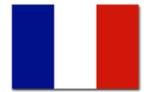


Trail « Prazska Stovka » Czech Republic 2011

2nd December 2011
18th edition



Report from the race
By Fabrice Cifré



official website : <http://dalkovepochody.cz/ps.htm>



Information from website

The event takes place in all weather and each participant takes part at his/her own risk and is responsible for his/her own safety!

Children and young people under 18 years old pay only half entrance fee.

This event complies with the conditions of the IVV.

Route 110 km is I classification of the series of mountain marches Czechoslovak one thousand - CESHOSLOVENSKA TISICOVKA

Qualification race and 3 points towards qualification for the UTMB - ULTRA TRAIL DU MONT BLANC.

Refreshments - Food and drink will be provided at selected control checkpoints by the organizers. (drinks and small meals) Along the course you will also be able to buy extra food and drink. Restaurants where you can eat and drink well.

Routes - We try to keep it beautiful, mostly in nature, with hilly, rocky and wooded terrain and a minimum amount of walking on asphalt roads.

Equipment - Depending on the weather conditions it is necessary to count with mud, rain, snow or ice, and therefore to have the necessary clothing and equipment. On all routes, we recommend that you have a flashlight or head torch. It is an essential piece of equipment for all night routes and the longer day route as dusk is at around 16.00.

Luggage Storage - Luggage of participants will be transported from the start to the finish.

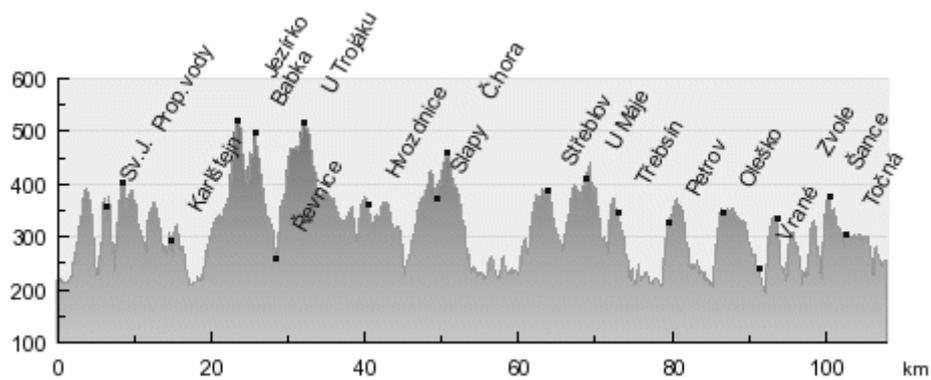
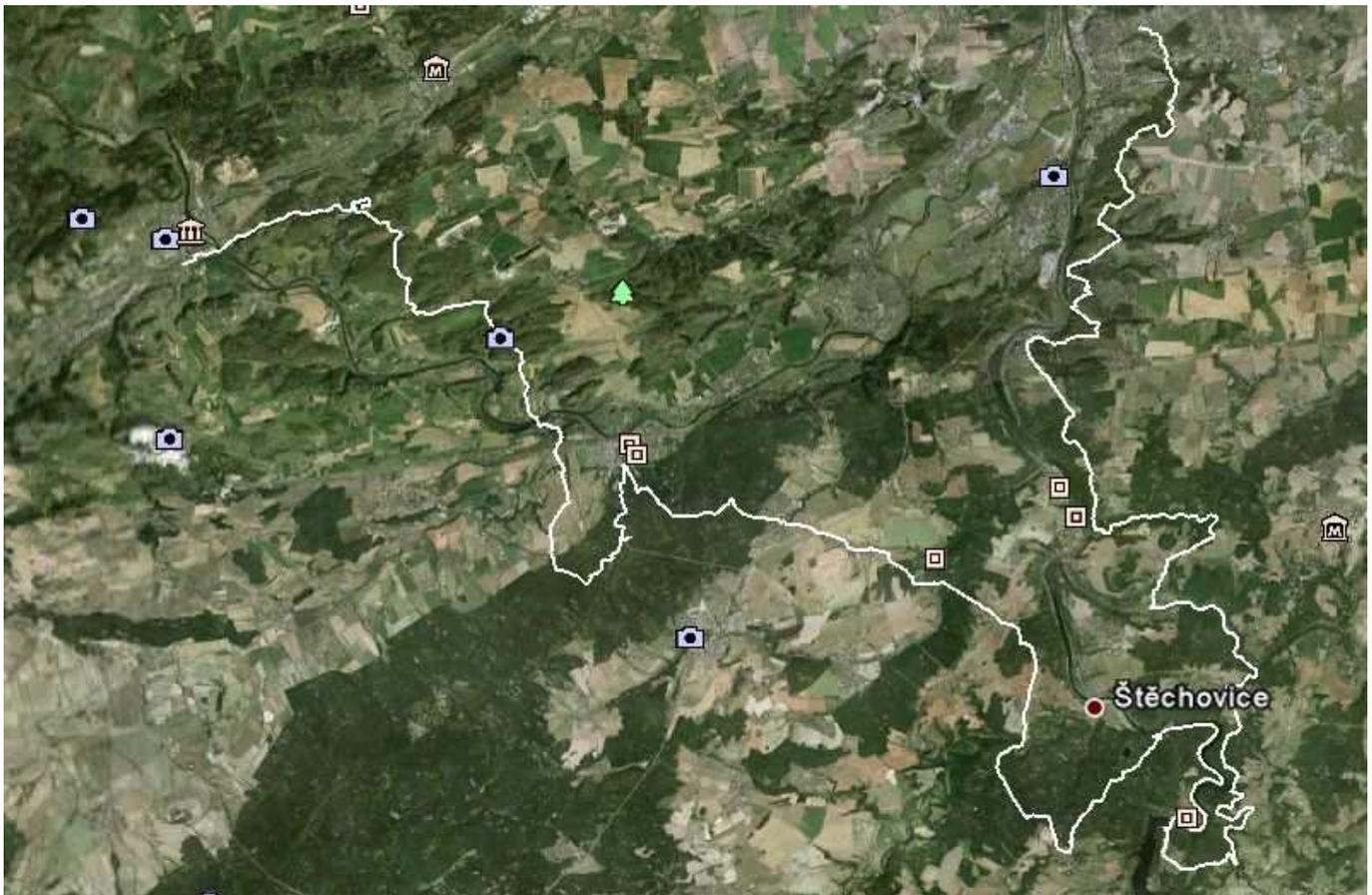
Accommodation - Near the finish in Modrany it is possible to sleep on the floor in your own sleeping bag for 30CZK per night.

