set up their tents, vehicles ect.					NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj



14	The activity starts on Saturday on 30.07.2022 17.00 hours, by bus toward Lin Village.				JO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
15	Water supplies, fresh fruit, health care, toilets before the start of the marathon and the next break.				Yes	D.Çali, A. Bregu, A.Bruci, S. Godella, G Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
16	After the Marathon, water supplies, food, health care, toilets ect.				Yes	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
17	Filming and posting on websites, facebook, Instagram, twiter, from the preparatory phase to be published in the media.				NO	D.Çali, A.Bruci, G. Veis, E. Qirici, A. Xira
18	Administration and delivery of the promotion materials, the décor, leaflets, flags, tents, banners ect.			4	NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
19	Taking measures to secure funds for the winners of the half night marathon and the mini marathon.					D.Çali, L.Peço, A. Sukniqi
20	Incentive prizes ceremony on the 30th of July 2022 from 9:00 to 10 pm, guests and the program.		7		NO	D.Çali, A. Xira, Sh. Vulaj
21	Media, photos before and during the activity, TV interviews.		I		NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
22	Distribution of the medals to the participants, ceremony of the Finish, online distribution of the certificates and posting the results on the website of the Marathon Association.		7		NO	D.Çali, A.Bruci, E. Qirici, A. Xira, Sh. Vula
23	Final speech in the Lin Commune. Preparation of the opening speech.				NO	D.Çali, A.Bruci, E. Qirici, A. Xira, Sh. Vula
24	Party after the marathon, cocktail for the participants in this activity.				NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj
25	Accomodation of the participants, last day on the 31st of July 2022. Showing them the accomadation, dinner and breakfast at 10:00 am. Final activities.	4	1		NO	D.Çali, A. Bregu, A.Bruci, S. Godella, G. Veis, N. Kurteshi, E. Qirici, A. Xira, L. Vogli, Sh. Vulaj



#### 5. Problems to be solved.

- 5.1 With the Municipality of Pogradec, with the sector of culture and Tourism, Youth and Sports and the promotion of tourism in this region.
- 5.1 With the Municipality of Pogradec, with the Sector of Culture, Youth, Sports, and Tourism Promotion in the Region;
- 5.2Involvement of the municipality of Pogradec, announcement and active participation of it, especially of the Department of Culture, Youth, Sports and the promotion of tourism, an introduction of the project and steps to be taken.
  - a. Application for supporting financial funds at the Department of Culture Youth and Sports, a task that will be undertaken by our representative Mr. Arjan Sukniqi, Chairman Mr. Dashamir Çali and Secretary Mr. Leonard Peço.
  - b. A request to the Municipality of Pogradec to join our association as a member.
- 5.3 Search for sponsors to provide enough financial budgets or material stuff.

Finding sponsors like those who have suppoered us so far and also new ones. There will be meetings with representatives of "Artic" company, their administrator Mr Shyqyri Dade, "Agna" group Company, the administrator Mr Kristo Naçi as well as "Dashi Alumin" Company.

#### 5.4Ensuring sufficient financial or marerial budget.

- a. It has been estimated that for the realization of this project for 500 participants (200 participants in the 21 km half marathon) and 300 participants (in the 10 km half night marathon) we need a budget of 10.000 Euro. Substracting from this sum some promises that our sponsors have made to provide transport, water, juices and food. Also adding here some some payments to be done.
- 5.4 The registration fee for the members and the participants in the activity and the fee for the registration in the race. Registration for those who want to take part in both activities Half night Marathon and the Mini marathon.
- 5.5 Registration Fee for the Half night Marathon (cost).
  - a. Full package including transport, accommodation and the activity 70 Euro.
  - b. Package that includes only the activity 25 Euro.



- 5.6 Registration fee for the Minimarathon (cost plus the Association's expense).
  - a. Full package including transport, accomodation and the activity, 70 Euro.
  - b. Package including only the marathon, 10 Euro.
- 6. Risk analysis, failure to fullfill some steps. There is a chance for the project not to be completed which means to fail.
  - 6.1. Budget, minimal financial fond for the project to be realised.

