Bohemian Paradise Marathon (Maraton Českým rájem), 10th edition

09/08/2020

A route of the marathon goes through an area where the landscape has been shaped by nature and also gently by human. Such landscape is unique – sandstone rocky areas, forests and meadows supplemented by castles, palaces and other buildings.

The route is a little longer than 42,195 km. Because of the elevation is not the exact distance that important, personal marathon record is impossible (except first-marathon-runners). Moreover, it is not purely a road marathon, although asphalt prevails, it is not purely an off-road marathon along stony paths, although sometimes along stony paths and paths with roots you will run, it's the Bohemian Paradise Marathon. According to some sources, the Battle of Marathon took place in 490 BC on August 12. Whether or not a messenger ran to Athens to convey a message about a famous victory today is not so important. The legend is still alive.

On-line application form: <u>here</u> or <u>www.mpcr.cz/ostatni/maraton</u> Limit: 150 runners

Registration: Museum of Nature Bohemian Paradise (upper end of the village Prachov), Prachov 37, 7:00 to 8:30 a.m. GPS: 50.4649219N, 15.3060103E

Going to start: 8:45 Start: Lepař monument, 9:00 Finish: Museum of Nature Bohemian Paradise

Entry fee: 400 CZK (when completing the <u>application online</u>, deadline 7th August; payable at registration), 500 CZK after 7th August

Marking: at intersections and crossroads arrows on asphalt roads, arrows on trees. Category: Men and women, age categories will be determined by the age structure and the number of participants.

Information: Martin Šandera, m.sandera@seznam.cz, +420 731 060 253

Accommodation: Tourist center Bohemian Paradise, Prachov 37 - 180 CZK / person / night. +420 732 858 380, <u>mpcr@seznam.cz</u>; or Parkhotel Skalní Město <u>https://skalnimesto.wordpress.com/</u>

Note: Participants start in the marathon at their own risk, the organizer does not accept any participant or his entourage and spectators responsibility for damage to health and property. The race takes place in full traffic, be careful and observant. One of the goals of this event is to take place the Bohemian Paradise and enjoy the beautiful scenery, not about overcoming personal records.

Due to the challenging profile and possible higher air temperature this marathon also serves as preparation for more challenging events. It is recommended to bring Camelbak, belt or fanny pack with bottles for liquids, etc. equipment.

Further information and contact details on the above and: www.mpcr.cz

Prachov 37 (registration, finish, accommodation), GPS: 50.4649219N, 15.3060103E