



LA SPORTIVA PRAGUE PARK RACE

PRUHONICKY PARK

24. 3. 2018

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 24, 2018
- 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 – prize giving ceremony and a raffle

PLACE

- Pruhonický park – main entrance next to the castle, Průhonice
- getting there:
 - by public transport - bus 363 or 385 from metro C - Opatov to stop Průhonice
 - by car: exit 6 of D1 motorway (Průhonice), parking on a parking lot in front of the castle and in the area Floret or other places in the village, parking is charged CZK 30 / hour and places are limited

REGISTRATION:

- registration (getting your start number and participant's package) – on the race day 9:00 to 10:30, **please tell us your name at the registration**
- no new entries or changes to current registration will be possible to allow faster process of registration
- registration tent will be located at the parking lot outside the main entrance to Pruhonický park (<https://mapy.cz/s/1cRGH>)

- please check your registration here: <http://vysledky.ironstime.cz/startlist1216/?lang=en>
- **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) – **give yourself enough time for registration, transfer and changing clothes!**
- disposable chip (foam strip) is attached to the back of the start number, do not remove or fold it

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
- there is a run-through a castle courtyard at the first kilometer, be careful there
- the time limit is two hours
- 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/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