Control checkpoints - located on the route are checkpoints and self-control points - if they are missed the participant will be disqualified!

Reward - All participants who arrives at the finish of their route having correctly visited all control checkpoints will receive a certificate. The three fastest men and women in the longest distance (110 km) will also be awarded additional prizes.



The 110km race :



Weather

Temperatures around 4-6°C in day and around 0°C during the night, with occasional rain.

The race from a French point of view...

By Fabrice CIFRÉ :

Global feeling :

This race "Prazska Stovka" is very different from the one you can find in France.

There are no specific signs on the road to find your way. It is more an "orientation race". So it is strongly recommended to have a map and/or a GPS if you don't want to get lost... or you can try to follow Czech runners... ☺

You will get a RoadBook with information about the way to follow during the race.

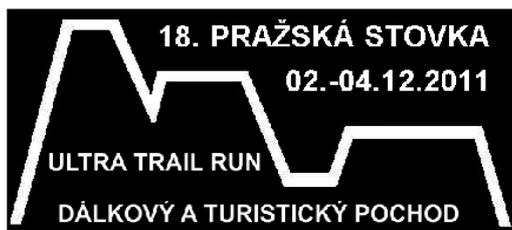
Unfortunately, only colors are translated in English... So the foreigners don't have all information to find the right way to go... (See next pages)

I have ran the 110km race with an other French guy : Jacques Chateaux.

It is a lot better to be with a friend when you get lost ☺

3 month before the race...

End of august 2011 I was supposed to run the UTMB race in Chamonix with friends but I haven't win at the lottery... Therefore I should be automatically registered for the next edition in 2012 but I need to get 5 points (from the last 2 years).



I've found 2 nice races giving 3 and 4 points for UTMB at the end of the year (December) :



110km Prague with cold weather and snow
(that was -18°C in 2010)

133 km in the Caribbean sea (Martinique)
with sun and hot ocean...

What would you choose ?

Caribbean sea ? No... I've already ran that race ☺

Also I really like the Czech Republic and I wanted to return there as I've been working in Prague for 3 months 15 years ago...

3 weeks before the race...



3 weeks before the race, I was running a 18km race (with 380m up) in the south of Paris at night in order to train.