.The organizers of this project need 7,000 euro for its realization. This money is needed for the production of T-shirts, bags, medals, the décor and chips for measuring the time. Other expenses like transport, accommodation and food will be paid by the participants.

6.2. Rewards, presents, certificates for the winners, young and old people, ect.

In order to have the best of Marathons regarding the results we are aiming to have a great participation so that the participants can feel appreciated and recpected. Rewards, gifts and certificates play an important role in this.

Rewards and gifts depend on the sponsors' and the organizer's opportunities their extention to a wider base it makes the event more serious, increases the participation and motivates the runners.

- ✓ Rewars and gifts for male and female runners who get first places.
- ✓ Rewards and gifts for the male and female winners for different age groups.
- ✓ Reward and gifts for young and old participants in the marathon.
- ✓ Priority is given to male and female Albanian runners.

#### 6.3. Registration, publication, media announcements and the role of the media.

In order to have a considerable participation from other cities of Albania, neighboring countries and Europian countries it is of great importance to fulfill some duties like:

Registration and notification in the international Word Marathon by placing it in the international calendar of marathons, for this you need to fill in the marathon development guarantee forms, technical forms, legal, health, rewards,



accommodation, safety, etc. Based on the standards and conditions of international marathons.

- 1. Publication on the website of the marathon, facebook, twitter, instagram, etc. All technical and organizational materials for the development of the marathon, the method of registration, registration fee, periodic notice, etc.
- 2. Publication and preparation of television spots, radio, with local and national signal coverage, shows and announcements a few months before the development of the night marathon in the city of Pogradec.

Calculation of necessary expenses for the realization of the activity.

Nr.	Naming the necessary items for the realization of the project.	Predicted number of particiapnts	Price in Euro	Costs in Euro	When should this be ready.	Notes.
1	T-shirts with the logo of the activity.	500	3	1500	Before the activity	
2	Number of the race with a chip together with the time measuring devices, anntenas and electronic clock.	500	3	1500	Before the activity	Signs with the logo of the activity, organisers and sponsors.
3	Plastic bags with the logo of the activity,	500	0.4	200	Before the activity	Organiser's logos, telephone number, email, website ect.
4	Leaflets of the race and information about the activity come together in one bag with the blouse of the activity and the number of the race.	800	0.3	240	Before the activity	Reccomendations on the hotels, restaurants shops, supermarkets are also included here.
5	Transportation of the runners from Pogradec to Lin village.	200	0.8	160	Before the activity.	Starting point, time ect
6	Aid services, (payment of the volunteers).	10	100	1000	After the activity.	.10, members of the association together with a guide (preferably age 18 - 22 years) will deal with road marking, will accompany the runners, use paint, indicator strips, find hotels, food, and be responsible for the organization and operation of water supply points, juices and food products etc.
7	Anticipated local payments.	5	100	500	Before the activity	Support for the completion of the project, electricians, the hospital, Municipality, Commune ect.



8	Prints and leaflets.	800	0.32	256	Before the activity	Information on the marathon, its organisers, the sponsors, the city, tourism ect.
9	Décor in Lin village (Start) and in Pogradec,Finish.	2	250	500	Before the activity	Retaining columns (this also influences the cost of chip metering infrastructure, placement of electronic board, clocks, etc.)
10	Medals, in the end of the race the participants will be given a medal.	500	5	2500	Before the activity	Personalized medal with the logo of the activity.
11	Rewards for the winners		$\Lambda \setminus$	1400	Before the activity	Winners of the three first places, males, females, group ages ect.
12	Different.	1	250	250	After the activity	
	Sum of money			10006		

#### 7. Project notarization, copyright.

In order to do a serious and sustainable work for "Maraton Albania" association, the project needs to be notarized to have the copyright. There are three points to be considered in different percentage and that is agreed before the notary;

- a. "Marathon Albania" association with the rights of the organizer and have the majority of it.
- b. Sponsors or financiers of the activity with all the details on its progress.
- c. A State authority Municipality of Pogradec, Ministry of Culture, Tourism and Sports.

