



18TH INTERNATIONAL GRINTOVEC MOUNTAIN RACE

MOUNTAIN RUNNING WORLD CUP – 2ND RACE

SLOVENIAN MOUNTAIN RUNNING CUP – 4TH RACE

NATIONAL CHAMPIONSHIPS »UPHILL« - KIDS CATEGORIES

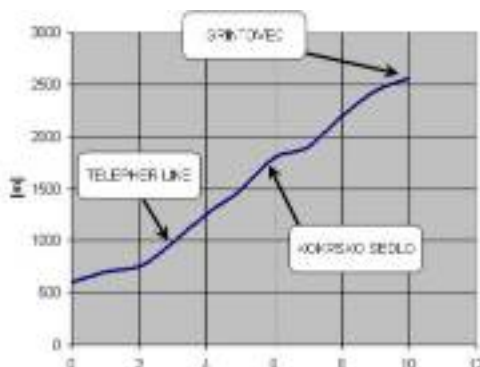
ORGANIZER: Mountain Running Club Papež

DATE: Sunday, 24th July 2016

START: for all categories in Kamniska Bistrica at the hut “pri Jurju” (600 m above the sea level), unless Z4 – start is near the cargo cable car station (shuttle to start will be at 8:10 from the hut).

COURSES – CATEGORIES – START TIME:

CATEGORIES	YOB AGE	START	COURSE	LENGTH ELEVATION	FINISH
M1-boys 1 Z1-girls 1	2005–08 U-12	9:30	Course »A«	0,62 km 45 m	Near the bridge
M2-boys 2 Z2-girls 2	2003–04 U-14	10:00	Course »B«	1,25 km 120 m	600 m before junction for Kam. sedlo
M3-boys 3 Z3-girls 3	2001–02 U-16	10:30	Course »C«	2,05 km 196 m	Junction for Kam. sedlo
Z4-junior women	1997–00 16–19	9:00	Course »F«	3,15 km 903 m	Kokrsko sedlo (the saddle)
M4-junior men	1997–00 16–19	9:00	Course »D«	6,0 km 1195 m	Kokrsko sedlo (the saddle)
M5-men Z5-women	1977–96 20–39	9:00	Course »E«	9,8 km 1959 m	Grintovec summit
M6-masters men 1 Z6-masters women 1	1967–76 40–49		World Cup		
M7-masters men 2 Z7-masters women 2	66 and bef. 50+		Cup Course		



Top 10 men and top 5 women in absolute ranking will receive prizes as follows:

place	WOMEN	MEN
1.	750 €	750 €
2.	500 €	500 €
3.	250 €	250 €
4.	150 €	150 €
5.	100 €	100 €
6.–10.	/	50 €

FOR DETAILED INFORMATION PLEASE CONTACT:

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HOW CAN YOU GET THE VENUE?



Kamniška Bistrica is located 30 km north of Ljubljana.

From Germany and Austria follow motorway via Villach and Karavankentunnel or Klagenfurt and Loibelpass (or Seebergsattel). After passing Kranj use exit “Airport – Brnik” and follow signs “Kamnik”.

For Grintovec follow direction Kamnik (15 km from exit), and then Kamniška Bistrica (10 km).

Coming from Italy (direction Venice), or Austria (Graz) after passing Ljubljana follow signs “Airport” and use exit “Airport”. Then follow signs “Kamnik” and after “Kamniška Bistrica”.

In the clear weather all the time driving from Kranj you can watch the Grintovec on your left: the highest mountain, like a pyramid!



GRINTOVEC 2016 – MOUNTAIN RUNNING WORLD CUP

On Sunday July 24th 2016, KGT Papež is organizing one of the most demanding and extreme mountain running races in Europe, the 18th mountain race to Grintovec. This is a race of superlatives, a race for the kings of heights, runners who are persistent, rebellious, and full of power and energy, runners who do it in every circumstances. The race to the heart of Grintovec is a special challenge that also has an amazing charm. That is why this race is one of the most popular races among mountain runners and is always well visited. In the year 2010 the race did not take place since KGT Papež organized the 26th World Mountain running Championship on Velika planina. An amazing event, organized on the highest level, was a big success and mountain runners of the world are still talking about it. We are proud that we honourably presented the name of Kamnik and Slovenia to the world. A documentary film about the World championship titled Welcome to Slovenia, presenting just a little part of the project, won the first price on the festival of sport films in Russia.

The 18th mountain race will take place in Kamniška Bistrica, at her beautiful natural attractions and wonderful scenery of Kamnik Mountains. After successful organization of the World Championship we expect even larger number of mountain runners (in 2012 – 322 runners) from all over the world.

The Grintovec mountain running race is an extreme race reserved for kings of the heights (2558 m). Running to the very heart of Grintovec and reaching its peak is a challenge and a self fight for every participant. And becoming the king of Grintovec is a dream for every mountain runner.