



2024 YOUTH
SKYRUNNING
WORLD CHAMPS



RACE GUIDE



JUNE
27 — 30. MONTENEGRO
2024.
VK
SKYTRAIL
& SKYRACE

RUMIJA
BAR
MONTENEGRO



OPŠTINA BAR



CWP

www.PROKOM.ME



SKYRUNNING
Montenegro

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skyrunning-montenegro.com

2024

X SKYRUNNING SEASON
Serbia and Montenegro

DURMITOR SKYRACE

35 km 3.000D+

27.7.2024.

PROKLETIJE SKYRUNNING

30 & 50 km

14.9.2024.

prokletijeskyrunning.com

SKYRUNNING
Serbia & Montenegro

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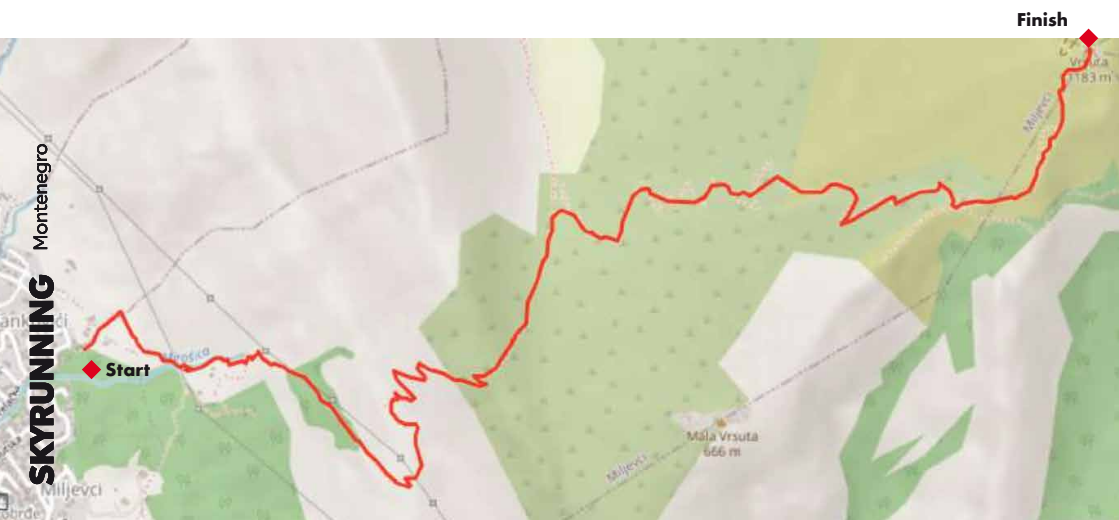
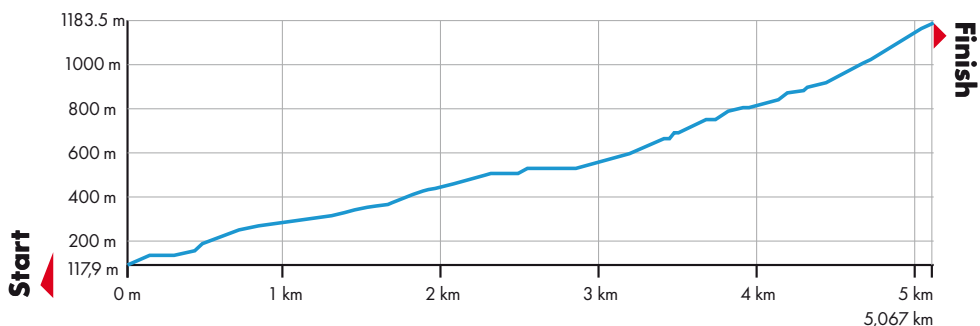
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Vertical KM 5 km, +/- 1.000 m

Name: **Vrsuta Vertical KM**
Date: **June 28**
Start time: **7.00**
Start location: **Sutomore**

