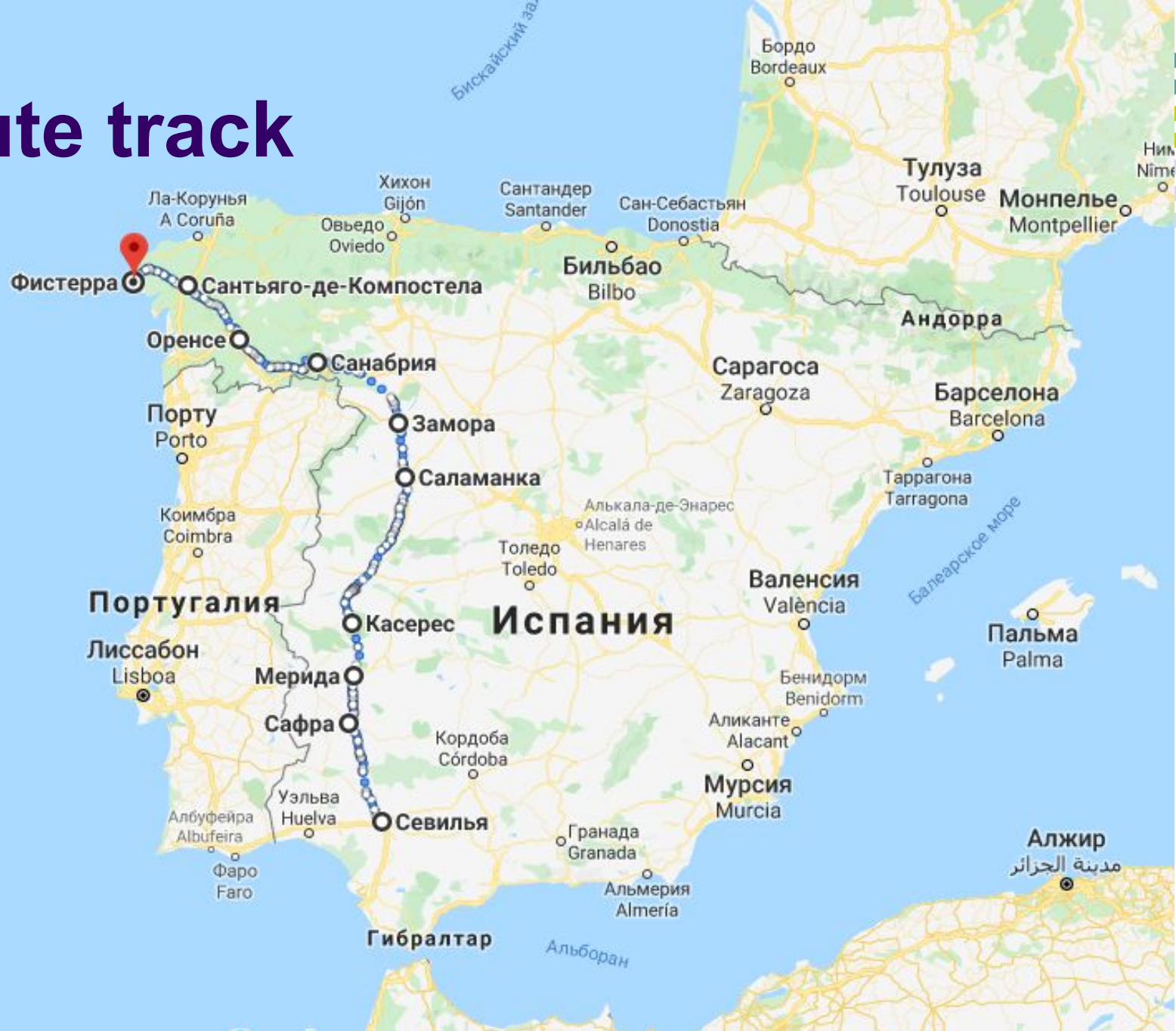


# “WAY OF INCREDIBLE OPPORTUNITIES” for runners over 60 years of age 30 marathons in 30 days



# Route track



# **30 marathons in 30 days from Seville to Fisterra**



## **By Vía de la Plata (The Silver Pilgrim Way) and the Way Santiago Sanabres**

- 1. This is the ancient way of the Romans.
- 2. An interesting relief.
- 3. 5 provinces.
- 4. Few tourists.
- 6. Early spring - favorable weather.

# ***Our Team Russian team under the Russian flag***



- **Runners:**
- **Katsapova Olga, (65 years old) St. Petersburg**  
<https://vk.com/id698825>
- **Anikina Olga, (63 years old), Blagoveshchensk**  
<https://vk.com/id118888544>
- **Nina Melnikova, (28 years old) Gatchina city**  
[https://vk.com/cycling\\_coach](https://vk.com/cycling_coach)
- **Cyclist, photo / video accompaniment: Babuk Alexey, (36 years old), Gatchina**  
[https://vk.com/domain\\_man](https://vk.com/domain_man)
- **Escort car driver            the place is vacant**

