



NORDIC RUNNING – 1. WORLD CHAMPIONSHIP

There is a new challenge: the first international Nordic Running race, ie running with poles according to the rules. If you are a trail or road runner who is looking for new experiences, a cross-country skier who prefers the classical style or a nordic walker who can not run due to the rules of NW races, do not miss the first World Championship in the Nordic Running. Come to the Czech Republic on Vysočina in September and prove along with other enthusiasts that running with poles is interesting, good-looking and healthy sport! (All about the Nordic Running, incl. videos of correct technique, you can find on <http://www.nordicrunning.eu/>)



Date: Saturday, September 8, 2018

Location: Ski Area of Martin Koukal, Žďár nad Sázavou / 49.5883467N, 15.9254806E

Organizers + Partners: NordicRunning.eu / SK TRI
Cykloklubna / FIZAN / Salming Running / Alpitrek / City of
Žďár nad Sázavou / K3 Sport / Nominal



Entry Fee: February – March = 10 € / April – June = 12 € /
July – September = 15 €



Entry Fee includes: Start number, rubber band + switch pins,
refreshment (during the race and at the finish = water, coffee,
tea, müsli sticks, cake, banana / after race = chicken + rice or fries and soft drink)

Registration: http://sportnavysocine.cz/content/text/cz/?zavody_2018/nordic_running_2018

Accommodations:

- Tálský mlýn, 500 m from the Start, 400–600 CZK / night - <http://www.talskymlyn.cz/>
- Hotel Jehla, 3 km from the start, 750–1200 CZK / night+breakfast - <http://www.hoteljehla.cz/>
- Hotel Hajčman, 5 km from the start, 500–800 CZK / night - <http://www.hotelhajcman.cz/>

The course: 1 round = 2.5 km / track is marked with strips, runs along the grassy area in the cross-country skiing area (height range 22m, total climb 31m, total descent 30m)

Time schedule:

8:30 - 10:00 Presentation

10:00 Demonstrations - the correct technique of Nordic running

10:30 Start race for 5 km - WCH in Nordic Running

11:30 Start race for 10 km - WCH in Nordic Running

12:45 Races results announcement (Women 15-39 / Women 40+ / Men 15-39 / Men 40+)

13:10 – 15:00 Pause and lunch

15:15 Start of the Relay race - WCH in Nordic Running for 3x 2.5 km of mixed relay
(mixed relay = at least one female)

16:30 Relay results announcement and finishing the race

Basic rules:

1. Each step is accompanied by simultaneous pole's push-off made by the opposite arm than the stance leg (the pole in right hand with the step of the left leg and vice versa). A competitor can also change his run to walk or runwalk if he keeps the alternate sticking.
2. No step should be made without touching the pole with the ground.
3. No simultaneous (ie skating) bounce off by both poles should be made.
4. Rules 1 to 3 do not apply in restricted area for refreshment and in emergency situations (crash, fall of another competitor in the immediate proximity, dangerous obstacle on track).
5. A competitor must not: block or trouble another participant in competition, use other person's help, shorten track.

Poles: A competitor has two poles (i.e. one pole in each hand) of any shape. It is possible to use a running poles, walking sticks, trekking sticks, cross-country poles, downhill sticks etc.
- Notice: it will be possible to purchase the new Nordic Running poles from FIZAN directly on the spot.



Personnel and technical support: Presentation, Co-ordination of competitors and parking Arbiters, Timekeeping

Contacts / Inquiries:

- Milan Kůtek / kutek.milan@seznam.cz – poles, rules, prices, partnership, media
- Petr Bezchleba / bezchli@gmail.com – registrations, entry fee, course, parking, accomodations



radíme se s přírodou...