

11th cross-country run

Sunday, 13th April 2014

Cross-country races over Modřany Hills

Public race and Pohár Pražských Běžeckých Nadějí 2014 (Prague Runner

Organize:

Hopes Cup 2014)

praha12



ZŠ a MŠ
Smolkova
V Praze 12



Event calendar offers a lot of spring cross-country runs. If you prefer a family atmosphere of smaller races we present you with a tip for weekend outdoors with the whole family. The 20th wood race takes place on Saturday at Vrané nad Vltavou (www.sokolvraneadvltavou.cz) and now you are facing an invitation for the Sunday run. This year you can also register on-line on <http://results.bezeckenadeje.cz/events/prespolni-beh-nad-modranskou-rokli-11-rocnik/>.

Time	No. of mass start	Categories (depending on the year of birth)	Length of track:
9:30	1	older pupil men 14 – 15 years (2000 – 1999)	2 900 m
9:30	2	teenager women 16 – 17 years (1998 – 1997)	2 900 m
9:30	3	the youngest kids until 3 years (2011.....)	50 m
9:35	4	younger kids 4 years (2010)	50 m
9:40	5	older kids 5 – 6 years (2009 – 2008)	320 m
10:05	6	teenager men 16 – 17 years (1998 – 1997)	6 000 m
10:05	7	junior women 18 – 19 years (1996 – 1995)	6 000 m
10:05	8	veteran women 55 – 84 years (1959 – 1930)	6 000 m
10:05	9	veteran men 65 – 74 years (1949 – 1940)	6 000 m
10:05	10	veteran men 75 – 84 years (1939 – 1930)	6 000 m
10:10	11	younger girls, younger boys 7 – 9 years (2007 – 2005)	640 m
10:30	12	older boys 10 – 11 years (2004 – 2003)	1 000 m
10:30 – 10:40	13	older girls 10 – 11 years (2004 – 2003)	1 000 m
10:30 – 10:50	14	younger pupil women 12 – 13 years (2002 – 2001)	1 000 m
11:10	15	junior men 18 – 19 years (1996 – 1995)	8 000 m
11:10	16	women 20 – 34 years (1994 – 1980)	8 000 m
11:10	17	veteran women 35 – 44 years (1979 – 1970)	8 000 m
11:10	18	veteran women 45 – 54 years (1969 – 1960)	8 000 m
11:15	19	men 20 – 34 years (1994 – 1980)	10 000 m
11:15	20	veteran men 35 – 44 years (1979 – 1970)	10 000 m
11:15	21	veteran men 45 – 54 years (1969 – 1960)	10 000 m
11:15	22	veteran men 55 – 64 years (1959 – 1950)	10 000 m
11:20	23	younger pupil men 12 – 13 years (2002 – 2001)	2 000 m
11:20 – 11:40	24	older pupil women 14 – 15 years (2000 – 1999)	2 000 m

Start and finish are on the meadow U liščích děr, behind the campus of The English International School, Prague (Brunelova 960/12), above the water basin and former quarry.

Registration and start fee: On the day of the race at The EISP, not later than 20 minutes before the start of your category. Adults (from 20 years old) 30 Kč, juniors 10 Kč, kids (up to 15 years old) free of charge. **Please, return starting numbers at the finish line.**

Transport: By bus No.215 from Metro C Kačerov stop or by bus No.165 from the direction Zbraslav, Komořany, Modřany towards Sídliště Libuš bus stop (terminal stop for No.215). By bus No.197 from Metro B Smíchovské nádraží stop or by bus No.165 from the direction Jižní Město, Metro C (Háje, Opatov) to bus stop Jirčanská. By tram No.3 or 17 to the terminal Sídliště Modřany and then about 15 minutes on foot in the same direction, or take bus No.165. You can also come by train No.210 to the railway station Modřany and then by bus No.165 or tram 3 or 17.

Dressing rooms, showers and toilets are available at The English International School.

Refreshment after race: Tea, water, biscuits or otherwise in terms of organizers possibilities.

Notice: The race takes place in a protected area, therefore respectful behaviour is essential. Modřanská ravine is a natural monument and the Modřanská ravine – Cholupice park is subject to protected status. Do not go outside the existing paths. Each participant starts the race at his own risk with all the consequences arising from it and is responsible to have had his/her health, certified by a physician in the current year. Spikes are not recommended on the tracks more than 2 900 m long. Items left either in the locker room or at the course are not the subject of liability of the organizers.

Information:

GPS coordinates: N 50°00'348'', E 014°27'096''

http://www.praha12.cz/vismo/dokumenty2.asp?id_org=80112&id=3116&p1=2050

or Jiří Kalista, Machuldova 13/ 575, 142 00 Praha 411, e-mail: jirikalista@seznam.cz,

Phone: Home: 2 1114 4152, Mobile/Cell: 604 972 334, Work: 2 6113 2783.

Results: Winners of individual categories will be announced immediately after data processing (the results can be also found on internet) at the start/finish point.

Track records: Václav Janoušek (SK Spartak Praha 4) keeps holding the record for 10 000 m: 34:08 (2012). Kamila Gregorová (Kerteam) has taken off a minute and 29 seconds from time of Lenka Šibravova, which ruled for 4 years. New record for track 8 000 m is 30:46 (2013).

Prizes: The first three competitors in each category will receive a certificate and a prize provided by the organizer.

Modřanská ravine: Herbs and invertebrates: Asphalt road is bordered by ordinary kinds of herbs as e.g. comfrey, wood avens, geranium sylvaticum, but also geranium phaeum, which is alien and sporadic on the Prague territory (however you can see it to bloom till in May and June). Only fragments of original rock and steppe communities preserved. They occur only in the highest parts of the ravine, where there are suitable dry and sunny sites. Thermophile species are represented by dwarf sedge, gagea bohémica, dianthus gratianopolitanus, stonecrops and anthericum liliago. Number of invertebrate animals are vitally dependent on the herbage. e.g. Eurasian butterfly oviposits on nettles, because their leaves are food for caterpillars, which evolve from the eggs. Herbs don't do without animals too, because they often ensure their pollination, transfer of seeds and fruits. There is a fragile balance in nature and vertebrates play there an important role in spite of the fact that their presence is often hidden to a human eye. (by nature trail) (continued next year)



geranium phaeum

Race sponsors:

**Pavel
Matějovský**

**Maintenance
of the trails:**

**Petr Gregor
www.realizace-zahrady.cz**

