

13th World Long Distance Mountain Running Championships

18th June 2016
Podbrdo – SLOVENIA

TEAM MANUAL



**13th World Long Distance Mountain Running Championships
(WLDCh 2016)**

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<http://www.gm4o.si/>

TEAM MANUAL

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1. WELCOME

Dear athletes,

On behalf of the **WMRA**, it is with great pleasure I send greetings to all the athletes, coaches, officials, media, spectators and – above all – organisers and sponsors of the 13th World Long Distance Mountain Running Championships. On June 18, Podbrdo will host for the second time this international championship having hosted in 2011. Over the past five years, our sport has experienced tremendous growth and the WMRA is sure that this year's Championships will be a testament to this growth with a record number of nations expected to be present.

The race will be held in conjunction with the 15th Gorski Maraton Štirih Občin (GM40). The LOC has designed a course which covers 42km, complete with incredible scenery, in the spectacular mountains of Slovenia.

Special thanks to the Athletic federation of Slovenia, an organization that has a long history of supporting our sport having hosted many international mountain running championships.

The World Long Distance Mountain Running Championships provide a forum whereby the message of sport can be realized through the achievements of all athletes. Additionally, the event affords the opportunity to strengthen the values of friendship, tolerance and mutual respect for our national environment.

We wish all participants great success at this year's World Championships.

Bruno Gozzelino, WMRA President



Spoštovani športniki,

Prvi **Maraton štirih občin** se je odtekel že leta 2002. Je plod ideje in vztrajnega dela tistih Graparjev, ki se niso želeli sprijazniti z brezizhodnostjo in niso podlegli malodušju. Zavedajo se, da je moč samo z lastnimi idejami in aktivnostjo in marsikdaj tudi žrtvovanjem položaj spremeniti.

In po devetih letih je graparska trma prepričala tudi odgovorne v Mednarodni atletski zvezi, ki je naše tekmovanje povzdignila v Svetovno prvenstvo v gorskem maratonu. Iz nekoliko nore ideje na začetku smo v devetih letih prišli do tekmovanja svetovnega nivoja. To je gotovo nagrada za vse, ki so se v preteklosti trudili z izvedbo Maratona. Je pa še večji izziv in odgovornost, da to prireditev, ki iz leta v leto raste tako po številu tekmovalcev, kot tudi po organizaciji in medijskem odzivu postavimo na še višji tekmovalni in organizacijski nivo.

Kot predsednik organizacijskega odbora se zavedam odgovornosti, ki ga prinaša tako pomembno tekmovanje, prav tako se ga zavedajo tudi moji kolegi – župani Bohinja, Železnikov in Cerčna, ki so k letošnji izvedbi prireditve pristopili še bolj odločno kot v preteklih letih. Tudi sponzorji in odgovorni na Atletski zvezi Slovenije so prepoznali vrednost našega tekmovanja.

Vsem se za to pozornost zahvaljujem.

Seveda pa so srce prireditve številni prostovoljci iz vseh štirih občin, ki Maraton 4 občin uspešno organizirajo že od njegove prve izvedbe. Prepričan sem, da bo tako tudi letos in da bomo svetu poslali sporočilo, da smo dobro gostitelji in organizatorji, ki se ne bojimo niti največjih izzivov.

Uroš Brežan, župan občine Tolmin / Mayor of Tolmin



2. GENERAL INFORMATION

In his **Welcome speech, Mr. Brežan** talks about the history of this sporting event which started 15 years ago from what sounded like a crazy idea born in the minds of local enthusiasts. To make a loop around Podbrdo, crossing 2 of the highest neighbouring mountains (Črna prst-1844m and Porezen-1630m) in only one piece was something that normal people couldn't understand.

Although the race is extremely tough, in just a few years it became very popular among Slovenian runners, and only nine years after it was born, it was already the World's top event. All the participants of the World Long Distance Challenge in 2011 enjoyed the wonderful course and the hospitality of the Local Organizing Committee, chaired by the legendary **Jože Dakskobler**, who has been the "father" and spirit of this event since its beginning.

In 2015 the event programme was expanded with the 106km long Ultra Trail race which will take place also in 2016. The race starts on the same day early in the morning and the first runners are expected to cross the finish line before the darkness.

Mr. Brežan wishes to thank all the people who contributed to this successful story over the years, especially to his fellow mayors of the other 3 municipalities – **Bohinjska Bistrica, Cerklno** and **Železniki**. Actually, the name of the event, "Gorski Maraton štirih občin" (GM4o) means "Mountain Marathon of the 4 communities", because the course takes the runners along the boundaries of those 4 communities.

"His" community, Tolmin town with and its surroundings, represents one of the most western and most hilly parts of Slovenia and there are some interesting natural and historical facts that make this area world famous.

The **Soča** valley and Soča river, that starts in the middle of the high Julian Alps and extends to the south as far as to the Italian border, is of course the no.1 tourist attraction. For decades it has attracted fans of outdoor activities from all over the world. Fishermen, kayakers and hikers were the first to discover this wonderful part of the world, followed by mountain bikers, paragliders, alpine skiers and others who were attracted by the region's pure, untouched environment.

The area is also known throughout the World because of its history. The famous "**Soča front**" was an important milestone in World War I. In the years from 1915 – 1917 twelve battles were fought in this area and thousands of soldiers and civilians died. For the first time in human history, chemical weapons were used here. In Kobarid, a small city 20 km north from Tolmin, the world famous museum reminds us of this.



Later, in the period between World War I and II, this area was the borderline between Italy on the west and Yugoslavia on the east. This was the time, when Europe was expecting the new war and in the late 30's both sides were building long chains of fortresses to protect their territory. The Yugoslav line was called "General Rupnik's line" and the Italian, parallel one, was called the "Alpine wall". The runners will face the ruins of those fortresses and shelters all along the course.



"**Železniki**" is the name of another and, for mountain runners, interesting destination. The town with 7000 inhabitants is squeezed in a valley almost as narrow as Podbrdo. The name "Železniki" could be translated into German as "Eisenstaedt" or English "Iron-city". All the teams that will come to Podbrdo from the west will find an explanation at the end of the town, where a huge, old melting furnace still reminds as of the old times. The town, and the neighbouring 1768m high Ratitovec Mountain, hosted the World Cup MR race in 2015 and it is the candidate for the Masters World Championships in 2018.

