



7 Valleys Run 100/64/34k

7th September 2019, Krynica-Zdroj, Poland

RACE INFO

Registration is opened



RACE INFO

7 Valleys Run 100k is an ultramarathon race held in south-eastern part of Poland, in Beskid Sadecki region (Lesser Poland Voivodeship, capital Cracow). It is the main event of Running Festival – 3-day long multirace event with 15k+ participants, held since 2010 in Krynica-Zdroj.

10th edition of the Festival will take place on 6-8th September 2019.

7 Valleys Run is one of the oldest and most prestigious ultra races in Poland. Race hosted 3 inaugural editions of Polish Ultrarunning Championships (2014-2016) and is a Ultra-Trail du Mont Blanc (UTMB) qualifier. Race history started in 2010 with 63 participants. In 2018 more than 700 participants entered the competition, over 470 became finisher. Participation record - 782 runners (2016).



RACE COURSE

Date and location: 7th September 2019, 3:00 o'clock (3 a.m.)

Krynica's-Zdrój Promenade (GPS-coordinates: 49° 25' 17.457" N 20° 57' 33.915" E)

Course: 100k, elevation 3970m D+/ 3980m D-. Course has been evaluated by the International Trail Running Association (ITRA Mountain Level – 5).

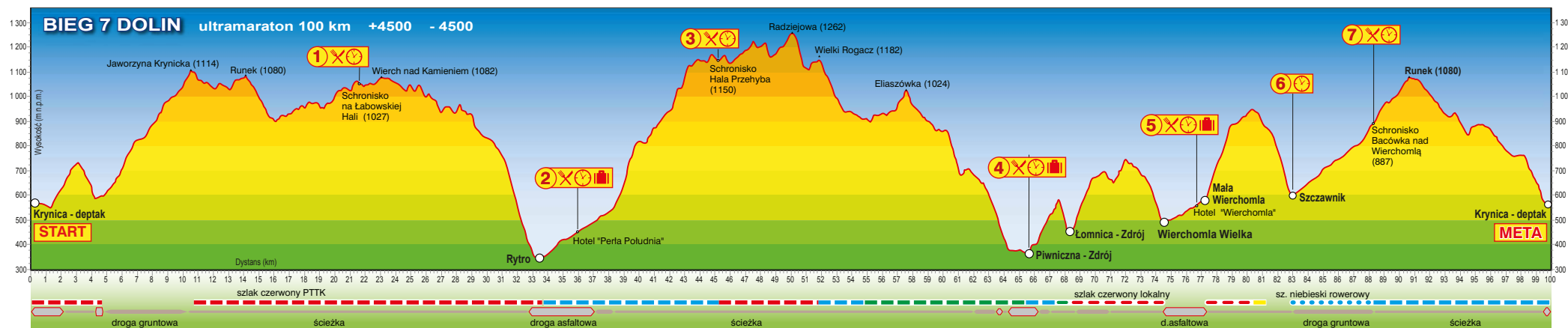
Course trajectory: Krynica-Zdrój, Rytro, Piwniczna-Zdrój, Szczawnik, Krynica-Zdrój. Course takes its beginning and an end on Krynica's Promenade and leads runners through the most beautiful part of Beskid Sadecki region. Rytro and Piwniczna are the main service points (6 in total).

Time / split time limits:

- Rytro 36k – 5h30'
- Piwniczna-Zdrój 66k – 11h30'
- Wierchomla 77k – 13h
- Bacówka nad Wierchomlą 88k – 15h
- Krynica-Zdrój 100 km (finish) – 17h

Technical meeting is scheduled on 6th September in Krynica-Zdrój at 19:00 o'clock (7 p.m.)





