

GENERAL INFORMATION SHEET
IAU 50 KM World Championships
1st September, 2019



50KM
WORLD CHAMPIONSHIPS
ROMANIA
BRASOV

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1. BRASOV ON THE WORLD MAP

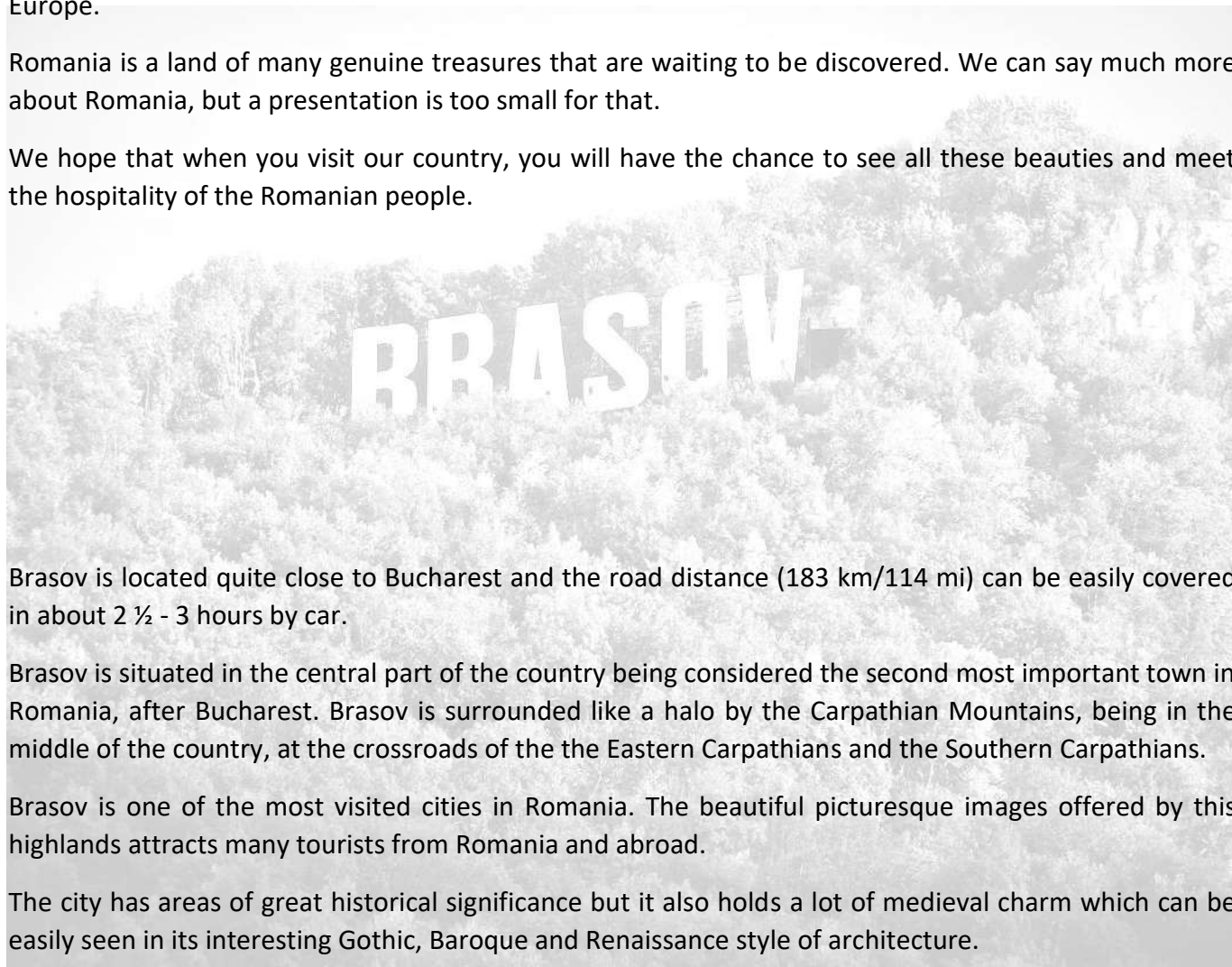
Romania is one of the large countries of Europe, with a population of approx. 22 million inhabitants.

Romania is located at the intersection of Central and Southeastern Europe, bordering on the Black Sea. Romania shares a border with Hungary and Serbia to the West, Ukraine and Moldova to the Northeast and East, and Bulgaria to the South.

Often compared to a "Latin island in a Slav sea", Romania features a unique familiar feeling in Eastern Europe.

Romania is a land of many genuine treasures that are waiting to be discovered. We can say much more about Romania, but a presentation is too small for that.

We hope that when you visit our country, you will have the chance to see all these beauties and meet the hospitality of the Romanian people.



