



EUROPEAN
SKYRUNNING
CHAMPS 2023



GUSINJE,
MONTENEGRO
PROKLETIJE
Skyrunning 2023


RACE GUIDE



JULY
14 — 16.
2023.
VK
SKYRACE &
SKYULTRA



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SINJAVINA SKYRACE

2023

19 August 2023

34 km
2.000 D+-

7 October 2023



LUZNICKI SkyRace

26 km
1.600 D+-



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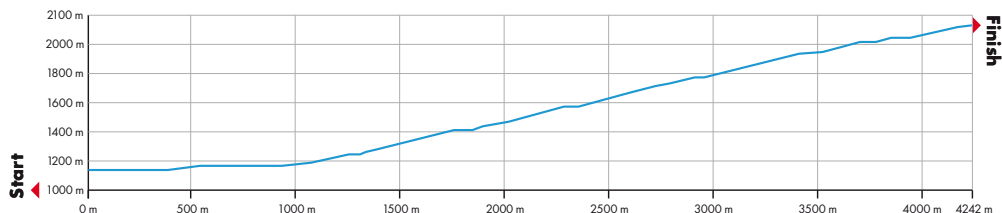
Vertical KM 3,9 km, +- 1.000 m

START: July 14th (Friday) 2023. Grebaje (katun Maja Karanfil).

11:00 European Championship

11:15 Open Race

Time limit: 120 minutes (13:15)



