



20TH INTERNATIONAL GRINTOVEC MOUNTAIN RACE

SLOVENIAN MOUNTAIN RUNNING CUP NATIONAL CHAMPIONSHIP IN MOUNTAIN RUNNING FOR CHILDREN CATEGORIES KAMNIK RUNNING CUP

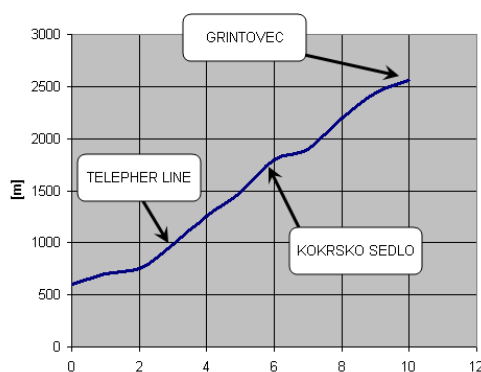
ORGANIZER: Mountain Running Club Papež in association with Mountain running association with AZS.

DATE: Sunday, 28th July 2019

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

COURSES – CATEGORIES – START TIME:

CATEGORIES	YOB	START	COURSE	LENGTH ELEVATION	FINISH
M1 – boys 1 Z1 – girls 1	2008–10	9:30	Course »A«	0,62 km 45 m	Near the bridge.
M2 – boys 2 Z2 – girls 2	2006–07	10:00	Course »B«	1,25 km 120 m	600 m before junction for Kam. Sedlo.
M3 – boys 3 Z3 – girls 3	2004–05	10:30	Course »C«	2,05 km 196 m	Junction for Kam. Sedlo
Z4 – junior women M4 – junior men	2000–03	9:15	Course »D«	4,3 km + 484 m - 160 m	Near the lower cargo cable car station.
M5 – men Z5 – women	1980–99	9:00	Course »E«	9,8 km 1959 m	Grintovec summit
M6 – masters men 1 Z6 – masters women 1	1970–79				
M7 – masters men 2 Z7 – masters women 2	1960–69				
M8 – masters men 3 Z8 – masters women 3	1959 and bef.				





TERMS OF PARTICIPATION: by signature on the entry form, every runner agrees to the terms of the race and to the Slovenian Mountain Running Rules established by AZS. Runners shall also accept the Slovenian Antidoping policy. Skiing and other poles are not allowed.

Children born in 2011 or later, can perform in Z1/M1 category and take part in the Kamnik running cup.

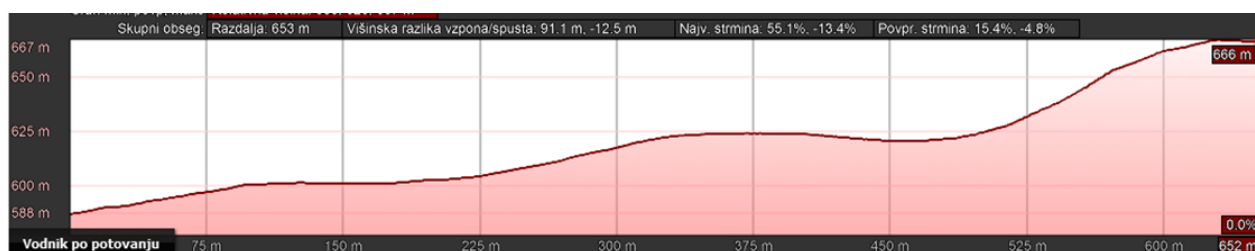
COURSE: the start for all categories will be in Kamniska Bistrica at the hut “pri Jurju.” The course will be from the start to the finish marked with yellow plastic band, arrows and kilometre signs, that show the distance to the finish. All mayor crossroads will be controlled by course marshals and marked with blocks.

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

LIMIT TIME: Limit time is 2:30 h. Course marshals will inform the runners if they are not reaching the limit time and they will not be placed.

COURSE DESCRIPTION

Z1/M1: The course passes the “Plečnikova vila” and continues to the Memorial park. The finish is 100 m after the wooden bridge.



Z2/M2: The course passes the “Plečnikova vila”, crosses the wooden bridge and continues on the macadam road. The finish is about 300m from the Memorial park parking space. (after the double turn).



