

# **1<sup>st</sup> International** **Nordic Walking Race** **Cape Kamenjak, Croatia**



**April 30 - May 1, 2016**



# 1st International Nordic Walking Race Cape Kamenjak, Croatia

Cape Kamenjak is located in the south of Istria, as part of Premantura, which is located just 10 kilometers from Pula in the southern part of Istria.

Kamenjak can be easily reached by car, bike or boat.

The scent of herbs and salt, the buzzing of bees and the murmur of the sea merge into a true sense of nature. This area used to be covered in holm oak forests that have been degraded over the centuries by cutting down trees and cattle grazing, and eventually turned into grasslands with an abundance of plant species. These open habitats are a treasure of biodiversity and are protected in compliance with the guidelines of the EU Habitats Directive. The extremely specific and valuable landscape of Kamenjak is a combination of forests, grasslands, garrigue, maquis and rocky ground.

Kamenjak is one of the rare habitats of endangered and protected species such as least adder's tongue (*Ophioglossum lusitanicum*), woolly chamomile (*Anthemis tomentosa*) and the only known site in Croatia of extremely rare and endangered yellow centaury (*Cicendia filiformis*).

Almost 100 million years ago, Kamenjak used to be inhabited by dinosaurs and a touch of those times is kept forever in a large number of fossils that can be found on the shores of Kamenjak. A walking trail on the Grakalovac peninsula will lead you to the site of fossilised dinosaur footprints.

On Kamenjak, near the Polje Cove, there is a farm where you can still feel the spirit of old times and see authentic Istrian cattle. You can further walk along gravel paths that like a spider web stretch into the most intimate parts of Kamenjak. While walking you can run into a Cleopatra butterfly, argus, orange tip and even a clouded yellow, who are only a tiny part of as many as fifty different species of butterflies.

The area of Kamenjak is a place with lots of sunny days all year round, where total annual precipitation is considerably lower (210 mm) when compared to the neighbouring Pula or Medulin (872 mm). Such features are typical of the Mediterranean climate, and due to such favourable climatic conditions you can spend time in the nature and enjoy sports or recreation throughout the year.

Welcome to Kamenjak!

