NOWA RUDA / LUDWIKOWICE KLODZKIE (POLAND)

Bid for the organization of the European Masters Mountain Running Championships in 2014.

INSPECTION VISIT: MAY, 25th, 2013

VISITING PERSONS:
Jerzy Krauze and Josep Maria Antentas (EVAA)
HOSTING PERSONS:
Piotr Postrozny (Director of the Culture Centre Centrum Nowa Ruda), Edward & Boleslaw Kozlowicz and other members of the LOC and the presence of the Mayor, Slawomir Karwowski.

REPORT BY: JOSEP MARIA ANTENTAS, completed by JERZY KRAUZE

EVENT:
5TH European Masters Mountain Running Championships.

DATE OF THE EVENT: Middle of June,
not later than the end of June 2014.

VENUE:
Ludwikowice Klodzkie, Recreation Centre “HARENDA”,
(5 km away from Nowa Ruda)

ORGANIZATION:
Commune Culture Centre of Nowa Ruda + Mayor of the Commune Nowa Ruda, Polish Masters Mountains Athletics Body and National Veterans Athletics Federation.

STARTING TIME: To be decided

DISTANCE RACE: 9,2 Kms. / 592 m. altitude
STARTING LINE:
Located in Harenda (Vacation Centre) in Ludwikowice Klodzkie. It is a big and open area with enough space to be placed more than 1000 runners, with all kind of facilities for the competitors. In this area there are: Children’s playground, parking’s lot, showers, toilets, swimming pool, restaurant, a mini-zoo with some wild animals etc.

Close to this area will be located the TIC, opening and closing ceremony including parade of nations, awards medals ceremony, pasta-party, and all preliminaries items.

After a small lap inside this Sports Complex the runners would take the main route till the finish line.
THE ROUTE:

The road is a combination of asphalt (few and small sections), gravel and trail till the top of the route is enough wide to run without problems. First kilometre is on asphalt and uphill, then a rest zone (flat a slightly downhill).

After this point there is a path of 300-400 m with a plenty of rocks; this is the most dangerous part of the way. The runners will have to take care of their ankles...It is about 4 km. point.

After this point the road is perfect for running with trail, gravel, grass uphill but with moderate intensity.
FINISH LINE: It is located at the top of Wielka Sowa (Big Owl) in the Gòry Sowie (Sowie Mountains). At the top there is a tall and nice tower (souvenir’s shop, down). It is a wide area with all the facilities for a picnic. It is well appreciated by the inhabitants of these surroundings.
In this area would be placed the finish line, restoration, doping test, WC, timing system, big screen with names and times of the finishers. At the same time in Harenda (starting line) other screen would be placed with the same information.

Four refreshments stations along the course, (approx. 2,5 km, 4,0 km, 6km including the finish line.

**RUNNER´S COME BACK:**

Once the runner cross the finish line and take some water, energy bars, rest and relax. Competitors can return to Harenda (in to the starting point), by two ways: jogging – easiest way without crossing the main course with the others competitors and spectacles. Another possibility will be - taking a shuttle buses placed down at 200 m. away to the finish line. Another possibility is to take the bus in the point located on the distance of the 4 km. It depends of the weather and the LOC Organization will decide one point or another.

**BAGS TRANSPORTATION:**

Every runner will have the possibility to leave in a small bag some dry clothes in a bus for once at the top, to pick up it.
**MEDICAL CARE:**
Medical equipment (doctors, ambulances...at the start and finish line.) The Mountain Rescue Services are in charge during the race to assist, evacuate...the athletes. They are connected by walky-talkies

**OPENING and CLOSING CEREMONY:**
In Harenda Sports Complex.

**AWARDS CEREMONY:**
Harenda Sports Complex, once the Championship is over. There will not be medals ceremony on the Finish line.

**RESULTS:** By chips - Data System.

**PRIOR EXPERIENCES:**
This Organization does several competitions during the season, mountain, cross-country, Nordic Walking and annually in August they do the same racecourse the Polish Mountain Running Championships, that we saw in our visit to Wielka Sowa Mountain. This year (2013) it will be the 4th edition.

**ACCOMMODATION:**
Through the Culture Centre of Nowa Ruda (Organizers), will provide several offers: hotel, camping, rooms and pensions which are located in Ludwikowice Klodzkie, Nowa Ruda and its surrounding.

**SITUATION OF NOWA RUDA:**
Nowa Ruda is located in the western Poland, in Lower Silesia. There are several options to get there. From Wroclaw where is airport and after by car or bus (85 km.) From Prague airport by car is (231 km.)

Once in these cities, there are several connections by train or bus, till Klodzko or Nowa Ruda and then till Ludwikowice Klodzkie and Harenda, by car or local bus transportation.

During the press conference Mr Slawomir Karwowski the Mayor of Nowa Ruda Commune has been assured the journalists and EVAA, that in case of signing contract and preparation EMMRC 2015 in Poland, he reserved appropriate budget for this year and 2015. The LOC agreed also with rules of the EVAA contract, including Authorisation Fee, Performance Bond, Doping Control and EVAA Fee.
CONCLUSIONS:

Knowing that it left approximately one year for preparations of EMMRC 2014, EVAA Council should find a solution of the championships very close.

The LOC in Nowa Ruda and Mayor of Nowa Ruda Commune is ready for signing the contract.

Josep Maria Antentas, Jerzy Krauze

Ludwikowice Klodzkie/Poland, May 25, 2013