Unfortunately, on the first big way down in the forest, there was a stone I didn't see and I've twisted my ankle ☹️



⇒ Doctor said I can't run anymore but he didn't say I can not walk... ☺️

⇒ 3 weeks without training. Ice on the ankle. That should be ok...

3 hours before the race...



3 hours before the race, Jacques and I are having a drink at "Slavia coffee shop" with two nice girls from the PIM organization ☺️ (Prague International Marathon).

Jacques will run Prague Marathon with friends and he's trying to make me register... ☺️

That could be an idea...☺️

Start of the race !...



Together with Jacques, I took the train at Smirov station with many other runners to Beroun.

Friday 9pm : we are having a beer and soup at the restaurant Berounsky with everybody...



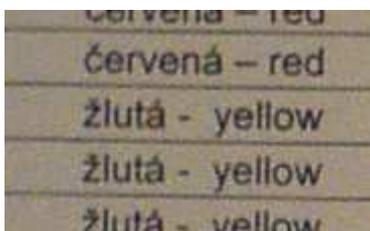
10:30 pm : There is a big queue to register and so we think at that moment that the race will be delayed because there are many runners like us who didn't registered yet.

Then I take time so fix my ankle with elastic band.



In the restaurant we met some other foreigners from Belgium and Swiss so we don't feel so lonely in the middle of all Czech people ☺

Also Milan Kubicek (Suisse) told us (Jacques and I) that we could join him at the beginning of the race ☺



10:45 pm : We started to queue to register and we received our road book for the race.

11:05 pm : We get down the stairs to put our bags in the truck (it will be sent to Prague at the end of the race).

But where are the other runners !?!

They're all gone !!

Ok, nether mind, we'll have 110km to catch them... ☺

Milan Kubicek is still here, waiting for us... Great! Thanks to him, that was very nice!



Friday 11:08 pm : We start the race with some other late runners...

At the first uphill, we see the first runners already coming down... Waoou they've been fast. But that is quite normal as they started to run 8 minutes before us.

I heard the view is great in this area but we can't see anything because of the night. That's a pity ☹

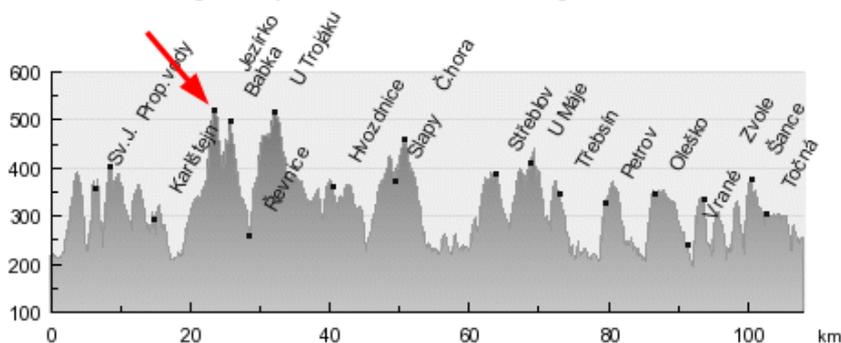
Later on we are next to Karlštejn but again it's a pity we can't see it ☹





At the top of the hill (check point K5) you still can't see anything but you can feel there is a great view!

I took a big deep breath before to get down the hill



On the way down, I run slowly because I'm afraid to twist my ankle again.

And on the way up, I walk because I am not trained enough ☺

Milan ran away (he was faster ☺). As he was our guide, we have now to find the way by ourself...



We were not expecting to have drink or food before the 50th kilometer so that was a great surprise to find food and water check points on the way.

I love this country ! There is beer at the check points !!! ☺

30th kilometer I'm getting a blister under the right feet, probably because of the elastic band. Therefore it's getting harder to run.

