



# WILLKOMMEN IM MOVE – HOME OF THE BERLIN-MARATHON

14 days of sport, culture, talk & enjoyment - the complete program



**17/09 to 30/09**

**AT THE BRANDENBURG GATE**

DAILY 08:00 AM TO 10:00 PM.

## **SPORT MEETS CULTURE:**

- experience marathon history
- programme full of movement
- food & drinks

**FREE ENTRY –  
DON'T MISS OUT!**

## Categories

GUIDED EXHIBITION TOURS

MOVEMENT

CULTURE

PANEL-TALK

Short-term changes can be found in the programme directly in MOVE.

**TU**  
Sept. 17.

Running meeting: Early Bird 5k	08:30 am
Lunch Break Yoga with Karli	12:00 pm
Exhibition tour with SCC participants	03:00 pm

**WE**  
Sept. 18.

Les Mills Workout by the MOVE	08:00 am
Berlin Sightrunning x MOVE: Running at Berlin's landmark	10:00 am
Exhibition tour with SCC participants	01:00 pm
Only death is faster - reading with Hajo Schumacher	04:00 pm
Strolling instead of running - an evening with talk and music	06:00 pm
Running meeting: After Work Run	06:30 pm

**TH**  
Sept. 19.

Lunch Break Yoga with Karli	12:00 pm
Exhibition tour with SCC participants	01:00 pm
Panel talk: The view through the camera - Berlin is transforming	06:00 pm
BMW BERLIN-MARATHON 6-month preparation course with Chris	06:30 pm

# PROGRAM

**FR**

Sept. 20.

School excursion 08:30 am

Texts from the track - reading with Detlef Kuhlmann 04:00 pm

Panel Talk: Berlin as a sports destination 07:00 pm

Jazz from the track: Roseneck-Boys 09:00 pm

**SA**

Sept. 21.

Running meeting: Parent-child run 10:00 am

The book of the run of my life - reading with Joyce Hübner 04:00 pm

Panel Talk: Diversity - Breaking Grounds 06:00 pm

Jazz from the track: MARCUS KLOSSEK ELECTRIC TRIO 09:00 pm

**SU**

Sept. 22.

Running meeting: 5k 'Star' Run 10:00 am

Panel-Talk: Joy of Giving- Run(s) for a good cause 06:00 pm

**MO**

Sept. 23.

Vital & Active: Senior gymnastics 10:00 am

Lunch Break Pilates with Johanna Hwang 12:00 am

Exhibition tour with SCC participants 01:00 pm

Poetry Meets MOVE 07:00 pm

**TU**

Sept. 24.

Les Mills Workout by the MOVE 08:00 am

Running club: Early Bird 5k 08:30 am

Lunch Break Pilates with Dorka Bittmann 12:00 pm

BMW BERLIN-MARATHON 3-month preparation course 06:30 pm

Panel Talk: BERLIN-MARATHON - History, Present & Future 07:00 pm

# PROGRAM

**WE**  
Sept. 25.

School excursion	09:00 am
Exhibition tour with SCC participants	01:00 pm
Panel: Sustainable mobility at major events	02:00 pm
Panel-Talk: Ready, Set, Marathon	04:00 pm
Running meeting: After Work Run	06:30 pm
Laufbuch - reading with Urs Weber	07:00 pm

**TH**  
Sept. 26.

Vital & Active: Senior gymnastics	10:00 am
Lunch Break Yoga with Karli	12:00 pm
Cycle-appropriate training - lecture by Steffi Platt	05:00 pm
BMW BERLIN-MARATHON 6-month preparation course with Chris	06:30 pm
Jazz from the track: Tuba Vibes Project	09:00 pm

**FR**  
Sept. 27.

Panel Talk: Importance of major marathons for big cities	02:00 pm
--	----------

**SA**  
Sept. 28.

Panel-Talk: Inclusion - overcoming boundaries	03:00 pm
---	----------

**SU**  
Sept. 29.

**Race Day**



**Medal Monday**

**MO**  
Sept. 30.

After Marathon Run	03:00 pm
Jazz from the track: Andrea Marcelli Quartett	06:00 pm

## Running meeting - Early Bird 5k

Together with our running coaches, you will not only go for an easy 5 km run, but also take part in a varied and diverse warm-up programme. Do something good for yourself and get the energy kick you need first thing in the morning! Your body and mind will thank you for it.



## Lunch Break Yoga with Karli

Experience a lunch break yoga session with Karli. Karli is the founder of the wellness club Flexn' Flourish, which promotes inclusion and diversity in the wellness industry. She focuses her practice on guiding people towards dynamic movement, strength, relaxation and healing.

### Note

If you have your own mat, please bring it. Thank you!

## Guided tour of the exhibition with SCC participants

Personal guided tours through the exhibition.



**Antje Jüntgen** Since 2015 with SCC EVENTS as Team Leader Participant Management and since 2020 Director of Participant Management & Marketing|Digital. Before that, almost 15 years in organisational management at ISTAF and Berlin läuft.