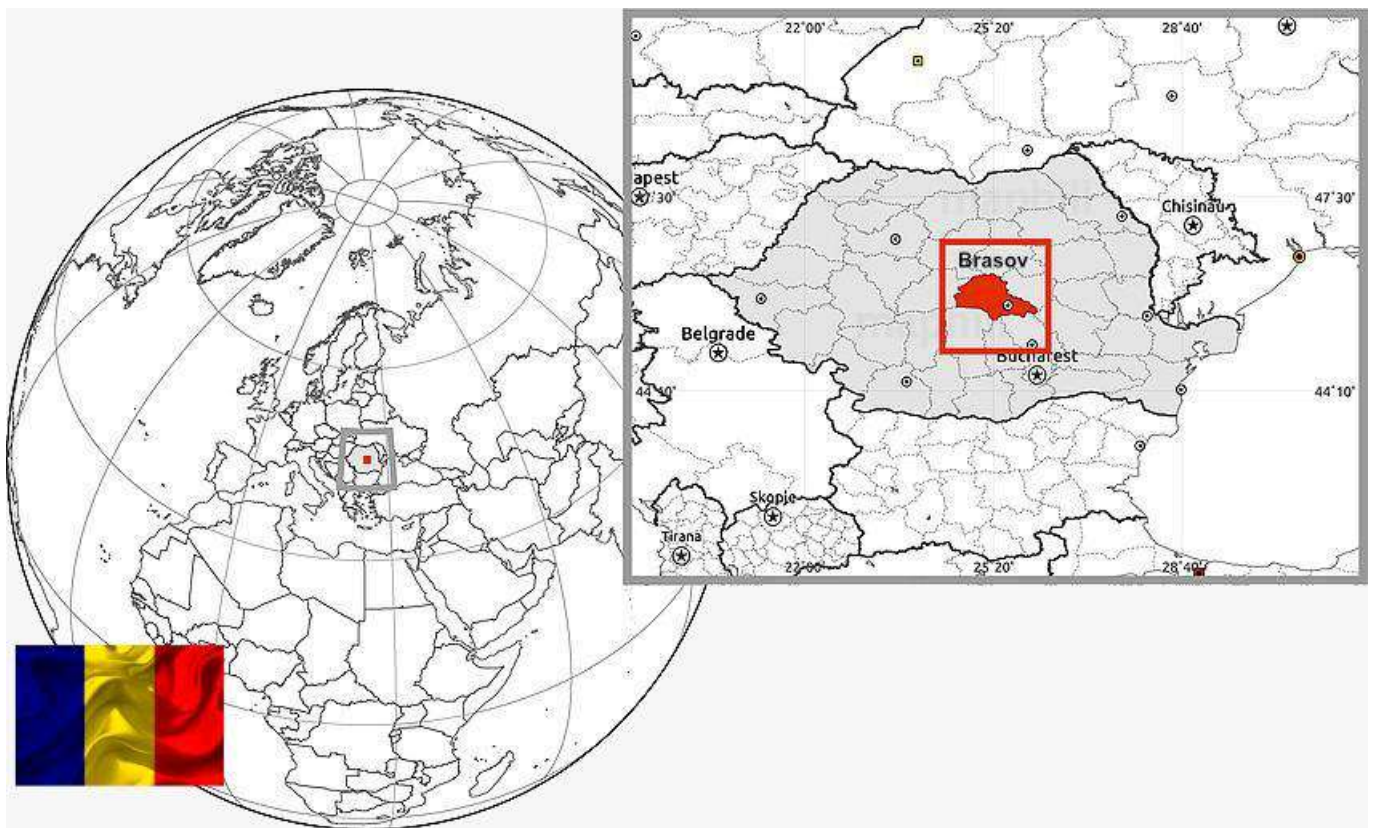
Brasov is located quite close to Bucharest and the road distance (183 km/114 mi) can be easily covered in about 2 ½ - 3 hours by car.

Brasov is situated in the central part of the country being considered the second most important town in Romania, after Bucharest. Brasov is surrounded like a halo by the Carpathian Mountains, being in the middle of the country, at the crossroads of the the Eastern Carpathians and the Southern Carpathians.

Brasov is one of the most visited cities in Romania. The beautiful picturesque images offered by this highlands attracts many tourists from Romania and abroad.

The city has areas of great historical significance but it also holds a lot of medieval charm which can be easily seen in its interesting Gothic, Baroque and Renaissance style of architecture.

Just 12km away from Brasov city, in a glade surrounded by coniferous forests, at the foot of the Postavaru Mountain, you will find Romania's most famous skiing resort, Poiana Brasov.



2. WELCOME

It gives me great pleasure to welcome you in Brasov, the town that combines the most interesting and beautiful things Romania has to offer!

It is a privilege for me to be, as President of the Romanian Athletics Federation, the host of the first world athletic championship ever organized in Romania. It is a historic moment and I am glad that we will be able to mark it through one of the youngest and most dynamic athletic discipline: **ultrarunning**.

A few decades back we could never imagined that a man can „fly” over almost 9 meters at long jump or that a man wpuld ever be capable of running 100 meters in less than 10 seconds. And for sure we could have never imagined running events for over 24 hours!

The wish of the people was always to push boundaries, to demonstrate that there is always more that can be done and, in this regard, ultrarunning is the supreme expression of overcoming limits in athletics.

All the more, I am glad that the first world athletic championship hosted by Romania is the IAU 50 KM World Championhips. Ultrarunning is maybe the youngest athletic discipline, but it is for sure the one that attracts thousands and thousands of people willing to prove that nothing is too hard, as long as there is will and determination.

I am glad also that Romania succeeded, in less than two years, to attract two major international competitions. After Timișoara, the host of the IAU 24h European Championships, it is Brașov’s turn to demonstrate that Romania is a top organizer for athletic events.

We must not forget that this championship would have never been accomplished without the help and implication of the Ministry of Sports and Youth, Brașov City Hall and Brașov County Council. All of them were excited and enthusiastic to organize this world championship and support every step of the organization.

To the best ultrarunners of the moment: Welcome and may you have a great race! I hope that you will spend wonderful days in Brasov, marked by friendship and sportsmanship!

Florin FLOREA
President of the Romanian Athletics Federation



Good afternoon,

I would like to welcome to Braşov the guests who travelled to Romania in order to be present at such a big and important competition. This proves once more that our country is capable of hosting events of real importance.

It is a privilege for Romania to organise for the first time the 50 km World Championship of road running. I hope that there will be as many amateur athletes as possible who will enrol for the 50 km Open Race.