Z3/M3: The course passes the “Plečnikova vila,” crosses the wooden bridge, continues on the macadam road to the split for Kamniško in Kokrško sedlo.





Z4/M4: The course passes the “Plečnikova vila”, crosses the wooden bridge and continues on the macadam road, down to the Kamniška Bistrica spring. The course then turns left to the mountain path that leads to Kamniško sedlo cargo station. It turns left on the path to the Kokrško sedlo cargo station. At the turn it joins the Grintovec course. The finish is 450 m after the Kokrško sedlo cargo station.

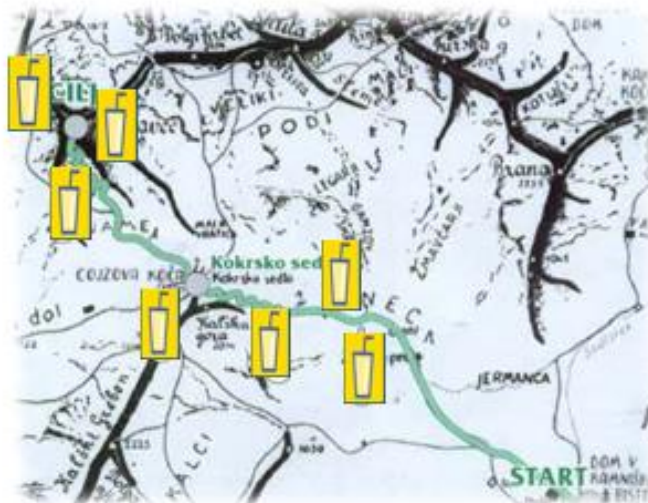


Z5–8/M5–8: The course passes the “Plečnikova vila”, crosses the wooden bridge and continues on the macadam road to cargo station, where it turns to the mountain path to the top of Grintovec.

REFRESHMENT STATIONS:

(the course to the top of Grintovec)

1. At the cargo cable car station.
2. At the bench.
3. At the beginning of the scree slope (1500 m).
4. Kokrško sedlo (the saddle) (1973 m).
5. Junction for Kočna.
6. Below the summit
7. Summit (2558 m).



Junior men and women will have one refreshment station at the Kamniško sedlo cargo station.

ENTRIES: preregistration is mandatory on the website prijavim.se till 25th July, 23:59. Application is final, when entry fee is paid. The receipts are issued by Prijavim.se.

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

junior, senior, masters – 20 EUR

Entries on the day of competition (up to 8.30) – 30 EUR

The start numbers are distributed on the day of the race from 7.00 to 8.30, children to 9.30. In case you don't attend the race, the entry fee is not refunded.

TRANSPORT OF CLOTHES: Runners can leave their personal clothes in their rucksacks at the appointed place near to the start area by 8.40. Rucksacks will be transported to the Saddle (half way). Junior women and man can leave their personal clothes in their rucksacks at the appointed place near to the start area by 8.40. Rucksacks will be transported to the finish line.





WINNERS CEREMONY: Will take place at 15:00 in Kamniška Bistrica at the hut “pri Jurju”

PRIZES, AWARDS: Each competitor will receive memorial diploma, memorial gift and a coupon for a stew. The first 3 placed in each categories will receive special medals and rich practical gifts.

Rich money awards for the first 10 men and 5 women in absolute ranking in the amount of 3.750 €. The prize for new record of the track Grintovec is 150 €, to win the prize you have to be faster than Toroitich Kosgei, who finished the course in 1:19:30, in 2014 (the old courses record is held by Jonathan Wyatt from New Zealand 1:15:43).

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

ACCOMMODATION is possible in Kamnik surroundings. For detailed information please contact spela.papez@gmail.com.

FOR DETAILED INFORMATION PLEASE CONTACT:

KGT PAPEŽ

PODJELŠE 2

1241 KAMNIK

www.kgtpapez.si

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 2019

On Sunday July 28th 2019, KGT Papež is organizing one of the most demanding and extreme mountain running races in Europe, the 20th 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.

The 20th 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.



KGT PAPEŽ: ORGANIZER OF THE WORLD AND EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS ON VELIKA PLANINA

In the year 2010 the race did not take place since KGT Papež organized the 26th **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 prize 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.

