



# LA SPORTIVA PRAGUE PARK RACE

## PROKOPSKE UDOLI

### 28. 10. 2018

### RACE INSTRUCTIONS

#### BASIC INFORMATION:

- Sunday, October 28th, 2018 (beware of time change from CEST to CET!)
- Prague - Hlubočepy, Prokopské údolí, restaurant Na Cvičišti, Na Placích 25, map: <https://mapy.cz/s/19Goo>

#### START:

- 11:00 – start of the accompanying race at 8 km
- 11:15 – start of the main race at 14 km

#### 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 to the event center is not possible** (no entry, no parking space)

#### REGISTRATION:

- check your entry at: <https://irontime.cz/startovka1217/>
- start numbers pick up: 9:00-10:50 in the event center, **state your name**
- time keeping – a non-returnable chip (foam stripe) attached to the back of the start number, **do not remove or bend the chip**
- on-site registrations will be possible but limited (if not filled on-line before the race)

#### COURSE:

- 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 downhill), 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.praqueparkrace.cz/prokopske-udoli/trasa/>
- each kilometer will be marked (marking is only informative)
- the course will be marked by stripes, white arrows on the ground or with a tape
- one refreshment station with water and ionic drink Multipower for both courses (twice during the 14 km course – approx. 6<sup>th</sup> and 11<sup>th</sup> km, once during the 8 km course – approx. 5<sup>th</sup> km)

**FACILITIES:**

- tents for changing clothes
- use a paper strip “ÚSCHOVNA” and a rubber band attached to your race 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 race number
- the organizer is not responsible for personal belongings and valuables
- mobile toilets and toilets next to the restaurant
- refreshment in 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 13:00 for the first three in each class at 14 km course and the first three men and women at 8 km course

**RAFFLE:**

- raffle of valuable prizes from our partners after the prize-giving ceremony
- put a paper strip “TOMBOLA” attached to your race number to HUDY stand for a chance to be drawn
- prizes will be handed over only to present competitors upon showing their race numbers

**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.praqueparkrace.cz](http://www.praqueparkrace.cz)

[info@pragueparkrace.cz](mailto:info@pragueparkrace.cz)