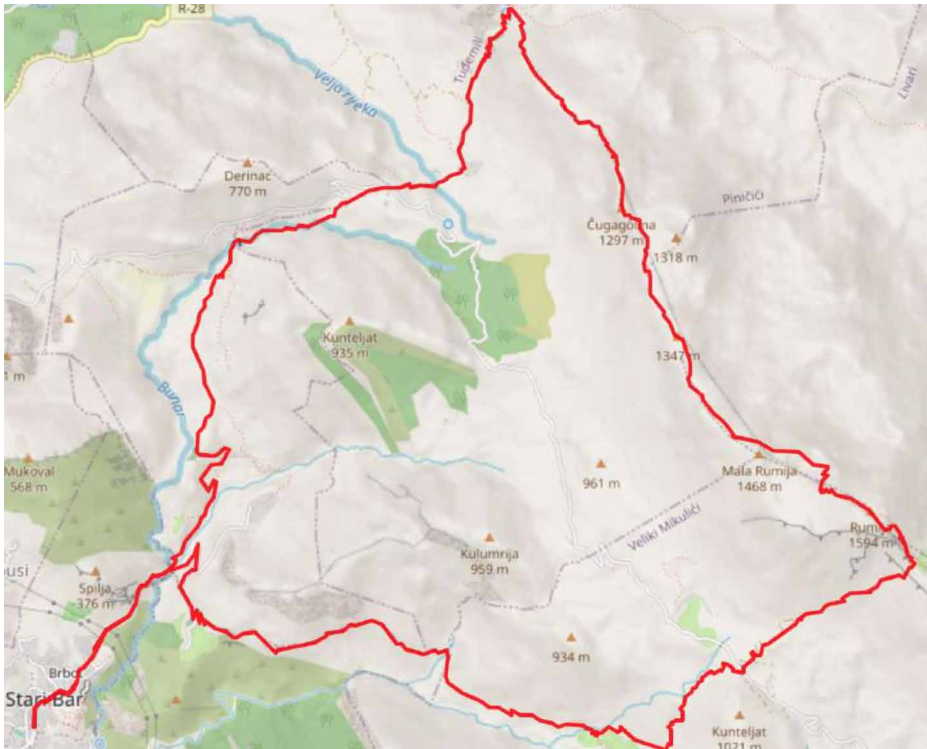
Distance: **5 km**
Vertical climb: **1,000 m**
Max time: **2 h**
Aid stations: **1**



Sky Race 21 km, +- 1.600 m

Name: **Rumija SkyRace®**
 Date: **June 30**
 Start time: **7.00**
 Start location: **Bar**

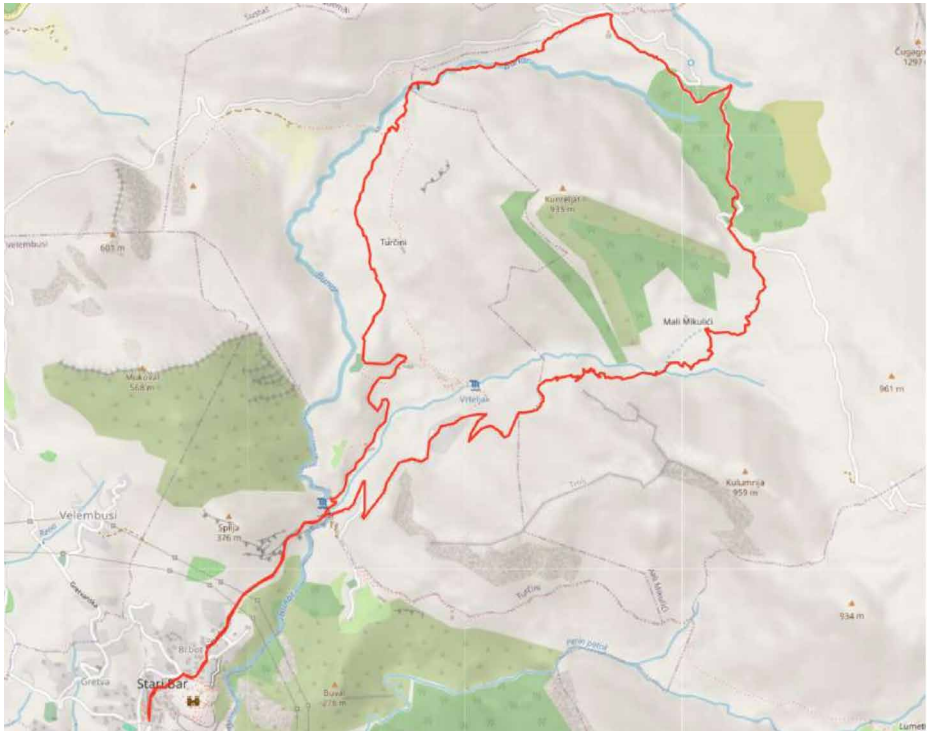
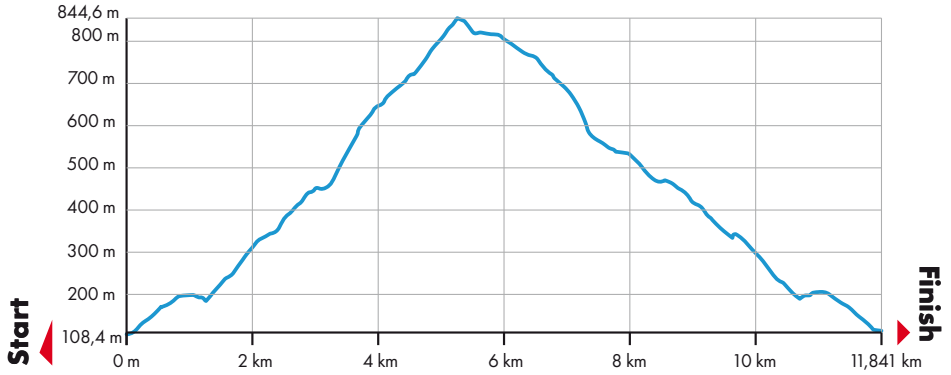
Distance: **21 km**
 Vertical climb: **1,600 m**
 Max time: **5 h 30'**
 Aid stations: **2**