RACE RECORDS 100k

Men: Csaba Nemeth, HUN - 8:51:10 (2012)

Women: Ewa Majer, POL - 9:41:52 (2015)

CSABA NEMETH - experienced ultra runner from Hungary, two times winner 7 Valleys Run:

Mammut Trail Running Team

- 3. place Mozart 100® (105k - 10:45:35) - 2017
- 1. place Tahtali Run To Sky - Ultra Sky (89k - 11:11:23) - 2017
- 2. place 7 Valleys Run (64k - 5:57:37) - 2016
- 7. place Eiger Ultra Trail (98k - 12:59:22) - 2016
- 1. place Swiss Irontrail (92k - 13:32:34) - 2015
- 2. place 7 Valleys Run (100k - 9:33:53) - 2014
- 1. place Mozart 100® (103k - 8:30:48) - 2014
- 1. place 7 Valleys Run (100k - 8:57:38) - 2013
- 1. place Mozart 100® (101k - 7:48:22) - 2013
- 1. place 7 Valleys Run (100k - 8:51:10) - 2012
- 5. place Ultra Trail Tour du Mont Blanc (105k - 11:37:18) - 2012
- 3. place Lavaredo Ultra Trail (118k - 13:42:03) - 2012
- 4. place Ultra Trail Tour du Mont Blanc (166k - 22:35:48) - 2011
- 2. place Transgrancanaria (123k - 13:38:37) - 2011
- 1. place Lavaredo Ultra Trail (90k - 11:10:43) - 2010
- 7. place Ultra Trail Tour du Mont Blanc (166k - 23:45:56) - 2009
- 1. place Lavaredo Ultra Trail (60k - 6:54:52) - 2009
- 2. place Matraberc Trail (56k - 5:32:00) - 2009
- 1. place Lavaredo Ultra Trail (53k - 5:34:28) - 2008
- 1. place Swiss Jura Marathon (350k - 31:54:31) - 2007
- 2. place Ultra Trail Tour du Mont Blanc (155k - 21:37:32) - 2006
- 5. place Ultra Trail Tour du Mont Blanc (155k - 23:54:09) - 2004
- 9. place Sparthatlon (246k - 28:48:41) - 1998

EWA MAJER – experienced ultra runner, with success story in Poland and Italy:

Solgar Team Poland

- 1. place 7 Valleys Run (100k - 10:21:36) - 2018
- 2. place 7 Valleys Run (100k - 10:28:05) - 2017
- 5. place Lavaredo Ultra-Trail (118k - 16:23:33) - 2017
- 1. place Chudy Wawrzyniec (83k - 10:17:03) - 2017
- 1. place Sudecka Setka (100k - 10:20:01) – 2016
- 2. place 7 Valleys Run (100k - 10:46:27) – 2016
- 1. place Chudy Wawrzyniec (83k - 10:20:38) - 2016
- 1. place 7 Valleys Run - (100k - 9:41:52) - 2015
- 1. place Chudy Wawrzyniec (83k - 9:14:29) - 2015
- 1. place Chudy Wawrzyniec (83k - 9:25:49) - 2014
- 1. place Sudecka Setka (100k - 9:58:55) – 2014
- 1. place Niepokorny Mnich (96k - 11:47:49) - 2014
- 1. place Long Distance Polish Championship (42k) - 2014
- 1. place Beskidzka 160 na raty (160k) - 2013
- 1. place Beskidy Ultra Trail (220k - 38:36:47) - 2013



MOST SUCCESFULL PARTICIPANTS:

MARCIN ŚWIERC - best polish ultra runner, with international succes, 3 wins in 7 Valleys Run:

BUFF Pro Team

- 1. place TDS (121k - 13:24:00) - 2018
- 2. place CCC (100k - 10:42:49) - 2017
- 9. place Long Distance World Championships (32k) - 2017
- 1. place The Great Wall Marathon (42k - 3:14:34) - 2017
- 1. place Long Distance Polish Championships (43k) - 2017
- 2. place Skyrunning High Trail Vanoise (67k - 9h31) - 2016
- 1. place 7 Valleys Run (100k - 9:13:49) - 2016
- 7. place Long Distance World Championships (32k) - 2016
- 4. place overall Skyrunning World Cup - 2015
- 1. place 7 Valleys Run (100k - 9:11:16) - 2015
- 4. place Marathon du Mont-Blanc (82k - 11:20:11) - 2015
- 1. place 7 Valleys Run (100k - 9:09:51) - 2014
- 10. place Transvulcania (73k - 7:52:21) - 2013
- 2. place 7 Valleys Run (100k - 8:55:09) - 2012



MAGDALENA ŁĄCZAK - best polish ultra female runner, with international succes, 4 wins in 7 Valleys Run:

Salomon Suunto Team Poland

- 2. place Ultra Pirineu (110k - 15:56:52) - 2018
- 1. place Ultra Sierra Nevada (100k - 14:36:28) - 2018
- 1. place Transgrancanaria (128k - 15:18:37) - 2018
- 1. place 7 Valleys Run (100k - 10:05:28) - 2017
- 1. place Azores Trail Run (98k - 12:15:34) - 2017
- 1. place Haria Extreme (100k - 11:26:32) - 2016
- 4. place Gore-Tex® Transalpine-Run (250k - 31:11:55) - 2016
- 1. place Bieg Rzeźnika (75k 8:22:56) - 2015
- 1. place 7 Valleys Run (100k - 10:20:56) - 2014
- 2. place Ice Trail Tarentaise (64k) - 9:30:37 - 2015
- 1. place Ultra Trail Mallorca (110k - 13:18:02) - 2014
- 3. place Mont Blanc 80k (Skyrunning WCH) - 12:58:51 - 2014
- 1. place 7 Valleys Run (100k) - 10:07:33 - 2014
- 6. place Ultra-Trail du Mont Blanc (103k) - 14:04:50 - 2012
- 1. place 7 Valleys Run (100k) - 11:26:15 - 2011



ANTIDOPING CONTROLS

Conducted by POLADA

Random controls - each race participant can be tested (DSQ if refused).
Negative tests results in 2016, 2017, 2018.



ACCOMPANYING RACES

Competitions held on the same day and course as 7 Valley Run 100k:

• 7 Valleys Run 64k

Start in Rytro, which is the second service point of 100k race course.
Start at 6:30 o'clock (6 a.m.). Individual race (classification by netto times) finish till 20:00 (8 p.m.).

Time limits:

- Piwniczna Zdrój 30k – 14:00 o'clock / 2 p.m.
- Wierchomla 41k - 15:30 o'clock / 3:30 p.m.
- Bacówka nad Wierchomlą 52k - 18:00 o'clock / 6 p.m.
- Krynica-Zdrój 64k (finish) - 20:00 o'clock / 8 p.m.

• 7 Valleys Run 34k

Start in Piwniczna, which is the third service point of 100k race course.
Start at 12:00 o'clock (12 a.m.) finish till 20:00 (8 p.m.).

Time limits:

- Wierchomla 11k - 14:30 o'clock / 2 p.m.
- Bacówka nad Wierchomlą 22k - 18:00 o'clock / 6 p.m.
- Krynica-Zdrój 34 k (finish) - 20:00 o'clock / 8 p.m.



RACE ORGANISERS

7 Valleys Run an Running Festival organisers are:

- **The Running Festival Foundation, NGO**
- **The Economic Forum in Krynica-Zdroj**



„Our ambition is to join the best ultra races in the world. Prize money and race standard express that desire. We invite best polish and foreign runners to Krynica” says Zygmunt Berdychowski, Chairman of the Board of the Economic Forum, founder of The Running Festival in Krynica-Zdroj, Seven Summits winner, an active mountain runner.