I am convinced that the Romanian team will do everything in its power to reach its goal. For the first time, a national Romanian team will participate in this edition of the World Championship.

I wish that sport lovers came as many as possible to the World Championship where more than 200 athletes from 40 countries will participate, especially that the event will take place in Braşov city, which is also a tourist attraction.

Finally, I would like to wish good luck to all the athletes and in particular to our country.

Constantin Bogdan MATEI
Minister of Youth Affairs and Sports



Welcome to Brasov!

For the first time Romania hosts a world athletics championship and this is happening in Brasov!

I am glad that the city that lies at the feet of Tampa Mountain won the bid due to the history, the beauty and the organizational conditions found here, as well as the ardent desire of the Romanian Athletics Federation to bring a world championship to our country. It is a real challenge for us to be the host of such an event, but I am convinced that the organizing team will prove that in Romania things are accomplished at a high level.

Brasov has the experience of organizing other valuable international competitions, such as the European Youth Olympic Winter Festival or the FIS Cup Open. We are glad that athletics joins the big competitions hosted in Brasov and it is an honor to be partners of the first world athletics championship in Romania.

I hope that this competition, besides the example of strength and tenacity of the athletes, will also be an example to be followed for as many children as possible in Brasov and athletics will become one of their favorite sports.

We will do our utmost to be the best host for the 350 officials of foreign delegations. I wish them all welcome, and I wish ultra-runners to have an unforgettable competition! I hope that for all Brasov will remain in their hearts and become a destination for other sport events or for future trips.

George SCRIPCARU
Mayor of Braşov



Dear guests,

Dear runners,

I take great pleasure in welcoming you to Romania for the 2019 IAU 50 Km World Championships. Words cannot express the gratitude I feel that Romania is hosting its first world athletics event in history and that, together with you, we will write the story of an extraordinary competition!

I am honored that the elite of endurance athletes is coming to Brasov, a city with an impressive cultural, historical and symbolic heritage, located at the very heart of Romania.

Hosting this World Championships is a privilege for our country, but also a responsibility that we take with great passion and active involvement.

All institutions are working locally and nationally to hold a high standard Championship. Together we are preparing this event with attention to all details: from the course to accommodation, meals and schedule, so that we provide you with an amazing experience here. I am convinced that you will feel very welcomed in Romania and you will return home with special memories.

We strongly believe that Romania will once again confirm that it can organize quality sports events, which bring together people from all over the world celebrating performance in ultrarunning, as we successfully did in 2018 with the organization of the IAU 24h European Championships in Timisoara.

Until we meet on September 1st 2019, I wish you good luck with your trainings and preparations! May you have an epic race in Brasov!

Diana AMZA
President of the Local Organizing Committee



3. CONTACTS

ROMANIAN ATHLETICS FEDERATION (RFA)

PRESIDENT

Name: Florin FLOREA

Address: 2 Primo Nebiolo Street, 011349 Bucharest 1, Romania

Tel: +40-21-3192445

E-mail: office@fra.ro

Website: www.fra.ro

LOCAL ORGANIZING COMMITTEE (LOC)

LOC PRESIDENT

Name: Diana AMZA

E-mail: contact@brasov50km.com

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RACE DIRECTOR

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VIP HOSPITALITY MANAGER

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INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

IAU PRESIDENT

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Mobile: +1 716 392 6657

IAU DIRECTOR OF COMPETITION AND RECORDS

GENERAL PROJECT COORDINATOR

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IAU VICEPRESIDENT

PROTOCOL COORDINATOR

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TEHNICAL COORDINATOR

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Mobile: +34 649 65 22 78

IAU GENERAL SECRETARY

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Mobile: +44 7884 473 336

CHIEF TRANSPONDER TIMING JUDGE (CTTJ)

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Mobile: +34 654 11 20 61

IAU DIRECTOR OF COMMUNICATION

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Mobile: +41 762 691 250

4. GENERAL COMPETITION INFORMATION IAU 50 KM WC

Date: 1st of September 2019

Start hour: 08:00

Finish hour: 13:00

Time Limit: 5 hours

Course: Road

Competitions:

- Women's individual competition
- Men's individual competition
- Women's Team Competition
- Men's Team competition

Only athletes and teams official entered by their National Federation can compete in the IAU 50 KM WC. Every Country can send 6 men and 6 women who can compete in this IAU 50 KM WC. A team consists of maximum 6 members.

Maximum number of officials: 1-6 athletes (3 officials), 7-12 athletes (6 officials)

The START and the FINISH of the competition are in front of **ARO Hotel** in Brasov city.

The course is traffic-free and it will lead the runners through the city of Brasov. The course consists of 100 % asphalt pavement.

The **1st lap** will be **5 km long** and the **2nd to 6th lap** will be 9 km long each.

The laps will be counted and registered in the start-finish area and at the turning point of the 9km loop. The intermediate time lists will be after 5km, and every 9 km after that (14, 23, 32, 41, 50km). Team intermediate results will be posted 30 minutes after individual results.

The course is officially measured by an A grade IAAF measurer and all performances will therefore be recognized by EA, IAU and IAAF.

