

TEMPORARY EXHIBITION
11 MAY 2023 TO 3 MARCH 2024
FREE ENTRANCE

**ON THE ROAD TO
THE PARIS 2024 MARATHON**



TEACHER'S GUIDE



THE “FREE TO RUN” EXHIBITION IN BRIEF

This temporary exhibition tells the story of how long-distance running has been a vehicle for social and cultural change.

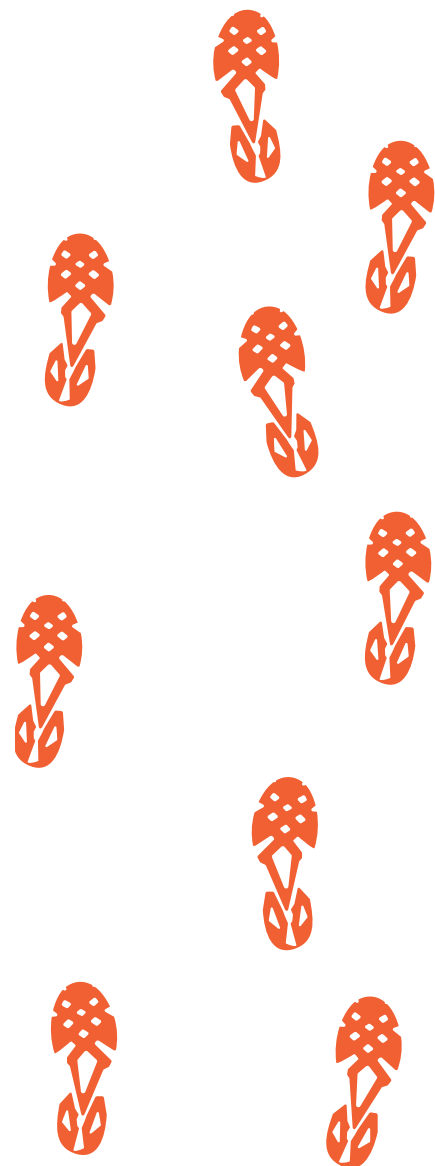
Using the stories of incredible marathon athletes, it explores how over the last 60 years, this sport, which was once reserved for champion athletes, has become accessible to all.

Recommended age for the visit: 10 years-old and up

HOW TO VISIT WITH A SCHOOL GROUP?

The individual audio-immersive visit of the exhibition can be done with a smartphone (in order to scan the necessary QR code) or an audio guide. The audio content provides visitors with a narrated voice-over that provides context for the silent films, images and objects. This type of visit, which takes about 50 minutes, is not intended nor adequate for school groups.

That’s the reason for this document. It shows you the content that can be accessed without any device in the exhibition. It also suggests certain focus areas and activities for students. The exhibition consists mainly of films, some objects and an interactive game. It also suggests some activities that you can carry out with your students.



TWO SUGGESTED COURSES

In **orange** is the sprint course. In **blue** are the stations that can be added to the sprint visit to deepen the experience.

ORANGE

Sprint (15 min.)

3 stations, (A, B, C)