**Judy Kumutat** She has been with SCC EVENTS since 2002 in Participant Management and has been team leader for about 2 1/2 years. Before that she worked as a nurse



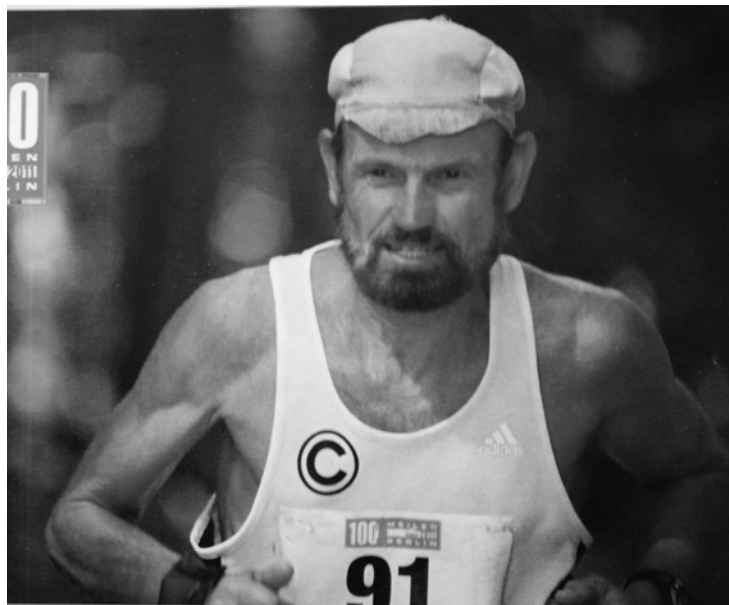
**Thomas Steffens** was company spokesman for SCC EVENTS from 2007 to 2019. Prior to that, he worked as an editor for 20 years, including as editor-in-chief of the running magazine RUNNER'S WORLD from 1993 to 2007, the largest German running magazine. He is the author (partly together with Martin Grüning) of nine books on the subject of running; In 1983, he co-authored the first German triathlon book 'Triathlon - die Krone der Ausdauer'. In addition to his involvement in the Frankfurt Marathon from 1981 to 1989, he worked for the Boston Marathon and the Columbus, Ohio Marathon (1986-88). He completed 23 marathons between 1977 and 1988.

## Guided tour of the exhibition with SCC participants

Personal guided tours through the exhibition.



**Horst Milde** The former German track and field athlete and founder of the BERLIN-MARATHON has been a member of the board of the world marathon association AIMS since 1999, drove the foundation of the AIMS Marathon Museum and is now the spokesman for German Road Races, the organisation representing the interests of German road race organisers. Milde was race director of the BERLIN MARATHON for 30 years before handing over the reins to his son Mark in 2004. Today he is the honorary race director of the BERLIN MARATHON.



**Roland Winkler** The qualified sports teacher has been an active runner for more than 60 years. From 1963 to today, he has run around 240,000 kilometres. In 1981, he set the eternal GDR record in the 100-km run. In 2006, he became Ironman European champion. He has been the head of the BERLIN-MARATHON start department since 1998.

## Guided tour of the exhibition with SCC participants

Personal guided tours through the exhibition.



**Vincent Dornbusch** Hobby musician & jazzmaniac: saxophone and clarinet, wellness and sports enthusiast, passionate cyclist. Master brewer in his first professional life. With SCC EVENTS since 1998 - has done more or less all jobs. Takes care of the layout and orders the medals for all events. He is currently responsible for the magazines and texts + photos in the communications department. Vincent is a 25-time BERLIN MARATHON finisher and Berlin lover.



**Sebastian Wells** lives in Berlin, is a photographer and artist, a member of the OSTKREUZ agency since 2019 and co-founder of the magazine Solomiya. He studied at the Ostkreuzschule für Fotografie in Berlin, the Hochschule Bielefeld and the KASK School of Arts in Ghent. Regular publications in 11Freunde, taz, Der Spiegel, DIE ZEIT, among others. Exhibitions at the Akademie der Künste (Berlin), Haus am Kleistpark (Berlin), Deutsche Börse Photography Foundation (Frankfurt a.M.), Kunsthalle Erfurt, among others. Honoured with the German Peace Prize for Photography (2023) and the VDS Sports Photo of the Year (2017, 2020), among others. He has already photographed 11 Berlin Marathons and photographed the photo series 'Invisible Paths' for the anniversary exhibition of the marathon.



## Les Mills Workout by the MOVE

BODYATTACK™ is a high-energy fitness class with movements that are suitable for beginners as well as absolute sports fanatics. The class combines athletic movements such as running, lunges and jumping with strength exercises such as push-ups and squats. A LES MILLSTM instructor provides energising music and guides you through the workout. Your limits will be challenged in a good way, you will burn up to 555 calories\*\* and you are guaranteed to leave the class with a sense of achievement.