### 8. Itinerary, exploring the road where the Half night marathon "Enkelana" takes place.

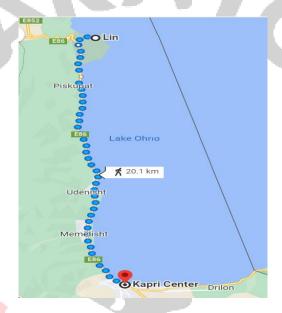
The road is completely paved, the road from the village of Lin to Pogradec. We will run on the right side of the road in the direction Lin - Pogradec, first the road crosses the exit from the village of Lin, then runners will run in the lane of the promenade, The security forces shoul be careful and ensure that during the time the marathon takes place (from 19:00 - 22:00 pm, the vehicles will move carefully on its left side, (one side of the road preferably should be free) and preferably stop the traffic at some points such as junctions, or it can be crossed carefully.



Runners will enjoy the fresh lake air, admiring the landscapes of a nature that speaks the language of wonder. A very interesting itinerary will be traversed, while getting acquainted with the inhabited centers but also with the places that keep the historical identity fresh:

Length of the asphalt road "Enkelana", 21 Km and 97 ml Departure, Start center of Lin village.

Arrival, Finish in the center of Pogradec.



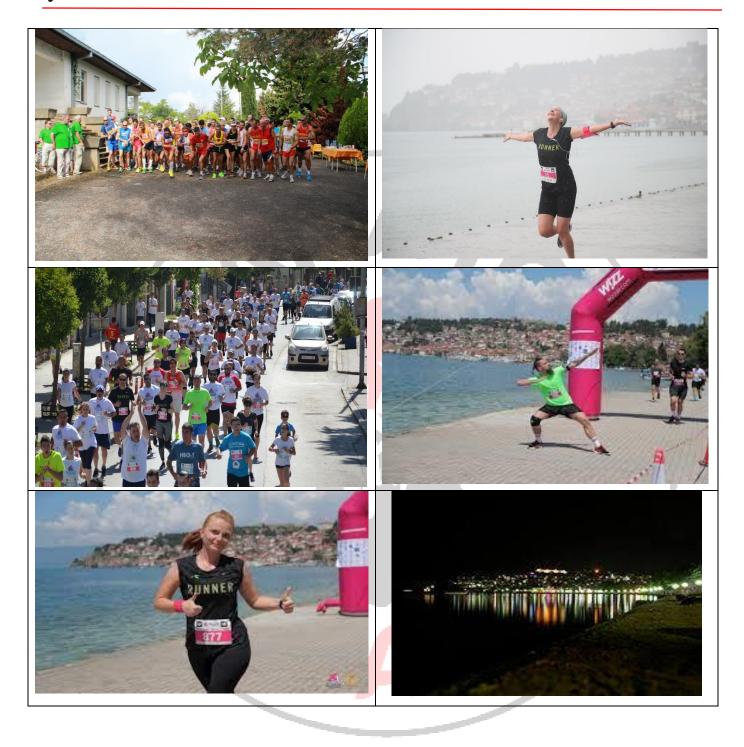










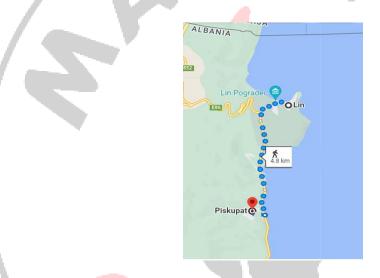




7. Table of crossing road segements, distances, road category and duration.

Nr.	Road segmentation and services	Distance in Km asphalt	Difficulty category	Supply station
I	Half night marathon 21 Km 97 ml	21.97 KM	Asfalt	3
1	Lin village – Piskupat village	4.8		Fresh water
2	Piskupat village – Lyhnidas Hotel	4.7		Water, fruit juice
3	Lyhnidas hotel- Hudenisht village	4.1		Water, fruit
4	Hudenisht village- Memëlisht village	3.3		Water
5	Hudenisht village- Pogradec city.	4.1		Water , juice, fruit
	Total	21.1		10

#### 9.1 Start Lin village – Piskupat village, 4.8 Km in total. (water supply point)











#### 9.2 Piskupat village—Lyhnidas hotel , 4.7 Km (water supply point)







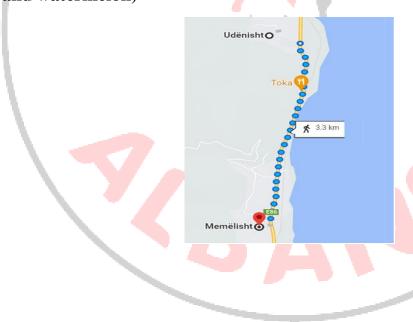
9.3 Lyhnidas Hotel – Hudënisht village, 4.1 Km, (water supply point&banana, apple, watermelon or cherries).







9.4 Hudënisht village – Memlisht village, 3.3 Km, (water supply point, apples and watermelon)







9.5 Memëlisht village- Pogradec city , (Finish- water supply point, fruit)













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### 10. Intenerary, exploration of the road where the 10 Km night marathon "Enkelana" takes place, which lasts 2 hours.

The road is completely paved, you will run inside the city, the road from the city center to the north, take the turn at the entrance to the city, the ring road, the roundabout, then we turn left towards the national road, and run non-stop to the center of Drilon village and turn towards the promenade.

We will run in a ring shape, along the entire width of the roads towards the village of Drilon, (the city ring segment and the national road are blocked for only 30 minutes), and then the runners will continue in the promenade lane. There should special care by the The state



policy should make sure that during the time of the marathon (from 19:00 21:00), the vehicles will move carefully on the left of the road. In some points such as crossroads, the ring road and the national highway the vehicles' circulation should be interrupted or it should be crossed with special care.

Runners will enjoy the clean streets of the city, the flowers of the season, the fresh air of Lake Pogradec. They will admire the landscapes of a nature that speaks the language of wonder. A very interesting itinerary will be traversed getting acquainted with the inhabited centers but also with the places that keep the historical identity fresh.

Length of the asphalt road "Enkelana", 10 Km.

Departure, Start, center of Lin village.

It continues towards Drilon touristic village

Arrival, Finish in the center of Pogradec.







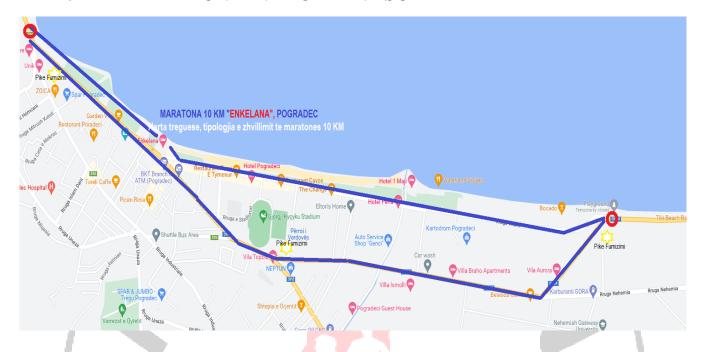








#### 10 KM MARATHON DEVELOPMENT SCHEME



#### 11. Identification of participants and helpers (volunteers).

For the progress of this activity volunteers play a very important role. They are helpers and not runners in marathons, they are pre-stationed and prepared to assist runners in water supply points, offer juices, fruits, etc.

Their work starts two days before the distribution of the necessary materials. They are easily identifiable because they wear shirts, capes which write "STAF". They also carry leaflets of the marathon and wear hats with the logo of the marathon.

These individuals have good qualities to help and serve for water supply, refreshing juices, cola, and fruits like bananas, lemons, watermelons, cherries etc.

Volunteers are mainly young age groups (school students) organized with leaders and are responsible for the overall administration of the whole route and supply so as not to leave any participants without proper service, they also provide support for various requests that runners may have.



Volunteers should be well acquainted with the map of the race, they should have checked the day before and be acquainted in detail with the materials that will serve. They are given very accurate orders because they have a key role in the progress of activity.