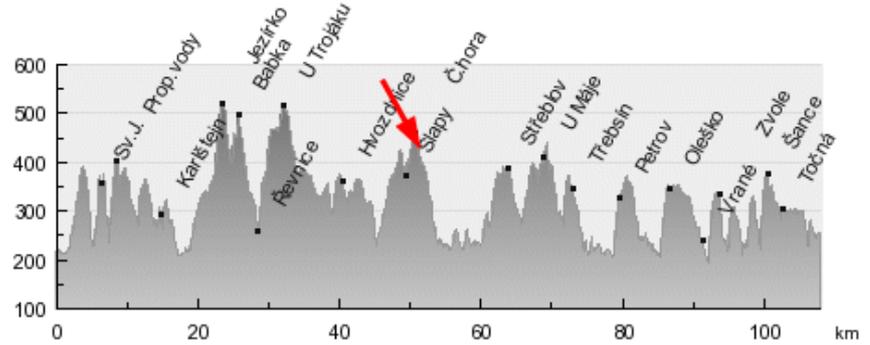
The « road book » says to follow the yellow arrows but there are yellow arrows everywhere... ☺





Saturday 7:00 am

We arrive to the first restaurant-check point.



Here we get soup and bread. Great !!
It is good to the stomach and for mental too ☺
Of course you can also buy a beer if you want ☺



Jacques changes his shirt and I'm having a short sleep



Now day light came and we're running along Vltava river.

Very nice view!
We started to run again on this part.



At Km 74 : New restaurant and check point
Here you still can buy a beer ☺ (and food of you're hungry)





Check point K12. Top view on the Vltava river !



We mainly run in the forest.



Jacques was hungry so we stopped on the way to buy chips, biscuits and water ☺

Check point Km 81, restaurant in Pikovice.

Again we get soup and bread. Still great !! That's good ☺

No need to tell you can get beer ☺

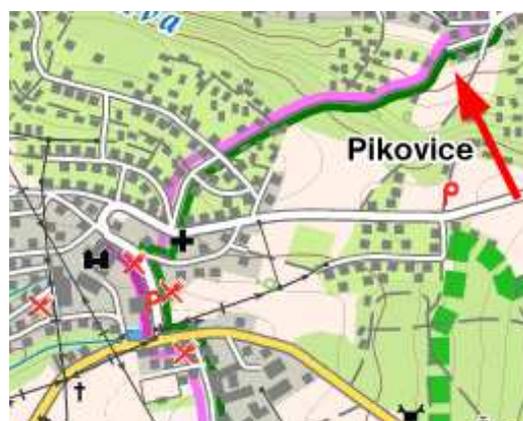
Some Czech runners are eating big piece of meat and potatoes... It looks very good but I don't know how they will manage to run again after this ☺

Out of the restaurant, the Road Book says to follow the green arrows. We find it at the right of the restaurant.

We asked a woman with children if she saw runners this way and she said "yes, that's the good way".

Ok, good for us !

Next check point will be in 4 km.





When we get to the first town, we see 3 other runners but they didn't follow the green arrows. We thought maybe they're running the 59km race and they don't have the same way?

We saw nice green arrows so we keep on going this way.

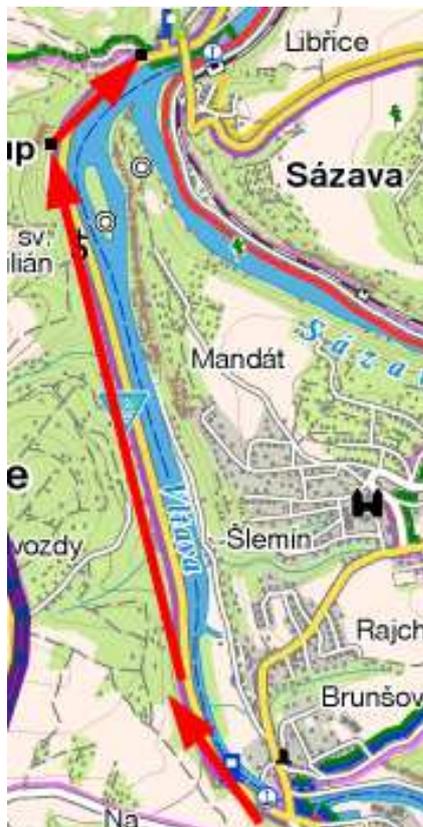
Then we arrive on the Vltava river and we see a man who says the runners are going left to the bridge. So we cross the bridge but then the green arrows are going south and Prague should be north...

We ask 3 girls where we are and where is the next check point written on the roadbook : "Oborska Lavka". They only speak German but they have no idea about "Oborska Lavka"...

We look around, there are no runners around here...



We have no map and no GPS. We are completely lost!.. ☹



The girls say we should go to next town and turn right on a big bridge with direction Petrov.