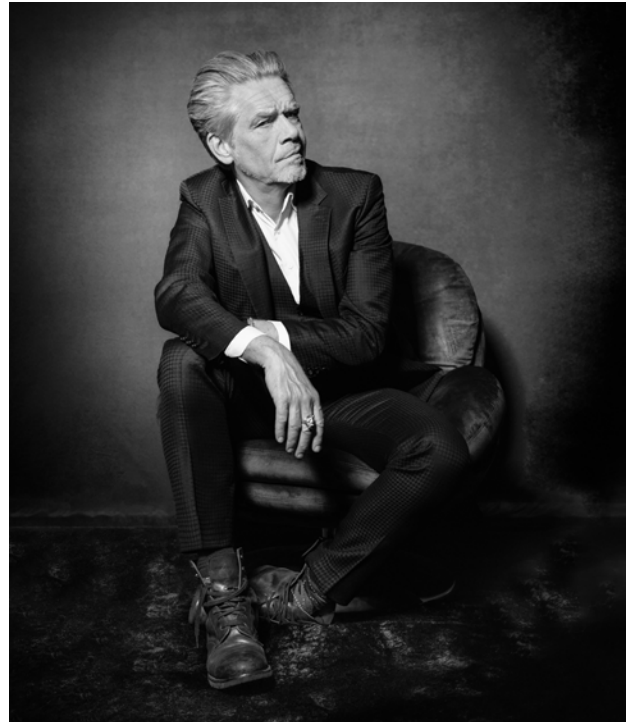


## Berlin Sightrunning x MOVE: Running at Berlin's landmark

Berlin Sightrunning: A combination of running & sightseeing. While jogging, there are anecdotes about the sights & history of the city. Together with Sabine Lochner-Zerbe, you will experience sight-seeing in Berlin in a special way. Sabine has been organising sight-running tours since 2012, either individually or as team events. She also has further experience as a guide in various areas.

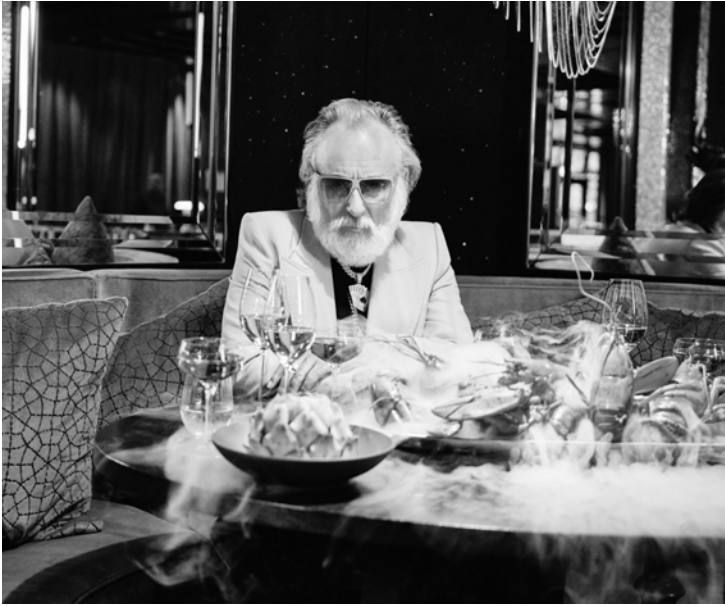
## Only death is faster - reading with Hajo Schumacher

Detective Peer Pedes uses unorthodox methods, humour and speed to investigate a series of murders in the Berlin running scene. The fast-paced crime thriller was written by journalist, TV presenter and author Hajo Schumacher, also known as Achim Achilles, and screenwriter Michael Meisheit, who has written almost 400 episodes of Lindenstraße.



## Strolling instead of running - an evening with talk & music

Friedrich Liechtenstein and marathons don't really go together. The trained puppeteer, director, musician, advertising icon and actor describes himself as a flâneur who explores the city on foot - and that makes him a shoe, albeit not a running shoe. Presenter and talk show host Ilka Peemöller talks to him about his Berlin, the changes and developments in the city that can be seen from the street. Friedrich Liechtenstein belongs to Berlin like the BERLIN MARATHON belongs to the capital, and both belong in MOVE. At the end of the conversation, we experience a small Berlin première: Friedrich Liechtenstein sings three songs from his new album for us - that's what it's all about: exactly - Berlin.



**Friedrich Liechtenstein** is a phenomenon. He is an entertainer, singer, showman and algae philosopher. He is a flâneur, self-proclaimed jewellery hermit and now follows in the footsteps of the living monk. The performer always succeeds in New ones with his visionary and cool way of going viral and is a social media hit. He calls it smart washing. And not least because of his creative involvement in the campaign development. With his cool and unexpected wording, he has his finger on the pulse of the times and proves himself to be a modern philosopher. His creativity has already given a number of campaigns the uniqueness that has helped them to succeed.



**Ilka Peemöller** Where Peemöller is on the label, Peemöller is inside: authentic, empathetic, captivating. Recognisable feature: infectious laughter. Ilka is known for his in-depth talks and his ability to tell the stories of celebrities and other personalities with empathy. With her expertise and warmth, she empathises with others - from Madonna to Udo Lindenberg and Lothar Matthäus. Peemöller does not shy away from the lime-light and brings entertainment in all its facets to the stage on different levels and with ease.

## The view through the camera - Berlin is transforming

Three renowned photographers share their perspectives on Berlin and the BMW BERLIN MARATHON. Sofieke van Bilsen, a sports photographer from the Netherlands, captures the emotions of the athletes. Sebastian Wells, Berlin photographer and OSTKREUZ member, has been documenting the BMW BERLIN-MARATHON and urban changes for years. Barbara Wolff illuminates the metropolis of Berlin in her works. The discussion will be moderated by Ingo Taubhorn, former chief curator of the Haus der Fotografie Hamburg.