Host Town Podbrdo

Podbrdo is an urban settlement of 800 inhabitants located in the narrow valley of the upper Baška Grapa, along the Jesenice-Nova Gorica railway line. It is on the road which runs from Bohinjska Bistrica, or Železniki, through Petrovo Brdo towards "Most na Soči" in the municipality of **Tolmin**. It lies at the confluence of the Batava river and the Mačji and Mlečni streams with the Bača river, below Petrovo Brdo, a once important mountain pass between Posočje and Posavje.

Podbrdo was home to an important wool factory – Bača – and nowadays it also boasts a primary school, a restaurant and numerous shops. It is the ideal starting point from which to visit various natural resources in the wider region: river channels dug into sheer rock and the waterfalls of Mačji potok (Kocenpoh, the Rušč waterfall on Batava, Jerempoh), geomorphological phenomena as well as endemic, rare and protected flora on Črna Prst (1844m) and Porezen (1630m).

Cultural and historical monuments include the most important baroque church of St. Nicholas, a number of houses from the 19th century, statues dedicated to those who lost their lives while building the Bohinj tunnel and various monuments commemorating World War II.



The first settlement was set up in the 16th century, in the area of the 13th century Tyrolean colonization as the hamlet of Bače and is mentioned in a land register from 1377 as Binchinuel.

The church of St Nicholas is first mentioned in 1588 and has been the parish seat since 1848. From 1787 it housed the tollhouse and the tax office. Road connections to Tolmin have existed since 1892; prior to this, only a freight route led to Bače and over Bača peak (1281 m), through Podbrdo to Bohinj. The so-called Bohinj route was built in 1906.

From 1918 to 1943 Podbrdo was under Italian rule. It was a border-town with a significant military and police presence and was constantly under the pressure of Italianization. The inhabitants engaged in various forms of revolt. As is the case in most areas colonized by the Tyroleans, many Germanic names remain in the area – the inhabitants became Slovenian in the 18th century.



In 1906, the Bohinj Tunnel, one of the most important tunnels on the new railway line that connected Central Europe with Trieste, was ceremoniously opened by the heir presumptive to the Austro-Hungarian throne, Franz Ferdinand. The line was a great achievement for the whole monarchy of that time. It opened a window to the world to the people of Baška grapa and offered them new development possibilities

Podbrdo as it is today dates back to the construction of the Bača factory after World War II – the factory employed the majority of the populace. Its closure in 2002 had serious repercussions for the whole area. Most of the inhabitants now commute to Bohinjska Bistrica, Jesenice, Tolmin or even far-off Cerklno for employment. Source: [Podbrdo primary school](#)

3. ORGANIZING STRUCTURE

World Mountain Running Association

President	⇒ Bruno GOZZELINO / ITA
General secretary	⇒ Pierre WEISS / FRA
Treasurer	⇒ Nancy HOBBS / USA
Technical delegate	⇒ Wolfgang MÜNZEL / GER
Council Member	⇒ Galia PUHALEVA / BUL
	⇒ Erhan BASOGLU / TUR
	⇒ Andrzej PUCHACZ / POL
	⇒ Tomo ŠARF / SLO

Jury of Appeal - to be appointed at the technical meeting

Slovenian Athletic Federation

President	⇒ Roman DOBNIKAR
Director	⇒ Luka STEINER

Honorary Organizing Committee

President	⇒ Uroš BREŽAN - Mayor of Tolmin
Members	⇒ Mag. Anton LUZNAR - Mayor of Železniki
	⇒ Jurij KAVČIČ - Mayor of Cerklje
	⇒ Franc KRAMAR - Mayor of Bohinj
	⇒ Roman DOBNIKAR - SLO Athletic Federation – President
	⇒ Gregor BENČINA - EA Council Member
	⇒ Janez ALJANČIČ - EA Honorary Member
	⇒ Carlos Cardoso - IAAF representative
	⇒ Bruno GOZZELINO - WMRA President
	⇒ Major General Andrej OSTERMAN - Chief of the General Staff of the Slovenian Armed Forces
	⇒ Fabjan KONTESTABILE – Director of Police Directorate Nova Gorica
	⇒ Igor POTOČNIK – President of Mountain Rescue Association of Slovenia (GRZS)
	⇒ Gaudencio Lucas TRIEP - Representative of Emergency Medical Aid (NMP)
	⇒ Franci PETEK VKGČ I.st, Commander of the Fire Association of Slovenia (GZS)
	⇒ Ivica VULIČ - Zavarovalnica Triglav, d.d. - Director of the regional unit Nova Gorica

Local Organizing Committee

LOC Director	⇒ Jože DAKSKOBLER
Assistant director	⇒ Nežka DAKSKOBLER MARKOČ
Race director	⇒ Teodor MARKOČ
Event coordinator	⇒ Klavdija LEŠNIK
Protocol director	⇒ Olga RODMAN
AZS coordination	⇒ Tomo ŠARF
Logistic director	⇒ Andraž DREŠČEK
LTO representative	⇒ Klemen LANGUS, Mateja LEBAN
Infrastructure director	⇒ Tomaž ŠTENKLER
Course director	⇒ Drejc DAKSKOBLER
Volunteers coordinator	⇒ Jerca DAKSKOBLER
Bar	⇒ Andraž TORKAR
Marketing director	⇒ Teodor MARKOČ

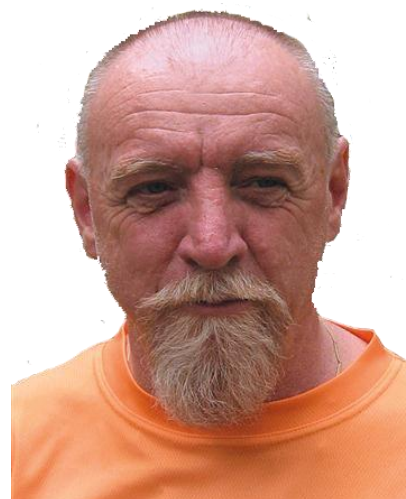
Technical Organizing Committee:

Technical coordination	⇒ Jože DAKSKOBLER
Course preparation	⇒ Drejc DAKSKOBLER ⇒ Uroš RONER ⇒ Leon WOLF
Timekeeping service	⇒ Gojko ZALOKAR - Timing Ljubljana
Timekeeping - split times	⇒ Marko KOS
Refreshment stations	⇒ Nežka DAKSKOBLER
Referees	⇒ Tomaž JARC - AZS
Accreditations	⇒ Teodor MARKOČ
Speakers	⇒ Miranda BRATKIČ ⇒ Ervin ČURLIČ ⇒ Martina KOLENC ⇒ Špela MRAK
Protocol	⇒ Olga RODMAN
Local cultural program	⇒
LOC Information Desk	⇒ Anja ZGAGA
Entries	⇒ Jerca DAKSKOBLER
Transport	⇒ Local transport organization
Communication centre	⇒ Boštjan JEZERŠEK
PR & promotion & web	⇒ Teodor MARKOČ
Volunteer accommodations	⇒ Ana WOLF
Translations	⇒ Maruška BEGUŠ
Design	⇒ Žiga OKORN
Medical service	⇒ Gaudencio Lucas TRIEP ⇒ Bogomir HUMAR
Catering	⇒ Catering MUZNIK, OŠ Podbrdo, TD Podbrdo
Slovenian army	⇒ Emil VELIKONJA, Mr. Rajko LIKAR
Fire Brigade	⇒
Mountain rescue service	⇒ Žarko TRUŠNOVEC
Police	⇒ Boris ZORKO
Radio operators	⇒ Ljubo TROJER, Mr. Dejan NOVAK

Dear athletes,

We look forward to welcoming you in Podbrdo!

Jože Dakskobler, on behalf of the LOC



4. ARRIVALS, TRANSPORTATION

Travel by car to Podbrdo:

- ⇒ Arrival from West: Motorway: Italy – Venezia – exit Villese, direction Gorizia/ Nova Gorica (enter SLO). Use Exit 1 to Šempeter, direction Nova Gorica. Pass Nova Gorica in direction Tolmin, pass Most na Soči in direction Podbrdo. (Nova Gorica-Podbrdo – 70 km)
- ⇒ Arrival from NW: Motorway: Austria – Salzburg – Villach – Karavenkuntunnel /enter SLO/ - direction Ljubljana, after 12 km use Exit 3 (Lesce, Bled, Bohinj), pass Bled and continue ca 20 km to Bohinjska Bistrica. Follow signs to Sorica, Petrovo brdo, direction Podbrdo (Bohinjska Bistrica-Podbrdo – 25 km)
- ⇒ Arrival from NE: Motorway: Austria – Graz – Sentilj /enter SLO/ - pass Ljubljana in direction Kranj/airport – use Exit 9 (Kranj vzhod) direction Škofja Loka, pass Škofja Loka direction Železniki, pass Železniki direction Petrovo Brdo, continue to Podbrdo (Ljubljana – Podbrdo is 80 km)
- ⇒ Arrival from SE: Motorway: Croatia – Zagreb – pass Ljubljana in direction Kranj - use Exit 9 (Kranj vzhod, Škofja Loka), direction Škofja Loka, pass Škofja Loka direction Železniki, pass Železniki direction Petrovo Brdo, continue to Podbrdo (Ljubljana-Podbrdo – 80 km)
- ⇒ You need a vignett to use the Motorway in SLO; it is available at any gasoline station.
Price: 15 EUR / 7 days for a car; 30 EUR /month for a car; 30 EUR / 7 days for a van

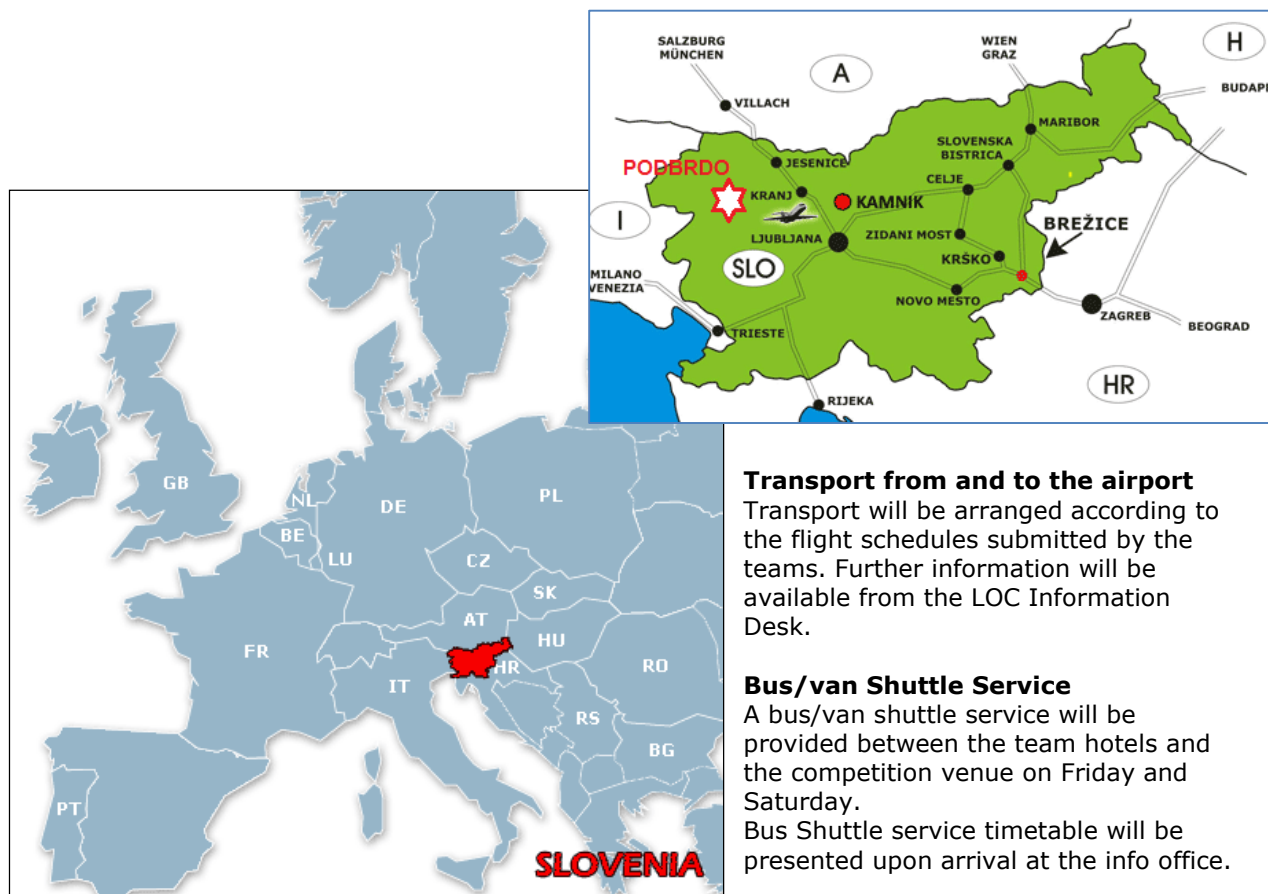
Arrival by plane to:

- ⇒ **Ljubljana** Jože Pučnik Airport - 75 km from Podbrdo
- ⇒ **Trieste** Friuli Venezia Giulia Airport (Ronchi) - 110 km from Podbrdo
- ⇒ **Venice** - Marco Polo Airport - 210 km from Podbrdo
- ⇒ **Treviso** Airport - 220 km from Podbrdo
- ⇒ **Klagenfurt** Airport - 125 from Podbrdo

Arrival by train

The train goes from Ljubljana through Jesenice, Bohinjska Bistrica to Podbrdo and from Nova Gorica through Most na Soči to Podbrdo and then further to Bohunjska Bistrica.

There is also a car-train running between Bohinjska Bistrica - Podbrdo - Most na Soči.



TIMETABLE TRANSFERS:

Arrival by plane:

Aerodrom Ljubljana – On arrival go to the information point for transfer to your accommodation.
Contact – Mr. Andraz +386 51 227 096 (Thursday and Friday)

Cerkno ski centre - <http://www.hotel-cerkno.si/en/alpska-perla.html> :

Contact person – reception of hotel + Klavdija Lesnik (phone)

- Transfer teams from Airport to Alpska Perla Cerkno and back will be organized by LOC
- Check in for the race – Info centre TIC Podbrdo, transfer will be organized

Friday:

- Transfer to Podbrdo Friday **at 16:20** (opening ceremony)
- Transport back **at 20:00**

Saturday:

- Transfer to Podbrdo **at 6:20** (start of the race)
- It is highly recommended to bring with you to Podbrdo suitable clothing for before, during and after the race.
- Transfer to Alpska Perla Cerkno **at 19:00**

Arrival by plane & car:

Bohinjska Bistrica –Eko Park Hotel + other locations

Contact person – reception of hotel + Klavdija Lesnik

Transfer of teams from Airport to Bohinjska Bistrica and back will be organized by the LOC.

Transport is by train to Podbrdo – from the train station in Bohinjska Bistrica, first stop is Podbrdo (10 min). Important – free ticket on the train you can get only with accreditation card (Runners, VIP, Press)

Friday:

- Train to Podbrdo at **17:27** (opening ceremony), for technical meeting earlier car train at **16:50** is recommended
- Train back **at 20:47** to Bohinjska Bistrica

Saturday:

- Train to Podbrdo **at 6:50** (start of the race)
- It is highly recommended to bring with you to Podbrdo suitable clothing for before, during and after the race.
- Train back to Bohinjska Bistrica at **19:17**

Arrival by car:

Sorica – Hotel Macesen Sorica, Spodnja Sorica 16, 4229 Sorica, <http://www.macesen.si/>

Contact person – reception of hotel + Klavdija Lesnik (phone)

Individual transport, 15 minutes driving to Podbrdo

Friday:

- Opening ceremony – arrival in Podbrdo latest **17:45**

Saturday:

- Start of the race – for accredited cars a special parking place will be available close to the event area. Arrival in Podbrdo latest **6:45**
- Award ceremony - arrival in Podbrdo latest **17.00**

In case of problems, please contact LOC Information Office – Klavdija Lesnik +386 31 381 632

5. PROGRAMME FOR THE TEAMS

Thursday	16 June 2016	
All day	Arrival of non-European teams, accreditation – Sorica, Alpska Perla accreditation – Bohinjska Bistrica	Accommodation, Welcome desk – TIC Podbrdo Welcome desk – Eko Park hotel Bohinjska Bistrica
Friday	17 June 2016	
All day	Arrival of teams, accreditation – Sorica, Alpska Perla accreditation – Bohinjska Bistrica	Accommodation, Welcome desk – TIC Podbrdo Welcome desk – Eko Park hotel Bohinjska Bistrica
14:00 - 20:00	Collect race numbers	Event area "na Bazenu"
17:00	Technical meeting	School Podbrdo
18:00	Opening Ceremony	Event area – tent
19:00 - 20:00	»pasta party«	
20:00	VIP Reception	Jakovkna hiša - TIC Podbrdo
Saturday	18 June 2016	
6:00 - 7:00	Transport teams to the start	
8:00	WLDCh – Start	Podbrdo centre
11:45	WLDCh – expected winning time	Finish area
15:30	WLDCh – limit time	Podbrdo centre
16:00	WLDCh unofficial results	Finish area
17:00	<i>GM4o – limit time</i>	<i>Event area – tent</i>
17:10	<i>GM4o - Unofficial results</i>	<i>Finish area</i>
17:30	Award and Closing Ceremony	Event area – tent
19:00	Farewell party	Event area – tent
Sunday	19 June 2016	
Morning	Teams departure	Accommodation, Welcome desk – Podbrdo Welcome desk – Eko Park hotel Bohinjska Bistrica

PROGRAMME – PODBRDO TRAIL RUNNING FESTIVAL

Friday	17 June 2016	
14:00 - 20:00	Collect race numbers	Event area "na Bazenu"
18:00	Opening Ceremony	Event area "na Bazenu"
19:00	»pasta party«	Event area "na Bazenu"
Saturday	18 June 2016	
6:00 - 7:45	Collect race numbers	Event area "na Bazenu"
6:00	"Ultra Pušeljč Trail" 100km (UPT) – Start	Podbrdo, by the church
8:00	Start GM40 - WLDCh	Podbrdo centre
10:30	Start kids races	Podbrdo centre
11:45	GM40 /WLDCh – expected winning time	Finish area
14.00	Award Ceremony mini GM40	Event area "na Bazenu"
17:00	GM40 – limit time	Finish area
17:15	Award Ceremony GM40 - WLDCh	Event area "na Bazenu"
19:00	Farewell party with 101ka band	Event area "na Bazenu"
19:00 – 20:00	Ultra Trail Race (UPT) – expected winning time	Finish area
Sunday	19 June 2016	
9:30	"Graparski Trimček" / 12km – Start	Podbrdo, by the church
12.00	Award Ceremony "Ultra Pušeljč Trail" and "Graparski Trimček"	Event area "na Bazenu"
15:00	Charity concert	Event area "na Bazenu"

