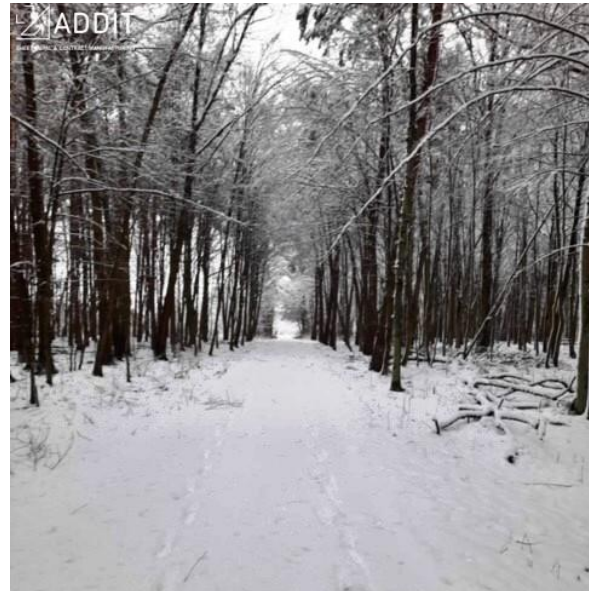


Running Challenge

CONVERSATION WITH PIOTR S.

What are your favorite running routes?

My favorite routes are in the woods - because of the surface and the natural surroundings. Clean air and silence. You can often encounter roe deer, deer, fallow deer, and moose on the running paths. I also run on asphalt or on the stadium track, depending on the type of training. Running on different roads is very beneficial for muscles and joints.



Photos sent in by our employee Piotr.

Do you have any running goals for the future?

Of course. I'm constantly working on improving my results. As for specific goals, I haven't planned anything yet. Maybe I'll participate in the ULTRA SKROCZ in Łochów, covering 46 km, if it takes place.

What strategies have helped you achieve such excellent running results? How do you recover after exercise?

I don't have specific strategies. To improve my fitness and endurance, I recommend consistent training and general developmental exercises. I run three or four times a week, covering 40 to 60 km. Recovery is essential – I stretch after every training, sometimes I use foam rolling, and in winter cold water plunges. And, of course, plenty of sleep.

Why did you decide to participate in this year's Sports Challenge Addit? Did you take part in the first edition?

Certainly, I participated in the previous edition. In this one as well, I decided to take part because my collected kilometers can help someone. Collecting kilometers for a noble cause is a great idea. A voucher for the winner of the week was also a delightful addition.



What motivates you to run?

Every competition I participate in motivates me. As a result, there's an opportunity to improve my results. In general, I'm constantly motivated. After a few years of running, I think it becomes a part of my nature.

CONVERSATION WITH MARCIN Ś.

What were your feelings during your participation in our Sports Challenge Addit?

Besides, of course, providing a significant dose of endorphins, there was immense joy in being part of a project that could bring happiness to someone else. It's amazing that every kilometer we ran translates into specific help. It's truly beautiful.

Beyond the realm of sports, how has running influenced your life?

Running has given me the opportunity to break free from everyday matters and clear my mind. Additionally, I've met many fantastic people who share the same passion.

Could you share a story about someone you met while running that particularly stood out to you?

The most fascinating person I had the pleasure of meeting was an 80-year-old participant in one of the runs. I was genuinely surprised that he was in such good shape and appeared much younger. His advice was simple: "Remember to find joy in sport."

Did you take part in a sports event during our challenge?

Yes! I participated in the Ultra Marathon in Mielnik for the first time. I run a distance of 40 km. It was my longest run, and the route was quite demanding, but it led through picturesque areas along the Bug River, with views reminiscent of the Bieszczady.



Photo sent in by our employee Marcin.

What helped you complete such a long distance?

A significant helping factor during that run was my companion, with whom I could engage in various conversations. An interesting discussion helped me to clean my thoughts from tiredness, and then the kilometers passed by on their own.

Do you have any advice for people who are just beginning their running adventure?

Certainly! I encourage them to derive joy from running and work towards their goals step by step. It's worth getting started and systematically striving to achieve their dreams.

What is your personal goal?

My goal is to complete a marathon. I am very close to achieving it.