**Sebastian Wells** Photographer and artist, member of the OSTKREUZ agency since 2019 and co-founder of Solomiya magazine



**Barbara Wolff** works as a freelancer for the Munich-based specialised camera manufacturer Linhof. She organises workshops, photo competitions and exhibitions. Trained in photography and communication design for 12 years.



**Sofieke van Bilsen** lives as a sports photographer in the Netherlands. Her latest highlights were: European Championship in Munich, the women's DFB team, Team Germany at the Olympics in Paris and the NN Running Team.

## Running meeting: After Work Run

After work is before the after-work run. Be there when our running coaches add variety to your exercise calendar and get you up to speed after work - in the way that suits you best, of course.



## Lunch Break Pilates with Johanna Hwang

Experience Lunch Break Pilates with Johanna Hwang. Johanna was a professional ballet dancer with the Berlin State Ballet and Aterballetto in Italy. Even during her dance career, she began training as a Pilates instructor using the STOTT PILATES method and has been the owner of THE PILATES PLACE BERLIN Pilates studio in Berlin-Mitte since 2021.

### Note

If you have your own mat, please bring it with you. Thank you!

## Lunch Break Pilates with Dorka Bittmann

Experience Lunch Break Pilates with Dorka Bittmann. Dorka has had a passion for health and sport since childhood. After 13 years of performance dance (Latin, ballroom and jazz ballet), she completed a Comprehensive Teacher Training Programme at BASI Pilates. As a Pilates trainer, she not only wants to teach her clients, but also inspire them.



## Texts from the track - reading with Detlef Kuhlmann

Detlef Kuhlmann reads from his book 'Literatur-Marathon. Texte von der Strecke' which will be read. He has been organising the Literature Marathon as part of the BMW BERLIN-MARATHON since 1990. He has published several books on running literature, including the one which he will be reading from.



## Berlin as a sports destination - the impact of major events on tourism

What kind of tourism does Berlin want - and what do marathon runners from all over the world who come to the city to become part of the BERLIN MARATHON community need? Berlin's top tourism expert Burkhard Kieker, the head of the Airport Control Centre at BER and ambitious marathon runner Georg Paschek talk about this, Christian Jost, Managing Director of SCC EVENTS GmbH, and the General Manager of the Park Plaza Hotel of the Park Plaza Hotel Berlin and board member of Visit Berlin Partner-hotels e.V., Carsten Rudolph. A highly topical discussion about changing (sports) tourism - expertly moderated by Ilka Peemöller.



**Georg Paschek** The hobby runner is head of the Airport Control Centre and manages daily flight operations at BER Airport with his team. He has worked at Flughafen Berlin Brandenburg GmbH for almost 20 years.



**Christian Jost** Together with Jürgen Lock, he has been Managing Director of SCC EVENTS GmbH since 2010. The trained business graduate has been a volunteer at the BERLIN-MARATHON since 1987 and had a 4-year stint at an advertising agency in between. He is also a member of the board of the SCC e.V. athletics department.



**Carsten Rudolph** He is General Manager of the Park Plaza Hotel Berlin and a board member of Visit Berlin Partnerhotels e.V. and founded the Sport Working Group of Visit Berlin Partnerhotels e.V. in 2023 together with hoteliers interested in sports. Together with those involved, he is committed to strengthening Berlin's position as a sports metropolis and increasing the importance of popular and professional sports. In dialogue with national and international players, the association is working on attracting further major events and sporting events to Berlin.



**Burkhard Kieker** Since 2009 Managing Director of Berlin Tourismus & Kongress GmbH, which operates under the visitBerlin brand. In this role, he is responsible for the global marketing of the German capital in the areas of tourism and congresses, as well as maintaining the Berlin brand.

## Jazz from the track: Roseneck-Boys

Experience an evening with the Roseeck Boys, a jazz band that also provides the of the BMW BERLIN-MARATHON. The Roseneck Boys have known each other for decades and have worked together on various projects during this time, and their musical communication is correspondingly well-rehearsed, which is also transferred directly to the audience. Roseneck Boys: Jazz to listen to - and relax to!



## Running meeting - parent- child run

Like parents, like children. Or rather, like children, like parents? Either way, the parent-child run is perfect for young and old. Our running coaches provide an age-appropriate exercise programme with lots of fun. It's well worth taking part.



## The book about the course of my life - reading with Joyce Hübner

20 weeks, 69,656 metres in altitude, 5127 kilometres. Joyce Hübner ran around Germany in 120 marathons, followed by hundreds of thousands on social media. In her book, she provides deep and inspiring insights into the course of her life.



## Panel-Talk: Diversity: Breaking Grounds

At the Breaking Grounds Panel-Talk, four inspiring personalities share their experiences with diversity, inclusion and personal transformation. Daniel Marin Medina, Greta Graf, Hong Anh Pham and Noah Heckhoff talk about running in the community and their personal stories. The discussion will be moderated by diversity expert Cathérine Ngoli. Alfonso Pantisano, Queer Representative of the State of Berlin, will give the welcoming address.



