Juk-trail # 3 Logojsk

Trail running competition (42, 30, 21, 10, and 5km) and cross-country XCO (21km)
Kids race 500m
Trail - cross-country running according to ITRA standards - International Trail-Running Association [http://i-tra.org/](https://vk.com/away.php?to=http%3A%2F%2Fi-tra.org%2F&post=-141366769_232&cc_key=). Trail-marathon evaluated – 2 points, trail 30 km, trail half marathon - evaluated – 1 point, by ITRA.

XCO - cross-country cycling.

The route is circular. The main running loop is 10km, there will be different number of  loops depending on the distance. The cycling loop is 5.5km. Running and cycling routes are different.

**Location and how to get there**

Logojsk, Minsk region. GPS: 54.210274, 27.832410.

By car: 30min driving from Minsk from circular road towards Vitebsk.

Public transportation: by bus from Minsk to Logojsk bus station, then 1.5 km by foot to Tenistaja Street.

Start and finish line: former biathlon shooting range.

**When?**
Saturday, 18 November 2017

10:00 – start of cross-country XCO
12:00 – start of trail marathon (42 km)
13:00 – start of 30km trail
14:00 – start of trail half-marathon (21 km)
15:00 – start of 10km trail
16:00 – start of 5km trail
16:30 – start kids race
17:30 – finish cut-off time for all races

**Registration**
First, fill in the form Here: <https://www.arf.by/?index=events-future&id=2017-zhuk-treil-3>, then pay the registration fee here: [https://bezkassira.by/buy/2937/](https://vk.com/away.php?to=https%3A%2F%2Fbezkassira.by%2Fbuy%2F2937%2F&post=-141366769_232&cc_key=)

Registration fee:

- before the 10th of November: 15 BYR

- before the 17th of November: 20 BYR

- on the race day: 25 BYR.

 Club discount available up to 20%.

**Mandatory equipment**
For the bib distribution: passport or the equivalent photo ID.

During the race, for all participants: race bib and timing chip at all times.

For the cyclists: bicycle and helmet.

**Terrain**

Mostly forest trails 0,5-2m wide, some segments are covered with gravel, and  some offroad segments.

The cycling trail has no artificial obstacles.

Maximal accent 60m. Cumulative elevation gain 600m over one 10km loop.

**Where to check the routes?**
Routes are available to download  here:

5 km XCO <https://www.gpsies.com/map.do?fileId=arweyswhtqrdlosm>

Marathon <https://www.gpsies.com/map.do?fileId=zwyumqbevizdhypo>

Trail 30 km <https://www.gpsies.com/map.do?fileId=lyohaikowufclmjo>

Half marathon <https://www.gpsies.com/map.do?fileId=jaioncbolitmooms>

Trail 10 km <https://www.gpsies.com/map.do?fileId=rvarufoqmtexswms>

Trail 5 km <https://www.gpsies.com/map.do?fileId=pgbuqileqptizuzy>

Visualisation is also available: [https://www.relive.cc/view/1223473138](https://vk.com/away.php?to=https%3A%2F%2Fwww.relive.cc%2Fview%2F1223473138&post=-141366769_232&cc_key=)

One week before the race day, there will be a training run organized to get familiar with the route.

**Marking, time reading and control**

All finishers will get the medals

<https://pp.userapi.com/c639519/v639519175/52516/kHTgYugyC7I.jpg>

Refreshment point: there will be hot tea, fruites and biscuits.

**Family activities**

There is a kids race 500m long for the little ones where all finishers get diplomas and medals.

Older children can participate in the 5km race.

All children under 16 participate for free but must register in advance on the website  <https://www.arf.by/?index=events-future&id=2017-zhuk-treil-3>

**News and code of conduct**

The code of conduct is published on our website <https://www.arf.by/?index=docs&id=2017-zhuk-trail-3-condition>

Follow us on Facebook  <https://www.facebook.com/events/105869896795376/>

VK <https://vk.com/guktreil>

And on forum <http://forum.poehali.net/index.php?board=21;action=display;threadid=119961>