Groups of volunteers coordinate and accompany the marathoners and give them the right assistance, starting from the first station towards the last stations but always making sure that they no longer wait for anyone at their station and they leave as many people and materials needed to serve even the last marathoner. This is important because it is part of a participant's contract with the event organizer. Volunteers are generally given rewards for the day they are engaged, gifts, etc.;

#### 11 Project Implementation.

#### a. Who implements this project?

The project will be implemented by the association "Marathon Albania" in cooperation with several members who have been involved in the preparatory stages and who have similar experiences.

Some experienced members of "Marathon Albania" association are elected responsible for some of the main services of preparation and development of the marathon, such as;

- ✓ Responsible for teams of water supply and fresh fruit juices stations,
- ✓ Responsible for the marathon escort team and the organization of the start,
- ✓ . Responsible for the group of the Finish organization and the award ceremony
- ✓ Responsible for the race progress group, road safety, etc.
- ✓ . Responsible for the logistics group, accommodation, transport of materials, etc.

### a. Determination of the teams and the organization with persons who know each other within the teams as well as give concrete tasks for the realization with the right speed.

The groups at rest, water and juice supply stations will join the groups upon arrival and resume supporting the other groups again with the same service towards the finish. This is due to security and lack of staff, fatigue of runners who require more service and refreshing juices, fruit at the stations after arriving at the finish line in order to ensure the intense continuity that occurs in marathon races, and in the end more of such people are needed.



Technical, legal, medical and logistics management group.

These three groups have a special importance in the progress of the marathon and are an important part with concrete tasks predetermined and well prepared.

The technical steering group consists of:

- 1.Dashamir Çali Head of the group
- 2.Stefanaq Godella Member
- 3.Genc Lugja Member

#### The legal group consists of:

- 1.Eksena Qirici Head
- 2.Kreshnik Kolgjoni Member
- 3.Petro Tusha Member
- Medical group consists of:
  - 1. Neritan Kurteshi Head
  - 2.Shkelqim Roci Member
  - 3.Haki Bejko Member
- Logistic group consists of:
  - 1.Leonard Peço Head
  - 2. Albana Bruci Member
  - 3.Lorenc Vogli Member

### a. Preliminary meeting will be held with the members of the association on organization.

In the following days, on Sundays in the next training there will be an extended and detailed meeting with all members of the association. This meeting will inform everyone about the activity of the half night marathon in the city of Pogradecit "Enkelana".

The project will be worked out in detail, the way of organization, distribution and assignment of tasks to the members of the association according to the groups.



Members will be informed and made clear that registration is mandatory for members of the association while for other participants it is a cost, plus the administrative costs of the association.

In the end there will be a cocktail.

#### a. The assignment of the names that lead the teams, the groups and tasks given.

- 1. The first team is guided and led by Dashamir and Adrian.
- 2. The second team is guided and led by Lorenc Vogli, Marjol Lamçe.
- 3. The third team is instructed and led by Albana Bruci, Petro Tusha.
- 4. The fourth team is guided and led by Neritani Kurteshi, Haki Bejko.
- 5. The fifth team is instructed and led by Eksena Qirici, Petro Tusha.
- 6. the sixth team is guided and led by Stefanaq Godella and Bashkim Luca.

#### a. Assignment of the person who will deal with payments.

1. Leonard Peco will deal with this.

#### 13. Control and monitoring.

#### \* Reports from participants,

At each place of rest, members must report to team leaders on the absence or problems encountered along the way.

#### **♣** Hold some meetings until the marathon,

Contact with the members of the association should continue by phone, meetings, training, etc. Especially with the plan made by the heads of the working groups, the measures they have taken, their suggestions are taken into consideration.

#### Managing and evaluating the performance of each person, team or group.

Work performance should be motivated for each team leader and team.



#### Budget management and transparency.

The people who manage the budget must make it as transparent as possible in order to be accurate with all those who deal with the preparation, organization and progress of the marathon.

#### Plan calendar for the development of monitoring tasks is discussed.

In the next meeting of the association, the work plan for the realization of the tasks for the organization and the progress of the night marathon in the city of Pogradec is discussed and approved.