6. TEAMS ACCOMODATION:

Bohinjska Bistrica – Eko Park Hotel + different locations

- ⇒ <http://www.bohinj-park-hotel.si/>
- ⇒ Distance to Podbrdo = 25 km (35 min)
- ⇒ For the teams – transfers with train (Boh. Bistrica – Podbrdo in 10 min)
- ⇒ Wellness, saunas, gym, swimming pool....



Sorica (teams with their own transport – car)

- ⇒ Hotel Macesen Sorica, Spodnja Sorica 16, 4229 Sorica
- ⇒ <http://www.macesen.si/>
- ⇒ Distance to Podbrdo = 10 km (15 min)
- ⇒ Wellness, saunas, gym....



Cerkno – ski centre Črni Vrh (teams with organised transfers from LOC)

- ⇒ Smučišče Cerkno, Apartments Alpska perla, Gorenji Novaki 79,5282 Cerkno
- ⇒ <http://www.hotel-cerkno.si/en/alpska-perla.html>
- ⇒ Distance to Podbrdo = 17 km (30 min)
- ⇒ saunas



The LOC will provide full board accommodation for three men, three women and one official per nation for two or three nights. Teams will meet accommodation expenses for additional runners and officials + additional nights themselves.

The LOC pays for the accommodation and the meals:

For the overseas teams:

- ⇒ Thursday, 16 June – dinner
- ⇒ Friday, 17 June – breakfast, lunch, dinner – pasta party after the Opening Ceremony
- ⇒ Saturday, 18 June – early breakfast, lunch in the finish area, dinner in hotel
- ⇒ Sunday, 19 June – breakfast

For the European teams:

- ⇒ Friday, 17 June – dinner – pasta party after the opening ceremony
- ⇒ Saturday, 18 June – early breakfast, lunch in the finish area, dinner
- ⇒ Sunday, 19 June – breakfast

The room rates for supplementary days and/or additional athletes for location **Bohinjska Bistrica**:

- ⇒ B&B double room = 55 EUR/per person/per night
- ⇒ B&B single room= 77 EUR/per person/per night
- ⇒ Supplement for meals = 15 EUR/per person
- ⇒ Costs and all extras must be paid to the hotel reception directly

The room rates for supplementary days and/or additional athletes for location **Črni Vrh**:

- ⇒ B&B in apartment= 41 EUR/per person/per night
- ⇒ B&B single room= no single room available
- ⇒ Supplement for meals = 9 EUR/per person
- ⇒ Costs and all extras must be paid to the hotel reception directly

The room rates for supplementary days and/or additional athletes for location **Sorica**:

- ⇒ B&B double room= 30 EUR/per person/per night
- ⇒ B&B single room= no single room available
- ⇒ Supplement for meals = 9 EUR/per person
- ⇒ Costs and all extras must be paid to the hotel reception directly

7. VISA REQUIREMENTS

EU citizens need only ID to enter Slovenia.

Citizens of most of the countries that participated the WLDCh in the past do not need visa to enter Slovenia.

For detailed information please refer to the web page of the »Slovenian Ministry of Foreign

Affairs«: www.mzz.gov.si or directly to:

http://www.mzz.gov.si/en/travel_and_visa_information/visa_information/for_visa_applicants/#c11422

The list of the countries that need a visa be found in the document:

<http://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:02001R0539-20140609&from=EN>

8. INFORMATION OFFICE

LOC Information Office for national teams and Information Desk will be open on:

- ⇒ Thursday, 16 June 10h – 20h, Info centre – TIC Podbrdo, Eko Park Hotel Boh. Bistrica
- ⇒ Friday, 17 June 10h – 20h Info centre – TIC Podbrdo, Eko Park Hotel Boh. Bistrica
- ⇒ Saturday, 18 June 7h – 19h event area – “na Bazenu”
- ⇒ Sunday, 19 June 8h – 12h Info centre – TIC Podbrdo, Eko Park Hotel Boh. Bistrica

The LOC Information desk will be linked to all information desks set up for this event and shall be responsible for the following:

- ⇒ Competition information (Start Lists, Results, etc.)
- ⇒ Liaison points concerning technical matters between Team representatives, Technical Delegates and LOC
- ⇒ Urgent notices – collection and delivery of any urgent written notices to the Team
- ⇒ Recovery of items left at the Call Room

All technical information concerning the competition will be distributed in the LOC Information Office. Teams that are not able to attend the Technical Meeting, due to extraordinary circumstances, can collect their information material from the TIC after the technical meeting.

Accreditation

Officials and team leaders will receive an accreditation. Accreditation cards will allow access to the competition venue, to the hotels and meals and to the transportation system (trains).

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation in the Final Entry. Late changes will be accepted upon arrival.

The Head of Delegations of each team will be invited to the VIP Reception.

9. TECHNICAL INFORMATION

The application for this event was sent to the WMRA according to the Regulations dated on May 2008. The organizer understands the new, expanded and more detailed Regulations as useful guidelines and will respect the update as much as possible.

a. Technical Meeting

Technical Meeting will be held on Friday, 17 June 2016 at 17:00 in primary school Podbrdo.

b. Course

General information:

- ⇒ Type of the course: Loop course
- ⇒ Length: 42,2 km
- ⇒ Total ascents/descents: +- 2800m

Visit the web page to see the details: <http://www.gm4o.si/sl/info-o-tekmi/proga-gm4o-42km.html>

Course visit

The course will be marked one week before the competition.

All information about the course will be available and regularly updated in the event web page and on site at the LOC Information Desk.

Information about the running times:

Results 2015 /WLDCh 2016 course/:

- | | |
|------------------------|---------|
| 1. Azerya TEKLAY – ERI | 4:03:14 |
| 2. Aleš ŽONTAR – SLO | 4:05:49 |
| 3. Rok BRATINA – SLO | 4:05:54 |

Expected men's WLDCh winning time is about 3:45.

