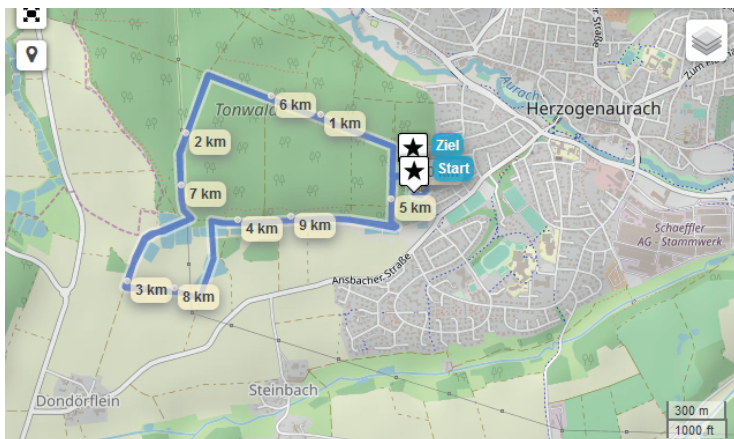


Main Run with Youth U18 / U20

Route length:	10 km
Start time:	10:00 a.m.
Age groups:	W U18, W U20, Seniors (f), W30, W35 etc. to W75; M U18, M U20, Seniors (m), M30, M35 etc. to M80.
Entry fee:	14,-- €
Award ceremony:	from 12:00 p.m.
Awards:	for place 1 to 3 in each age group (male/female);; Certificates for place 1 to 3 in each age group (male/female) in the main run, from place 4 on request at the award ceremony. Document printout on the internet possible.
Team classification:	The times of the 3 fastest male runners and the times of the 3 fastest female runners respectively are scored. Non-cash prizes for place 1 to 3 in the team rankings.

Map / Track layout

Adalbert-Stifter-Str. 50, 91074 Herzogenaurach



Company- / Hobby run Youth U16 / Kids U14

Route length:	5 km
Start time:	10:00 p.m.
Age groups:	Company- / Hobby Run: Men and women without age groups. Youth U16 / Kids U14: youth (m/f) U16 (birth 2011/2010), youth (m/f) U14 (birth 2013/2012)
Entry fee:	Company- / Hobby run: 8,-- €; Youth U16 / Kids U14: 5,-- €
Award ceremony:	from 11:15 a.m.
Awards:	Company- / Hobby Run:: for place 1 to 3 in each age group (male/female); Certificates for place 1 to 3 (male/female). Youth U16 / Kids U14: for place 1 to 3 in each age group (male/female); Certificates for place 1 to 3 (male/female). Document printout on the internet possible.
Team classification:	The times of the 5 fastest runners (male or female) of a group / company / club are scored. Non-cash prizes for place 1 to 3 in the team rankings.

Nordic Walking

Route length:	5 km
Start time:	09:00 a.m.
Age groups:	Men and women without age groups.
Entry fee:	8,-- €
Award ceremony:	from 10:15 a.m.
Awards:	for place 1 to 3 (male/female); Certificates for place 1 to 3 (male/female) Document printout on the internet possible