Profile of the course:

Start and finish at: 583 meters

Highest point: 604 meters

Lowest point: 569 meters

The map of the course



The map of the 5km loop



Elevation profile of the 5km Loop

Highest point: 584 metres

Lowest point: 569 metres

Total elevation gain: 24 metres



The map of the 9km Loop



Elevation Profile of the 9km Loop

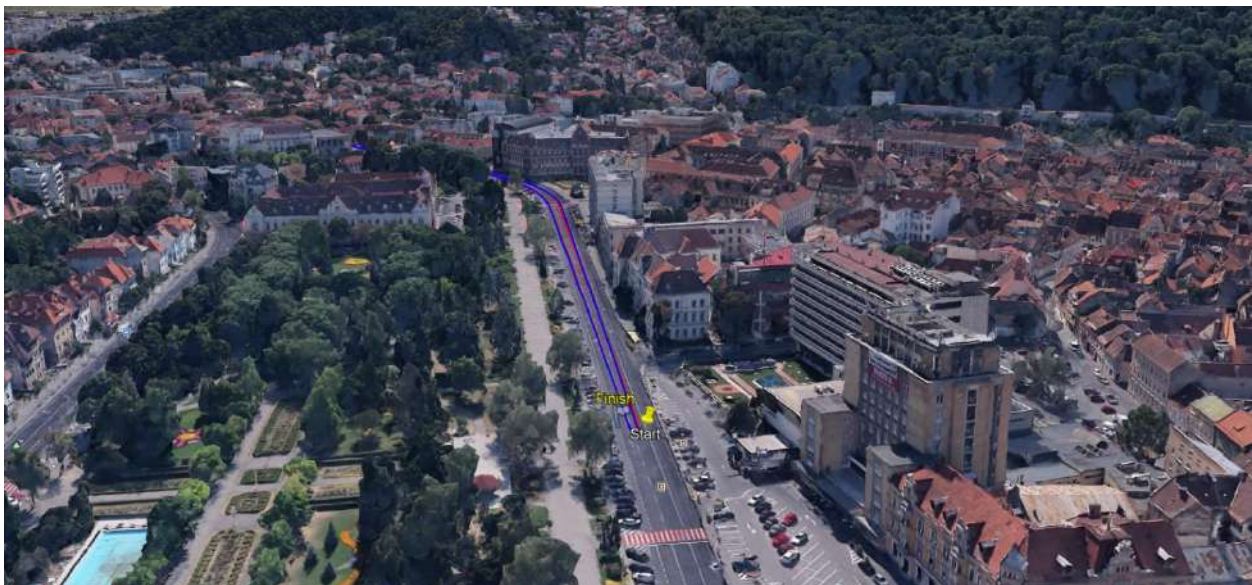
Highest point: 569 metres

Lowest point: 604 metres

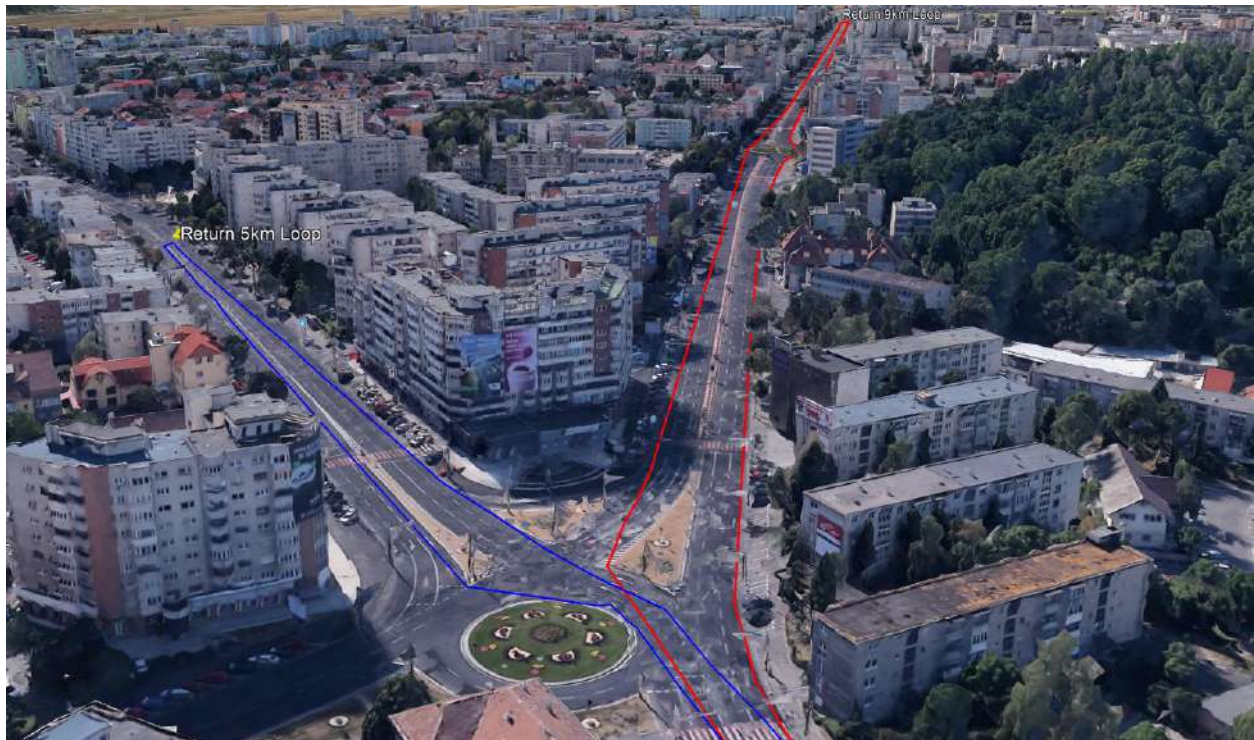
Total elevation gain: 50 metres



Start/Finish line



Course of the race



Course of the race



Refreshment points:

- National Teams tents at start/finish area
- General refreshment point at start/finish area
- Water and isotonic drink at turning point of the 9km loop

General Refreshment point and National Team Tents:



Refreshment point at turning point of the 9 km Loop:



5. OPEN RACE INFORMATION

Date: 1st of September 2019

Start hour: 08:00

Finish hour: 14:30

Time Limit: 6h 30min

Course: Road

Entries limit: 200 runners

Competitions:

- Individual women
- Individual men

Registration for the OPEN RACE has to be done on the official website of the event:

www.brasov50km.com

Entry fee: 35 €

6. TRANSPORTATION PLAN

Travel to the Athletes Village will be arranged from Bucharest Henri Coanda (Otopeni) International Airport <http://www.bucharestairports.ro/en>.