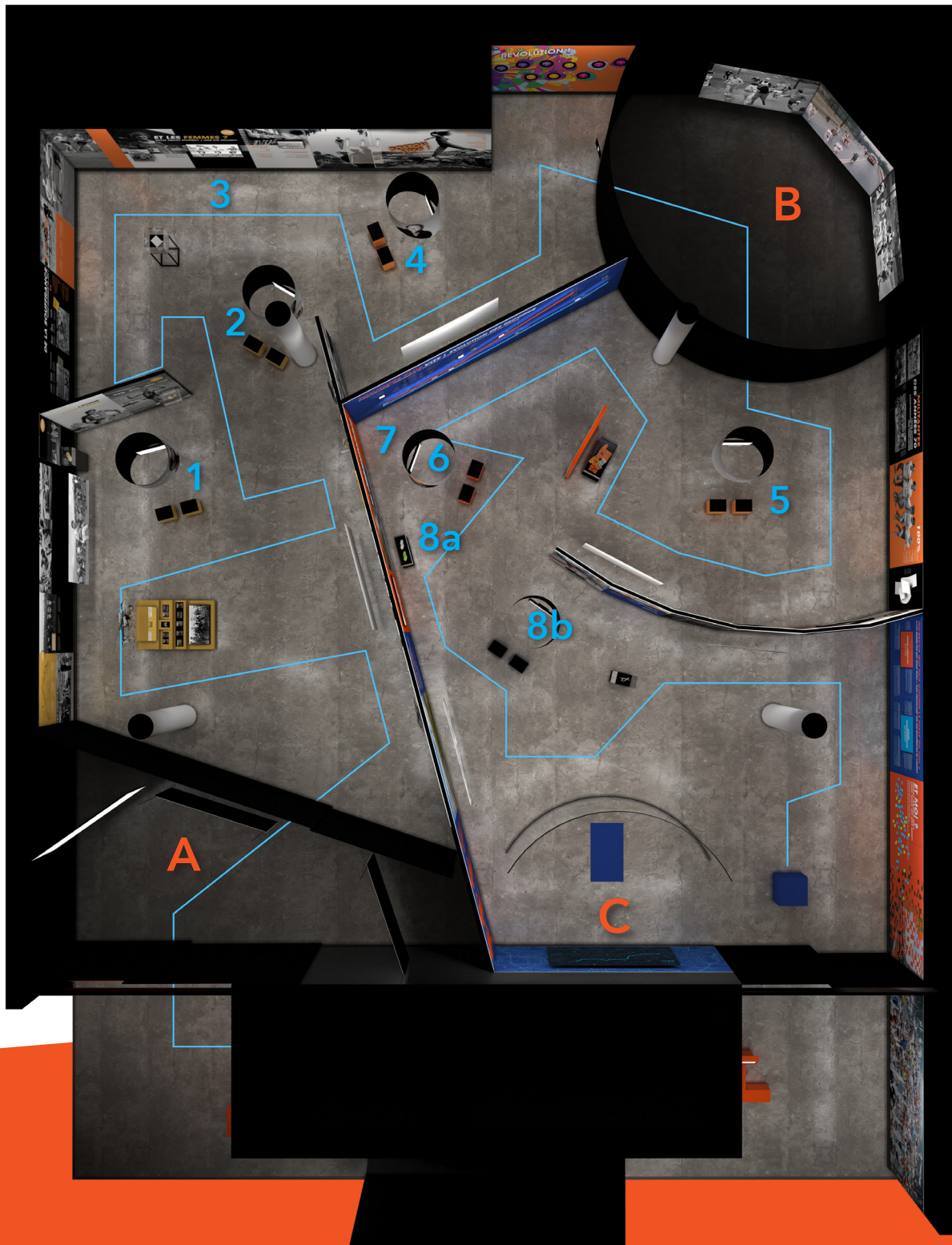
*Recommended for students
10 years-old and up.*

BLUE

Marathon (20-35 min.)

12 stations, (A, B, C + 1-8)

*Recommended from
12 years-old and up.*





A. Immersive film "Born to Run"

3'45" - The whole group

Humans are made to run for a long time. We forgot it, but then rediscovered it.

1. Film "Abebe Bikila"

4'44" - Approx. 4 people

Abebe Bikila, the champion who ran barefoot.

2. Film "Emil Zatopek"

5'35" - Approx. 4 people

A great athlete, but also a great man.

3. Silent film "A Patriarchal Society"

1'16" - The whole group

Activity: Discussion

Women in a patriarchal society.

4. Film "Bobbi Gibb"

3'51" - Approx. 4 people

The first woman to finish the Boston Marathon. Reserved for men only, she secretly took part in the race.

B. Film "Revolution"

4'36" - The whole group

How running freely becomes a right for everyone in the 1960s and 1970s.

5. Film "Los Angeles 1984"

4'57" - Approx. 4 people

The first women's marathon at the Olympic Games, 88 years after the men's event began.

6. Film "Paula Radcliffe"

5'26" - Approx. 4 people

The one who reduced the gap between men's and women's performances the most.

7. The Wall of Records

Whole group

Activity: Observe the graphic and explore how the gap between men's and women's records has steadily narrowed over time.

8a. Object: Two running shoes to compare

Activity: Observe and guess which one allows you to run faster.

8b. Film "Eliud Kipchoge"

4'31" - Approx. 4 people

The story of the greatest marathon runner in the world.

C. Interactive Game

For one person at a time

Activity: Run and compete against the best marathoner in the world.

THE ROUTES AND THEIR STATIONS



INTRODUCTION

A. Immersive film - *Born to Run* 3'45" - Whole Group

Humans are the only species in the animal kingdom that are designed to run long distances. However, 60 years ago, running freely was not considered normal. It took men and women going against the current to make this sport open to all.



SPACE 1: THE MARATHON: BLOOD, SWEAT AND TEARS

1. Film - *"Abebe Bikila"* 4'44" - Approx. 4 people

Abebe Bikila (Ethiopia) won the marathon at the Rome Olympics in 1960 while running barefoot. He became the first African of sub-Saharan origin to become Olympic champion. Four years later, at Tokyo 1964, he repeated his gold-medal win, this time with shoes on his feet. Only three athletes have achieved this "double" in history. His pioneer status, his achievements and his tragic fate make him an icon in the history of running.