Please note:

Podbrdo hosted the WLDCh already in 2011, but the course was 5km shorter –start was on the saddle, 300m above Podbrdo. The course is the same from km 5 to the finish, only the first 5 km are new. First 3km are on the road, then trail.

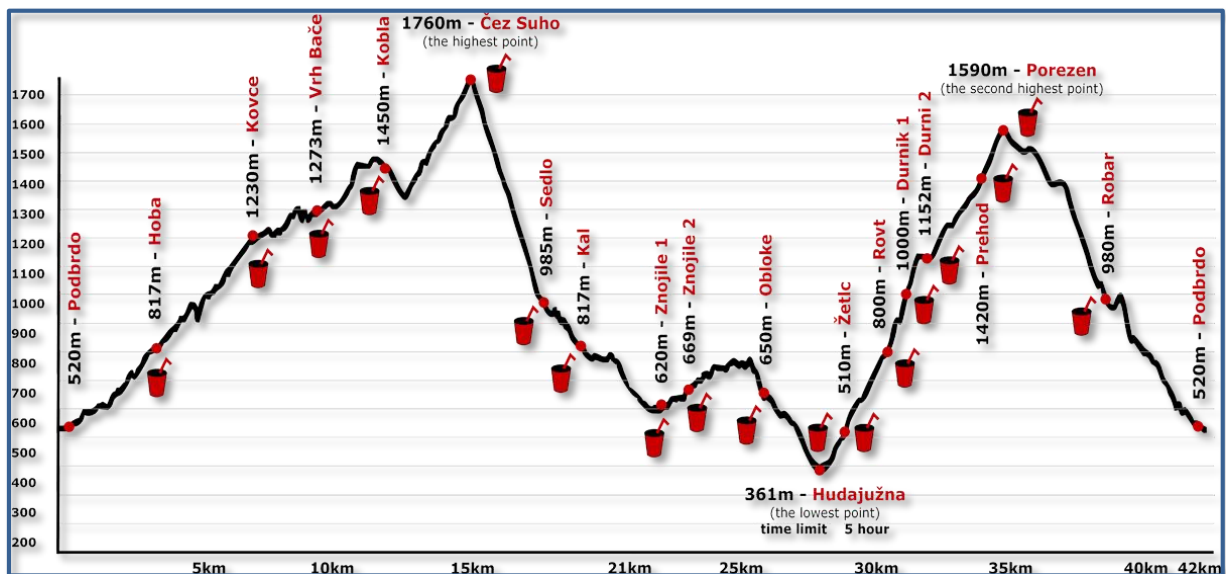
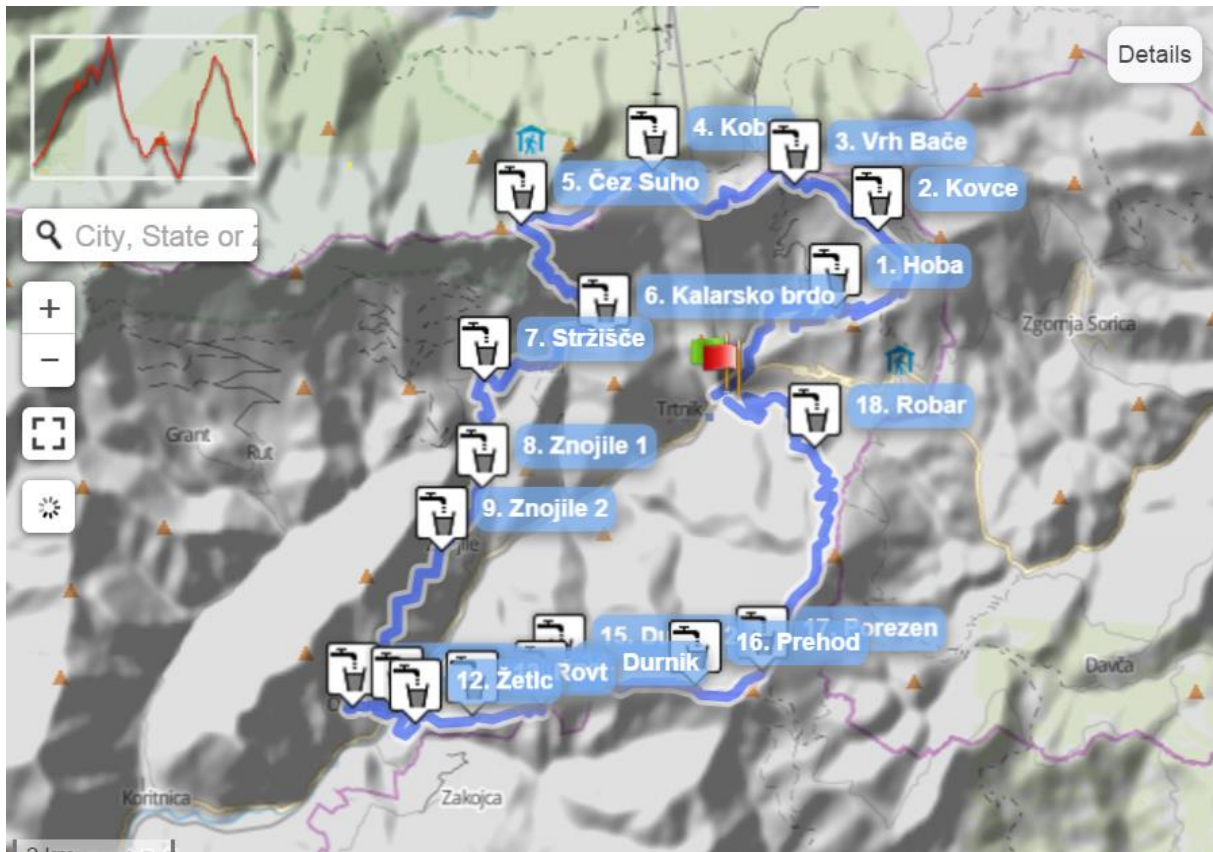
8th World Long Distance MR Challenge
Podbrdo – SLOVENIA / 18. June 2011
RESULTS - top ten W/M