The airport is located 160 km away from Hotel Alpin, Poiana Brasov - the Athletes Village <https://www.hotelalpin.ro/en/>. The road distance (160 km/100 mi) can be covered in about 3 hours by bus.

Teams can go directly to the Athletes Village by using their own transport, transport they have rented or by using the bus supplied by the LOC.

The LOC bus has to be booked in advance along with the FEF. The Federations will have to pay in advanced via Bank transfer along with the second payment and the FEF.

Cost per person as follows:

- two ways: Bucharest Airport – Poiana Brasov – Bucharest Airport: **15€**

In order to use the LOC bus, teams should meet the LOC representatives which will be waiting for them, duly identified, in the arrival area of the airport. The LOC will set up a welcome desk in the airport during the arrival times of the delegations.

PAYMENT

The Federations will have to pay for transportation in advance via Bank Transfer by **Monday 29th of July**, along with the FEF.

FREE TRANSFER

The LOC will manage the following transportation for the delegations:

- Hotel – Opening ceremony and return
- Hotel – Start line
- Finish line – Hotel
- Daily minibas – Poiana Brasov – Brasov and return

7. ACCOMMODATION AND MEALS

The LOC will offer full board accommodation, free of charge, for a maximum of **2 male athletes** and **2 female athletes** per delegation for a specific numbers of nights:

- Distance from the capital of own country to Bucharest: **≤ 4 hours – 3 nights**
- Distance from the capital of own country to Bucharest: **> 4 hours – 4 nights**

The duration of the free stay is:

- For 3 nights accommodation: - from Lunch of Friday until Lunch of Monday
- For 4 nights accommodation: - from Lunch of Thursday until Lunch of Monday

[The Athletes Village - Hotel ALPIN, Poiana Brasov](#)

Situated near Brasov city, in the well known sky resort Poiana Brasov, this luxury 4-star aparthotel offers a breathtaking view on the surrounding Postavaru peak mountains. **Alpin Hotel & Spa** welcomes you in a wonderful setting, combining modernity and tradition, and offers you quality services. Alpin Resort Hotel offers accommodation with complimentary access to a semi-Olympic pool. Free WiFi access is available. Most of the rooms have a balcony and some units enjoy mountain views. They come with a satellite TV, a minibar, a safety deposit box and a private bathroom.

International food and fine wines are served at the À Propos restaurant, where guests can enjoy a view of the surrounding mountains. A rich buffet breakfast is offered every morning at the Tosca Restaurant. Guests can listen to live piano music, which is played daily from 17:00 to 19:00 in the reception area. The Gatsby Italian Restaurant and the traditional Forest Restaurant offer a blend of Romanian and international cuisine.

[Alpin Resort Hotel](#)

500001 Poiana Brasov, Romania

Tel +40 268 262 343

Fax +40 268 262 435

E-mail: contact@hotelalpin.ro



HOTEL POLICIES

- ✓ Check-in 4:00 PM – 11:00 PM
- ✓ Check-out 10:00 AM – 12:00 PM

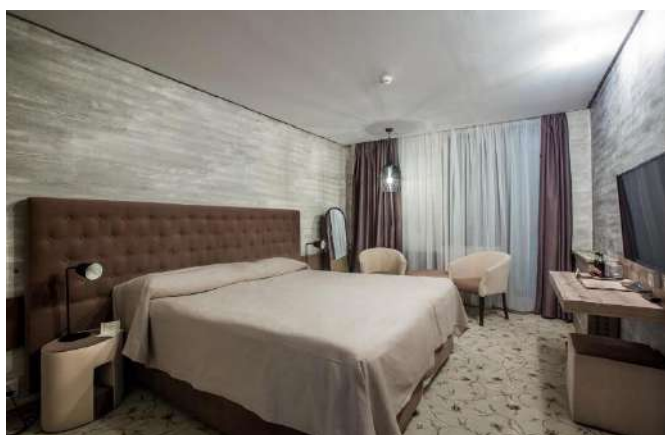


Full board accommodation for additional athletes, further delegation members, officials and any eventual additional nights will be charged at the following rates (per person, per night):

- ✓ SINGLE ROOM – 115 euro/per night
- ✓ TWIN ROOM – 95 euro/person/night

All rooms have a mini-bar.

Room Facilities: Mountain view, TV, Telephone, Satellite channels, Cable channels, Flat-screen TV, Safe, Ironing facilities, Heating, Walk-in closet, Mosquito net, Dryer, Wardrobe or closet, Bathtub, Hairdryer, Bathrobe, Free toiletries, Toilet, Private Bathroom, Slippers, Bathtub or shower, Toilet paper, Minibar, Refrigerator, Outdoor furniture, Outdoor dining area, Wake-up service, Towels, Linens, Upper floors accessible by elevator, Emergency cord in bathroom
Free WiFi!



- ✓ APARTMENT (suitable for 4 pers) – 95 euro/person/night

The apartment consists of 2 rooms, each having its own bathroom, and one living room. The kitchenette from the living room is equipped with a microwave for preparing light meals and snacks, and tea and coffee facilities. Please note that the kitchenette is not equipped for cooking complex meals.