amenjak



<http://www.kamenjak.hr>

# 1st International Nordic Walking Race Cape Kamenjak, Croatia

## Program

April 29th/April 30st

1st International Nordic Walking Race Kamenjak participants and guests arrival

April 30st

Race check-in 8AM - 6PM

Training race Medulin - recreational and promotional event 10AM

Nordic walking convention and Nordic Walk Park Kamenjak promotion 6PM

Dinner 8PM

May 1st

5K race start 10 AM

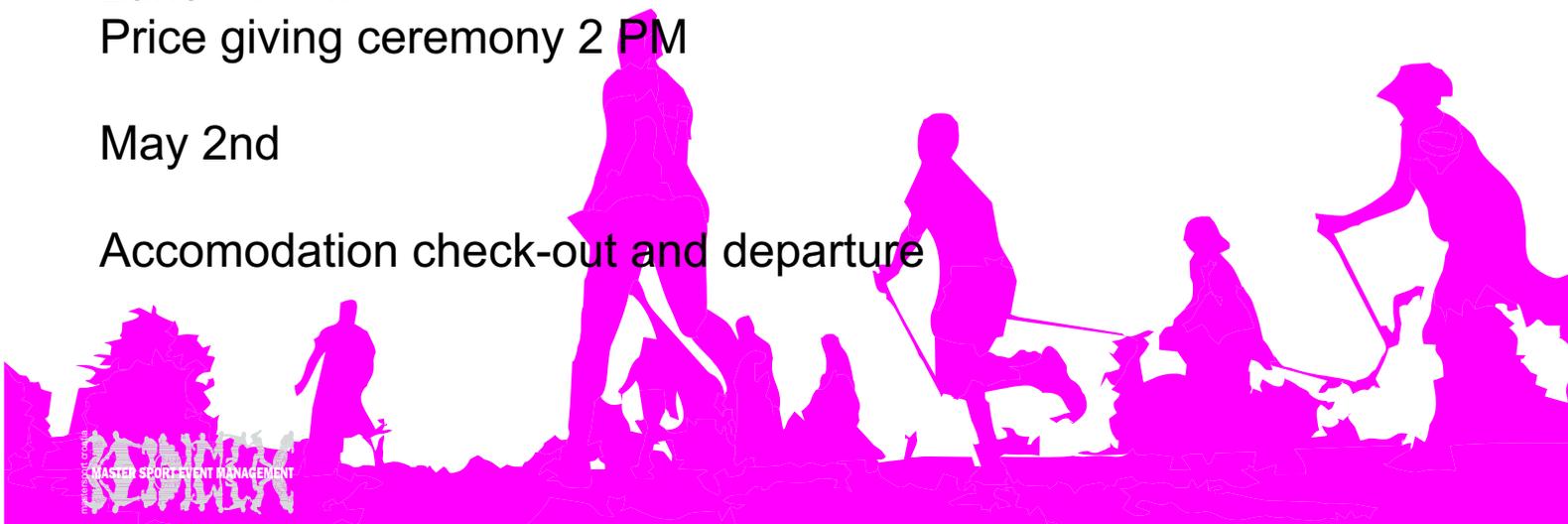
10K race start 11 AM

Lunch 1 PM

Price giving ceremony 2 PM

May 2nd

Accommodation check-out and departure



# 1st International Nordic Walking Race Cape Kamenjak, Croatia



## Race tracks



start/finish  
both races



**5 000 m**  
**May 1st**  
**10 AM**



**10 000 m**  
**May 1st**  
**11 AM**



# 1st International Nordic Walking Race Cape Kamenjak, Croatia



## Race rules

1st International Nordic Walking Race Kamenjak will be held under the INWA Race Rules.

You can download the INWA Rules at the following link:

<http://s1.graphicdetail.co.nz/~inwanewco/wp-content/uploads/2014/11/INWA-Nordic-Walking-Competition-Rules-2013.pdf>

category	age categories	born / generation
Juniors	16 - 19	1997 - 2000
W/M	20 - 29	1987 - 1996
W/M	30 - 39	1986 - 1977
W/M	40 - 49	1976 - 1967
W/M	50 - 59	1966 - 1957
W/M	60 - 69	1956 - 1947
W/M	70 - 79	1946 - 1937
W/M	80 - 85	1936 - 1931



# 1st International Nordic Walking Race Cape Kamenjak, Croatia

## Race accomodation

1st International Nordic Walking Race Kamenjak official accomodation will be provided within hotels and campsites in Medulin and Pula.



Competitor package will include:

- accomodation according to the package selected
- race number
- free transportation to/from the event site according to the schedule
- free entrance to the area of Cape Kamenjak
- free lunch at the race day
- sponsors offer

# 1st International Nordic Walking Race Cape Kamenjak, Croatia

## Race fees

### Accommodation

Single: € 30/night for 1 night – € 25/night for 2-3 nights

Double / Triple: € 25/ night for 1 night – € 20/night for 2-3 nights

Apartman for a minimum of 4 pax € 25/pax/night for 1 night – € 20/pax/night for 2-3 nights

Breakfast 5€

Taxes €1/night

Contact e-mail: [illustris.bookings@gmail.com](mailto:illustris.bookings@gmail.com) do

Booking deadline 22/04/2016.

Contact person: Sandro Grbavčić, tel: +385 (0)91/4001595

### Race fee

15€ for entries before April 15th

20€ for entries after April 15th



# 1st International Nordic Walking Race Cape Kamenjak, Croatia

Dear guests, help us in our efforts to make a safe and comfortable stay for all those who come to Kamenjak, without affecting the values that make up this area so unique. If you follow these simple rules of behaviour and protection measures, we'll save Kamenjak as it is today for future generations.

Picking, destructing and collecting plants, animals and fungi and their evolution forms (eggs, larvae, pupae, seeds, fruits, mycelia, etc.) is prohibited, unless in case of allowed recreational fishing based on valid licenses. As an alternative, we suggest taking photos - the photos you take will be a permanent reminder of what you experienced on Kamenjak.

