

INDEPENDENCE RUN ŻAGAŃ – 11th NOVEMBER 2017

RUNNER'S GUIDE

I COURSE

Lengh: 10 km (6,21 mi)

Route: One loop in the middle of Żagań town.

Course description: flat, fast, only with one uphill 1 km before finish line.

Starting zone: wide, straight road, divided into starter sectors. Near big gym with locker rooms, showers & deposit.

Finish line: at the stadium - on the tartan track.

COURSE MAP



COURSE PROFILE



Movie with course presentation you can find here: <https://youtu.be/6wmUAU2tjP0>

More info about course here: <http://www.biegniepodleglosci.zagan.pl/trasa-biegu-glownego-10km/>

II STARTER PACK

In your package will be: runner's t-shirt, silicon band, isotonic drink and voucher for open track session at Pixers Ring (<https://pixers.ring.gp/>)



At the finish, all participants will receive a medal:



On the reverse side you can engrave your name and result.

III STARTING PROCEDURE

The starting zone will be divided into five sectors:

- * Elite Sector - 20 men & 10 women indicated by the organizer, based on their personal bests.
- * Sector I - athletes with declared running time less than 42 minutes,
- * Sector II - competitors with declared running time from 42 to 47.59 minutes,
- * Sector III - competitors with declared running time from 48 to 54.59 minutes,
- * Sector IV - Competitors with declared running time more than 55 minutes.

You should select the right sector in the registration form.

IV REGISTRATION & PAYMENT

Registration form (in English) you can find here: <http://super-sport.com.pl/zapisy-formularze/1411-vi-bieg-niepodleglosci-10km.html>

Please complete all the fields (don't touch „kat. dodatkowa”) and then proceed to payment. To do this - go to start page once more, find&choose „Pay for start,” find your name and click on the icon on the right.

Next - change to English and follow the instructions.

The starting fee is 65 Polish Zlotys (about 18 US Dollars).

Don't forget about:

- * correct first & last name
- * your birth date
- * club name (Brigade or Division)
- * e-mail address and mobile phone. On e-mail you will receive important info before Run's Day (in English). On mobile you will receive SMS with your result after Run.

V MORE INFO & CONTACT

More info you will receive via e-mail – few days before Run.

Contact to organizer:

e-mail: zawodnicy@biegniepodleglosci.zagan.pl

mobile phone: +48 505 787 302

VI FOLLOW US ON FACEBOOK

You can find us on FB: <https://www.facebook.com/BiegNiepodleglosciZagan/>

More important posts will be published in English.