Apartment Facilities:

Air conditioning, Balcony, Mountain view, TV, Telephone, Satellite channels, Cable channels, Flat-screen TV, Safe, Hot tub, Ironing facilities, Sitting area, Heating, Walk-in closet, Sofa, Mosquito net, Dryer, Wardrobe or closet, Shower, Bathtub, Hairdryer, Bathrobe, Spa tub, Free toiletries, Toilet, Private Bathroom, Slippers, Bathtub or shower, Additional bathroom, Tea/Coffee maker, Minibar, Refrigerator, Microwave, Dining area, Dining table, Outdoor furniture, Outdoor dining area, Wake-up service, Towels, Linens, Upper floors accessible by elevator, Emergency cord in bathroom.

Free WiFi!



MEALS

Everyday breakfast, lunch and dinner are served at Hotel Alpin.

- Breakfast: 7:30 - 10:30
- Lunch: 13:00 - 15:00
- Dinner: 19:00 - 21:00

On race day breakfast will be served between 5:30-6:30.

The Final Banquet is free of charge for all athletes (maximum of 6 men and 6 women athletes per country), officials (number as mentioned in the GIS) as well for further delegation members who paid full board accommodation. And is scheduled as follows:

Date and time: **1st of September 2019, 19:00 - 21:00**

Place: **Hotel Alpin, Poiana Brasov**

Other people who want to enter the Final Banquet can buy a ticket for **15€ each**.

PAYMENT

All delegations are responsible for the entries and requests for full board accommodation.

Member Federations will need to pay an accommodation deposit when they send in the PEF. This is because the LOC must pay for the accommodation in advance so they need the financial security of the deposit of the teams.

Payments schedule as follows:

- by **Monday 1st of July**, along with de PEF: **30%**
- by **Monday 29th of July**, along with the FEF: **70%**

Payment for accommodation should be done by bank transfer here:

FEDERATIA ROMANA DE ATLETISM

2 Primo Nebiolo Street, Bucharest 1, Romania

IBAN code: RO67BRDE441SV22010514410

Each proof of payment must be sent to: contact@brasov50km.com with reference to the IAU 50km World Championships and the Federation name.

CANCELLATION POLICY

- ❖ **Free of charge – 4 weeks before the event – until August 1st, 2019**
- ❖ **50% charge – 2 weeks before the event – until August 15th, 2019**
- ❖ **100% charge – 10 days before the event – until August 19th, 2019**

8. PRELIMINARY ENTRY FORMS (PEF) AND FINAL ENTRY FORMS (FEF)

DEADLINE PRELIMINARY ENTRY FORM (PEF): July 1st 2019

In order to book the accommodations, each Federation will send:

- A list with the number of athletes and officials.
- Arrival and departure dates.
- Required numbers of rooms and their typology (single, twin or apartment).
- Required numbers of nights.

Every country can send 6 men and 6 women athletes and can nominate one non-travelling reserve for each team in case of late withdrawal. For the teams' results, the delegations will be ranked according to the addition of the performances of their 3 best athletes.

Maximum number of officials: 1-6 athletes (3 officials), 7-12 athletes (6 officials).

In addition, the following information must be sent:

- Billing information
- Federation name
- Fiscal address
- VAT
- Country

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

The members Federation will be asked to pay 30% in advanced for the full board accommodation of their Teams.

DEADLINE FINAL ENTRY FORM (FEF): July 29th 2019

With the final entry form, each Federation will send the final list with the names of their athletes, dates of births, gender and their personal bests. Each Federation will also inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms and their typology, required number of nights, required number of meals to be provided.

The forms must be sent via email to both this email addresses:

LOC: contact@brasov50km.com

IAU: secretary@iau-ultramathon.org

Please note that the accommodation and transfer offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

9. TRAVEL GRANTS AND THE USE OF WILDCARDS

Travel Grant information will be scheduled right before the Technical meeting, on Saturday, 31th August 2019. The allocated Travel Grant for the National Athletics Federations for this MIAU is:

TG (TEAM)	IG (A)	IG (B)	IG (C)
160 €	160 €	120 €	80 €
<p>Team Grants are paid for maximum one male and one female team (= minimum 3 runners/team)</p> <p>IG Grants are paid for maximum 3 men and 3 women/country.</p> <p>All these grants are cumulative!</p>			

The TRAVEL GRANT will only be paid by bank transfer, after the event.

The provisional travel grant invoice will be given after the Technical Meeting. After the start of the race, there will be a last check of the athletes who started. If athletes who are on the Travel Grant paper did not start, the amount of Travel Grant will be changed.

The table shows that if you send a full team, then you will receive a basic team grant (TG). Then, additionally, you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes, then the travel grant will be just that of the individual athlete.

On the IAU website, www.iau-ultramarathon.org, nearer the race date, you will find a list of the runners of your Federation who belong to category A, B or C.

Use of Wildcards

The introduction of WILDCARDS means that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU competition. At every MIAUC you can use a maximum of 2 wildcards (combined men and women). This regulation gives team delegations the opportunity to send potential "B athletes" even when certain situations made it impossible for some athletes to compete in a IAU labeled race to achieve the IAU recognized performance.

These WILDCARD athletes **must** be indicated on the [Final Entry Form](#).

If you have any questions about this, please contact the IAU Director of Organisations: Liesbeth Jansen:
E-mail: liesbeth.jansen@iau-ultramarathon.org, Tel: +31 622 49 00 53

10. VISA REQUIREMENTS

Any foreign visitor wishing to visit Romania should have a valid passport or a valid identity card of the European Union.

