

ECONOMIC FORUM  
POLISH RUNNING  
FESTIVAL



# 7 Valleys Run 100/64/34k

## 7<sup>th</sup> 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. **10<sup>th</sup> edition of the Festival will take place on 6-8<sup>th</sup> 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:** 7<sup>th</sup> 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).

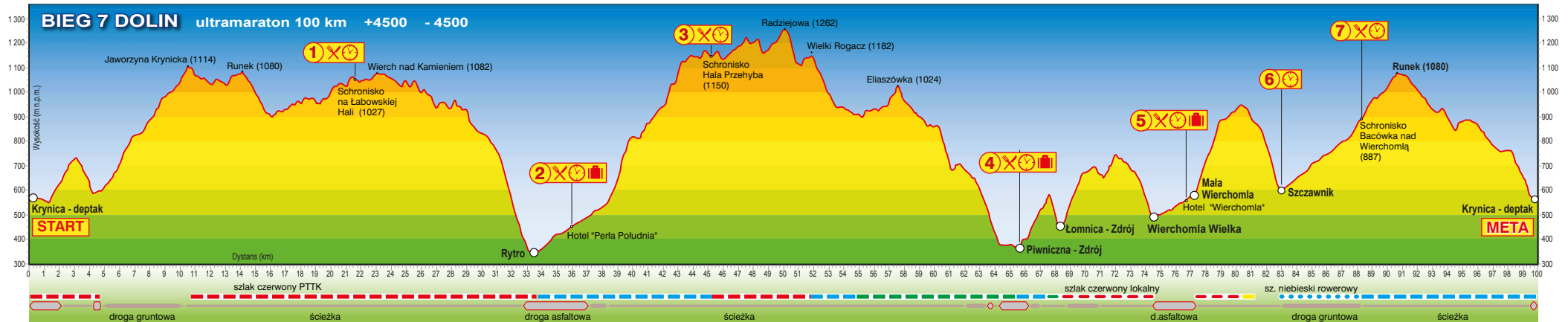
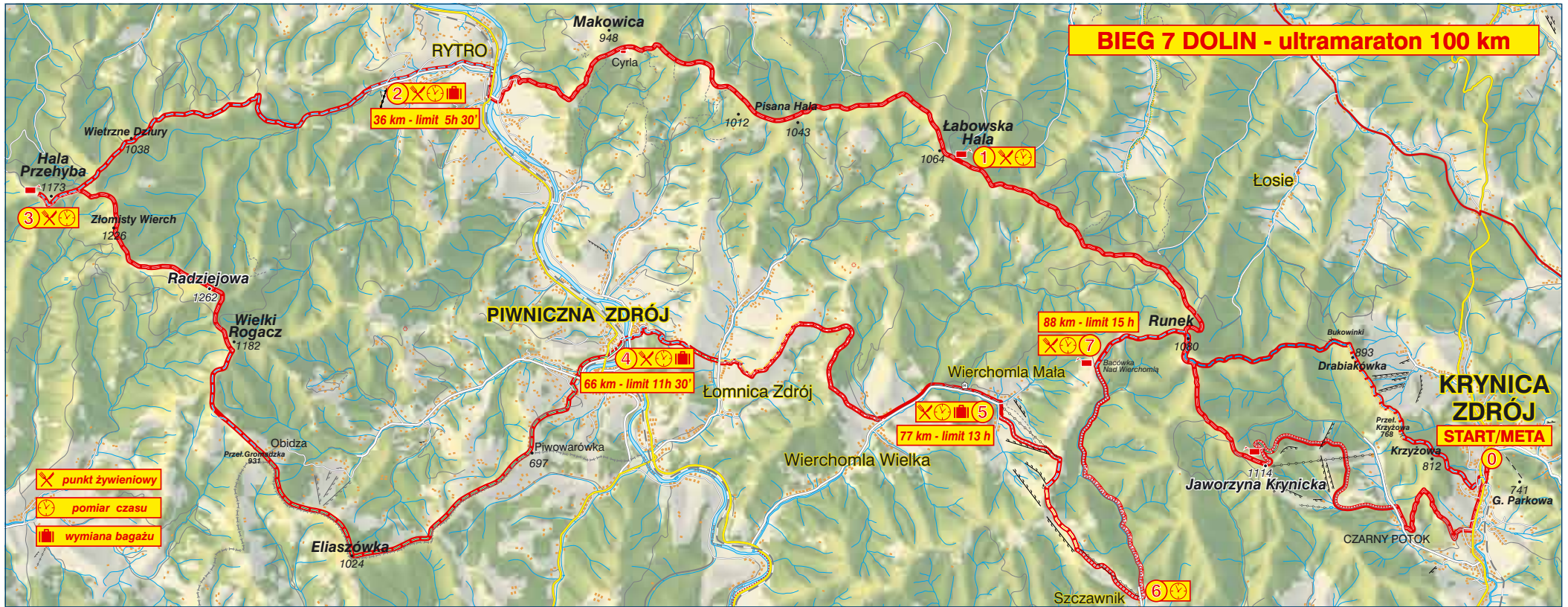
**Course trajectory:** Krynica-Zdrój, Rytro, Piwniczna-Zdrój, Szczawnik, Krynica-Zdrój. Course takes its beginning and an end on Krynica's Promenade and leads runners through the most beautiful part of Beskid Sadecki region. Rytro and Piwniczna are the main service points (6 in total).

### 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 6<sup>th</sup> 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 SUCCESSFUL PARTICIPANTS:

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

BUFF Pro Team

1. place TD8 (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.).