#### Activity logo.

The design of the activity logo has its importance because it accompanies and explains all the materials of the marathon, the decor, the running t-shirts, the running chip.

The activity logo remains permanent since the registration of the Marathon in the world marathon.

#### Log Logistic Preparation.

Depending on the capacities and expectations, we start the preparation of contractors for bags, T-shirts, medals, water supplies, refreshments, fruits, etc.

### Before and after the development of the activity, the President Mr. Dashamir Çali and the Secretary of the association make the transparency of funds from:

- a. Donor-covered services or purchases and which of the donors.
- b. Purchases or services, expenses incurred by its members for the purposes of the project activity.
- c. Periodic reporting on the state of the budget or liabilities to the state.

#### 14. Mandatory rules for each participant;

For a better marathon, the Association of "Marathon Albania" aims to provide all technical, legal and medical elements.

In the half marathon of 21 Km, can participate all those who have reached the age of 18, while in the marathon 10 km can participate all those who have reached the age of 16.



In the medical direction, we focus on the psychological needs of the members participating in the marathon, counseling and orientation of the necessary medical checks before the marathon, counseling on diet and specific needs that the members have and specifically all should present;

a. Health report from the family doctor showing that this person has no health problems and the participant is in good health.

The collection and control of health reports is done by the doctor of the association, Mr. Neritan Kurteshi.

b. Filling in the participation form where, among other things, each participant is aware of the event where he will participate and take over the consequences that come from fatigue, long journey, weather conditions, temperatures or rain and everything that has to do do with running or walking in nature.

The form is prepared and collected by the association's doctor, Mr. Neritan Kurteshi and Mrs. Eksena Qirici, lawyer of the association.

#### 15. Determining rewards, gifts, certificates, etc. for the winners.

During the joint meeting of donors and organizers and depending on the expectations, the determination of rewards, gifts, certificates is done and of course based on the available fund set by donors.

- Prizes for first places girls and boys.
- Age group 35-45, 45-55, 55-65, years old and over 60 years old, girls and boys.
- The youngest and oldest member.
- For marathon organizers and donors.

#### 16. Timely insurance and contracting of the time measuring company with Chip.

An important part is the timely contracting of the company that will measure the time and produce the personalized Chip numbers with the name of each participant.



Areas of measurement of control of intermediate time for 10 Km and half marathon are determined. This task should be completed with the decision for the development of the marathon and should be reported as soon as possible.

#### 17. Closing the project.

Assessment on the realization of the project, were the objectives and goals achieved? Meeting with the whole participating team and giving the conclusions.

Nominal and group ratings, maybe a cocktail.

#### 18. Evaluation on the realization of the project,

The objectives and goals of the project were achieved, meeting with the entire participating team and giving the conclusions.

Nominal ratings, as a team, maybe even a cocktail.

#### 19. Partners and sponsors....

- Materials such as water, refreshments, fruits.
- Cash.
- Payment for posters, decorations, media, podiums, finishes.
- Professional labels with chip, time meter, etc. electronic billboard etc.
- Including people, staff, volunteers.
- Intermediary with other companies and services.
- They will be included in the ceremony.
- They will be promoted, their logos will accompany all the materials of the marathon.

#### 20. The main sponsor of the activity.

This should be included in the project with a notarized contract at a certain percentage for the distribution of income realized from the activity in a second phase when it turns into an official marathon .........



The general sponsor or sponsors cover 100% of the cost and in the end when the participation fee, advertising income, television, etc. are collected they are divided into percentages with the association, which plays the role of technical and professional organizer.

The leadership of the association "Maraton Albania", must think well .., because this is the case that the association can raise some income to survive and renew its capacity për .for uniforms, logs, decorative materials, means of transport, logistics further.

By law the Municipalities of the Cities must support the projects, presenting them as a cultural, sports project. The project also best promotes tourism in these areas.

Work group. Thank you for the attention, hope you will be part of this project.



The president

DASHAMIR CALI

The Secretary
LEONARD PEÇO



















