



PRESS RELEASE – FOR IMMEDIATE RELEASE

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INTERCONTINENTAL WARSAW IN RAT RACE

On the 28th May 2011 two teams from InterContinental Warsaw took part in third Rat Race!

The third charity run "Rat Race" was organised by the Sue Ryder Foundation and the Foundation Maraton Warszawski. The registration fee was donated to support the First Step Programme managed by the Sue Ryder Foundation and the Association of Friends of Integration. The First Step Programme helps recently disabled person to make the first step while coming back to an active life.

The race was aimed at companies and their employees who would like to participate in a fun but physically challenging activity for a charitable cause - to help those who have recently become paralyzed as a result of an accident. The run took the form of teams of four professionals, mixed teams of men and women were permitted. In order to emphasize the purpose of the event the participants -primarily white-collar workers - on this occasion were not taking themselves too seriously and run in business attire. This means for men a suit or jacket and trousers, a shirt and tie, and for women a suit with skirt or trousers. For all runners a briefcase was obligatory and running shoes were recommended.

InterContinental Warszawa hotel is a five-star modern hotel situated in the very centre of the capital city of Poland. The hotel is located in one of the biggest buildings in the city. "InterContinental Warszawa" hotel has 326 guest rooms and – as the only one in the city – 75 luxuriously furnished Residence Suites. The hotel guests may savour the dishes of the Polish cuisine and the world's cuisine in a number of restaurants located in the hotel, *inter alia* Platter by Karol Okrasa, +One Bar, Downtown. On the 43rd and 44th floor there is the Riverview Wellness Centre with a swimming pool (being the swimming pool which is located on the highest level in the whole capital city), with a gym, a sauna and a steam bath.

More information:

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