#### **• 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.).



## RACE ORGANISERS

7 Valleys Run an Running Festival organisers are:

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

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*„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](http://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](http://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 10<sup>th</sup> Running Festival in Krynica-Zdroj are:

### **BOŻY DAR**

Web: [www.bozy-dar.pl](http://www.bozy-dar.pl)  
Adress: Krynica Zdrój, ul. Zdrojowa 14  
Ph. +48 18 471-22-81  
Fax: +48 18 471-56-87  
E-mail: [recepca@bozy-dar.pl](mailto:recepca@bozy-dar.pl)



### **HOTEL \*\*\*PERŁA POŁUDNIA**

Web: [www.perlapoludnia.pl](http://www.perlapoludnia.pl)  
Adress: Rytko 380, 33-343 Rytko  
Ph: +48 18 446-90-31/33  
Fax: +48 18 449-74-25  
E-mail: [recepca@perlapoludnia.pl](mailto:recepca@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](mailto:piastun@piastun.eu)  
Skype: [www.piastun.eu](http://www.piastun.eu)

### **HOTEL SPA DR IRENA ERIS**

Web: [www.drirenaerisspa.pl/krynica-zdroj](http://www.drirenaerisspa.pl/krynica-zdroj)  
Adress: 33-380 Krynica Zdrój, ul. Czarny Potok 30  
Ph. +48 18 472 35 00  
E-mail: [krynica@drirenaerisspa.com](mailto:krynica@drirenaerisspa.com)

### **SŁOTWINY ARENA**

Web: [www.slotwinyarena.pl](http://www.slotwinyarena.pl)  
Adress: 33-380 Krynica Zdrój, ul. Słotwińska 51A  
Ph. +48 512 409 908 / +48 18 506 51 20  
E-mail: [recepca@slotwinyarena.pl](mailto:recepca@slotwinyarena.pl)

### **OŚRODEK SANATORYJNO-WCZASOWY HAJDUCZEK**

Web: [www.hajduczek.com.pl](http://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](mailto:rezerwacje@hajduczek.com.pl)

### **SANATORIUM ENERGETYK**

Web: [www.energetyk-krynica.com](http://www.energetyk-krynica.com)  
Adress: ul. Jana Kiepury 2A, 33-380 Krynica-Zdrój  
E-mail: [recepca@energetyk-krynica.com](mailto:recepca@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](http://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>

## Grzegorz Rogowski

– organising comitee, press officer

Ph.: +48-22-583-11-55

E-mail: [g.rogowski@isw.org.pl](mailto:g.rogowski@isw.org.pl)

## Piotr Falkowski

– organising comitee

Ph.: +48-22-583-11-32

E-mail: [p.falkowski@isw.org.pl](mailto:p.falkowski@isw.org.pl)

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

Formularz Zgłoszeniowy

**Dane Osobiste**

Imię \*  
Adres e-mail \*  
Nazwisko \*  
Pocztowa skrzynka e-mail \*  
Płeć \*  
Data urodzenia \*  
Numer telefonu \*  
Kraj \*  
Ulica i numer domu \*  
Kod pocztowy \*  
Miasto \*  
Współdzielca \*  
Wzrost \*  
Ciężar ciała \*

**Wybierz bieg lub bieg start**

Lp.	Nazwa Biegu	Czas	Wybierz	Transport na start	Wybierz Transport
1	Bieg 5 km	25:00	<input type="checkbox"/>		
2	Bieg 7,5 km	35:00	<input type="checkbox"/>		
3	Bieg 10 km	45:00	<input type="checkbox"/>	<input type="checkbox"/>	
4	Bieg 15 km	1:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
5	Bieg 20 km	1:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
6	Bieg 25 km	2:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
7	Bieg 30 km	2:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
8	Bieg 35 km	3:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
9	Bieg 40 km	3:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
10	Bieg 45 km	4:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
11	Bieg 50 km	4:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
12	Bieg 55 km	5:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
13	Bieg 60 km	5:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
14	Bieg 65 km	6:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
15	Bieg 70 km	6:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
16	Bieg 75 km	7:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
17	Bieg 80 km	7:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
18	Bieg 85 km	8:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
19	Bieg 90 km	8:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
20	Bieg 95 km	9:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
21	Bieg 100 km	9:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
22	Bieg 105 km	10:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
23	Bieg 110 km	10:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
24	Bieg 115 km	11:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
25	Bieg 120 km	11:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
26	Bieg 125 km	12:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
27	Bieg 130 km	12:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
28	Bieg 135 km	13:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
29	Bieg 140 km	13:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
30	Bieg 145 km	14:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
31	Bieg 150 km	14:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
32	Bieg 155 km	15:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
33	Bieg 160 km	15:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
34	Bieg 165 km	16:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
35	Bieg 170 km	16:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
36	Bieg 175 km	17:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
37	Bieg 180 km	17:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
38	Bieg 185 km	18:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
39	Bieg 190 km	18:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
40	Bieg 195 km	19:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
41	Bieg 200 km	19:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
42	Bieg 205 km	20:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
43	Bieg 210 km	20:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
44	Bieg 215 km	21:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
45	Bieg 220 km	21:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
46	Bieg 225 km	22:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
47	Bieg 230 km	22:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
48	Bieg 235 km	23:00:00	<input type="checkbox"/>	<input type="checkbox"/>	
49	Bieg 240 km	23:30:00	<input type="checkbox"/>	<input type="checkbox"/>	
50	Bieg 245 km	00:00:00	<input type="checkbox"/>	<input type="checkbox"/>	

**Dane Dodatkowe**

Numer klubu \*  
Numer karty biegacza \*  
Kod pocztowy \*  
Kod pocztowy \*

**Dane Bi-Promocja**

Nazwa \*  
Czas \*  
Wybierz \*