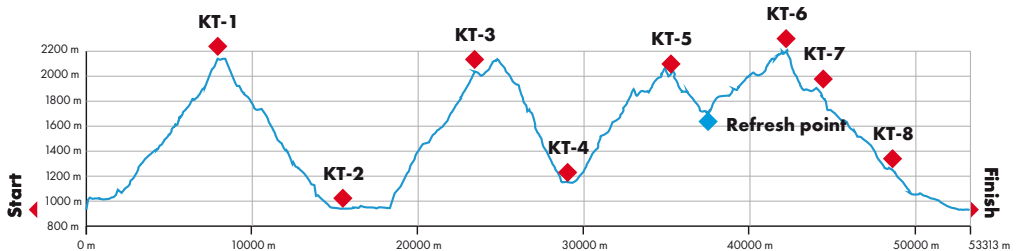
Sky Ultra 50,6 km, +- 4.400 m

START: July 15th (Saturday) 2023. Gusinje Center

07:00 European Championship

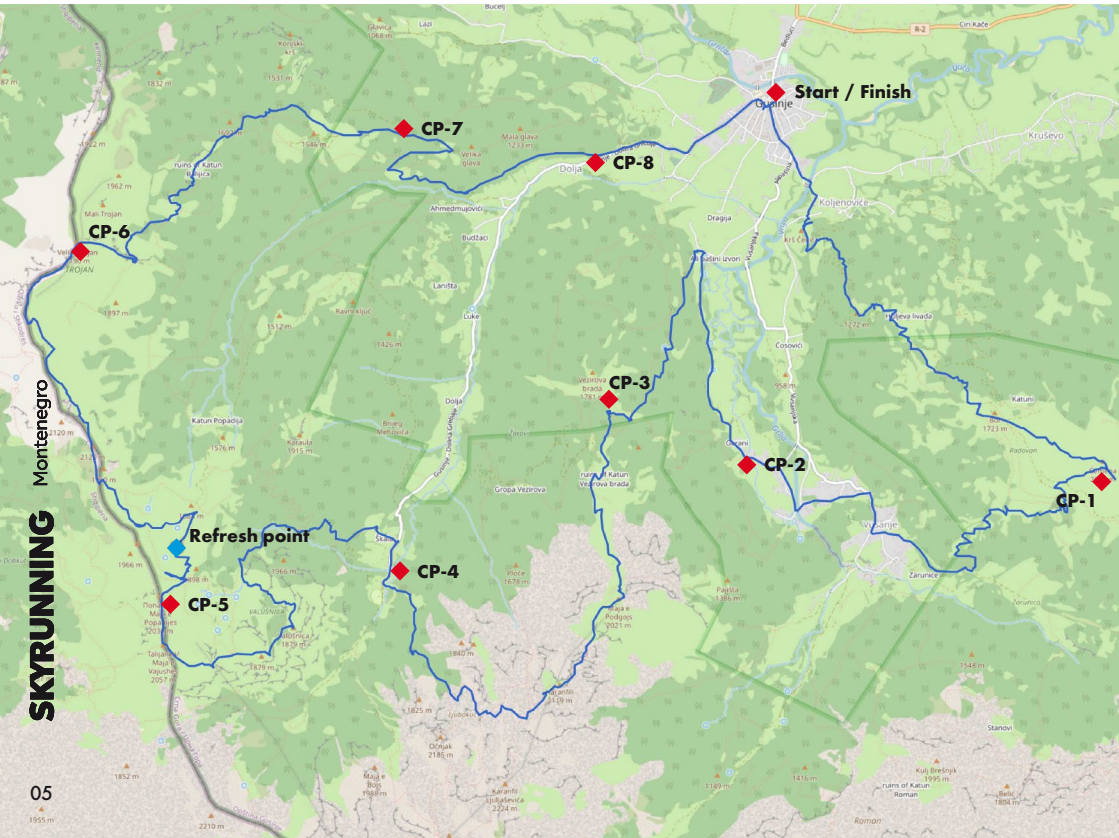
07:15 Open Race

Time limit: 16 hours (23:15)



KT-1 – Cemena 7 km, KT-2 – Rosi 13 km, KT-3 – Vezirova brada 21 km, KT-4 – Katun Maja Karanfil, 27 km
KT-5* – Popadija 33 km, KT-6 – Trojan, 40 km, KT-7 – Kodra Bajrovića, 44. km, KT-8 – Dolja, 48. km