WOMEN			
1	MADDAMS Philippa	ENG	4:08:46
2	ALEXANDER Karen	IRL	4:16:21
3	FINES Helen	ENG	4:19:14
4	PANKOVSKAYA Irina	RUS	4:21:25
5	ROWLANDS Andrea	WAL	4:24:08
6	CELINSKA Anna	POL	4:24:40
7	KHAITOVA Nigina	RUS	4:26:25
8	LUPTON Anna	ENG	4:26:49
9	ESENTIEROVA Adela	CZE	4:27:45
10	MAXWELL Fiona	SCO	4:29:46

MEN			
1	KOSOVELJ Mitja	SLO	3:22:32
2	OWENS Thomas	SCO	3:26:59
3	SIMPSON Robie	SCO	3:29:05
4	LENNOX Jehtro	SCO	3:33:21
5	BIRCHMEIER Ralf	SUI	3:35:12
6	PECHEK Petr	CZE	3:35:51
7	JOHNSON Oliver	ENG	3:38:16
8	DAVIES Andrew	WAL	3:38:30
9	PEARCE Graham	ENG	3:38:37
10	CHECHUN Yirij	RUS	3:40:32

Full results: http://www.wmra.ch/index.php?option=com_content&task=view&id=568&Itemid=37

MAP & PROFILE



Bad weather scenario

In the case of extremely bad weather, when passing the highest point of the course would become dangerous due to cold-windy conditions, the course could be changed. In this case the runners would make a shortcut from km7 (Vrh Bače – 1273m) to km18 (Sedlo – 985m). Instead of 11km they would run 7km, of course with smaller height difference (mostly downhill trail).

If necessary, this option will be presented in details during the Technical meeting and finally confirmed latest 1 hour before the start.

c. Competition regulations & procedure

Participation

Every WMRA member may enter 1 team for each event (male-female). Maximum **6** athletes can be entered, max **5** are allowed to start and **3** will score.

No athlete under 18 years of age as of 31 December of the year of the competition may participate in the race.

Preliminary Entries

Preliminary entries shall be sent to WMRA and LOC indicating the number of runners and officials and expected date of arrival and departure. The deadline is 2 months before the day of competition - 18 April 2016.

Final Entries

Final entries shall be sent to the WMRA and LOC indicating the names of the athletes, their year of birth and the names of officials. The deadline is Monday, 6 June 2016.

Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and returned immediately. Final start lists will be distributed right after the Technical Meeting.

Withdrawal

Withdrawal of any later confirmation must be indicated to the TIC in writing.

Competition Numbers

Each competitor receives 1 bib number. The numbers shall be worn according to IAAF Rule 143.

The competition numbers may not be cut, bent or covered in any way.

The teams will be provided with the competition numbers with chips immediately after the Technical Meeting.

Scoring

Each team's score shall be determined by the aggregate of times of the best placed athletes. Teams shall be classified according to their time aggregate, the team in each race having the lowest aggregate being the winner, and so on. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

No adjustments to teams' places shall be made in respect of non-scoring team members or athletes participating as individuals.

Competition Clothing

Competitors must wear the Federation's official team clothing. Team clothing must be uniform.

Start – Podbrdo; 08:00 AM.

- ⇒ Warm-up area
The whole area around the start locations can be used for warming up.
- ⇒ Call Room Procedures
All the athletes must report to the call room 20 minutes before the start.
The competition clothing will be checked at the call room. It must comply with the IAAF Advertising rules. There will be an inspection of Chips tightened to the shoe laces.
- ⇒ Starter Commands
All instructions will be given in English.

Refreshment Stations

There will be 18 refreshment stations along the course. Locations are described on the map.

Personal refreshments are allowed. They must be handed over by team officials in restricted areas near the refreshment stations only. An athlete who collects refreshments from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

Timing

The official timing will be carried out by means of computer chips fixed on start numbers. Timekeeping is provided by Timing Ljubljana and will be displayed on the official electronic timing instrument and photo finish cameras provided by Timing Ljubljana.

Intermediate times will be taken at the highest point »Cez Suho« (15km), the lowest point Hudajuzna (28km) and the second highest point »Porezen« (35km).

Luggage

Runners shall leave their luggage in a bag provided by the organizer.

Runners can leave their clothes which they need for warming up at the finish/event area – luggage deposit.

Finish area & award ceremony

Flower ceremony for the individual winners M/W will take a place close to the finish line. The ceremony will take a place just after the first 3 cross the finish line.

The award ceremony for 13th World Long Distance Mountain Running Championships will take place at the event area »na Bazenu« at 17:30.

Protests and Appeals

Protests will be processed in accordance with IAAF Rule 146.

For the first step, protests must be made orally to the finish Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3).

If such a protest is rejected, a written appeal, to the Jury of appeal, signed by responsible representative of the athlete can be submitted to the finish referee or to a member of the Jury of appeal.

Together with the appeal, a deposit of EUR 75 must be paid. If the protest is successful, the deposit will be returned. The Jury's decision will be published in writing at the TIC.

Insurance

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from WLDCh 2016, as well as during the event itself..

Doping Control

Doping control shall be conducted in accordance with IAAF Anti-doping Regulations.

Athletes selected for doping control shall be informed by anti-doping officers. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

A selected athlete should report immediately to the DCC unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.

10. CEREMONIES AND PROTOCOLS

Opening Ceremony

The Opening ceremony will take place event area on Friday at 18.00.

All team members are invited to attend the Opening Ceremony.

Athletes should wear the official team clothing. Details on the ceremony will be given upon arrival.

VIP reception

Head of delegations will be invited to VIP reception on Friday at 20:00. Invitations with detailed information will be handed over upon arrival.

Flower Ceremony

The flower ceremony will take place after the arrival of the third runner in each category. Medallists in individual races will be invited to the podium in the finish area and will be presented flowers.

Athletes who had been selected for doping control shall attend the flower ceremony first and then go to the doping control. Chaperones will accompany them.

Award & Closing Ceremony

The Award and Closing Ceremonies will take place on Saturday, 18 June 19.00 event area/tent

All medallists (team and individual) must wear the official team clothing for the ceremonies. They will be invited to sit close to the awards stage to ensure smooth protocol. No flag in the hands of athletes will be allowed during the prize ceremony.