RUNNING FESTIVAL IN KRYNICA-ZDROJ

Running Festival in Krynica-Zdroj is one of the biggest and the most comprehensive event for running enthusiasts in Poland and Eastern Europe. There are more than 30 running and nordic walking competitions scheduled for 2019 edition, with races for children, families, amateurs, semi and professional runners in each of 3 days of the event (ex. 1 mile, 5k, 7k, 10k, 15k, halfmarathon, mountain halfmarathon, marathon, Iron Run – 140k in 9 street and mountain races)

Seminars and workshops for runners, „Meeting Sport Stars” meetings, activity zones, running EXPO and music concerts are accompanying the competition.

Each edition of the Festival is attended by more than 15k people.

Running Festival's website: www.festiwalbiegowy.pl/festiwal-biegowy

ECONOMIC FORUM IN KRYNICA ZDROJ

Economic Forum in Krynica is an annual international meeting of economic and political elites held in the first half of September. Within 27 years of its history the Economic Forum in Krynica has evolved from a small conference, with about 100 participants, to one of the biggest and the most recognisable meetings of the political and business leaders of Central and Eastern Europe (over 3000 participants in 2018).



MEDIA COVERAGE

Television: TVP S.A. - polish national television: TVP Sport, TVP1, TVP2, TVP Info channels daily coverage.

Press: Rzeczpospolita daily, Przegląd Sportowy sports daily, WPROST, Do Rzeczy, Manager, Sieci - weekly magazines.

Web: Wirtualnapolska.pl - horizontal web service, one of the biggest in Poland.

Onet.pl - horizontal web service, one of the biggest in Poland.

Running Festival Foundation runs own webservice for runners, one of the biggest in Poland. Please visit us on www.festiwalbiegow.pl.



HOST CITY / ACCOMODATION

Host city is Krynica-Zdroj, ski and spa resort located 140 km south to Cracow, with convenient bus transportation to the city and plane, via international airports nearby:

- Balice Airport (155 km north from Krynica, 18 km west from Cracow)
- Rzeszow Airport (150 km east from Krynica)
- Kosice Airport, Slovakia (115 km south from Krynica)



Krynica-Zdroj offers wide range of stay opportunities, with hotel prices starting from 10 EUR per night.

Official hotels of the 10th Running Festival in Krynica-Zdroj are:

BOŻY DAR

Web: www.bozy-dar.pl
Adress: Krynica Zdrój, ul. Zdrojowa 14
Ph. +48 18 471-22-81
Fax: +48 18 471-56-87
E-mail: recepja@bozy-dar.pl



HOTEL ***PERŁA POŁUDNIA

Web: www.perlapoludnia.pl
Adress: Rytko 380, 33-343 Rytko
Ph: +48 18 446-90-31/33
Fax: +48 18 449-74-25
E-mail: recepja@perlapoludnia.pl

PIASTUN

Web: <http://piastun.eu/>
Adress: ul. Wiejska 46, 33-380 Krynica-Zdrój
Ph.: +48 18 471 07 30, +48 502 254 296, +48 501 517 163
Fax.: +48 18 471 07 20
E-mail: piastun@piastun.eu
Skype: www.piastrun.eu

HOTEL SPA DR IRENA ERIS

Web: www.dririenaerisspa.pl/krynica-zdroj
Adress: 33-380 Krynica Zdrój, ul. Czarny Potok 30
Ph. +48 18 472 35 00
E-mail: krynica@dririenaerisspa.com

SŁOTWINY ARENA

Web: www.slotwinyarena.pl
Adress: 33-380 Krynica Zdrój, ul. Słotwińska 51A
Ph. +48 512 409 908 / +48 18 506 51 20
E-mail: recepja@slotwinyarena.pl

OŚRODEK SANATORYJNO-WCZASOWY HAJDUCZEK

Web: www.hajduczek.com.pl
Adress: 33-380 Krynica-Zdrój, ul. Pułaskiego 64
Ph. +48 18 471 54 08, +48 18 471 20 48
E-mail: rezerwacje@hajduczek.com.pl

SANATORIUM ENERGETYK

Web: www.energetyk-krynica.com
Adress: ul. Jana Kiepyury 2A, 33-380 Krynica-Zdrój
E-mail: recepja@energetyk-krynica.com
Tel.: +48 18 471 55 94 / +48 18 471 55 97

RACE REGISTRATION

Registration is opened, with no participants limit or lottery.

