



## 19<sup>TH</sup> INTERNATIONAL GRINTOVEC MOUNTAIN RACE

### SLOVENIAN MOUNTAIN RUNNING CUP

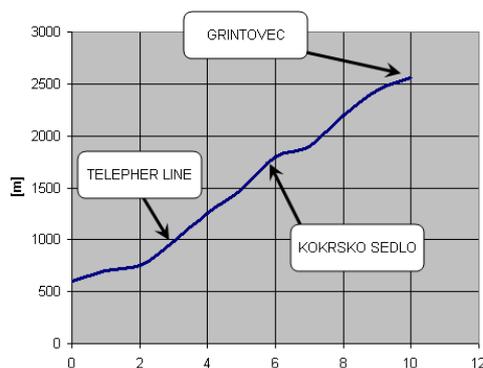
**ORGANIZER:** Mountain Running Club Papež

**DATE:** Sunday, 29<sup>th</sup> July 2018

**START:** for all categories in Kamniska Bistrica at the hut "pri Jurju" (600 m above the sea level).

#### COURSES – CATEGORIES – START TIME:

CATEGORIES	YOB AGE	START	COURSE	LENGTH ELEVATION	FINISH
M1 – boys 1 Z1 – girls 1	2007–10 8–11	9:30	Course »A«	0,62 km 45 m	Near the bridge
M2 – boys 2 Z2 – girls 2	2005–06 12–13	10:00	Course »B«	1,25 km 120 m	600 m before junction for Kam. sedlo
M3 – boys 3 Z3 – girls 3	2003–04 14–15	10:30	Course »C«	2,05 km 196 m	Junction for Kam. sedlo
Z4 – junior women M4 – junior men	1999–2002 16–19	9:15	Course »D«	4,3 km + 484 m - 160 m	Near the lower cargo cable car station
M5 – men Z5 – women	1979–98 20–39	9:00	Course »E«	9,8 km 1959 m	Grintovec summit
M6 – masters men 1 Z6 – masters women 1	1969–78 40–49				
M7 – masters men 2 Z7 – masters women 2	1959–68 50–59				
M8 – masters men 3 Z8 – masters women 3	58 and bef. 60+				



**COURSE DESCRIPTION:** in 2014 the course has been changed in the first 2 km. It takes the runners along the Kamniska Bistrica river, passing the famous house “Plecnikova vila;” after 0,6 km the course joins the dusty road in it follows the road for 2 km up to the lower cargo cable car station. Latter it follows the hiking trail passing the Kokrsko sedlo/saddle/ (1793 m) to the Grintovec summit (2558 m). The course will be marked with yellow plastic band from the start to the finish.

**TERMS OF PARTICIPATION AND LIMIT TIME:**

Slovenian Mountain Running Rules rules should be respected. Runners shall accept the Slovenian Antidoping policy. Runners take part on their own risk. In the case of emergency all possible medical aid will be provided. The most critical points of the track will be controlled by course marshals.

Limit time is 2:30h. Course marshals will inform the runners about their current time.

Skiing and other poles are not allowed.

In the case of extremely bad weather, for safety reasons, the organizer can change the course.

**REFRESHMENT STATIONS:** there will be 7 stations:

1. at the cargo cable car station - 900 m above the sea level
2. Point 2 - 1200 m
3. Point 3 - 1500 m
4. Kokrsko sedlo (the saddle) - 1793 m
5. Junction for Kočna - 2050 m
6. Point 6 - 2250 m
7. Summit - 2558 m

**TRANSPORT OF CLOTHES:**

Runners shall leave their personal clothes in their rucksacks at the appointed place near to the start area 20 minutes before the start. Rucksacks will be transported to the Saddle (half way).

**There is no organized transport of clothes to the summit!**

**ENTRIES:** Will be accepted to 25<sup>th</sup> July by e-mail ([spela.papez@gmail.com](mailto:spela.papez@gmail.com)) or webpage [prijavim.se](http://prijavim.se)

**ENTRY FEE:** Internet Application: [prijavim.se](http://prijavim.se) is possible till 25<sup>th</sup> July, 23:59. Your application is final, when entry fee is paid.