Farewell party

The farewell party will take place immediately after the closing ceremony. Everyone who owns the accreditation or invitation is welcome to attend.

11. MEDICAL SERVICES

The medical service is in charge of any medical assistance to the team leaders, the competition organization, the personnel, the honorary guests.

From Friday to Sunday the Central Medical Station will be located in the First aid station in Podbrdo.

Medical service during the competition:

- ⇒ Medical stations will be located in Podbrdo and Hudajužna
- ⇒ First aid teams (mountain rescue service) will be distributed all along the course.
- ⇒ The main medical station will be located at the finish area.
- ⇒ Doctor will be connected to the helicopter rescue service, which is located at the Ljubljana International Airport.

12. CONTACT DETAILS

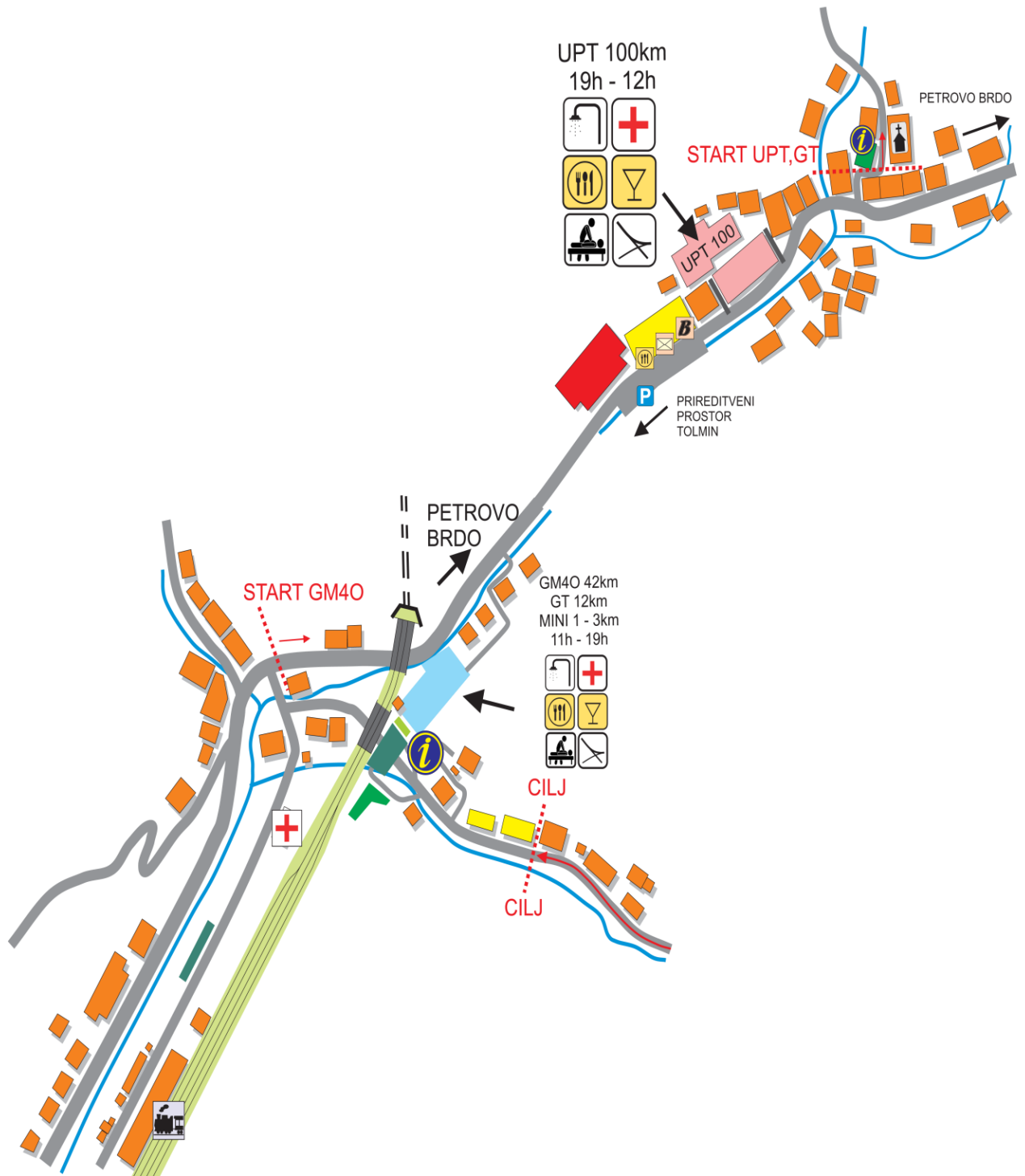
For any further details please contact:

Mrs. Klavdija LEŠNIK - Event Coordinator

e-mail: klavdija.lesnik@lto-sotocje.si ; info@gm4o.si

tel: +386 31 381 632

Podbrdo-situation





Partner organizations:



Marathon sponsors:



Municipality
Tolmin



Municipality
Bohinj



Municipality Cerčno



Municipality Železniki



Municipality
Gorenja vas -
Poljane



LTO Bohinj



LTO Sotočje



Turistična zveza
Slovenije

Marathon co-organizers:



GORSKA REŠEVALNA ZVEZA SLOVENIJE

GRS Postaja Tolmin
GRS Postaja Bohinj
GRS Postaja Škofja loka
GRS Bovec
GRS Kranj
GRS Jezersko
GRS Radovljica



GASILSKA DRUŠTVA

PGD Grahovo ob Bači
PGD Kneža
PGD Sorica
PGD Davča
PGD Podbrdo
PGD Most na Soči



RADIOAMATERJI

Podbrdo
Tolmin
Bohinj
Cerčno
Železniki
Radioklub Marmor Hotavlje



PLANINSKA DRUŠTVA

PD Podbrdo
PD Cerčno
Planinski dom Petrovo Brdo
Mladinsko društvo Vidaunk Orehek

KRAJEVNE SKUPNOSTI

KS Podbrdo
KS Stržišče
KS Hudajužna - Obloke



LOVSKE DRUŽINE

LD Podbrdo
LD Otavnik

Zdravstveni dom Tolmin
Policijska postaja Tolmin
Primorske novice

Dom upokojencev Podbrdo
Domačija pri Boštjanu

Center zdravja in lepote Idrija
Osnovna šola Simona Kosa
Podbrdo