

THE DEERS on TRAIL RUN (28K, 14K, 4K, Bambi Run)

In 2012, the ever exciting trail run event will come back for its second year in the Belgrad Forest: **The Deers on Trail Run**.

This trail race will take you deep through the Belgrad Forest on forest trails and paths. The race is set up in three different courses – 14&28 kilometres for seasoned runners and 4 kilometres for newcomers to trail racing and less experienced runners. Want to test your limits off the beaten track and enjoy the beautiful, unspoiled forest where the deer still roams free? If yes, come along!



Date: Sunday, January 15, 2012

What's a trail run?

A trail run is an off-road running race held typically on trails on varied terrain, taking the runners around lakes, through forests, mountains or deserts. Courses are sign-marked. Trail runs can be just a few kilometres long or take the form of an ultra-marathon or week-long trekking tour. Trail runs have become very popular throughout the world as more and more people prefer to run and work out on the relatively soft surface of trail courses (they put less strain on the joints), while enjoying the fresh air and beautiful natural surroundings. Belgrad Forest offers very wild and breath taking trails so close to urban center.

Race Programme for January 15, 2011

08:00 - Start of Registration. Distribution of bib numbers and chips (personal ID required)
09:30 - Close of Registration.
09:40 - START for the Bambi Run
10:00 - START for 14k and 28k races.
10:10 - START for 4k race.
10:30-12:00 Runners that have completed the race will hand over their electronic chips.
13:30-14:00 - Award Ceremony

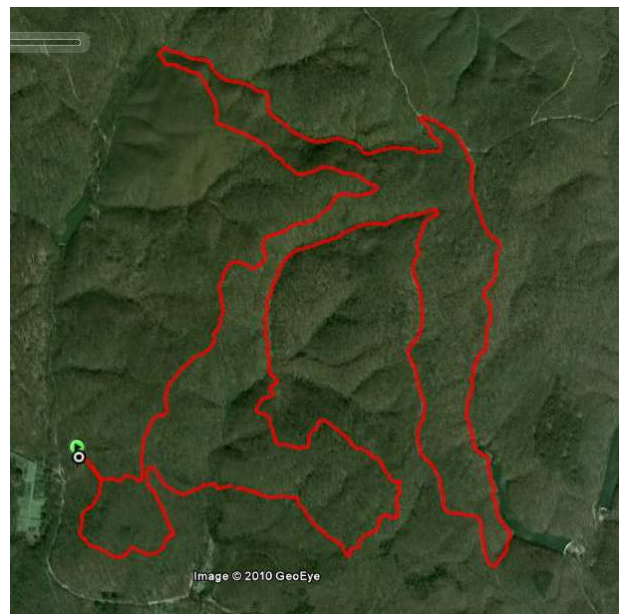
RACE COURSES

The 28k Deer Trail Run

2 loops of 14K race.
More climb, descent, mud and sweat.
No age groups, categories for men and women.

The 14k Deer Trail Run

The 14k course is one of the most beautiful trails in the north-eastern part of the Belgrad Forest. It starts on a relatively wide road and then continues to wind along forest trails and paths, sometimes only shoulder-wide, and across hilly terrain. Green valleys and challenging hill climbs, gentle descends and breathtaking surprise views - you'll want to run this course again again. The soft forest ground requires a steady step and can be quite muddy on wet days.



It's quite a challenge! In fact, the 14k course can be as strenuous as running a half marathon distance in a road race - you'll need to adjust your pacing strategy and energy requirements accordingly. Total elevation gain and loss along the course is 350 m.



Elevation profil based on garmin data (Garmin route available on page "parkur")

On the 14k course, medals and awards will be given to winners in the Men's and Women's categories in the following age groups: U20, 21-30, 31-40, 41-50, 50+

The 4k Deer Trail Run

If you are relatively new to running and less experienced on trails, the 4k course will be just right for you. This course is a gentle trail run with some hilly parts. The effort required to complete it is comparable to the 6,5k lake course in the Belgrad Forest. Although relatively short and easy, the ground can be slippery and muddy on wet days. Be prepared for many shades of green and a fast beating pulse!