**Noah Heckhoff** Coordination of the 'Berlin Queer Alliance' project of the Berlin-Brandenburg Lesbian and Gay Association.



**Daniel Marin Medina** an American artist, writer and runner born in Colombia.



**Hong Anh Pham** German multi-disciplinary designer, artist and yogi. Traveling the world to meet running friends.



**Greta Graf** Storyteller, activist and currently in the final year of the Ostkreuzschule für photography.

## Jazz from the tracks: MARCUS KLOSSEK ELECTRIC TRIO

Experience an evening with a jazz band playing on the BMW BERLIN-MARATHON course. Marcus Klossek is one of a group of guitarists who play jazz on a Fender Telecaster, the archetype of the electric guitar, so to speak. A group that includes many unmistakable individualists, such as Ed Bickert, Bill Frisell, Mike Stern, Jim Campilongo and Jakob Bro. Marcus Klossek is an established authority on the Berlin jazz scene who knows how to get to the point with his Electric Trio. Together with his Electric Trio, the guitarist always hits the mark, bringing out the variety and freshness of the songs.



## Running meeting - 5k “Star” Run

Look forward to a guided running and exercise program with our running coaches and special surprise guests from Marathon Team Berlin: Debbie Schöneborn (2021 Olympic athlete in Tokyo), her sister Rabea Schöneborn (best German at the BMW BERLIN-MARATHON 2021) and Lisa Hahner (2016 Olympic athlete in Rio). A relaxed 5 km lap in celebrity company will delight your body and mind. Be part of it!

## Panel-Talk: Joy of Giving-Run(ing) for a good cause

At the Joy of Giving panel discussion, four special people, representing thousands of charity runners, give a deep insight into sharing joy for those who need help. More and more participants in the BMW BERLIN-MARATHON are now not only running for their own goal - they are positively charging their training and the race and raising money for a good cause. Sophia Vecchini, Nick Hollowood, Patrick Hoffmann and Cornelius Nohl talk about their organizations' involvement in the charity projects and about their emotional experiences with the sporting donors. Topics such as transparency, the selection of projects and opportunities for the future will also be discussed. The discussion will be moderated by Robert Fekl, who is responsible for charity activities at SCC EVENTS in addition to his role as Team Lead Media Relations & Editorial.

**Sophia Vecchini** Content Manager and Project Manager Charity Starting Places ROTE NASEN Deutschland e.V.

**Cornelius Nohl** CEO Children for a better World e.V

**Patrick Hoffmann** Head of Social Impact and the Human Safety Net, Generali Germany.

**Nick Hollowood** Chief Commercial Officer, Realbuzz.



## Vital & Active: Senior gymnastics

Experience a senior gymnastics session with the SCC Berlin sports group led by Rolf Köthke. Rolf has held a B trainer license from the Berlin State Sports Association and the Berlin Disabled Sports Association since 2021. In 2019, he took over a permanent senior sports group at SCC Berlin and has been supervising it ever since.

## Poetry meets MOVE

“Poetry Meets MOVE” is an experience in which jazz poetry and the art of movement merge and a playing field is created on the theme of the marathon, transforming the space into a dynamic canvas of sound, movement and emotion. Under moderated by Jumoke Adeyanju, poets Nana Owusu Ansah and Mylène Gomera, musicians Dumama & Natalie Greffe and saxophonist Regis Molina as well as movement artists Osman & Lya will explore the boundaries of synergetic expression and endurance.



### Gugulethu Duma aka Dumama

is a musician/composer/sound poet/creative producer from the Eastern Cape Province in South Africa. She is concerned with the deconstruction and critique of archaic forms of representation in South African African sound and performance culture, while also composing music for herself and others.



**Natalie Greffel** is drawn to the Afro-Brazilian music that her mother played in her childhood, which in turn revealed a cultural connection between Mozambique and Brazil. Through her precise questioning of identity, this emerging Berlin talent manages to explore the edges, re-sketch the boundaries and embrace the many facets of herself, both personally and musically.



**Nana Owusu Ansah** is a Ghanaian poet.



**OSMAN Movements** is a movement artist and dancer of Sudanese and Ethiopian origin who specializes in urban styles such as popping. He is the founder of the BeMarvel Fam collective and regularly teaches at the Flying Steps Academy.



**Lya Kifle** is a dancer, choreographer and dance teacher of Eritrean origin. In addition to the cultural and musical influences of her family, she grew up with hip-hop. She currently focuses on modern African dances, but moves in different dance scenes from which she draws inspiration.



**Mylène Gomerai** is a London-based award-winning actress, voice-over artist, poet, writer and producer. Having grown up in different countries around the world, she finds herself at the crossroads of many cultures and is a multilingual artist of East African heritage.

**(DJ) EMO RUGENE** is a musical virtuoso with Kenyan roots, who weaves enigmatic tapestries of highly vibrant soundscapes. Emo has made it his mission to create connections between different cultures, to encourage other artists and to ignite the spark in people's lives.