*Equipment check



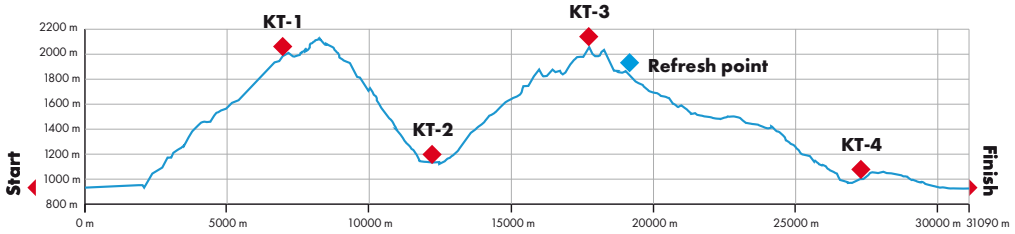
Sky Race 30 km, +/- 2.150 m

START: July 16th (Sunday) 2023. Gusinje Center

07:00 European Championship

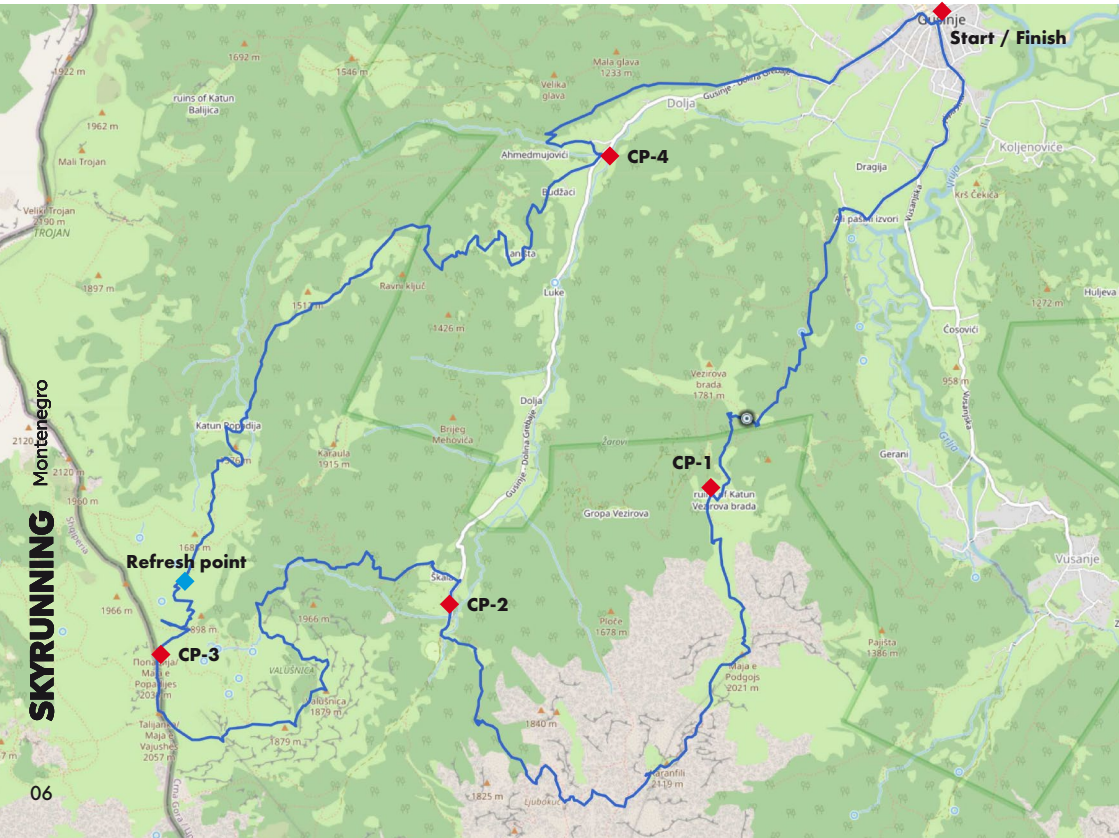
07:15 Open Race

Time limit: 09 hours, 15 minutes (15:30)



KT-1 - Vezirova brada, **KT-2*** - Katun Maja Karanfil, Grebaje, **KT-3*** - Popadija, **KT-4** - Šume Rahine

*Equipment check





Programme

Thursday, July 13th

10:00 – 18:00	Team arrival	Gusinje
10:00 – 18:00	Team accreditation and bib delivery	Cultural Center Gusinje
10:00 – 18:00	Arrival at hotels	Various hotels
16:00	Team presentation and opening ceremony	Gusinje Town Center
17:00	European Championships briefing	Cultural Center Gusinje

Friday, July 14th

From 08:30	Team accreditation and bib delivery	Cultural center Gusinje
10:00	Team transfer to start	Various hotels
11:00	VERTICAL start OPEN RACE starts at 11:15	Grebaje
17:00	Bib delivery closure	Cultural center Gusinje
18:00	VERTICAL awards ceremony	Gusinje town center
19:00	Briefing for SKYULTRA	Cultural center Gusinje

Saturday, July 15th

06:30	Athletes meeting and last minute briefing*	Cultural center Gusinje
07:00	SKYULTRA start OPEN RACE starts at 07:15	Gusinje town center
13:00	Arrival of first athletes - SKYULTRA	Gusinje town center
16:30	Awards ceremony	Gusinje town center
19:00	Briefing for SKY	Cultural center Gusinje

* for urgent updates

Sunday, July 16th

06:30	Athletes meeting and last minute briefing*	Cultural center Gusinje
07:00	SKY start OPEN RACE starts at 07:15	Gusinje town center
10:00	Arrival of first athletes - SKY	Gusinje town center
12:30	Awards ceremony	Gusinje town center
13:00	Event closure	Gusinje town center

* for urgent updates



RACE MANAGER:
+381 63 867 07 11

GSS MNE:
+382 40 256 084

(option B: 112) vođa tima - Đoko Vujičić



Limits

Sky Race 30km

	Distanca	Vreme	Od starta
CM-1 – Vezirova brada	6 km	09:00	01 h 45 min
CP-2 – Katun Maja Karanfil, Grebaje*	12 km	11:15	04 h 0 min
CP-3 – Popadija*	17 km	13:45	06h 30 min
CP-4 – Šume Rahine	26 km	15:45	08 h 30 min
Finiš EP – Centar Gusinja *equipment check		16:30	09 h 15 min