2. Film - *"Emil Zatopek"* 5'35" - Approx. 4 people

Emil Zatopek (Czech Republic) is both a great man and a great athlete. At the 1948 Olympic Games, he won all three long-distance races (5,000 m, 10,000 m and the marathon), a feat that is still unequalled to this day. From a modest social background, he became a national hero and one of the most iconic marathon runners in history. He openly supports democracy against the Soviet Union. By doing this, he loses many of the things he worked hard to achieve.



SPACE 2: THE PIONEERS

3. Silent film - "A Patriarchal Society"

1'16" - Whole group, small screen on the wall

The end of World War I brings about waves of freedom for women. In reaction to this liberation movement, attempts were made to return women to the home. Whether it is at housekeeping school or participating in a dishwashing competition, patriarchal society encourages women to perfect their role of mother and housewife.

Discussion:

If you were to make a 3-minute film about the status of women today, what would you show?

4. Film - "Bobbi Gibb"

3'51" - Approx. 4 people

In 1966, Bobbi Gibb (USA) became the first woman to finish the Boston Marathon (in hiding...). Indeed, she was not authorised to participate in the race. At the time, women were considered physically unfit to run the 42.195 km marathon. Despite the enthusiasm and admiration around her achievement, it was not until six years later that the marathon was officially opened to women.

This film is an interview with the pioneer, with pictures (in English with French subtitles).

Focus "Object":

The clothes worn by Bobbi Gibb are exposed on the wall. At the time, there was no racing equipment for women. She wears her bathing suit, Bermuda shorts borrowed from her brother, and a string as a belt. The shoes were lent to her by a friend.





SPACE 3 : REVOLUTION

B. Immersive film "Revolution" 4'36" - Whole group

At the end of the 60's, people everywhere are protesting for a more open and equal society. The marathon becomes one of the vehicles of this movement.

For one of the first times, women's struggle for independence is seen on the field of sport. In 1967, the Boston Marathon was still forbidden to girls. But Kathrine Switzer decided to run the race illegally. It is the beginning of a long battle for women's recognition in sport.

On the other hand, at the beginning of the 70s, running the marathon becomes popular around the world. It becomes a way to conquer personal freedom that brings people together beyond their origin and social class.



SPACE 4: RUNNING BOOM

5. Film "Los Angeles 1984" 4'57" - Approx. 4 people

First women's marathon at the Olympic Games, 88 years after the men's first event. The champion (Benoit) runs an incredible race. On the other hand, the 37th runner (Andersen-Schiess) crosses the line in a critical condition. Simply dehydrated, she was back on her feet two hours later. However, there were fears that opponents to women's participation in the marathon would use this to cancel the event at future Olympic Games. But the mood has changed. The media pay tribute to her courage and her determination.





6. Film "Paula Radcliffe"
5'26" - Approx. 4 people

Paula Radcliffe (Great Britain) held the world marathon record for 16 years (2003-2019) and became a living legend. More than any other runner, she has bridged the gap between male and female performances. How did she achieve such results? This is the story of a child with asthma and anemia who became an example of courage, perseverance and excellence.



7. Graphics Wall of Records
Whole group

Observation and analysis activity:
In blue, the evolution of men's records and in red, that of women. The gap between men's and women's performances has been narrowing over the decades. It is even scientifically proven that in long-distance events, women come closest to men's performances and, who knows, maybe one day surpass them.





SPACE 5: ALL RUNNERS

8a and 8b. Film "Eliud Kipchoge" 4'31" - Approx. 4 people

Eliud Kipchoge (Kenya) is considered the greatest marathon runner of all time. He is the first to have run this distance in less than two hours. His motto? "No human is limited!" The technological evolution of running shoes is a significant factor in his performance. However, it is above all the balance between body and mind, strength and wisdom, that explains the longevity of his success.

Focus and activity "Object":

Look at the two running shoes and guess with which one makes it possible to run faster. Which parts do you think helps people run faster?

Answer: The one that is not signed. The soles are enhanced with ultra-light, shock-absorbing foam. The interior features a carbon plate for improved energy return. The shape at the back is also more aerodynamic.

Illustration: A shoe used and signed by Eliud Kipchoge at the Rio 2016 Olympics, plus another model identical to the one he used at the Tokyo 2020 Olympics.





C. Interactive Game

For one person at a time

Activity: Run and compete with Kipchoge.

Run at the pace of the champion Kipchoge! Bring your knees up to at least the line indicated on screen.

Try and keep up the pace for at least 30 seconds. Could you run like this for over 2 hours?

Designed for one person at a time. To get a group through in a short time: offer the activity as a relay race.

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