**Regis Molina** is a musician and composer from Havana and Berlin. Based on Cuban traditional rhythms and jazz, his playing style is flexible, with strong improvisational skills in any genre, be it reggae, hip-hop, soul or pop. Molina is an energetic saxophonist and bandleader. With his bands, he is also in search of the spiritual values in music.



**Jumoke Adeyanju** is an interdisciplinary, multilingual storyteller, curator and dancer. Under her pseudonym mokey-anju, she occasionally performs as a vinyl selector and emerging sound artist. She is the founder of the Poetry Meets Series [est. 2014], co-curator of Sensitivities of Dance and hosts her radio program Sauti ya àkókò and the Breakfast Show on Refuge Worldwide.

## Panel-Talk: BERLIN- MARATHON - History, Present & Future

The BERLIN MARATHON has undergone an impressive development - from a small fun run in the countryside to one of the world's most important marathon events. What began in 1974 with just 286 participants has developed over the years into Berlin's largest sporting event. The race is marked by numerous records and historic events, including the fall of the Berlin Wall. The BERLIN MARATHON is closely interwoven with the history of Berlin and Germany and has also written its own fascinating history over the years. Hajo Schumacher talks to the following guests about 50 years of the BERLIN-MARATHON:



**Christian Jost** Together with Jürgen Lock, he has been Managing Director of SCC EVENTS GmbH since 2010. The trained business graduate has been a volunteer at the BERLIN-MARATHON since 1987 and had a 4-year stint at an advertising agency in between. He is also a member of the board of the SCC e.V. athletics department.



**Jürgen Lock** The long-standing managing director of SCC EVENTS GmbH is a qualified sports scientist specializing in sports medicine and management. He has been active in various committees and associations since 2005, including as a board member of the athletics department of SCC e.V. as well as a member of the World Marathon Majors Sports Medicine Board, the running committee of the German Athletics Association and the International Marathon Medical Directors Association (IMMDA). He is also Vice President of Sport-Club Charlottenburg.



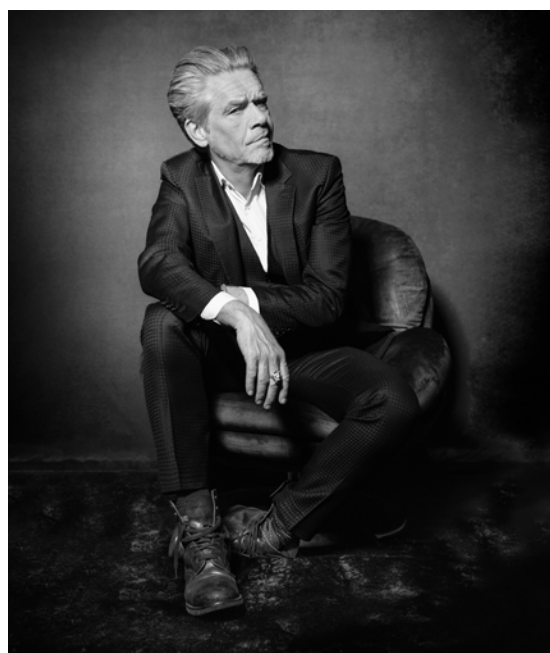


**Horst Milde** The former German track and field athlete and founder of the BERLIN-MARATHON has been a member of the board of the world marathon association AIMS since 1999, drove the founding of the AIMS Marathon Museum and is now a spokesperson for German Road Races, the interest group of German road race organizers. Milde was race director of the BERLIN-MARATHON for 30 years before handing over the reins to his son Mark in 2004. Today he is Honorary Race Director of the BERLIN-MARATHON.



**Mark Milde** The son of BERLIN MARATHON founder Horst Milde has been involved in age-appropriate activities in the organization of the SCC Berlin sporting event since childhood. When his father retired in 2004, Mark Milde took over the position of Race Director. The continuous development of SCC events, the founding of the Abbott World Marathon Majors and the organization of external events (World Championships 09 and European Championships 18) are further stages of his work at the SCC.

**Hajo Schumacher** The journalist, author, podcaster and chief columnist at Funke Mediengruppe studied politics, sociology and psychology in Munich, graduated from the German School of Journalism and completed his doctorate under Prof. Karl-Rudolf Korte on Angela Merkel's power strategies. For several years, he entertained Germany's running community with cheerful columns under the pseudonym Achim Achilles. Together with screenwriter Michael Meisheit, he wrote the running thriller "Nur der Tod ist schneller", which is set at the Berlin Marathon



## Panel-Talk: Sustainable mobility for major events

At the panel discussion 'Sustainable mobility at major events', our experts will discuss how to reduce the environmental impact of major events and promote sustainable mobility. During the debate, we will look beyond the horizon to the sustainability of major events and discuss which forward-looking and innovative approaches exist. This panel discussion is a must for anyone interested in the interface between the event industry and environmental protection. The discussion will be moderated by Giulia Potikha.