As per the provisions of Regulation (EU) no. 610/2013, as of October 18th 2013, when calculating the right of stay for third state applicants, a time period of maximum 90 days in any 180 day period shall be taken into consideration. You can calculate your right to stay by using the [calculator](#) made available, for this purpose, by the European Commission.

For more detailed information, please access the following link: <http://www.mae.ro/en/node/2035>

11. ACCREDITATION PROCEDURE

Accreditation badges will be prepared in advance of the event, based of the information provided by the Member Federation in the FEF.

No changes will be accepted after the final entry deadline, except in case of lesion, last minute illness of one of the team members.

Accreditation badges will be handed out on teams` arrival.

12. MEDICAL

The safety and welfare of competitors is of paramount importance to the Medical Team.

In accordance with rule 53.1 of the IAAF Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and/or pathology – in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests form of use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner`s ability or not to participate in the competition.
- e. Accept that, under rule 144 of the IAAF Competition Rules, the Medical Team decision on participation before or during the race is final.

For safety reasons, upon arrival, the Teams will be asked to sign a Medical Waiver.

Romania Anti Doping has been appointed to carry out testing during the Championship.

13. WEATHER CONDITIONS

Exact weather forecast for the race day will be given at the Technical Meeting.

Weather conditions on September 1st during the last 5 years:

1-September	2014			2015			2016			2017			2018		
	9:00	12:00	15:00	9:00	12:00	15:00	9:00	12:00	15:00	9:00	12:00	15:00	9:00	12:00	15:00
Hourly Temperature	20	22	20	21	22	20	22	21	20	24	26	24	18	25	26
Humidity (%)	47	40	45	46	44	52	50	49	52	33	30	34	15	17	24
Precipitation	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

14. IAU Technical Education Course

One of our main objectives is to promote and develop long distance running worldwide by encouraging specific activities in each of the IAAF Continental Areas. At the same time IAU is trying to give back to our ultra-running community as much as possible. This is why the IAU Technical Committee will launch the Technical Education in 2019. It will be great opportunity to share our expert experience with you and gives you the chance to become an “IAU Technical Delegate”. All our Technical Delegates need to have been trained as technical officials in their own country up to national standard (i.e. race referee/judge for national championships) or Race Directors with experience in IAU Label Races

- ✓ The date: **August 30th, 2019** in English limited to 10 participants. It is for Europe (8 participants), USA and Canada (1 participant for each country). If you are interested in participating in the course, please send an email to paco.rico@iau-ultramarathon.org.

Only one member from each country will be admitted to take the course (there might be possibility to extend this in exceptional circumstances).

The training will be free of charge and after completion of the course you will receive confirmation of completion (certificate).

More information and Registrations in our website: www.iau-ultramarathon.org

15. IMPORTANT TIMES AND DATES

IAU Technical Education Course

Friday, August 30 between 10:00 – 18:00, Hotel Alpin, Poiana Brasov

Limited to 10 participants: 8 participants from Europe, 1 participant from USA and 1 participant from Canada.

Seminar – "Building a strong ultrarunning foundation: Developing the sport across the globe."

Friday afternoon, August 30 between 19:00 – 20:00, Hotel Alpin, Poiana Brasov

Pre-Race Press Conference

Saturday Morning, August 31 at 10:00, City Hall

Welcome reception

Saturday, August 31 between 13:00 – 15:00

Welcome reception offered to Team Leaders and officials by the Romanian Athletics Federation and the City Hall of Brasov

**By invitation only. Location to be confirmed.*

Outfit meeting and Travel Grant Confirmation

Saturday afternoon, August 31 between 15:00 – 16:00, Hotel Alpin, Poiana Brasov

Team leaders/managers to present their national uniforms, to confirm the athletes who are competing.

Technical Meeting

Saturday afternoon, August 31 between 16:00 – 17:00, Hotel Alpin, Poiana Brasov

The Meeting will be conducted in English.

Bus transfer will be arranged from Hotel Alpin , Poiana Brasov to Council Square in Brasov.

Opening Ceremony

Saturday afternoon, August 31 between 18:00 – 19:30, The Council Square, Brasov.

All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and to wear their federation outfit.

**The location will change in case of bad weather or in case of Brasov being the host of Cerbul de Aur Music Festival*

Bus transfer will be arranged from Council Square in Brasov back to Hotel Alpin.

Pasta Party

Saturday evening, August 31 between 20:00 – 21:00, Hotel Alpin, Poiana Brasov.

Awards and Closing Ceremony

Sunday, September 1 between 17:00 – 19:00, at the Cultural Centre in Poiana Brasov.

Final Banquet



Sunday, September 1 at 19:00 – 21:00, Hotel Alpin, Poiana Brasov.

16. GENERAL TIME SCHEDULE

This is the proposed time table/ The confirmed and final timetable will be handed out upon arrival.

Thursday 29 th August	All day	Arrival of the teams
Friday 30 th August	In the morning	Arrival of the teams
	10:00 – 18:00	IAU Technical Education Course
	19:00 – 20:00	Seminar – “Building a strong ultrarunning foundation: Developing the sport across the globe.”
	14:00	Visit of Peles Castle (1 h by Bus) 15€/person or Visit of Bran Castle (40 min by Bus) 13€/person *Organized if minimum 10 persons register
Saturday 31 th August	10:00	Pre-Race Press Conference
	13:00 – 15:00	Welcome reception offered to Team Leaders and officials by the Romanian Athletics Federation and the City Hall of Brasov *By invitation only. Location to be confirmed.
	15:00 – 16:00	Outfit meeting and Travel Grant Confirmation
	16:00 – 17:00	Technical Meeting
	18:00 – 19:30	Opening Ceremony
	20:00 – 21:00	Pasta Party
Sunday 1 st September	08:00	Start of IAU 50 km WC and Open Race
	13:00	Finish of IAU 50 km WC
	14:30	Finish of Open Race
	17:00 – 19:00	Awards and Closing Ceremony
	19:00 – 21:00	Final Banquet
Monday 2 nd September	All day	Departure of the teams

17. TOURIST INFORMATION

As a **host of IAU 50KM World Championships**, the city of Brasov is excited to welcome you with all its best features.