Registration: www.runningfestival.pl

Starting fee is:

- 120 PLN (ca. 30 EUR) till December 31st, 2018
- 160 PLN (ca. 40 EUR) till May 31st, 2019

CONTACTS FOR INTERNATIONAL RUNNERS:

ECONOMIC FORUM
POLISH RUNNING
FESTIVAL



Running Festival Foundation

Office: Solec 85 | 00-382 Warsaw

Ph.: +48-22-583-11-55 | fax: +48-22-583-11-50

Website:

<http://www.festiwalbiegowy.pl/festiwal-biegowy>

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Festiwal Biegowy 2019

10. TAURON Festiwal Biegowy
6-8 września 2019
Krynica - Zdrój

Formularz Zgłoszeniowy

Zawodnik

Imię *
Nazwisko *
Płeć *
Adres e-mail *
Powód br. adresu e-mail *
Data urodzenia *

Dane Techniczne

Numer telefonu *
Ulica / numer domu
Miasto
Kraj *
Kod pocztowy
Współrzędne

Wybierz bieg lub bieg start bieżni

Lp.	Nazwa Biegu	Czas	Wybierz na start	Wybierz Transport
1	Bieg 5 km	25:00		
2	Bieg 7.5 km	35:00		
3	Bieg 10 km	45:00		
4	Bieg 12.5 km	55:00		
5	Bieg 15 km	1:05:00		
6	Bieg 17.5 km	1:15:00		
7	Bieg 20 km	1:25:00		
8	Bieg 22.5 km	1:35:00		
9	Bieg 25 km	1:45:00		
10	Bieg 27.5 km	1:55:00		
11	Bieg 30 km	2:05:00		
12	Bieg 32.5 km	2:15:00		
13	Bieg 35 km	2:25:00		
14	Bieg 37.5 km	2:35:00		
15	Bieg 40 km	2:45:00		
16	Bieg 42.5 km	2:55:00		
17	Bieg 45 km	3:05:00		
18	Bieg 47.5 km	3:15:00		
19	Bieg 50 km	3:25:00		
20	Bieg 52.5 km	3:35:00		
21	Bieg 55 km	3:45:00		
22	Bieg 57.5 km	3:55:00		
23	Bieg 60 km	4:05:00		
24	Bieg 62.5 km	4:15:00		
25	Bieg 65 km	4:25:00		
26	Bieg 67.5 km	4:35:00		
27	Bieg 70 km	4:45:00		
28	Bieg 72.5 km	4:55:00		
29	Bieg 75 km	5:05:00		
30	Bieg 77.5 km	5:15:00		
31	Bieg 80 km	5:25:00		
32	Bieg 82.5 km	5:35:00		
33	Bieg 85 km	5:45:00		
34	Bieg 87.5 km	5:55:00		
35	Bieg 90 km	6:05:00		
36	Bieg 92.5 km	6:15:00		
37	Bieg 95 km	6:25:00		
38	Bieg 97.5 km	6:35:00		
39	Bieg 100 km	6:45:00		
40	Bieg 102.5 km	6:55:00		
41	Bieg 105 km	7:05:00		
42	Bieg 107.5 km	7:15:00		
43	Bieg 110 km	7:25:00		
44	Bieg 112.5 km	7:35:00		
45	Bieg 115 km	7:45:00		
46	Bieg 117.5 km	7:55:00		
47	Bieg 120 km	8:05:00		
48	Bieg 122.5 km	8:15:00		
49	Bieg 125 km	8:25:00		
50	Bieg 127.5 km	8:35:00		
51	Bieg 130 km	8:45:00		
52	Bieg 132.5 km	8:55:00		
53	Bieg 135 km	9:05:00		