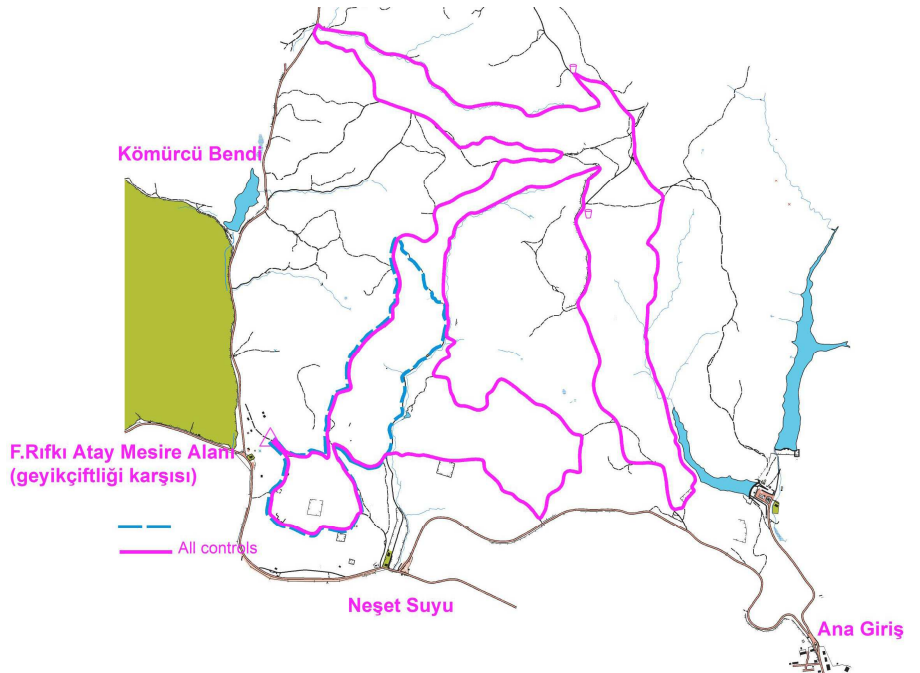
On the 4k course, No age groups, categories for men and women.

The 4k course is marked in blue on the map below.

Bambi Run

Mini –course for ages 3 to 7 years. Starting before parents, they will be running 200 meters in the wild forest.

Encouraging our kids to exercise – whose kid doesn't like to run anyway?



REGISTRATIONS

A minimum age of 18 is required for participation in the 14k & 28k Deer Trail Run. Children are not permitted event with parent escort.

A minimum age of 16 is required for participation in the 4k Deer Trail Run. Children below the age of 16 may participate with parent permission and if accompanied by a family member*.

**Young athletes below this age that hold a long-distance running licence may also participate but are required to submit relevant licence documents and parent permit.*

Registration Fee I: Early Birds 25 TL, payable latest by November 15th, 2011,

Registration Fee II: Lazy Birds 35 TL, payable between Nov 16th 2011-January 13th 2012

Registration Fee III: Race Day 45 TL,

All swifts to the bank account below or visit Macera Akademisi office weekdays for credit card payments.

Garanti Bankası

Account Holder: Macera Akademisi Ltd

Iban No: TR72 0006 2000 1830 0006 2981 75

Branch: Valikonagi / 183

Account No: 6298175

Finansbank

Account Holder: Macera Akademisi Ltd

Iban No: TR2500111 000000000 154127 76

Branch: Metrosite / 971

Account No: 15412776

Explanation: "Deer Trail Run 15 January - Name of participant"

DIRECTIONS

Enter the Belgrad Forest through the main gates, proceed to Neşet Suyu (the main running/walking course around the lake). Once you have arrived at the car park, turn right and continue in the direction of Ayvat Bendi until the road forkes. We assemble at the "F. Rifki Atay" picnic grounds as marked on the map. (On the right hand side is a little forest lounge/restaurant called Yeni Derya Restaurant).

Direction signs will be visible on race day.