Your discovery starts in **Council Square**, the iconic place of Braşov, where you can take amazing photos or enjoy a great coffee at one of the terraces from the square.

The Council Square used to be, during the Middle Ages, the place where markets were held, not only by Hungarian and Saxons of Transylvania, but also by merchants from Romania. Among the buildings in the square we should mention the Council House, the Church of the Assumption of the Virgin Mary, the Merchants' House, the Filstich-Plecke House, Mureşenilor House, the Museum of Urban Civilization Braşov. The Black Church is located near the square.

The Council Square is probably the best well-known and most visited place in Braşov, where various artistic and cultural events, outdoor concerts, such as the Golden Stag Festival, etc. are organized.



Photo courtesy: turismderomania.ro

Near Council Square lies one of the most imposing churches from Romania, **the Black Church**. The chill you will feel inside makes you realize the greatness of the Black Church and will make you eager to discover more about this monument. The Black Church is one of the most representative monuments of Gothic architecture in Romania, dating from the XIV-XVth centuries. With a length of over 89 meters, it is considered to be the largest church in Romania. Owing to its size, when it was finalized, it received the title of the Largest Church between Vienna and Constantinople.



Photo courtesy: brasovultau.ro

It is the parish church of the Evangelical Lutheran community in Braşov. The gothic building was partially destroyed in the fire that followed the temporary invasion of the Turks in 1689, when its walls blackened and became known under its current name. The popular name after the fire, the “Black Church”, was officially accepted in the XIXth century.

Wandering in the old city you will discover **the Bastions** that surrounded and protected the medieval city. Now they are arranged as small history museums and the walk through them is enjoyable.



Photo courtesy: wwromania.wordpress.com

At the gates of the ancient city, inhabited by Germans in the medieval age, lies Schei, one of the most old quarters of Braşov. This is the home of **Junii Braşovului**, an ancient organization of the Schei neighborhood, organized in seven groups. Each group represents a different quarter in the Schei neighborhood and in the second Sunday after Easter, they march through the city on their horses, in an unique ceremony that presents a tradition of hundreds of years and amazing traditional costumes. The leader of ceremonies wears a shirt adorned with 40000 colorful spangles, weighing 20 lbs.



Photo courtesy: adevarul.ro

In Schei lies also the oldest Romanian church from the city. Dating as establishment from 1292, **St. Nicholas Church** dominates, through its impressive size, Şcheii Braşovului. The church was built in stone, starting with the year 1495, by the locals, with the help of Neagoe Basarab, Prince of Wallachia.



Photo courtesy: ghidlocal.com

Neighborhoods

Bran Castle is perhaps one of the most iconic places from Transylvania. Just 30km apart from Braşov, Bran Castle is one of the most visited places from Romania. Its fame is tightly related to Dracula, the character from Bram Stoker's novel. The legend of Dracula continues to fascinate the thousands visitors, excited to discover any sign of the world renowned vampire. Apart from its gloomy fame, Bran Castle is a charming romantic place touched by centuries of history. The castle is now a museum dedicated to displaying art and furniture collected by Queen Marie and tourists can see the interior on their own or by a guided tour. At the bottom of the hill is a small open-air museum exhibiting traditional Romanian peasant structures (cottages, barns, water-driven machinery, etc.) from the Bran region.



Photo courtesy: www.castelulbran.ro

Peleş Castle is another magnificent castle, a residence of Romanian kings and queens. The castle is a Neo-Renaissance construction in the Carpathian Mountains, situated near Sinaia, at 60km from Braşov. It was built between 1873 and 1914 and it's inauguration was held in 1883. It was constructed for King Carol I. Peleş Castle attracts the tourists with it's beautiful architecture and the amazing and intricate interiors.



Photo courtesy: a1.ro

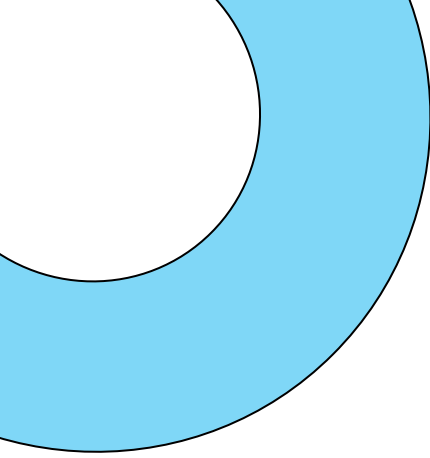
The IAU 50Km World Championships organizing committee will accommodate for those who are interested visits to both castles.

Poiana Braşov, the accommodation destination for the championships, it is a beautiful mountain resort. In winter the slopes are full of Romanians and foreigners alike and in summer all the terraces and hotels are full of tourists that want to enjoy quiet and unspoiled beauty of nature.



Photo courtesy: brasovromania.net

We are welcoming you to Braşov and we are unpatient to show you what Braşov has more beautiful to offer!



We look forward to writing together with you the story of an amazing competition in the heart of Romania!