



NORDIC RUNNING – WORLD CHAMPIONSHIP 2019

There is another challenge: the second 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 2. 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 7, 2019

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

Organizers + Main partners: NordicRunning.eu / SK TRI
Cykloklubna / FIZAN / Alpitrek / Salming Running / City of
Žďár nad Sázavou



Entry Fee: April – June = 12 €
July – September = 15 €

Entry Fee includes: Start number, rubber band + switch pins,
refreshment (during the race / at the finish / after race)



Registration: http://www.sportnavysocine.cz/content/text/cz/?zavody_2019/nordic_running_2019

Distance: 5 km / 10 km / 3x 2,5 km

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)

Categories: W 34 / M 34 / W 35-49 / M 35-49 / W 50+ / M 50+

Time schedule:

- 8:30 - 10:00 Presentation
10:00 Demonstrations - the correct technique of Nordic Running
10:15 Race information
10:30 Start race for 5 km and 10 km – 2. WCH in Nordic Running
12:00 Races results announcement
12:30 – 15:00 Pause and lunch
15:30 Start of the Relay race – 2. 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) without moving the arms behind the body. A competitor can also change his run to walk if he keeps these rules.
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. However, to keep the correct Nordic Running technique and comply with the above rules is practically impossible with non-running poles (*note: it will be possible to borrow and buy FIZAN Nordic Running poles on site*)



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

Accommodations:

Tálský mlýn	500 m from start	http://www.talskymlyn.cz/
Penzion Na Stezce	1 km from start	http://www.na.stezce.sweb.cz
Penzion V kapli	1,5 km from start	http://www.kaple.cz
Zámek Žďár	1,5 km from startu	http://www.zamekzdar.cz/ubytovani/
Penzion Polnička	2 km from start	http://www.restauracepolnicka.cz/
Hotel Jehla	3 km from start	http://www.hoteljehla.cz/
Hotel Hajčman	5 km from start	http://www.hotelhajcman.cz/

Contacts / Inquiries:

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



Other partners:



radíme se s přírodou...



ABS WYDA, s.r.o.
vzdělávací společnost

Žďár nad Sázavou