

# **Göcsej Galopp 55/33/16/5 – 2016**

## **Trail Running Competition & Performance Tour**

**Organizer:** Göcsej Környezetvédő, Tájékoztató és Futó Egyesület

**Date and location:**

6th March 2016.

Kávás, Hungary, Iskolaköz Street - GPS(N46.860744, E16.711111)

**Start times and time limits:**

Running:	55, 16, 5 km: 10.10		
Performance tour:	55 km:	6.00 – 8.00	13 hours
	33 km:	6.00 – 9.00	8 hours
	16 km:	8.00 – 10.00	4 hours
	5 km:	8.00 – 10.00	2 hours

**Categories:**

Running:	55 km:	MW 19-40, 41-55, 56-
	16 km:	MW -14, 15-18, 19-40, 41-
	5 km:	MW -14, 15-18, 19-

**Registration fee:**

**Trail running:**

	<b>Pre-registration</b>	<b>On the spot, after deadline</b>
55 km	4000,- Ft	5500,- Ft
16 km	1600,- Ft	3000,- Ft
5 km	1000,- Ft	2000,- Ft

**Performance tour:**

55,33 km	1300,- Ft	1600,- Ft
16 km	900,- Ft	1200,- Ft
5 km	600,- Ft	800,- Ft

Discount for all distances of the tour for organized tourists (MTSZ, MSTSZ, TTT, Hungarian Tourist Card): 200- HUF.

On trail running under 18 years: 500- HUF discount.

Please note that your pre-entry is only valid, if your entry fee arrives on following bank account within 2 days after the entry deadline:

**Name: Gocsej KTFE**

**IBAN: HU04 7400 0236 1001 6666 0000 0000**

**SWIFT: TAKBHUHB**

In all other cases you must pay entry fee according on the spot. We accept written cancellation until 28th February 2016, in this case we transfer back 80% of the paid amount.

For teams 10% discount from entry fee, if entry is made at the same time of at least 10 persons.

**Deadline of Pre-registration:** 28<sup>th</sup> February 2016, 24:00

**Registration:**

**Online entry:** <http://goo.gl/forms/pfgVskbiSw>

or

**E-mail:** [gocsejktfe@gmail.com](mailto:gocsejktfe@gmail.com)

We will confirm your registration within 48 hours. Please provide the chosen distance and in case of trail running your year of birth.

**Start bibs:**

All runners will receive a unique start bib, that you need to wear full in the chest.

**Further information:**

Tibor Sólyom Mézes: +3620/472-0056

[gocsejktfe@gmail.com](mailto:gocsejktfe@gmail.com)

[www.gocsejtajfutas.hu](http://www.gocsejtajfutas.hu)

**Refreshments:**

All participants get warm meal at the event center.

**Running 55 km**

6,9 km: water, syrup, grape-sugar, chocolate, breadsticks

16,2 km: water, syrup, iso, grape-sugar, banana, cake

23,6 km: water, syrup, iso, grape-sugar, banana, biscuit, breadsticks

33,5 km: water,syrup,tea,iso,banana,grape-sugar, chocolate, breadsticks

42,8 km: water, syrup, tea, iso, banana, grape-sugar, bread and dripping

50,1 km: water, syrup, tea, iso, banana, grape-sugar,biscuits, breadsticks

**16 km**

6,9 km: water, syrup, grape-sugar, chocolate, breadsticks

12,4 km: water, syrup, tea, iso, biscuit, banana, grape-sugar, breadsticks

**5 km**

At the finish: tea, chocolate, biscuits, grape-sugar, breadsticks

**Performance tour**

**55 km**

6,9 km: water, syrup, chocolate

16,2 km: water, syrup, cake

23,6 km: water, syrup, biscuit

33,5 km: water, syrup, tea, banana

42,8 km: water, syrup, tea, bread and dripping

50,1 km: water, syrup, tea, biscuit

### **33 km**

6,9 km: water, syrup, chocolate

17,7 km: water, syrup, biscuit

20,3 km: water, syrup, tea, bread and dripping

27,5 km: water, syrup, tea, biscuit

### **16 km**

6,9 km: water, syrup, chocolate

12,4 km: water, syrup, tea, biscuit

### **5 km**

At the finish: tea, chocolate, breadsticks, grape-sugar

### **Awards:**

Running:

The first three competitors in each category get unique medals. The absolute winners of distances per gender get gifts. For all competitors unique certificate and badge.

Performance tour:

All successful competitors get a unique badge and certificate.

### **Other:**

All participants of the performance tour should bring their own cups for the refreshment points in order to reduce environmental impact.

Each competitor should take part at their own risk.

Buffet is available at the event center; possibility for change and shower.

Running after time limit can be continued as a performance tour.

After the time limit, we do not guarantee the course.

Opening hours of the refreshment points will be available on our website.

Residents from Kávás, Salomvár, Kustánszeg and Becsvölgye can start for free in case of pre-entry.

Everybody is warmly welcome by the organizers!

### **Sponsors:**

Local government of Kávás

Local government of Salomvár

Local government of Kustánszeg

Local government of Becsvölgye

See more from the event on:

<http://www.runinternational.eu/2016-calendar/march/2430-gocsej-galopp-2016>