

SALCO 4REST RUN

September 16th, 2018
12:00

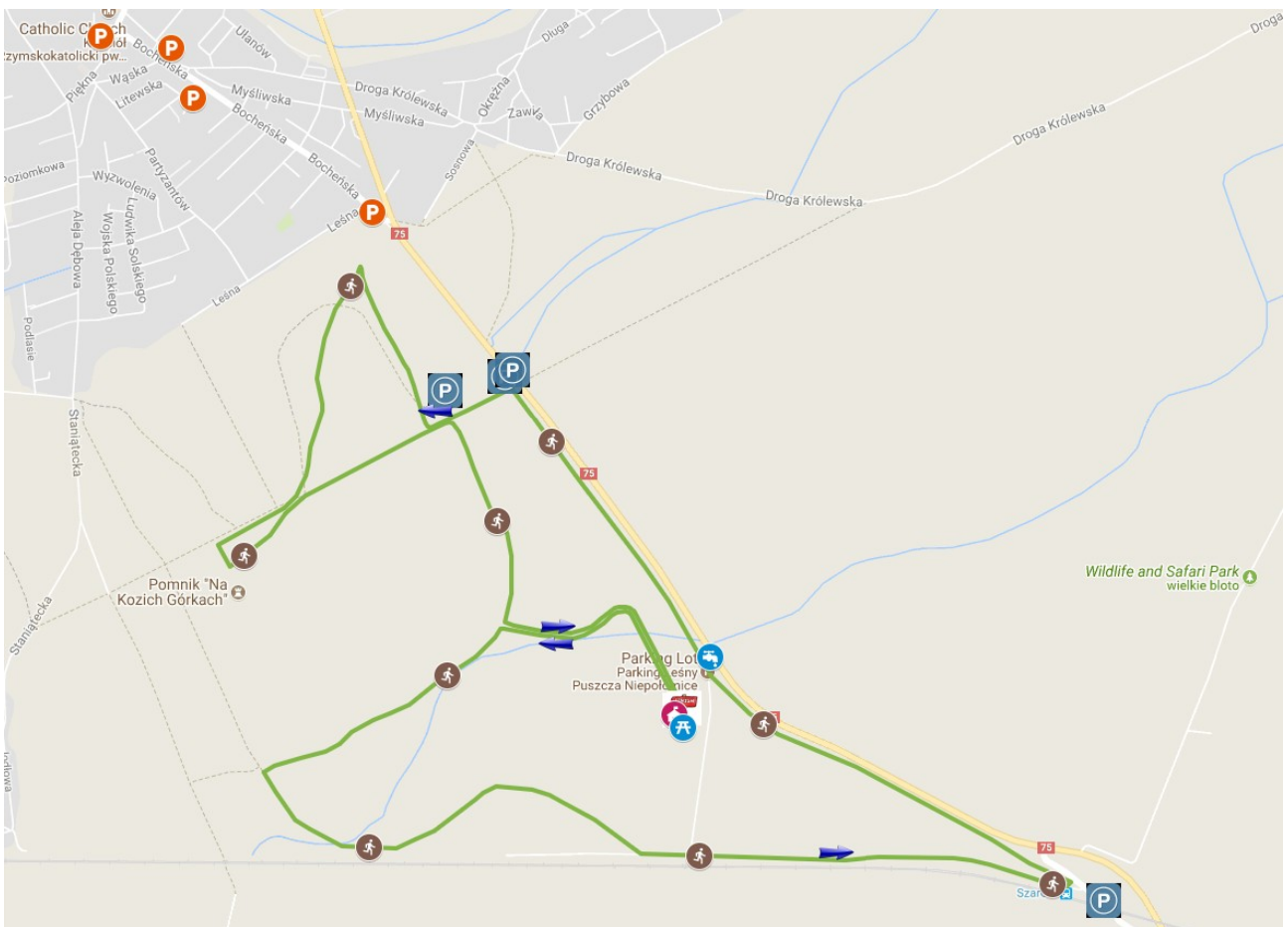
4 x 10km Team Race
Puszcza Niepołomicka
<http://www.4restrun.pl>

About the race

“Salco 4RestRun” is a unique event. It's a combination of sport race, relaxation in the nature and the team spirit atmosphere. It's a fun sport activity where success is dictated by the results of all four team members. We put heavy accent on atmosphere – it's not only about who will come first. We run in the forest, we run in the team, we enjoy running and enjoy being together. There's strength in the team. And that's what this event is all about.

Race course

2018 edition will bring a new race course. However start and finish will be in the same place as before – close to the bib pick-up station.



<https://www.google.com/maps/d/viewer?mid=1rwEDtAZ99tOoQlHMyIagz1zagcIPUrd->

Registration

http://chronotex.pl/opis-zawodow/?id_zawodow=220

Date	Price per team (4 people)
Before May 31 st , 2018	200 PLN
June 1 st – August 31 st , 2018	240 PLN
September 1 st – September 12 th	360 PLN

Participants limit: 600 runners (150 teams)

Contact: biuro@chronotex.pl

Payment type	Wire transfer
Payment to	Stowarzyszenie "Niepołomice Biegają" ul. Wielicka 85 g, 32-005 Niepołomice
Bank Account no	09 1020 2746 0000 3202 0191 7053
Payment title	„Zawody Salco 4Rest Run + TeamName / Runner Name”

Bib pick-up

Parking in the forest, near road “75”, the one with open gym.

GPS location: 50.014586, 20.240274

Google Maps: <https://www.google.com/maps/d/viewer?mid=zHdOXFsavv5g.kOwc0GEbTrlw>

Bib pick-up will be available in this location on race day only.

Classifications & Lottery

Official time classifications:

- all female
- all male
- mix
- companies

There will be extra prizes (not only for the top 3 teams in each category) and lottery with gifts for everyone who participated in the event.

Team result is the sum of the results of all four participants.

All participants who complete the race will receive finisher medals.

Contact

Event related questions, including invoices - niepolomicebiegaja@gmail.com

Registration, team changes - biuro@chronotex.pl

Race program

Saturday, September 15 th , 2018	
15:00 – 18:00	Early bib pick-up. Recommended for people who live close by. Laboratorium Aktywności Społecznej, Centrum Bocheńska ul. Bocheńska 26, Niepołomice
Sunday, September 16 th , 2018	
09:00 – 11:00	Bib pick-up
09:00 – 15:30	Prize Lottery tent “Szansa na nagrodę” opening hours
11:45	Warm-up before the race
12:00	Start of runners – group 'A'
12:05	Start of runners – group 'B'
12:10	Start of runners – group 'C'
12:15	Start of runners – group 'D'
Circa 13:45	Planned finish of last runners
Circa 14:00	Winners award ceremony, Prize lottery for all participants

Organizers

The main organizer of the even is the running group “Niepołomice Biegają”.
Partners who are co-organizing the event: Urząd Miasta i Gminy Niepołomice, MKS Spartakus,
Nadleśnictwo Niepołomice.

You can find us at <http://www.niepolomicebiegaja.pl/> or on our Facebook profile
<http://www.facebook.com/niepolomicebiegaja>