

# 100 Km Ultrarun IAU European Championship Open Belgian Championship **16th June 2006**

(Race Website <http://www.nvv.be>)



## 100 Km Ultrarun

A very flat course consisting of a first local loop in Torhout of exactly 10 km followed by a number of loops to the neighboring village of Kortemark at back to Torhout. The finish is situated in the city centre (Town hall) amidst a big crowd of spectators who are enjoying a local musical show programme.

- Age limit: 18 years
- Time limit: 13 hours
- The distance is indicated every km in the first loop of 10 km and from then onwards every 5 km.
- The roads are well lighted and for the larger part free of traffic.
- Catering every 5 to 6 km with water, coca-cola, sports drink, fruit and light energy-snacks.
- Every competitor is allowed to be accompanied by one cyclist, from Km 12 onwards. This cyclist must be registered (fee of 3.00 €) on Friday, June 17 at the city sports centre between 5.00 and 7.00 p.m. The cyclist will receive an official number that gives access to the course and to the catering-stations along the course.
- Non-registered cyclists will be removed from the race!
- On arrival, all finishers will get a T-shirt, a special medal, a certificate and a valuable prize.
- Prize money according to the place in the overall result and finishing time.
- Prize rewarding ceremony on Saturday, June 18 at 3.00 p.m. in the city sports centre.

## Renault-Marathon - Unique Night Marathon

A very flat course consisting of a first local loop in Torhout of exactly 10 km followed by a number of loops to the neighboring village of Kortemark at back to Torhout. The finish is situated in the city centre (Town hall) amidst a big crowd of spectators who are enjoying a local musical show programme.

- Age limit: 18 years
- Time limit: 6 hours
- The distance is indicated every km in the first loop of 10 km and from then onwards every 5 km.
- The roads are well lighted and for the larger part free of traffic.
- Catering every 5 to 6 km with water, coca-cola, sports drink, fruit and light energy-snacks.
- Every competitor is allowed to be accompanied by one cyclist, from Km 12 onwards. This cyclist must be registered (fee of 3.00 €) on Friday, June 17 at the city sports centre between 5.00 and 7.00 p.m. The cyclist will receive an official number that gives access to the course and to the catering-stations along the course. Non-registered cyclists will be removed from the race !
- On arrival, all finishers will get a T-shirt, a special medal, a certificate and a valuable prize.
- Prize money according to the place in the overall result and finishing time.
- Prize rewarding ceremony on Saturday, June 18 at 2.00 a.m. in the city sports centre.

## 10 Km - Popular City Race

- A very flat course of exactly 10 km in the city of Torhout amidst a big crowd of spectators.
- Time limit : 75 minutes
- Indication of distance every km.
- Course is well lighted and free of traffic.
- Two catering stations.
- Accompanied by cycle or car is not allowed.
- On arrival, all finishers will get a T-shirt and a valuable prize.
- Prize money according place in the overall result and finishing time.
- Prize rewarding ceremony on Friday, June 17 at 2.00 a.m. on the stage in front of the town-hall (Market-Place) just before the arrival of the Marathon.

## General Information

- All races are open to affiliated and non-affiliated runners. Affiliated runners must be registered before June 1st 2005.
- All distances are carefully measured according to IAAF regulations.
- Belgian Red Cross, doctors and physiotherapists provide medical assistance.
- Dressing rooms and showers available at the city sports centre.
- Entries and pick up of documents on Friday, June 17 between 5.00 and 7.30 p.m. at the city sports centre.
- The runners for all the events start with the local loop (10 km) at 8.00 p.m. The finish for the 10 km city-run is situated at the starting zone. There the runners in the marathon and ultra run start one or more loops outside Torhout.
- All finishers will get the total results of the race by personal mail before July 15th.
- Lodging : contact the Tourist Information Centre of Torhout [www.torhout.be](http://www.torhout.be) - [toerisme@torhout.cevi.be](mailto:toerisme@torhout.cevi.be)