**Rosa Hoelger** has been on the road with songwriting and punk projects since 2015. She studied Sustainable Business Management at the Eberswalde University for Sustainable Development and wrote her master's thesis on the sustainability of Berlin music venues. As a sustainability manager at The Changency - The Changency - Agentur für nachhaltigen Wandel (Agency for Sustainable Change), she develops strategies and concepts for more sustainability in the music industry. Among other things, she was involved in the realisation and evaluation of Plant A SEED, the first scientific study on sustainability at major concerts in Germany. As co-project manager, Rosa supervised the 'TICKET TO RIDE' project in cooperation with AnnenMayKantereit and Fridays For Future, which focussed on environmentally friendly visitor mobility at major events.

**Christian Scheler** is Managing Director of the Good Mobility Council - the certificate for property and mobility. As a transport planner, Mr Scheler has worked on numerous mobility and transport concepts throughout Germany over the past 12 years - including concepts for sporting and cultural events as well as concepts for optimising mobility at retail locations. In addition to the management of travel behaviour, he also focuses on the requirements of logistics.

**Anna Wolf** is a consultant at EY and focusses on helping companies become more environmentally and socially responsible. She is committed to ensuring that companies along their value chain contribute to the well-being of the world and to solving important problems while remaining economically successful. Through her work at EY, she brings about significant change that benefits people and nature.

**Prof. Dr. Julia Schwarzkopf** is Professor of Sustainable Corporate Management at HTW Berlin. After holding various positions in science and business, she completed her doctorate on corporate climate strategies at ETH Zurich. The sociologist and environmental scientist then worked in the field of sustainable supply chain management for a DAX 30 company before accepting the position at HTW Berlin in April 2017. She is interested in opportunities for sustainable action by selected economic actors, particularly along and within value chains.

## Panel-Talk: Ready, Set, Marathon

Paul Schmidt-Hellinger (sports physician at the Charité + German record holder over 50 km) talks to Debbie Schöneborn (adidas athlete and Olympic participant), her sister Rabea Schöneborn (adidas athlete and multiple German champion) and Simone Salzger (specialist in general medicine, sports medicine and Medical Director and Executive Board Member Medical of the BMW BERLIN-MARATHON) about 4 aspects of optimal marathon preparation: **RECOVERY** the art of recovery **NUTRITION** fuel for peak performance **TRAINING** the right preparation **RACE STRATEGY** the day of the race

After this panel talk, nothing can go wrong in your marathon preparation.



**Rabea Schöneborn** adidas athlete and multiple German champion.



**Harry Miles** Director Development Footwear.



**Debbie Schöneborn** adidas athlete and Olympic participant.



**Simone Salzger** Specialist in general medicine, sports medicine and Medical Director and Executive Board Member Medical of the BMW BERLIN-MARATHON.

## Laufbuch - a reading session with Urs Weber

Urs Weber is an editor at RUNNER'S WORLD, the world's largest running magazine and online network. As a journalist and author, the 56-year-old from Hamburg focuses on running in general, is an expert on running equipment and heads the RUNNER'S WORLD test team. Look forward to a reading in which Urs reads out funny facts and stories about marathon running from his book "Laufbuch".



## Cycle-appropriate training - Lecture by Steffi Platt

Steffi Platt is a former competitive athlete, active runner & running coach specializing in hormone, menstrual cycle and women's health with 5 years of experience and almost 100 athletes coached. She is the founder of FIERCE RUN FORCE e.V., the first running club in Germany with cycle-appropriate training. In her 30-minute presentation, she will talk about cycle-appropriate training in relation to a marathon.

## Jazz from the track: Tuba Vibe Projects

Experience the concert of a jazz band playing on the BMW BERLIN-MARATHON course. The Tuba Vibes Project is a unique and truly extraordinary ensemble that stands out for its unheard-of sounds, new ideas, exciting musical journeys and a certain unpredictability. Characterized by spontaneity and freedom, the music captivates with an enormous richness of sound. The individual compositions are always new in their design and provide astonishing perspectives. It grooves, evokes, exhilarates, narrates, hearts and is exciting.



## Panel-Talk: Importance of major marathons for big cities - a discussion with the AVMM directors

The race directors of the Abbott World Marathon Majors, Mark Milde, Jack Fleming, Yasu Oshima, Spencer Barden, Dawna Stone and Ted Metellus, talk about their experiences of big races in major metropolises. Are such events tolerated or have they become important location factors?



**Jack Fleming** President and CEO of the Boston Athletic Association (BAA), has been part of the prestigious organisation responsible for the prestigious Boston Marathon for over 33 years. He has served in a variety of roles, including marketing, communications, sponsorship and as Chief Operating Officer, overseeing day-to-day operations. Fleming's in-depth knowledge of the running industry, the athletes and the communities surrounding the tradition-rich event has been an invaluable contribution to BAA.



**Yasuhiro Oshima** Race Director of the Tokyo Marathon (since April 2024) and former professor at the College of Sports Science (Department of Sports Management) at Nihon University (2021). He is a former director of the Japan Athletics Federation (2005). Oshima was manager for marathon and racewalking and was on the organising committee for the Tokyo 2020 Olympic and Paralympic Games in 2019



**Mark Milde** The son of BERLIN-MARATHON founder Horst Milde has been involved in age-appropriate activities in the organisation of the SCC Berlin sporting event since childhood. When his father retired in 2004, Mark Milde took over the position of Race Director. The continuous development of the SCC events, the founding of the Abbott World Marathon Majors and the organisation of external events (World Championships 09 and European Championships 18) are further stages of his work at the SCC.



