



Prague Park Race – Prokopské údolí 2017

Event instructions

BASIC INFORMATION:

- Sunday, October 29, 2017 (beware of time change from CEST to CET!)
- Prague - Hlubočepy, Prokopské údolí, restaurant Na Cvičišti, Na Placích 25, map: <https://mapy.cz/s/19Goo>

COURSES AND START:

- Main race at 14 km (start at 11:00)
- Accompanying race at 8 km (start 11:20)

TRANSPORT:

- public transport recommended - bus 120 to Nádraží Hlubočepy stop or train to Prague-Hlubočepy station, then approx. 700 m walk
- car - limited parking in Hlubočepská, K Dalejím, Slivenecká and other streets, then approx. 500-1000 m walk. Arrival in the event center is not possible (no entry, no parking space).

REGISTRATION:

- start numbers pick up: 9:00-10:50 in the event center, state your course and name
- the first 200 registered with an advanced payment will receive HUDY outdoor bottle
- time keeping – a non-returnable chip (foam stripe) attached to the back of the start number, do not remove or bend
- on-site registrations will be possible but limited

IMPORTANT NOTICE:

- competitors participate on their own risk and responsibility and are responsible for their physical condition when participating in the race
- trail shoes recommended, if the course is dry, road shoes are fine (the course follows narrow and sometimes stony paths but mostly follows wider paved roads, partly asphalt)
- there are several dangerous sections (steep downhills), be careful
- event takes place in the Natural Park Prokopské údolí – please be friendly to the beautiful nature around, do not litter
- Prokopské údolí is full of people, please pay attention to other visitors in the park (cyclists, pedestrians, strollers, etc.)

COURSE MAP, REFRESHMENT STATION:

- course map can be found here: <http://www.pragueparkrace.cz/prokopske-udoli/trasa/>
- each kilometer (approx.) will be marked
- the course will be marked by stripes, white arrows on the ground or with a tape
- one refreshment station with water and ionic drink NamedSport for both courses (twice during the 14 km course – approx. 6th and 11th km, once during the 8 km course – approx. 5th km)

FACILITIES:

- tents for changing clothes (men and women separately)
- place for luggage, bring your start number for pick up after finish
- the organizer is not liable for valuables
- mobile toilets Johnnyservis and toilets next to the restaurant

RESULTS:

- unofficial results will be posted in the event center
- official results on the event's website after the race
- prize-giving ceremony approx. at 1:30 pm for the first three in each class at 14 km course and the first three men and women at 8 km course
- come in person to be rewarded

RAFFLE:

- after the prize-giving ceremony - raffle of valuable prizes from our partners:
 - Hudy - 2 La Sportiva shoes vouchers (3 500, - CZK each)
 - Navitel - whole Europe car navigation E500
 - Auto Palace Spořilov – fully tanked XC60 Volvo for a weekend
 - NamedSport - sports nutrition
 - Speed8 - energy stimulant
 - bring your start number and come in person to be rewarded

**We have chosen the best course for you to enjoy the nature close to the city.
We look forward to you!**

Prague Park Race organizers

www.pragueparkrace.cz

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GENERAL PARTNER:



PARTNERS:

