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

Two Suggested Courses

**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.