When we get up the hill we don't see any runners and we are not sure about the way. So we decide to get down to find a restaurant and ask people where we are and where is the race... ☹

Now we know we are really lost and we have no idea about the way to find the race ☹️
We also know we have missed the check point K15 "Oborska Lavka" and so the race is over for us. Even if we could finish the race we will be out if we don't get the K15 ☹️

Therefore I say to Jacques we should stop the race and go to Prague but Jacques told me he has never give up a race and he won't give up the "Prazska Stovka" !
Ok! Anyway I don't see any bus or taxi so I don't even know how we could go to Prague...

So we decide to continue the race but we still don't know where to go... ☹️

Then we met an angel... Do you believe in angels? ☺️

We saw a guy on a mountain bike and we asked him if he knows "Oborska Lavka".
This guy is Czech but he speaks fluent English, French and German! Waaaa...
He told us in a very good French that he saw the runners from "Prazska Stovka" up the hill.
Now we're safe! ☺️

The problem is... that he saw the runners quite far away, south-est from here. We'll have to go back and climb the hill direction Petrov. Then continue for a few kilometers and we should find the way.

Or... he says we can go north and meet the runners further on. But in this case we will be far from the check point K15.

About 20 minutes later, we found the runners at "Librice".
Yaaahhhoooo!!!

Someone told us the check point K15 was about 3km away. So we started to run the race backward to get the check point... ☺️

Once the race was over, I looked on a map what we have done...

Dark blue is the normal way of the race...

Red is what we have done
(We have followed the green arrows but wrong direction...)

Blue is the backward part we have done to get the check point K15.



30minutes later we lost the signs again but then we stopped and we quickly went backward waiting for Czech runners... Then we decided to stay with them ☺️

Why did we get lost ?

Here is a copy of the RoadBook :

černé šipky - black arrows	Pikovice, restaurace U Dolejších	80,0	28,5	28,5	18,5	K14 + CÍL 19 a 30 restaurace
zelená - green	Pikovice, most	80,3	28,3			
zelená - green	Petrov, nádraží ČD (S8)	80,5	29,0			

After the restaurant in Pikovice, it says "follow the « Green » signs".
That's what we have done... But not in the right direction...

Czech runners had an information we didn't have : "Pikovice MOST" means Bridge...
The bridge was left after the restaurant and we turned right because we didn't know we had to cross the bridge ☹

Km 95, is the next restaurant "Vrane Vltava"

We stopped a long time to eat, drink and put on more clothes because it's getting cold.

After the restaurant, the roadbook says "black arrows".

We've never found it. Even some Czech runners were looking after the black arrows with us but there was no black signs.



Then we meet Martina. She speaks French and she has a map!
We tried 3 different directions before to get the right way but we managed to find it.

Martina goes too fast for us ☺

Then we stopped and waited for the next Czech runners to follow...

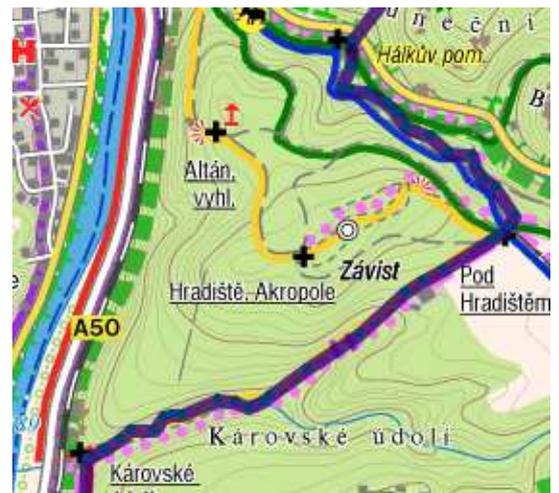
When we've got to Karovské (see map), someone from his garden told us to turn **right**.

Then we asked if he saw runners and then he told us to go **left**... "yes go to the left, there is train station".

But we don't want to take the train, we want to run Prazska Stovka ☺

I guess he thought we were some lost tourists but not runners...

We should never listen to people we don't know... ☹



Then the RoadBook says "white arrows" but we didn't see any for the next 4 kilometers... Signs are white and yellow at this point until "Pod Hradištěm" then blue to "Halkuv pom" and only then you can find the white arrows.

We were lucky there was a Czech runner with GPS. If not we would be lost again!

This is it !

Sunday at 00:35 am

we arrived to Modrany school

I ran all the race together with
Jacques Chateaux.
We finished 108th after 25h35.

We have run/walk
132km instead of 110...
With all check points.