Sky Ultra 50km

	Distanca	Vreme	Od starta
CP-3 – Vezirova brada	21 km	12:45	5h 30 min
CP-4 – Katun Maja Karanfil	27 km	15:15	8h 0 min
CP-5 – Popadija, 33. km trke*	33 km	17:45	10h 30 min
CP-6 – Trojan, 40. km trke	40 km	20:15	13h 0 min
Finiš EP – Centar Gusinja *equipment check		23:15	16h 0 min

Vertical KM

The finish limit is 13:00 for the European Championship, 13:15 for the OPEN RACE (2 hours from the start). There is also an equipment check. Participants must return back on the same path by foot. The teams have organized bus transport to the start at 10:00 in front of the Cultural Center (race base).

More details are in the schedule, the gpx has been changed. Everyone has already received a new trek for the Open Race, and the selectors received a special file for each national team.

The given time limits are for the Open Race for the disciplines SKY and ULTRA and for **the European Championship they are minus 15 minutes each.**

Possible cancellations:

- SKY only on CP2 Katun Maja Karanfil
- ULTRA at two locations, CP4 Katun Maja Karanfil & CP5 Popadija (refresh point)

Drop bag

Only the ULTRA runners have this option and only at CP4 Katun Maja Karanfil. All runners shall receive a sticker with their bib number and a drop bag on which that sticker is to be placed. Drop bags must be left in the race office no later than Friday, July 14 by 8:00 p.m. They will be picked up at the finish line in the center of Gusinje, on Saturday, July 15, between 19:00 and 22:15. After that period, we are not responsible for your drop bags.

More info: prokletijeskyrunning.com

Equipment

Sky Race 30km



- Astro-foil
- Rain/wind jacket
- Mobile phone
- Glass, flask or bottle
- Whistle
- GPS device
- Trekking poles

Sky Ultra 50km



- Astro-foil
- Rain/wind jacket
- Mobile phone
- Glass, flask or bottle
- Whistle
- GPS device
- The headlamp can be left in the drop bag but must be carried with you further
- Trekking poles

Vertical KM



- Astro-foil
- Trekking poles

- MANDATORY equipment
- RECOMMENDED equipment

Mandatory equipment check:

VK at the finish line, SKY CP2 Katun Maja Karanfil - Grebaje, ULTRA at CP5 Popadija (refresh point). Participants must not run shirtless (automatic disqualification). The bib number must be clearly visible frontally, positioned on the chest – all other bib number positions are not allowed and lead to automatic disqualification.

For each individual item missing on the SKY or ULTRA formats, the penalty is 30 minutes. If two items are missing, disqualification follows.

***Poles must be carried until the end of the race. Any abandonment of poles means automatic disqualification.**

****The organizer retains the right to carry out an unannounced equipment check.**

National teams have already received direct instructions about the mandatory equipment via their national selectors.

All participants must have a certificate of medical examination for sports, not older than one year, for the SKY and ULTRA format. You must bring the certificate with you to the race office, where you will also sign a disclaimer statement. Additional information can be found on the pages about medical and metabolic testing - which will be available on the spot (by appointment only, the number of tests is limited). The metabolic test is not a substitute for a medical examination certificate, which must be signed and stamped by a doctor, with a clear and legible confirmation that you can participate in sports.

The appeals are possible only 48 hours after the race. Please send them by e-mail: to skyrunning.montenegro@gmail.com
All appeals sent after this deadline will not be accepted.

In case of bad weather, all formats have an alternative track (Option B), which will be activated no later than Thursday, July 13.

Equipment advice



These pages are intended for runners who do not have much experience with trail running, or mountains in general. There are runners who have a lot of experience with sky running, but they don't pay much attention to these things. Until now, the Prokletije Mountains unfailingly punished anyone who approached them with disrespect. These are merciless mountains with peaks above 2,000 meters above sea level. Weather conditions at this time of year can be unstable and unpredictable.

Before making any decisions and packing, carefully study the race guide and the final e-mails from the organizers.

Equipment is a very important item for every mountain runner. The sole, membrane, additional protection, the composition of the sneakers decide whether you will struggle or not. Whether you will slip or not. After all, you can also experience an injury. Forget asphalt shoes if you want to run in the mountains.