54	Bieg 137.5 km	9:15:00		
55	Bieg 140 km	9:25:00		
56	Bieg 142.5 km	9:35:00		
57	Bieg 145 km	9:45:00		
58	Bieg 147.5 km	9:55:00		
59	Bieg 150 km	10:05:00		
60	Bieg 152.5 km	10:15:00		
61	Bieg 155 km	10:25:00		
62	Bieg 157.5 km	10:35:00		
63	Bieg 160 km	10:45:00		
64	Bieg 162.5 km	10:55:00		
65	Bieg 165 km	11:05:00		
66	Bieg 167.5 km	11:15:00		
67	Bieg 170 km	11:25:00		
68	Bieg 172.5 km	11:35:00		
69	Bieg 175 km	11:45:00		
70	Bieg 177.5 km	11:55:00		
71	Bieg 180 km	12:05:00		
72	Bieg 182.5 km	12:15:00		
73	Bieg 185 km	12:25:00		
74	Bieg 187.5 km	12:35:00		
75	Bieg 190 km	12:45:00		
76	Bieg 192.5 km	12:55:00		
77	Bieg 195 km	13:05:00		
78	Bieg 197.5 km	13:15:00		
79	Bieg 200 km	13:25:00		
80	Bieg 202.5 km	13:35:00		
81	Bieg 205 km	13:45:00		
82	Bieg 207.5 km	13:55:00		
83	Bieg 210 km	14:05:00		
84	Bieg 212.5 km	14:15:00		
85	Bieg 215 km	14:25:00		
86	Bieg 217.5 km	14:35:00		
87	Bieg 220 km	14:45:00		
88	Bieg 222.5 km	14:55:00		
89	Bieg 225 km	15:05:00		
90	Bieg 227.5 km	15:15:00		
91	Bieg 230 km	15:25:00		
92	Bieg 232.5 km	15:35:00		
93	Bieg 235 km	15:45:00		
94	Bieg 237.5 km	15:55:00		
95	Bieg 240 km	16:05:00		
96	Bieg 242.5 km	16:15:00		
97	Bieg 245 km	16:25:00		
98	Bieg 247.5 km	16:35:00		
99	Bieg 250 km	16:45:00		
100	Bieg 252.5 km	16:55:00		
101	Bieg 255 km	17:05:00		
102	Bieg 257.5 km	17:15:00		
103	Bieg 260 km	17:25:00		
104	Bieg 262.5 km	17:35:00		
105	Bieg 265 km	17:45:00		
106	Bieg 267.5 km	17:55:00		
107	Bieg 270 km	18:05:00		
108	Bieg 272.5 km	18:15:00		
109	Bieg 275 km	18:25:00		
110	Bieg 277.5 km	18:35:00		
111	Bieg 280 km	18:45:00		
112	Bieg 282.5 km	18:55:00		
113	Bieg 285 km	19:05:00		
114	Bieg 287.5 km	19:15:00		
115	Bieg 290 km	19:25:00		
116	Bieg 292.5 km	19:35:00		
117	Bieg 295 km	19:45:00		
118	Bieg 297.5 km	19:55:00		
119	Bieg 300 km	20:05:00		
120	Bieg 302.5 km	20:15:00		
121	Bieg 305 km	20:25:00		
122	Bieg 307.5 km	20:35:00		
123	Bieg 310 km	20:45:00		
124	Bieg 312.5 km	20:55:00		
125	Bieg 315 km	21:05:00		
126	Bieg 317.5 km	21:15:00		
127	Bieg 320 km	21:25:00		
128	Bieg 322.5 km	21:35:00		
129	Bieg 325 km	21:45:00		
130	Bieg 327.5 km	21:55:00		
131	Bieg 330 km	22:05:00		
132	Bieg 332.5 km	22:15:00		
133	Bieg 335 km	22:25:00		