Please do not bring in allochthonous (non-acclimatized, foreign, non-native, exotic, or introduced species) plants and animals, because new species may seriously disrupt the delicate ecological balance.

Please observe the speed limit, drive only along marked paths and make sure that you do not park your car in the green areas. The ban on driving outside marked paths applies to motorcycles as well. This will contribute to the preservation of the valuable habitats and protected plants that make this area distinctive, it will help avoid soil erosion and devastating effects of spraying vegetation with dust. Do not let these beautiful meadows become lifeless and barren rocky terrain! We prepared a biking trail outside the roads used by motor vehicles. So we recommend coming to Kamenjak by bike. The experience is much better.

We have provided free use of safe public fireplaces. Use them only when weather conditions permit and when there is no risk of the spread of fire (pay attention on the marked degrees of danger when entering the protected area). Any carelessness with fire can be fatal, therefore, building fires outside the fireplaces is not allowed.

Make sure that pollutants such as gasoline, oil or detergents do not get into the sea and the environment!

It is not allowed to destruct, remove or steal archaeological findings.

In the summer time there are public chemical toilets at your disposal. Use them!

Most dogs love swimming and going to the beach for them is a real pleasure. However, dog owners need to know that not everyone is comfortable around animals. Therefore, please keep your dogs on a leash and control their behaviour. Although your pets may be clean and obedient, their swimming among people is not appropriate. We suggest you choose an isolated beach or wait for the early evening hours when there are fewer visitors, so that you and your pet could safely enjoy playing and swimming.

Camping is prohibited. Exceptions are organised visits based on a special permission by the Public Institution of Kamenjak that manages the protected area. As an alternative, we suggest nearby campsites Stupice, Tašalera and Runke.

In the underwater world of the Medulin Archipelago there are meadows of *Posidonia oceanica*, protected seagrass. It is almost impossible to restore destroyed meadows, so please do not anchor in them. Wherever possible, moor your vessel to the coast or in a designated place. Even if because of that you will have to swim to, let's say, your dive spot. In any case, always check the sea bottom before you drop your anchor.

Some of you will meet dolphins that visit this area. Dolphins are a symbol of a healthy sea and in Croatia they are protected by law.

In order to be able to visit us again, please observe the following rules of conduct when encountering dolphins: do not chase them or drive your boat directly toward them. Dolphins must be approached very slowly, keeping parallel to their course and avoiding sudden changes of direction and sudden noise. It is best to turn off the engine. Within 100 metres of the dolphins there should be no more than one vessel, and within 200 metres a maximum of three. When you leave the dolphin area, you should accelerate gradually and only when they are at a distance of 100 metres.

Swimmers should keep in mind that sea currents are very strong in the entire coastal area around Kamenjak, especially between Cape Kršine and the island of Fenoliga, and in the summer months there are many vessels approaching very close to the coast. For your own safety, do not move away more than 100 metres from the shore, to avoid the possibility of random accidents.

Kamenjak is a must destination for many divers. Although it blocks your view and looks like a shield, below sea divers are not protected from the propellers of vessels. Therefore, please be very careful and use red and white diving buoys or balloons that indicate the position of a diver in the sea. Vessels should not come close to a less than 50 metres from the buoy.

There are rules of conduct for divers as well: select a safe enough spot to enter water, control your equipment and navigability and other preparatory work, where there will be no mechanical damage. During the dive watch the movements of your fins and water movements that they create, watch your photographic equipment and other devices; these are the main causes of accidental damage. Do not disturb sea organisms, do not illuminate them with your powerful underwater lights for a long time.

In order to avoid fatal accidents, please observe laws and regulations and drive your speedboat at a minimum distance of 300 metres from the shore. At the same time, swimmers, for their personal safety, should not move away more than 100 metres from the shore.

We kindly ask all visitors to respect the working hours of the Public Institution and leave the protected area until 22.00 hours.

The Ranger Service of the Public Institution of Kamenjak operates within the protected area, and is at your disposal for any further information or assistance or in case you wish to forward any information that will help us preserve these valuable areas.

Ranger Service Phone Number: +385(0)98/255-82-57