TRAIL RUNNING SHOES have a sole adapted for running on uneven, technical terrain (earth, mud, stones, rocks...). Don't forget that different conditions await you during the race and that the shoe should primarily provide you with safety when moving on uneven, mountain trails. Choose a balance between comfort and safety and speed and feeling for the terrain. More foam in the sole increases the comfort of the shoe, which is very important for long distances, but also increases the weight of the shoe, which negatively affects the response and running speed. Shoes with "less material" usually provide a better feel for the terrain you are moving on and are intended for experienced and advanced runners who have excellent running technique. The upper part of the sneaker is also important, which should allow good ventilation and expulsion of water, as well as the safety and stability of the feet when running on technical terrain.





Other equipment is also important, but certainly not as much as sneakers, which are in the first place.

DO NOT USE COTTON, as it will dry very slowly on you. During use, it becomes heavy, which creates additional prerequisites for a cold. Synthetics (polypropylene, elastin), merino wool, anything that quickly expels sweat and moisture is a must.

JACKET should be light, "breathable" and also waterproof and windproof. No matter how cold you are at the start, know that you will warm up quickly. The balance between waterproofness and ventilation is important. Mountain running is a long-term and intense activity in often bad conditions, during which your body expels a large amount of moisture. It is not enough just for the jacket to be water and wind resistant. It is very important that it "breathes" well and expels the moisture generated by the body. Use materials like the Pertex membrane, which offers a very good balance between waterproofness and ventilation.

There is also a wide range of **SMALL RUNNING BACKPACKS**. **SUN CREAM, CAP OR BUFF SCARF, AS WELL AS SUNGLASSES** are also mandatory. A lot of runners get burned, the breeze at 2,000 meters above sea level fools you easily, and the sun can burn mercilessly.

ASTRO-FOIL weighs 80 grams and is very cheap. It is perhaps the most important part of the equipment, as many participants in previous races found out themselves. If you turn the silver side towards you, it will be warmer. If you turn the golden one, the foil will protect you from the sun and heat. So, the silver side next to your body if you are cold!

If you are going for long distances, check the **BATTERIES FOR THE HEADLAMP**. Be sure to bring spare ones. Carefully choose spare items for drop-bags (bags waiting for you at checkpoints). **SOCKS** should fit your foot well. Compeed silicone patches for blisters - could be a life saver in some situations. As well as nipple-plasters if you easily irritate them. We also recommend Vaseline if you have problems with skin irritation.





TREKKING POLES can be very useful for you on steep climbs. Choose models that are intended for mountain running. They are usually made of composite materials (most often carbon), which makes them extremely light. They are usually foldable, which allows them to be easily packed into a running pack when you don't need them.

It is not our goal to analyze the performance of materials, and to insist on the latest equipment models. That's what skyrunning weekends, social networks, lectures are for... **The point is that everyone has a minimum of knowledge and basic equipment for the mountain to be safe and smiling.**

**"The mountain is our playground,
it sets the rules and we must all
respect them together."**





Medical examination

A complete medical examination is very important for every athlete, especially for the runners who are exposed to extreme efforts in the mountains where weather and ground change at an incredible speed.

At Prokletije, you can experience the summer heat in one day, while at dusk you are covered in sleet. It is very important to know that this examination is the best and most important thing for you and your health.

In addition to the standard checks of hand grip, flexibility, fat percentage, EKG, be sure to do a load test that directly measures aerobic capacity. VO₂max, or maximum oxygen consumption is a measure of aerobic capacity, i.e. the amount of oxygen used to create energy during maximum work. VO₂max is an indicator of the functional capacity of all systems that participate in the transfer of oxygen from its uptake from the outside air, transfer from the lungs to the bloodstream, transfer via the blood to the muscles, uptake and use of oxygen in the muscles.



The most important thing is that they tell you if you are healthy and able to participate in sports. Think about yourself, you only have one body. **Make an inspection at least once a year.**



Recommendations

- **Dom Zdravlja Podgorica**
dzpg.me/medicina-rada/ **Stavka 25**
- **Family Medica**
familymedica.rs/poliklinika-dorcol-family-medica-5/
- **Zavod za sport i medicinu sporta Republike Srbije**
rzsport.gov.rs/
- **NS LAB**
ns-lab.rs/sportski-pregledi.php



Metabolic testing

Your body is a complex machine. Learn how PNOĚ can uncover its deficiencies and help you fix them.