134	Bieg 337.5 km	22:35:00		
135	Bieg 340 km	22:45:00		
136	Bieg 342.5 km	22:55:00		
137	Bieg 345 km	23:05:00		
138	Bieg 347.5 km	23:15:00		
139	Bieg 350 km	23:25:00		
140	Bieg 352.5 km	23:35:00		
141	Bieg 355 km	23:45:00		
142	Bieg 357.5 km	23:55:00		
143	Bieg 360 km	24:05:00		
144	Bieg 362.5 km	24:15:00		
145	Bieg 365 km	24:25:00		
146	Bieg 367.5 km	24:35:00		
147	Bieg 370 km	24:45:00		
148	Bieg 372.5 km	24:55:00		
149	Bieg 375 km	25:05:00		
150	Bieg 377.5 km	25:15:00		
151	Bieg 380 km	25:25:00		
152	Bieg 382.5 km	25:35:00		
153	Bieg 385 km	25:45:00		
154	Bieg 387.5 km	25:55:00		
155	Bieg 390 km	26:05:00		
156	Bieg 392.5 km	26:15:00		
157	Bieg 395 km	26:25:00		
158	Bieg 397.5 km	26:35:00		
159	Bieg 400 km	26:45:00		
160	Bieg 402.5 km	26:55:00		
161	Bieg 405 km	27:05:00		
162	Bieg 407.5 km	27:15:00		
163	Bieg 410 km	27:25:00		
164	Bieg 412.5 km	27:35:00		
165	Bieg 415 km	27:45:00		
166	Bieg 417.5 km	27:55:00		
167	Bieg 420 km	28:05:00		
168	Bieg 422.5 km	28:15:00		
169	Bieg 425 km	28:25:00		
170	Bieg 427.5 km	28:35:00		
171	Bieg 430 km	28:45:00		
172	Bieg 432.5 km	28:55:00		
173	Bieg 435 km	29:05:00		
174	Bieg 437.5 km	29:15:00		
175	Bieg 440 km	29:25:00		
176	Bieg 442.5 km	29:35:00		
177	Bieg 445 km	29:45:00		
178	Bieg 447.5 km	29:55:00		
179	Bieg 450 km	30:05:00		
180	Bieg 452.5 km	30:15:00		
181	Bieg 455 km	30:25:00		
182	Bieg 457.5 km	30:35:00		
183	Bieg 460 km	30:45:00		
184	Bieg 462.5 km	30:55:00		
185	Bieg 465 km	31:05:00		
186	Bieg 467.5 km	31:15:00		
187	Bieg 470 km	31:25:00		
188	Bieg 472.5 km	31:35:00		
189	Bieg 475 km	31:45:00		
190	Bieg 477.5 km	31:55:00		
191	Bieg 480 km	32:05:00		
192	Bieg 482.5 km	32:15:00		
193	Bieg 485 km	32:25:00		
194	Bieg 487.5 km	32:35:00		
195	Bieg 490 km	32:45:00		
196	Bieg 492.5 km	32:55:00		
197	Bieg 495 km	33:05:00		
198	Bieg 497.5 km	33:15:00		
199	Bieg 500 km	33:25:00		
200	Bieg 502.5 km	33:35:00		
201	Bieg 505 km	33:45:00		
202	Bieg 507.5 km	33:55:00		
203	Bieg 510 km	34:05:00		
204	Bieg 512.5 km	34:15:00		
205	Bieg 515 km	34:25:00		
206	Bieg 517.5 km	34:35:00		
207	Bieg 520 km	34:45:00		
208	Bieg 522.5 km	34:55:00		
209	Bieg 525 km	35:05:00		
210	Bieg 527.5 km	35:15:00</		