Before 25<sup>th</sup> July: kids (categories 1, 2 in 3) – 5 EUR

junior, senior, masters – 20 EUR

Entries on the day of competition (up to 8h) – 30 EUR

**ACCOMMODATION:** For detailed information please contact the LOC directly.

**MORE:** We offer you childcare during the race for child. More info: [spela.papez@gmail.com](mailto:spela.papez@gmail.com)

**WINNERS CEREMONY:** Will take place at 15:00 near the start area.

**PRIZES, AWARDS:**

Each competitor will receive memorial diploma, memorial gift and a meal upon return. The first 3 placed in categories will receive special medals and practical gifts.

Course record of the track Grintovec 150 € (1:19:30, Toroitich Kosgei, 2014).

Top 10 men and top 5 women in absolute ranking will receive prizes as follows:

place	WOMEN	MEN
1.	750 €	750 €
2.	500 €	500 €
3.	250 €	250 €
4.	150 €	150 €
5.	100 €	100 €
6.–10.	/	50 €

**FOR DETAILED INFORMATION PLEASE CONTACT:**

KGT PAPEŽ

PODJELŠE 2

1241 KAMNIK

[www.kgtpapez.si](http://www.kgtpapez.si)

[spela.papez@gmail.com](mailto:spela.papez@gmail.com)

Mobil: 00 386 31 421 248



## HOW CAN YOU GET THE VENUE?



Kamniška Bistrica is located 30 km north of Ljubljana. From Germany and Austria follow motorway via Villach and Karavankentunnel or Klagenfurt and Loibelpass (or Seebergsattel). After passing Kranj use exit “Airport – Brnik” and follow signs “Kamnik.” For Grintovec follow direction Kamnik (15 km from exit), and then Kamniška Bistrica (10 km). Coming from Italy (direction Venice), or Austria (Graz) after passing Ljubljana follow signs “Airport” and use exit “Airport”. Then follow signs “Kamnik” and after “Kamniska Bistrica.”

In the clear weather all the time driving from Kranj you can watch the Grintovec on your left: the highest mountain, like a pyramid!



## GRINTOVEC 2018

On Sunday July 29<sup>th</sup> 2018, KGT Papež is organizing one of the most demanding and extreme mountain running races in Europe, the 19<sup>th</sup> mountain race to Grintovec. This is a race of superlatives, a race for the kings of heights, runners who are persistent, rebellious, and full of power and energy, runners who do it in every circumstances. The race to the heart of Grintovec is a special challenge that also has an amazing charm. That is why this race is one of the most popular races among mountain runners and is always well visited.

In the year 2010 the race did not take place since KGT Papež organized the 26<sup>th</sup> **World Mountain running Championship on Velika planina and last year organized European Mountain Running Championships on Velika planina**. An amazing event, organized on the highest level, was a big success and mountain runners of the world are still talking about it. We are proud that we honourably presented the name of Kamnik and Slovenia to the world. A documentary film about the World championship titled Welcome to Slovenia, presenting just a little part of the project, won the first price on the festival of sport films in Russia. We also did a film which shows the unique Velika planina where cultural heritage and sport intertwine. There is a playful mixture of stories, herdsmen



playing among the idyllic cottages and cows clanging, of cows being brought to the mountain over the path of mountain runners and of runners' fight with the steep course and themselves. On every step one can sense the devotion, pride and enthusiasm saying »this is our victory.« 16th European championship in mountain running was a unique and remarkable athletic event of the highest rank for Slovenia and Europe. Wonderful and unforgettable for everyone: the runners, organisers and sponsors. Velika planina remained unspoiled and unique also after the event, being there for everyone to visit and enjoy.

More: [www.emrch2017-kamnik.si](http://www.emrch2017-kamnik.si).

**The 19<sup>th</sup> Grintovec mountain race** will take place in Kamniška Bistrica, at her beautiful natural attractions and wonderful scenery of Kamnik Mountains. After successful organization of the World Championship we expect even larger number of mountain runners (in 2012 – 322 runners) from all over the world.

The Grintovec mountain running race is an extreme race reserved for kings of the heights (2558 m). Running to the very heart of Grintovec and reaching its peak is a challenge and a self fight for every participant. And becoming the king of Grintovec is a dream for every mountain runner.