There was more than 300 runners at
the beginning and 171 have finished
the race.

Maybe some runners are still lost and
they are still running... ☺



KČT LOKO TEPLICE
KČT TRILOBIT BARRANDOV
dalkovepochody.cz - OLAFPLAZ

udělují

DIPLOM

za absolvování akce

PRAŽSKÁ STOVKA

FABRICE CIFRE 108-112. MÍSTO ČAS 25:35

TRASA 110 km

DATUM: 3.12.2011

PRAŽSKÁ
STOVKA
ULTRA TRAIL
TURISTICKÝ & DÁLKOVÝ POCHOD



Results MEN

 VÝSLEDKY 110 km / 3900 m CELKOVĚ 						
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pořadí	číslo	jméno	ročník	stát	město	čas
1. - 3.	019	Rostislav Filipec	1968	CZE 	Trojanovice	14:26
1. - 3.	018	Zbyněk Cypra	1974	CZE 	Vizovice	14:26
1. - 3.	053	Jan Zemaník	1990	CZE 	Ostravice	14:26
4.	028	Michal Peitz	1971	CZE 	Jilové u Prahy	14:47
5.	064	Jakub Řídel	1975	CZE 	Praha	14:49

28.	076	Milan Kubicek	1987	SUI 	Bern	17:14
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38. - 41.	014	Jan Suchomel	1981	CZE 	Olomouc	18:44
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108. - 112.	077	Jacques Chateaux	1964	FRA 	Metz	25:35
108. - 112.	034	Fabrice Cifre	1973	FRA 	Paris	25:35

Results WOMEN

pořadí	číslo	jméno	ročník	stát	město	čas
1.	015	Božena Kováčová	1983	CZE 	Trutnov	16:52
2.	015	Magda Horová	1954	CZE 	Praha	17:41
3.	253	Alena Cermanová	1976	CZE 	Doubravice	17:42
4.	065	Monika Vavrochová	1968	CZE 	Praha	18:26
5.	336	Natália Kasalovská	1985	SVK 	Bratislava	20:56
6.	281	Anna Őrsi	1985	HUN 	Eger	22:22
7.	126	Lenka Váchová	1984	CZE 	Slaný	23:41
8.	316	Francoise Moray	1964	BEL 	Léglise	23:55
9.	082	Martina Němečková	1965	CZE 	Praha	24:36
10.	286	Żaneta Bogdał	1980	POL 	Wrocław	25:01
11.	023	Marzka Janerka Moroń	1978	POL 	Chórzow	25:21
12.	020	Milada Ulrichová	1973	CZE 	Praha	26:36
13.	188	Věra Jindrová	1989	CZE 	Praha	27:35
14.	017	Andrea Nováková	1983	CZE 	Náchod	29:23
15.	198	Alina Bubel	1969	POL 	Wrocław	29:50

Conclusion



"Prazska Stovka" is just like paradise!
You can get a beer at each check point!

We've got lost many times with Jacques (we did 132km instead of 110km) but this would not happen with a map or GPS or more attention... ☺

We met many nice people during the race. All the Czech runners have been great and they have all helped us ! ☺

"Prazska Stovka" is very different from races in France and it can be difficult for foreigners who don't know how it is... But if you know what to expect, then there is no problem ☺

Special thanks to Olaf and all the team for this race. There was many people registered and I know it takes lots of time and energy to organize such a race !

Thanks to Jan Suchomel you helped me to prepare the race because I had many questions before the race and he always answered me (also Olaf did)!

Thanks to Milan, Martina and all runners who helped us to find the way during the race.

And thanks to Jacques Chateaux. I think I would not have finished the race without him because he has been mentally strong when we've got really lost. I wanted to stop the race but he told me "we won't give up!".

Here are some advices for next year ☺ about foreigners

1) To Olaf and the organization team:

- It would be great if you could translate all the words from the Roadbook in English
- There was many information on FaceBook group but not so much on the web site and maybe some people don't use FaceBook => write more things on the website if you can. Then the foreigner will know what to expect and they won't be disappointed when they will come to the race.

2) To foreigners who will run "Prazska Stovka" for the first time:

- It is strongly recommended to have a GPS and I think the best would be to have a map
- This race is not a big "commercial race" as you can find in France and I think it is better this way. You will have to be independent and fully responsible of your equipment, your health and your way... ☺

Now we know how is "Prazska Stovka"... so we'll come back for victory! ☺