

MOUNTAINEERING ASSOCIATION
PSD "ŽELEZNIČAR" NOVI SAD
FRUSKA GORA TRAIL
Galerija Square 4, Novi Sad
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office@fruskogorski-maraton.com



Dear mountaineers, trail runners, nature lovers, lovers in Fruška Gora

The Old Path - New Goals are ahead of you

WELCOME
on 43rd FRUŠKA GORA TRAIL
(25th-26th April, 2020)

The Fruška Gora Trail is a sporting and recreational manifestation of international character. We are proud to point out that we are one of the oldest trail marathons of this type in Europe, which has been continuously maintained for more than four decades without interruption. For this 41st edition, we prepared 19 trails of different lengths and different height differences. All of them are traced in the hilly, forest belt of Fruška Gora (97% forest / 3% urban environment), which is only 10 km from Novi Sad.

Along the path, you will have the opportunity to see and go through numerous medieval Serbian monasteries: Grgeteg (XV century), StaroHopovo (XVI century), Novo Hopovo (XIV century), Jazak (XVI century), Besenovo (VIII century). You will see the concrete construction of a television relay destroyed in the NATO bombing in 1999 (the so-called TV tower), Ethno village "Vrdnik Tower", overtake numerous streams, climb to the highest peak of Fruška gora (539 m) and descend down the waterfall of the Dumbovo stream.

Trails that are certified by the International Trail Running Association (ITRA) and qualify for the Mont Blanc Trail Race (Ultra Trail Mont-Blanc) are of a **competitive character:**

1. Ultra Extreme Trail - 5 UTMB (134,3km; D+/- 5.720m) Limit: 35 hours
2. Ultra Trail - 4 UTMB (108,2km; D+/- 4.120m) Limit: 35 hours
3. Big West Trail - 4 UTMB (85km; D+/- 3.338m) Limit: 27 hours
4. Middle West Trail - 3 UTMB (57,7km; D+/- 2.324m) Limit: 17 hours
5. Small East Extreme Trail - 2 UTMB (42.2km; D+/- 2.090m) Limit: 12 hours

The remaining 14 trails are of a recreational character and aim to promote a healthy lifestyle and conservation of nature, as well as cultural and historical heritage.

List of 14 remaining tracks:

Nr.	Track name	Lenght (km)	D +/-	Time limit (hours)
1.	Big South Trail	91,483 km	3.596 m	27
2.	Big East Trail	81,9 km	3.180 m	27
3.	Medium East Trail	59,68 km	2.140 m	17
4.	Medium South Trail	49,76 km	1.838 m	17
5.	Small West Extreme Trail	35,983 km	1.520 m	12
6.	Small East Trail	32,249 km	1.313 m	10
7.	Small West Trail	33,105 km	1.186 m	10
8.	Small Trail West-West	31,086 km	1.458 m	10
9.	Trainee South Trail	22,738 km	898 m	7
10.	Trainee Trail West-West	19,622 km	719 m	7
11.	Trainee West Trail	18,863 km	825 m	7
12.	Trainee East Trail	16,318 km	640 m	7
13.	Trainee Mini Trail	10,144 km	472 m	4
14.	Joy and Plesure Trail	4,100 km	184 m	3

In **"Joy and Pleasure Trail"** can take part only children of pre-school age accompanied by parents or other authorized adult. **Start is at Sunday (26th April, 2020) at 11AM.**

It is estimated that on the marathon trails (216km) we have over 8.500 markings. In large part, it is a white circle with a red heart in the middle, some of which are red and white scratches, sometimes arrows or reflecting strips on the night part of the track.

There are 26. checkpoints, in which during the duration of the Marathon 13. checkpoints is for refreshments and at the 6 checkpoints is the medical service is on duty.

REGISTRATION

The complete application procedure, the Individual "SPORT application" form, the Individual "FUN application" form, the Group Registration Form and the Participant Statement, the Application form for a minor and the Statement of the authorized person for its guarding and care can be downloaded at the Fruska Gora Trail website (www.fruskogorski-maraton.com).

Those who did not timely perform online applications will be able to do so at the Starting point in Popovica on Saturday (25th April, 2020) from 7:00 AM.

Participants from Primary and Secondary schools, juveniles from sports and other clubs can report their participation in the Marathon by Group registration, only if they come to the Marathon in the organization of the school, organized by a sports club or some other club.

