



LA SPORTIVA PRAGUE PARK RACE

PRUHONICKY PARK

30. 3. 2019

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, 30 Mar 2019
- mass start at 11:00 am

PLACE:

- Pruhonice town – a meadow in a castle park (map: <https://mapy.cz/s/3nTyd>), **you must visit registration first!**
- **registration:** at the parking lot outside the main entrance to the Pruhonický park (map: <https://mapy.cz/s/1cRGH>) where competitors receive a starting package including start number which allows them to enter the Park
- then the participants walk about 800 meters to the center of the race (route map: <https://mapy.cz/s/1cRIH>)

PROGRAM:

- 9:00-10:30 – registration
- 11:00 – start of the race
- approx. 13:30 – prize giving ceremony and a raffle

TRANSPORT AND PARKING:

- public transport:
 - bus 363 or 385 from Opatov Metro C to stop Pruhonice
- by car:
 - exit 6 of D1 motorway (Pruhonice)
 - paid parking in front of the castle and in Floret Hotel area (both close to the registration) or other places designated for parking in the town
 - parking is charged (from 30 CZK / hour), parking space is limited

REGISTRATION:

- registration (getting your start number, gifts and pre-ordered t-shirt) – 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**
- please check your registration here: <https://irontime.cz/startlist1393/>

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

FACILITIES IN THE EVENT CENTER:

- changing tents
- WC – mobile (more are at the park entrance)
- use a paper strip “ÚSCHOVNA” and a rubber band attached to your start number to mark your bag if you want to 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
- please recycle waste (plastic / other), glass etc. take home and recycle – thank you!
- refreshment stands (beer cup for a deposit of 50 CZK to reduce waste)
- limited number of race t-shirts for sale (350 CZK)

RAFFLE:

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

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

<http://pragueparkrace.cz> | <https://facebook.com/pragueparkrace/>
<https://instagram.com/pragueparkrace/> | info@pragueparkrace.cz