

## PROPOSITIONS

# OPEN OREL CROSS COUNTRY RUN

Part of MARATONSTAV RUNNING UPHILL CZECH CUP.

from Bystřice pod Hostýnem up to Svatý Hostýn

14th august 2010 start at 14:00

**Organizer:** Orel jednota Bystřice pod Hostýnem

**Director:** Novák Karel, tel: 573 380 479

mobil: 737 273 893

**Referee:** Vypušťák Miroslav



Categories					Categories of OREL members				
	Category	Age	Year of birth	Prize in CZK		Category	Age	Year of birth	Prize
<b>MEN</b>	<b>Junioři</b>	19 and young	1991 and young	300,200,100	<b>Juniors</b>	19 and young	1991 and young	prizes	
	<b>Men A</b>	20-39	1990-71	1000,500,300	<b>Men A</b>	20-39	1990-71	prizes	
	<b>Men B</b>	40-49	1970-61	600,300,200	<b>Men B</b>	40-49	1970-61	prizes	
	<b>Men C</b>	50-59	1960-51	400,300,200	<b>Men C</b>	50-59	1960-51	prizes	
	<b>Men D</b>	60-69	1950-61	300,200,100	<b>Men D</b>	60 and old	1950 and old	prizes	
	<b>Men E</b>	70 and old	1940 and old	300,200,100					
<b>WOMEN</b>	<b>Juniors</b>	19 and young	1991 and young	300,200,100	<b>Juniors</b>	19 and young	1991 and young	prizes	
	<b>Women A</b>	20-34	1990 -76	800,400,200	<b>Women A</b>	20-34	1990 - 76	prizes	
	<b>Women B</b>	35-44	1975- 66	500,300,200	<b>Women B</b>	35 and old	1975 and old	prizes	
	<b>Women C</b>	45-54	1965- 56	300,200,100					
	<b>Women D</b>	55 and old	1955 and old	300,200,100					

**Starting place:** TGM square Bystřice pod Hostýnem

**Start:** all categories at 14:00

**Finish:** Svatý Hostýn 735 AMSL

**Elevation gain:** 422 m

**Length:** 5 000 m

**Surface:** Road and forest path

**Registration:** By form on the site <http://www.behnasvatyhostyn.cz/registrace.html> or at registration place two hours before start in the sports hall SUŠIL, Fryčajova 901, GPS 49°24'6.23"N; 17°40'14.92"E

**Information:** [www.behnasvatyhostyn.cz](http://www.behnasvatyhostyn.cz)

Karel Novák e-mail: [novakarel@centrum.cz](mailto:novakarel@centrum.cz)

**Accommodation:** Podhoran, Sola Gratia, Harmonie, hotel Říka or pilgrimage's house Svatý Hostýn

### Schedule

<b>12:00 – 13:45</b>	Registration of participants and issue of starting numbers, sports hall SUŠIL
<b>13:50</b>	Baggage car leaves from the presence place and wait until 14:05 near the start area and then the car will go into the target area.
<b>14:00</b>	Start. TGM square Bystřice pod Hostýnem
<b>15:00–16:00</b>	Meal in a restaurant Ovcarna. Vouchers will be issued on registration.
<b>15:30</b>	Results and ceremony.
<b>16:45</b>	End

### Information

**Conditions for participation:** Contestants may only participate after registration, signing of the athlete declaration and receiving a starting number. All competitors in the race participate at its own risk. For Novices and pensioners we recommend a medical examination!

**Rules:** Contest by the rules of athletics and these Regulations.

**Marking:** The route will be marked in blue - the arrows and streaming.

**Fee:** **80,-** Kč for athletes registered by using the form on the website,  
**100,-** Kč for athletes registered only at registration place before race ,  
**50,-** Kč members of OREL

**Traffic restrictions:** **Into the target area is no entry for vehicles** Exceptions are possible for the handicapped and the special permit. We provide an exemption from the ban for a limited number of accompanying vehicles, and it will be issued for the vehicle at the place of registration.

**Showers:** The pilgrimage's house, which is close to the basilica (pilgrim house Matice Svatohostýnska). Saint Hostýn is on church property, please behave as the guests.