Applications for marathon participants on the Joy and Pleasure Track are accepted at the Start of the event by 10:45AM. Children participating in this Marathon, must be accompanied by a parent or other authorized adult.

START

START/FINISH: Popovica, 25th April, 2020; "SPORT APPLICATION" 08:45AM, "FUN & GROUP APPLICATIONS" 09:00 AM, Coordinates: 45.184066 N 19.826913 E
"Joy and Pleasure Trail" (children of pre-school age accompanied by parents or other authorized adult)
Start at Sunday (26th April, 2020) at 11AM.

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START: The Small Trail West-West is at 10:30AM at Jazak Monastery in Jazacki Prnjavor (checkpoint 12) and the Trainee Trail West-West at 13:00 on Letenka 1 (checkpoint 14).

FINISH: The Small Trail West-West is at KT Brankovac (control point 21), and the Trainee Trail West-West is at KT Letenka 1 (control point 14)

SPECIFICITY OF SOME PATH

If you want to go on the Small Marathon West-West you need to organize your own transport to the monastery Jazak (KT-12), where there will be start of the Marathon on Saturday at 10.30 AM. This marathon ends on Brankovac. The start of the Marathon is verified next to the Jazak Monastery and on Brankovac you need to verify the end point.

If you want to go on the Trainee Marathon West-West you need to organize your own transport to Letenka (KT-14), where it starts on Saturday at 1PM and the return is from Letenka where this marathon also ends. The start and end are both verified at that location.

Participants on the routes of the Ultra Extreme Trail Marathon, Ultra Trail Marathon, Big Trail Marathon, Middle Trail Marathon and Small Eastern Extreme Marathon, after the completed registration procedure, should enter the starting block space between 8:30 am and 8:45 am, which is separated from the starting point of the participants on the other Marathon trails.

TRANSPORT TO START - REGULATION OF TRAFFIC

In the days of the Marathon, to Popovica (Start and Finish of the Marathon) and vice versa, the marathon will be transported by public transport buses (PTB). The departures of the PTB buses were organized in Novi Sad in front of the Railway Station, bus stops at the beginning of the bridge of Sloboda and the center of Sremska Kamenica. Because of the possible crowds, go to the marathon a little earlier.

For children of pre-school age and their companions participating in the Journey of Joy and Satisfaction, a special transport is organized by the public transport buses departing from the Railway Station at 7:00 am, with stops at the points of view in front of Most Sloboda and in the center of Sremska Kamenica.

Participants from distant places that come with their buses organized on the marathon, on Saturday (25.04.2020) will be able to reach Popovica - START MARATHON, with their buses leaving the passengers (not to last more than 2-3 minutes), must return to Novi Sad for parking. In order to be able to comply, please, before joining the local road to Popovica, all the passengers from the bus pocket take the necessary things they will need on the marathon trail, because on the turning point, the retention takes only as long as the passengers need to leave the bus (no more than 2 to 3 minutes).

Do not come to marathon with double decker buses !!! Their movement to the Start point is NOT ALLOWED !!! Upon reaching the goal of the whole group that took part in the marathon, your bus can come to you for Popovica.

Buses and other vehicles that will come day before marathon, must leave the road to Popovica and the plateau on it, on Friday to 18:00 hours.

The road to Popovica will be closed on Saturday (25.04.2020), from 6:30 to 14:00 for all vehicles, except the buses that transport marathon participants.

IMPORTANT NOTIFICATION

All the participants of the Fruska Gora Trail Marathon must respect the rules and regulations of the behaviour on the Marathon, which can be found on the following web site (www.fruskogorski-maraton.com) as well as on the starting points on the day of the Marathon.

ACCOMODATION

Accommodation is available in different ways-in the individual or collective tents, mountain homes or in any other way. Bear in mind that the reservation in advance is necessary.

All the social activities need to end until Friday 10 pm in order for everybody to get enough sleep needed for the next day's Marathon.

INFORMATION

All the necessary information can be found on our web site www.fruskogorski-maraton.com.

If you want to breed with full lungs, enjoy the unspoilt nature, wake up your adventurous spirit and challenge yourself the Fruska Gora Trail is the event for you.

Let's be happy, healthy and in good mood for the 43rd Fruška Gora Trail!!!

Race Director
Mr Nenad Sudarov