



PRAGUE PARK RACE – PRUHONICKY PARK

RACE INSTRUCTIONS

We want to thank [Botanický ústav AV ČR, v. v. i.](#) for the opportunity to organize this race in [Pruhonický park](#) which is included on the UNESCO World Heritage List.

Each participant agrees to follow [Rules for Park visitors](#) and [Rules of the PPRace](#).

DATE:

- Saturday, March 25, 2017
- mass start at 11:00 am

PROGRAM:

- 9:00-10:30 – registration (at the Park entrance, about 800 m from the start)
- 11:00 – start of the race
- 13:00 – finish closure
- 13:15 – draw of NamedSport quiz
- 13:20 – prize giving ceremony and a raffle

PLACE AND REGISTRATION:

- registration (getting your start number and participant's package) – on the race day 9:00 to 10:30, **please state your name at the registration**
- participants and start numbers list (sorted by date of registration) can be found here: <http://vysledky.ironstime.cz/startlist230/?lang=en>
- registration tent will be located in the parking lot outside the main entrance to the Pruhonický Park (<https://mapy.cz/s/1cRGH>)
- **start number allows you to enter the Park until 11:00 on the race day**, entering the Park without a start number is possible only with a valid ticket that can be purchased at the Park office for a standard fee
- after getting your start number please follow a marked route about 800m into the Park to the event center (<https://mapy.cz/s/1cRIH>) where you will find everything for competitors (changing tents, depository, toilets, refreshments, start, finish, ceremony) – **allow yourself enough time for registration, transfer and changing clothes!**
- the first 200 registered participants will receive multifunction Hudy scarf
- disposable chip (foam strip) is attached to the back of the start number, do not remove or fold it

- getting there:
 - by public transport - bus 363 or 385 from metro C - Opatov to stop Průhonice
 - by car: exit 6 of the D1 motorway (Průhonice), parking on a parking lot in front of the castle and in the area Floret (both directly at the registration) or other places in the village, parking is charged CZK 30 / hour

REGISTRATION:

- **race capacity is filled, it is not possible to register on the spot!**
- **any changes in the start list must be done until Thursday 20:00 at info@pragueparkrace.cz (you must receive a reply)**

COURSE:

- one course for all - 14 km
- course follows paved and unpaved paths through the flat park terrain with several mild downhills and uphill
- there are two short stairs sections on the course and a road is crossed twice – it will be marked and guarded, but be careful of the cars
- there is a run-through a castle courtyard at the first kilometer, take care!
- the time limit is two hours

MAP OF RACE, REFRESHMENT STATIONS:

- map of the course can be found here: <http://www.pragueparkrace.cz/en/pruhonicky-park/trasa/>
- each kilometer will be marked by a sign, marking is only approximate
- course will be marked by flags, white arrows on the ground and a tape
- there will be one refreshment station at about 8th km (sports drink and water)

CHANGING CLOTHES AND DEPOSITORY:

- changing tents will be available in the event center (men and women)
- use a paper tag attached to your start number to mark your bag when you put it in the depository
- return of the bag will only be possible upon the presentation of your start number
- the organizer is not responsible for personal belongings and valuables

We tried to select a course for you to enjoy the most of running in the nature close to the city. We are looking forward to seeing you!

Organizing team of the Prague Park Race
www.pragueparkrace.cz | <https://www.facebook.com/pragueparkrace/>
info@pragueparkrace.cz

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