









18TH INTENATIONAL GRINTOVEC MOUNTAIN RACE

MOUNTAIN RUNNING WORLD CUP – 2ND RACE SLOVENIAN MOUNTAIN RUNNING CUP – 4TH RACE NATIONAL CHAMPIONSHIPS »UPHILL« - KIDS CATEGORIES

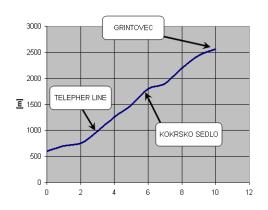
ORGANIZER: Mountain Running Club Papež

DATE: Sunday, 24th July 2016

START: for all categories in Kamniska Bistrica at the hut "pri Jurju" (600 m above the see level), unless Z4 – start is near the cargo cable car station (shuttle to start will be at 8:10 from the hut).

COURSES – CATEGORIES – START TIME:

CATEGORIES	YOB AGE	START	COURS E	LENGTH ELEVATI ON	FINISH
M1-boys 1 Z1-girls 1	2005–08 U-12	9:30	Course »A«	0,62 km 45 m	Near the bridge
M2-boys 2 Z2-girls 2	2003–04 U-14	10:00	Course »B«	1,25 km 120 m	600 m before junction for Kam. sedlo
M3-boys 3	2001–02	10:30	Course	2,05 km	Junction for Kam.
Z3-girls 3	U-16	10.30	»C«	196 m	sedlo
Z4-junior women	1997–00	9:00	Course	3,15 km	Kokrsko sedlo
	16–19	9.00	»F«	903 m	(the saddle)
M4-junior men	1997–00	9:00	Course	6,0 km	Kokrsko sedlo
	16–19	9.00	»D«	1195 m	(the saddle)
M5-men	1977–96		Course		
Z5-women	20–39		»E«		
M6-masters men 1	1967–76	9:00		9,8 km	Grintovec summit
Z6-masters women 1	40–49	9.00	World	1959 m	Gimiovec summit
M7-masters men 2	66 and bef.		Cup		
Z7-masters women 2	50+		Course		



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 (there is start for junior women). 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 and MR World Cup rules should be respected. Runners shall accept the Slovenian and WMRA 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.

ENTRIES: will be accepted to 22th July by e-mail (spela.papez@gmail.com).

There will be a welcome dinner on the eve before the race for all international runners. For detailed information please contact the LOC directly.

ACCOMMODATION: For detailed information please contact the LOC directly.

ENTRY FEE: Internet Application: http://prijavim.se/calendar/period/2016-07 is possible till 22th July, 23:59. Your application is final, when entry fee is paid.

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Before 22<sup>th</sup> July: kids (categories 1, 2 in 3) - 5 EUR
junior, senior, masters - 20 EUR
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Entries on the day of competition (up to 8h) – 30 EUR

REFRESHMENT STATIONS: there will be 7 stations:

1. at the cargo cable car station	- 900 m above the see 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!

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 prises 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

http://www.kgtpapez.si spela.papez@gmail.com Mobil: 00 386 31 421 248



HOW CAN YOU GET THE VENUE?



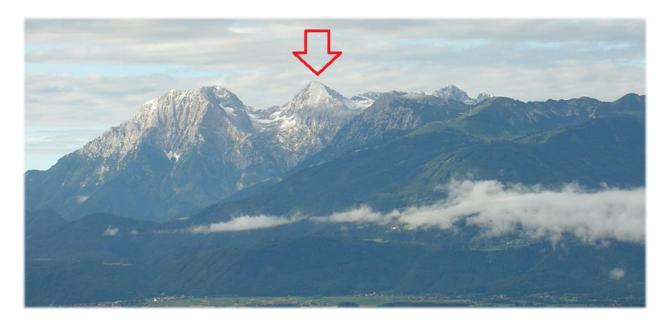
Kamniška Bistrica is located 30 km north of Ljubljana.

From Germany and Austria follow motorway via Villach and Karavankentunnel or Klagenfurt and Loibelpass (or Seebergsatell). 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 Ausrtia (Graz) after passing Ljubljana follow signs "Airport" and use exit "Airport". Than 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 2016 - MOUNTAIN RUNNING WORLD CUP

On Sunday July 24th 2016, KGT Papež is organizing one of the most demanding and extreme mountain running races in Europe, the 18th 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 26th World Mountain running Championship 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.

The 18th 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 drem for every mountain runner.