# Dates and stages of the project



**TERMS: March 13 - April 20, 2020.**

## **STAGES:**

- 1. March 13-14 arrival in Barcelona and March 15 - participation in the race - a marathon in Barcelona.**
  - 2. March 16 - March 17 train or bus transfer from Barcelona to Seville.**
  - 3. March 18 - start from Seville along the “Silver Pilgrim Way” with a length of 1,200 km to the Atlantic Ocean (Seville - Santiago - Muhia, Fisterra).**
- April 20, 2020 completion of the project on the Atlantic coast in Spain (Fisterra city).**

# Estimated budget



| Этап  | for 1 person<br>in Euro | for 5 person<br>in Euro |
|---|-------------------------|-------------------------|
| Flights: St. Petersburg -<br>Barcelona<br>Santiago de Compostela - Madrid -<br>St. Petersburg | 300                     | 1 500                   |
| Flight or bus<br>Barcelona - Sevilla round trip   | 200                     | 1 000                   |
| Food and accommodation<br>in Alberts (60 € per day)   | 2 100                   | 10 500                  |
| Equipment for a bicycle, stabilizer<br>for camera and phone                                   |                         |                         |
| <b>TOTAL:</b>   | <b>2 600</b>            | <b>13 000</b>           |
| Car rent Escorts  |                         | 1 100                   |
|   |                         |                         |

# **To minimize risks during prolonged physical exertion and successfully complete the project, Russian runners need:**



- 1. Escort car - a place to sleep, eat, and store things, transportation of possibly injured participants.**

**It is planned to cover a distance of about 60 km per day. The escort car drives about half the distance, and the athletes are catching it.**

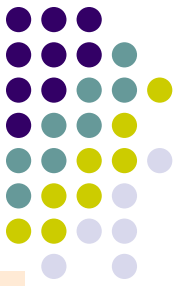
- 2. Nutrition.**
- 3. Quality restoration.**
- 4. Equipment for a bicycle, stabilizer for camera and phone.**
- 5. The physical readiness of the participants.**

- The cost of sponsorship and possible activations is discussed with each partner individually.
- Our task is to make this cooperation mutually beneficial





# PROJECT SPONSOR WILL RECEIVE



- Reflection of Sponsor's pages
- We will use the provided products or equipment of the Sponsor throughout the project

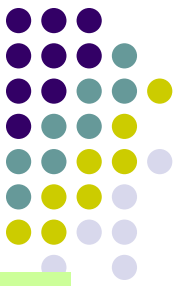
**The sponsor will receive all information about the expenditure of funds invested in the project.**

**In reports, in the news, in interviews with participants, we will present as the title sponsor of the project**

**We will apply the Logo, the Name on the bicycle, car, clothes**

**SPONSOR will be able to use information about the project, the team for advertising purposes**

# We will constantly mention the Partner / Sponsor in social networks



## Official mileage resources:

- Instagram:

[www.instagram.com/olgakatsapova5151](http://www.instagram.com/olgakatsapova5151)

[www.instagram.com/silverway\\_esp/](http://www.instagram.com/silverway_esp/)

- InContact with

<https://vk.com/id698825>    [https://vk.com/id698825;](https://vk.com/id698825)

[https://vk.com/olga\\_katsapova\\_dnevnik;](https://vk.com/olga_katsapova_dnevnik)

[https://vk.com/silverway\\_esp;](https://vk.com/silverway_esp)

- Facebook:

<https://www.facebook.com/olga.katsapova>

<https://www.facebook.com/olga.katsapova>

<https://www.facebook.com/groups/504338890193051>

1. **The author of the project is Olga Filippovna Katsapova, February 8, 1954, St. Petersburg.**
2. She started running at 58. The first marathon in 62 years. The first super marathon in 63 years. She overcame 100 km twice and participated in the daily run in Moscow in 2017, overcame 162 km. A regular participant in many starts, mainly in Russia and several, abroad.
3. In April 2019, she took part in the ASICS international project of 10 marathons in 10 days in a team of 10 people from London to Paris. Represented Russia. It was selected as a result of the competition.
4. Links to articles in various publications, TV shows, live performances in the KANT store, film about 10 marathons in 10 days:
5. Link article! [https://vk.com/wall698825\\_8996](https://vk.com/wall698825_8996)
6. [https://vk.com/wall-145010426\\_9977](https://vk.com/wall-145010426_9977)
7. Video: [https://vk.com/video698825\\_456239565](https://vk.com/video698825_456239565)
8. V Kontakte: <https://vk.com/id698825>
9. [https://vk.com/olga\\_katsapova\\_dnevnik](https://vk.com/olga_katsapova_dnevnik)
10. INSTAGRAM: [www.instagram.com/olgakatsapova5151](http://www.instagram.com/olgakatsapova5151)
11. Movie of 10 marathons in 10 days:  
<https://www.youtube.com/watch?v=RgZyCDZJ3Os&feature=youtu.be>
12. TV 78 St. Petersburg <https://vk.com/videos698825>
13. Video recording of the lecture: "Long run and breathing"  
[https://vk.com/video-27985352\\_456239444](https://vk.com/video-27985352_456239444)
14. Here is a link to the plot of TV 78 <https://topspb.tv/programs/stories/465692/>
15. Article in the Marathoner Magazine <https://vk.com/wall-76305773>. Read the story here: <https://marathonec.ru/london-paris-420km/>

**Active life makes it possible to push the boundaries of the familiar and remove age restrictions.  
The strength of mind is infinite and WE continue to move**



# Thank you for attention



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