

# VisPO

Volunteering  
Initiative for a  
Sustainable PO



## Good practices in Hungary 2/2018

**Title:** Green running competitions  
**Owner:** Esztergomi Futóművek Egyesület  
**Start date:** 2018  
**Contact:** <http://esztergomifutomuvek.hu>

### Description:

The Amateur Sports Association of Esztergomi Futóművek Egyesület currently has 130 members, including several runners living abroad. The headquarters is in Esztergom, on the Danube, in the region Central-Hungary. There are running competitions “Running events along the Danube” organised 5 times a year. Participants may choose to run 4 and 10 kilometres races; small children run only a 500 meters’ race. From 2011 on, they host the Esztergom Running Weekend in September; the closer year is the traditional race in costumes on New Year's Eve. On each competition, there are usually 1 000-1 500 participants, and several thousand fans, coming from all age groups. It is the largest sport event in the area.

In 2018, the association decided to contribute to a cleaner environment and organise “green” competitions. As a consequence, there will be no water provided in plastic bottles, and no single use plastic cups. Instead, the water will be in big balloons and participants can help themselves to water in paper cups.