



The Panathinaikos Stadium in Athens: All runners will cross the finish line in the stadium built for the first Olympic Games of the modern era.

# TÜV NORD is running the Athens Marathon

The preparations for the big Marathon event on 11 November in Athens are already in full swing: For the first time, a TÜV NORD GROUP team is taking part in the grandfather of all marathons.



the Board of Management Dr Dirk Stenkamp, 34 runners from Germany, Greece, the Netherlands and the Czech Republic are taking part and will start together in Athens as the TÜV NORD team. They are al-

ready training hard, as you can see from the photos on this page. The majority of the team has decided to take part in the 10-kilometre run, although seven runners have opted to go the whole hog: they will be running the full 42.195 kilometres. The race starts in the small town of Marathon, east of Athens. From there, it follows the original histo-

rical route to the Greek capital. The finish line is in the first Olympic stadium of the modern age (the Panathinaikos stadium) in the heart of Athens. The athletes still have a few months to prepare as fully as they can prior to lining up for the race in the autumn. We wish all the runners every success and hope they enjoy themselves!

On the initiative of Chairman of

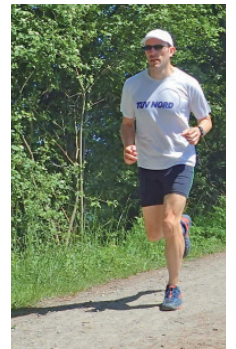


"My participation in the authentic Athens Marathon is a means to an end," says Katerina Economidi (pictured left) from TÜV HELLAS, who is training with her colleague Loukia Koutsoukou in the Panathinaikos stadium where the runners will cross the finish line. "It's a good opportunity to stay healthy and keep fit!"

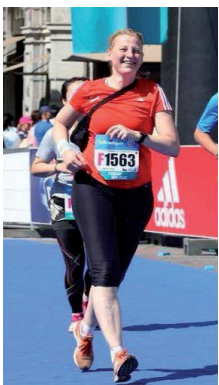


Danaï Menexiadou (left) and Athasasia Xatzdimou do stretching exercises in Thessaloniki. Danaï Menexiadou: "Running in Athens with our colleagues from the TÜV NORD GROUP will be a challenging and exciting experience."

"Tearing a ligament in my right foot at the end of March set me back significantly in my preparation for the Marathon," reports Dr Andreas Selinger from TÜV NORD EnSys. He hopes to have regained his former level of fitness prior to the injury by July. Why has he been drawn to Athens? "As well as just enjoying running, I'm also interested in Greek history and mythology. So this chance to run in the footsteps of history is something I simply can't miss!"



Ralf Lütje is an expert in pressure equipment and steam boilers in the Hamburg North region. He participates in a number of events in the course of the year, although he anticipates that Athens will be the crowning glory of his running season. "I'm particularly looking forward to the trip with some great colleagues," he says. His running highlight in 2017 was the half-marathon in Hamburg ("the world's most beautiful city"). "Even though I wasn't the fastest, I still got to the end in one piece."



"If someone had told me a year ago that I would someday finish the Prague Marathon and then sign up for the original route from Marathon to Athens, I would have dismissed them as completely deranged," relates Stanislava Sedivcova from TÜV NORD Czech. "But here I am: I don't run regularly, which doesn't exactly make for a fully effective training plan: But I run with passion; running has become my way of stress relief, my time for me, my therapy and my way of recharging my batteries." A colleague persuaded her to join in the trip to Athens. You can read the whole story of Stanislava Sedivcova on the Intranet at OK2MRC.



Dr Dirk Stenkamp (pictured with daughter Dinah) participated in the recent Duisburg winter race series: "Athens is a real highlight in my race calendar for 2018!"

