**Race Report: SwimRun z Ostra**

SwimRun z Ostra takes place in an industrial region of Poland, which also happens to be the largest urban agglomeration in the country. The nearby city of Krakow adds an interesting cultural touch to the area.

Magdalena Ostrowska and her business partner Miroslaw Basciuk, along with support from Alexander Senk, have been working tirelessly to revitalize the Polish SwimRun scene post-pandemic.

The race conditions were challenging: The three lakes, with their clear water and a pleasant 23°C, were refreshing, while the air temperatures reached up to 30°C. The course was mostly flat but included sandy sections that presented extra challenges. The running segments were ideal trails with light technical difficulties.

A special highlight of the event was the Family Fun SwimRun, held over two distances. Here, the young participants impressed with their athletic prowess and professional gear. Many of the parents who supported their children later took part in one of the two adult races themselves.

Although the start area was bustling, participants soon found themselves immersed in the untouched nature of the region. Most of the running trails were shaded and led through picturesque paths. The well-marked course crossed three lakes, and in the 26-km distance, there were nine swim segments in crystal-clear water. Athletes were often alone on the course, occasionally encountering local anglers. Some parts of the course led through deep sand or along lively small bathing bays by the main lake.

The many volunteers ensured excellent nutrition for the participants. Due to the warm weather, extra hydration stations were set up, providing ample refreshments. At the finish line, athletes were greeted with generous catering, and the top finishers even received prize money.

Our race series is strongly shaped by the personalities of the local organizers, and at SwimRun z Ostra, you could particularly feel the passion and energy of Magdalena Ostrawa. This was reflected not only in her presence throughout the event but also in the many thoughtful details, such as the handcrafted medals and the T-shirts featuring the names of the volunteers.

The affordable prices in the region are also a great incentive and should encourage a visit in 2025.