



HOG'S TRAIL MARATHON

Hardest Croatian mountain race with total height difference of 1200 meters.

Zagreb

Mountain Medvednica

Sunday, July 20th

ORGANIZER: Athletic club **SLJEME**

START: 10 AM at the highest peak of the mountain which is called Sljeme (1031m);

LENGTH: marathon 42km, relay 2 x 14km; relays can be men or mix, no female relay;

COURSE: One lap 14km (height difference 940m, 470m downhill + 470m uphill), each member of relay run one lap, marathon runners run 3 laps. Course is in the wood, mostly in shade, on the hiking trail, with a lot of uphill and downhill. Every kilometre is marked. Whole course is in Croatian Park of Nature "Medvednica".

REGISTRATION:

MARATHON: only via E-mail dragan.jankovic@aksljeme.com or fax ++385-1-6145-345 until July 17th. Course is extreme hard and for marathon race, runners need some qualifications:

- **Marathon under 3:45 in last five years**
- **Hog's trail marathon under 4:30**
- **Finished at least 10 marathons**

For registration induce name, surname, year of birth and qualification.

RELAY: Only at the day of the race between 8:00 and 9:30 at starting point.

CATEGORIES:

- Marathon: MS (until 34), M35 (35-39), M40 (40-44), M45 (45-49), M50 (50-54), M55 (55-59), M60 (60+), FS (until 34), FV (35 and over)
- Men relay (years sum): MS (until 59), M60 (60-79), M80 (80-99), M100+
- Mix relay (years sum): MFS (until 59), MF60 (60-79), MF80 (80-99), MF100+

JUNIOR RACE: start 10.00 AM, length 5,5km, categories: older juniors (18 and 19 years), younger juniors (16 and 17 years), and cadets (15 and less).

ENTRA FEE: marathon 15 euro, relay 2 x 10 euro (20 euro), juniors 7 euro; all participants receive T-shirt, finisher medal, lunch and refreshments.

PRIZES:

- Marathon: First three (M, F): trophies & gifts from REEBOK
- Relay: First three (M, F): trophies & gifts from REEBOK
- Medals in categories (marathon & relay)
- Trophies for three best teams, F & M (only marathon: men team three members, female teams two members)

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