Find your limiting factor

Oxygen is the "performance" molecule as it's the necessary element cells need to produce the energy to move. Four systems participate in oxygen utilization by your cells: the lungs, heart, bloodstream, and cells. By analyzing the oxygen flow through these systems, you can determine the most critical blockers of your performance.

Optimize your pre, during and post workout fueling

The amount of carbohydrates and fats used during the day and training can vary vastly from person to person. This is because each person's metabolism is very different. By knowing your fat and carb intake needs, you can develop a nutrition strategy that will:

1. Ensure adequate fuel and energy
2. Prevent blood sugar spikes and dips
3. Make your cells more fat adapted

Meal timing

The timing of food is as important as the calories, macros, and micros you consume. Optimal meal timing can:

1. Improve energy levels and focus
2. Increase fat burn throughout the day
3. Maximize muscle development
4. Maximize recovery during sleep

Get the optimal training breakdown

Depending on which system(s) is facing a problem, the workout program you need to follow differs as each type of training remedies a different limitation.

Resistance training: It includes various types of weight lifting, and its main effect is to improve joint and muscle strength.

Cardio training: It includes continuous cardio (e.g., running or cycling) exercise in Zone 2. Its main effect is that it trains your cells in burning fat, promotes recovery, and enhances endurance in all types of training.



Interval Training: It includes cardio that transitions between Zone 3, 4, and 5. Its main effects are improving fat burn efficiency and heart and lung fitness.

Get the most out of your training zones

The percentage of carbohydrates and fats used throughout the day and during the training can vary vastly from person to person. The way your body transitions between fats and carbs as training intensity increases defines your training zones. As a result, training zones are highly personalized. Spending the right amount of time in the correct training zone is vital for affecting the desirable effects on your biology. For example, Zone 2 training will improve fat-burning efficiency. Training zones calculated by wearables and equations can be up to 50% off compared to your real ones.

Consuming the right micros

Micronutrients are potent compounds that play vital roles in our body, such as: Support the immune system Improve digestion; Improve our mood; Improve recovery; Improve heart and lung function and many more. They include vitamins, minerals and other substances and can be found in specific food items and supplements. The dose that's optimal for you depends on your body's deficiencies, including the lungs, heart, and metabolism.

Your breath is the most potent compass of peak performance and longevity. The PNO \bar{E} test made breath analysis (AKA metabolic or VO $_2$ max testing) easy, allowing you to analyze your metabolic, cellular, lung, and heart fitness with clinical precision without visiting a medical facility. PNO \bar{E} scans all elements of your biology that matter and provides the nutrition, training, and breathwork program that will guarantee success.

RMR (at rest) test: 10 min, 7 biomarkers, caloric balance, macronutrient balance.

AMR (active) test: 15 min, 13 biomarkers, training breakdown, intensity zones, energy fueling.



Doping control

Doping controls will be conducted under UIAA Rules and Anti-doping Regulations. The controls will be done under the supervision of the UIAA member of the Anti-doping Commission. Urine and blood samples may be collected immediately before and during the Championships. Doping controls can be conducted in competition (after the race) or out of competition (in team hotels before races). Athletes selected for doping control shall be informed by doping control officers about testing. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS*) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for the delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample results in liability for disqualification and may result in further disciplinary action. Athletes who are required to use prescribed medication to treat a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system before attending the Championships. If you want to check if any of the medication you use is prohibited or not, please write to marija.andjelkovic@theuiaa.org

The selection of athletes for control will be made on a final position and random basis under the supervision of the UIAA member of the Anti-doping Commission. All registered athletes, without any excuse, can be selected for doping control tests. Athletes requiring doping control (e.g. for the national record) may request to be tested by reporting to the doping control officer. The cost of this control will be paid by the athlete personally.