**Dawna Stone** is the CEO of Abbott World Marathon Majors. She is best known in the running industry for founding the award-winning Women's Running magazine and America's largest half marathon series for women. Prior to her work with the Majors, Dawna was CEO of Running USA, a non-profit organisation dedicated to improving the status and experience of long-distance running and racing in the United States. She is a motivational speaker and an avid runner and Ironman finisher in Hawaii.



**Ted Metellus** manages and oversees all event development and production for New York Road Runners (NYRR). Ted joined NYRR in 2001 as Event Manager and served in that role until 2003, returning to the organisation in 2018 as Senior Director of Events. In 2019, he became Vice President of Events and Technical Director of the TCS New York City Marathon. In February 2021, he was appointed Race Director of the TCS New York City Marathon, becoming the first black Race Director of an Abbott World Marathon Majors race ever. In May 2022, he was promoted to Senior Vice President. Metellus plays an important role in managing the more than 50 races NYRR organises each year.



**Spencer Barden** is Head of Elite Athletes at the London Marathon and an advisor to both the London Diamond League and the Doha Diamond League & Doha Marathon (Gold Label 2024) athlete recruitment programme. Barden was Head of Pacemakers for the INEOS 1:59 Challenge with Eluid Kipchoge and was instrumental in the project and the strategies behind it.

## Panel talk: Inclusion - Overcoming boundaries

In this panel discussion, impressive personalities share their stories about overcoming barriers and their commitment to inclusion. From Thomas Eller, the first deaf Abbott World Marathon Majors Six Star finisher, to Regina Vollbrecht, former world record holder in the blind marathon and representative for people with disabilities in Reinickendorf, to Richard Whitehead, a British Paralympic athlete, and Uwe Wegener, founder of the "bipolaris- mania & depression self-help association Berlin-Brandenburg e. V." and initiator of "DER LAUF & DER MARKT für se. V." and initiator of 'DER LAUF & DER MARKT für seelische Gesundheit' - all show that no hurdle is too great and are actively committed to an inclusive society. The discussion will be moderated by Dr. Martin Theben, a committed advocate for the rights of people with disabilities.



**Regina Vollbrecht** is a qualified social worker/social pedagogue with additional qualifications: School mediator, nutritionist, memory trainer, teacher of German as a second language and Braille.

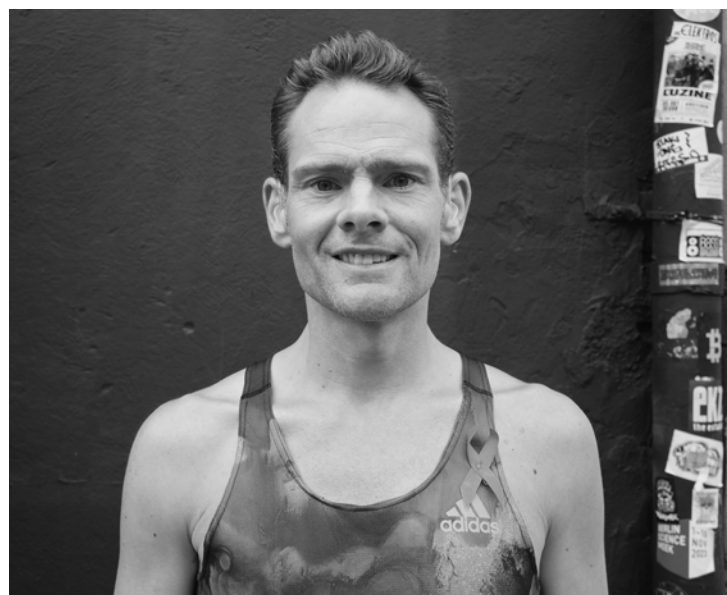


**Richard Whitehead** has been running with a running prosthesis since the age of 28 and has known ever since that there are no limits to what he can do





**Uwe Wegener** Founder of "bipolaris - Manie & Depression Selbsthilfe- vereinigung Berlin-Brandenburg e.V." and "DER LAUF & DER MARKT für seelische Gesundheit". Member and sponsor of "Stiftung Arbeit für Behinderte".



**Thomas Eller** He describes himself as an "eye person" as he compensates for his lack of hearing with visual impressions. Walking helps him to cope with the challenges of everyday life, especially the exhaustion caused by lip-reading.

## Jazz from the track: Andrea Marcelli Quartet

Experience a concert with a jazz band from the the BMW BERLIN-MARATHON course. Andrea Marcelli lived in Los Angeles for 8 years, then 4 years in New York, where he was active as a jazz musician. Marcelli has been in Berlin since 2001, where he worked on the film "Good Bye Lenin" and received several jazz awards. He has recorded over 200 of his own compositions to date. Two of his compositions are included in the important collection "The European Real Book" and "The Digital Real Book Part 2".



## After Marathon Run

After the BMW BERLIN-MARATHON, our running coaches will make sure you get some relaxed and enjoyable exercise. Soak up the atmosphere around the MOVE and enjoy the day after your big race. Everyone is welcome - even those who don't have 42 km in their bones. Be there!