We advise all athletes to find information about testing procedures on the UIAA website: theuiaa.org/anti-doping-information/

*DCS (Gusinje Townhouse, hotel Ada and katun Maja Karanfil for Vertical KM)



Special notes

The link to the live timing will be available from Monday, July 10 on the website: stoperica.rs



The organizer retains the discretion right to provide a "wild card" to an elite or another runner.

It is not allowed to have a "pacer" at this event, but it is possible to have support at the refreshment station and nowhere else.

Wearing a t-shirt is mandatory.

In the finish zone you have a **recovery zone** (pool with ice water).

No exchange or sale of the starting number to another person at this race.

Camp Ada within the Ada Hotel — €3 per day, per person. For more information about reservations and details, please send an e-mail to: popovic.m.office@gmail.com. From the center of Gusinje to Camp Ada is a little less than 2 km. (15-20 minute walk).

The three-day Expo Zone is located within the Gusinje Cultural Center. Friends of Prokletije Skyrunning Event will also await you here: **Absolute Biokovo Challenge, BLKNMTN Adventure Co., Jahorina Ultra Trail, PFHSC, Spartan Trail Croatia, Sinjavina Skyrace.**

Expo Zone working hours:
Thursday 10:00 — 18:00
Friday 08:00 — 20:00
Saturday 12:00 — 20:00

**EXPO
ZONE**





Refreshment and Aid Stations

All refreshment stations are supplied with water. Unfortunately, due to the inaccessible terrain, refilling is not possible on each of them. **The points where you can refill are marked in blue**, and the points **where you cannot in are marked in red**. Every refreshment has ingredients for vegans and vegetarians.

KT Cemena* — **Water**, CC**, sweets, chips, peanuts, fruits.

KT Rosi* — **Water**, CC**, peanuts, sweets, fruits, prosciutto, pork cracklings, cakes, honey, chocolate bars, juices.

KT Vezirova brada — **Water**, CC**, peanuts, sweets, fruit, prosciutto, pork cracklings, cakes, honey, chocolate bars, juices.

KT Katun Maja Karanfil — **Water**, **Red Bull**, CC**, peanuts, sweets, fruit, prosciutto, pork cracklings, cakes, honey, chocolate bars, juices.

As well as a cooked dish for ultra runners. This location is also the main medical point, apart from the finish line.

KT Popadija — **Water**, CC**, peanuts, sweets, fruits, prosciutto, pork cracklings, cakes, honey, chocolate bars, juices. Only at this point food station is 1 km below the control point.

KT Trojan — Control only, no boost.

KT Kodra Bajrovića* — **Water**, CC**, peanuts, sweets, fruit, prosciutto, pork cracklings, cakes, honey, chocolate bars, juices.

KT Dolja — **Water**

Finish — **Water**

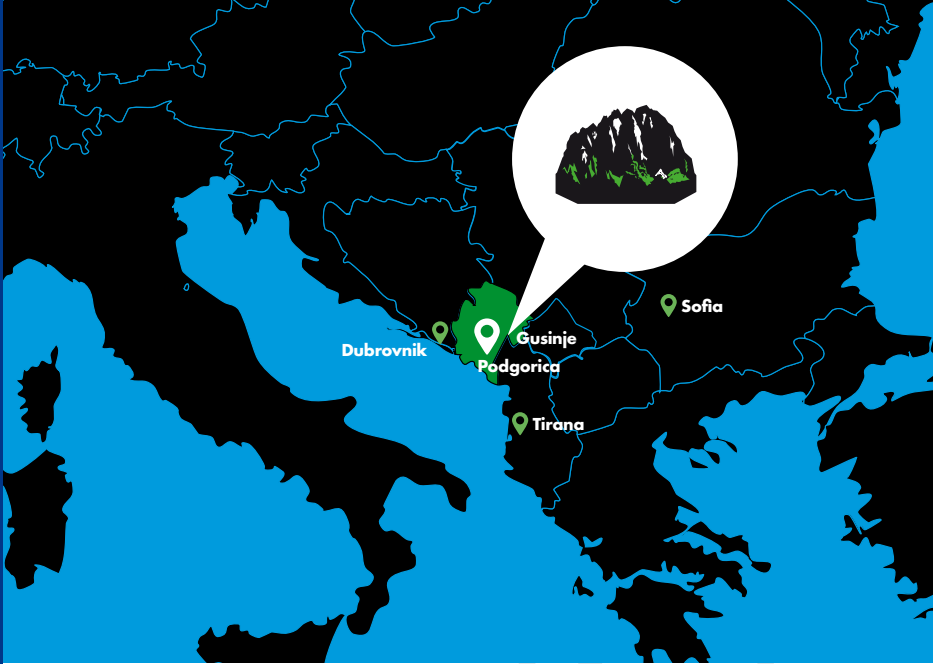
*KT and refreshments only for 50 km runners. **CC = Coca Cola



How to reach Gusinje?

N 42° 56' 49''

E 19° 83' 57''



Podgorica airport is the safest way to get to Gusinje. **Dubrovnik, Tirana i Sofia** are also options.

From the **Airport in Podgorica to Gusinje by car**, it takes **between two to two and a half hours**, depending on whether you are traveling through Montenegro, or if you will also pass through Albania part of the way.





Meteo

Values for mid-July

www.yr.no/en/forecast/daily-table/2-3199463/Montenegro/Gusinje/Gusinje

TEMPERATURE

Normal temperature	10° C — 25° C
Maximum temperature	34° C
Minimum temperature	2° C

DAY LENGTH

15 h, 01 min

RAINFALL Per day (mm)

8

CONDITIONS

Clear sky	mostly
Fog	possible
Rain	possible

DAYLIGHT

	SUNRISE	SUNSET
July 13	5:14	20:17
July 14	5:15	20:17
July 15	5:15	20:16
July 16	5:16	20:15



Accommodation



ADA

- **Hotel Ada** +382 69 929 011 @hotelrestuarantada

CIRKAČE

- **Hotel River** +382 69 959 341 @hotel-barrestaurant River

DOSUĐE

- **Seosko domačinstvo Vila Merak** +382 67 322 392 @vila_merak
- **Hotel Rosi** +382 69 634 835 @rosi_hotel

DRAGIJE

- **Casa Illyria** +382 69 538 245 @casa illyria

GREBAJE

- **Katun Maja Karanfil** +382 67 623 634 @katun.maja.karanfil
- **Tuzovič Bungalows Prokletije** +382 68 808 788 @bungalows.prokletije.tuzovic
- **Etno selo Pavičević** +382 67 123 005 @etno_selo_pavicevic
- **Eko katun Deljanin** +382 69 053 798 @deljanin eko naseljel
- **Planinarski dom – PK Radnički** +381 641 111 303 @planinarski klub radnicki beograd

GRNČAR

- **Hotel Ksenija** +382 69 837 357

GUSINJE CENTAR

- **Kula Nekovića** +382 67 030 298 @kula nekovica gusinja
- **Hotel Mountain View** +382 69 252 533 @hotel_mountain_view_inn
- **Hotel Metro** +382 67 865 227 @metro_hotel_caffebar_market

KRUŠEVO

- **Eko katun Bektešević** +382 69 920 060 @ethno house bekteševic

VUSANJE

- **Guesthouse Uljaj** +382 69 668 453 @guesthouseula
- **Grlja apartments** +382 69 625 399 @relax grlja
- **Vucetaj bungalovs** +382 69 419 680
- **Moonlight guesthouse** +382 69 450 734 @moonlighthouse.mne
- **Kollata Guesthouse** +382 69 403 194
- **Prokletije Eko katun** +382 69 475 792 @prokletije_eko_katun_vusanje
- **Riverside guesthouse** +383 491 51084 @riverside_guesthouse
- **Eko katun Rosi** +382 69 634 835 @rosi_hotel
- **The Blue Eye** +377 45 891 273



**EUROPEAN
SKYRUNNING
CHAMPS 2023**



**GUSINJE,
MONTENEGRO**
PROKLETJE
Skyrunning 2023



**INTERNATIONAL
SKYRUNNING
FEDERATION**



Gusinje
Tourism organization



SKYRUNNING
Montenegro



14 – 16. JULY 2023.
prokletijeskyrunning.com



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MNE



S.CROSS

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in Skyrunning in the Balkans



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