Sky Trail 12 km, +- 800 m

Name: **Rumija SkyTrail**
 Date: **June 30**
 Start time: **7.00**
 Start location: **Bar**

Distance: **12 km**
 Vertical climb: **800 m**
 Max time: **4 h**
 Aid stations: **1**





Programme

Thursday, June 27th

18.00	Team presentation	Old Bar
19.00	YWC briefing (Open race also)	Cultural centre Bar
19.00 - 23.00	Race office bib delivery	Cultural centre Bar

Friday, June 28th

07.00	07.00 - Vertical start - CHRONOMETER START	Sutomore
17.30	Awards Ceremony	Old Bar
20.00 - 22.00	Race office bib delivery	Cultural centre Bar

Saturday, June 29th

11.00 - 13.00	Race office bib delivery	Cultural centre Bar
13.00	YWC briefing (SKY Open race also)	Cultural centre Bar

Sunday, June 30th

07.00	SkyRace & SkyTrail start (YWC only)	Old Bar
07.15	Open Race start	Old Bar
08.00	Arrival of first athletes - Youth A & B	Old Bar
09.15	Arrival of first athletes - Youth C & U23	Old Bar
12.00	Lunch at Recovery zone	Old Bar
13.00	Awards Ceremony	Old Bar
14.00	Closing Ceremony	Old Bar
20.00	PARTY & DINNER YWC	Cultural centre Bar



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(option B: 112) team leader - Đoko Vujičić



Limits

Vertical KM Vrsuta 5km, 1.000D+

The limit is 2 hours from the start

Rumija SkyTrail 12km, 800D+

Finish – Old Bar 11:15 (4 hours from the start)

Sky Race Rumija 21 km, 1.600 D+

	Time limit	From the start	Distance
CP-1 – Manastir	9:15	2 h	7 km
CP-2 – Rumija	10:45	3 h 30 min	9 km
CP-3 – Bjela Skala	12:15	5 h	14 km
CP-4 – Baltine	12:45	5 h 30 min	16 km
Finish – Old Bar	14:15	7 h	21 km



Equipment

Vertical KM Vrsuta 5km / 1.000D+



Mobile phone
Glass, flask or bottle
Trekking poles

Rumija SkyTrail 12km / 800D+



Survival blanket
Mobile phone
Glass, flask or bottle
Trekking poles

Sky Race Rumija 21 km / 1.600 D+



Survival blanket
Mobile phone
Glass, flask or bottle
Whistle
Trekking poles
GPS device

We recommend trekking poles, but you cannot leave them at the control points. We recommend GPS with race route inserted. You must be semi-autonomous (water, gels, etc.).

- MANDATORY equipment
- RECOMMENDED equipment

Mandatory equipment check at the "start box":

Rumija SkyTrail 12km / 800D+

Mandatory equipment is a mobile phone and a cup, which is subject to change, depending on the conditions before the race. If one item is missing - disqualification.

Sky Race Rumija 21 km / 1.600 D+

Mandatory equipment: astro-foil, mobile phone, cup and whistle. If one item is missing - disqualification. We recommend poles, but you cannot leave them at the check points. We especially recommend the GPS with the race route inserted! You must be semi-autonomous (water, gels, etc.).

National teams have received direct instructions for mandatory equipment through their team leaders.

All participants must have a sports medical examination not older than one year for the SKY format for OPEN RACE. You must bring the medical test to the race office, where you also sign a declaration of responsibility.

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, June 27.

Equipment advices



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 have convinced 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 Rumijska, 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



Recovery zone

Massage, stretching & cool pool.

The recovery zone is located right next to the start and finish gate. It contains an ice pool 1.2m deep, a massage table and a professional masseur at your disposal, as well as 4 mats with a team that does assisted stretching.

stretch-well.com/en_gb/?https%3A%2F%2Fstretch-well.com%2F&gad_source=1&gclid=CjwKCAjwps-zBhAiEiwALwsVYY2r9XDzUIPm1tVQMnxz6rmkNbSpQ_JxSVWvqUzI0G2x6Y7y46DewhoC8PMQAvD_BwE

Within the recovery zone there is water (faucet) as well as watermelons. Ask Nemanja for massage and Milos for stretching. Use the pool yourself (cold water). As part of the recovery zone, there is a doctor and an ambulance car.

STRETCH WELL



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 (Old Bar, close to Start / Finish area)



Special notes

The link to the live timing will be available from Monday, June 24. We will have two measuring systems:

race-tracking.com
protime.si

All competitors for YWC have blue start numbers, for open race VK yellow, SkyTrail green, Sky Race orange.

Very warm weather is expected in Bar. Be prepared for very warm conditions. Pay special attention to hydration. We will double the amount of water for all runners at each check point. The upper part of the ridge is part of the sky race. The upper ridge is very difficult, so pay attention, it's a technical section – this is an advice to all who run 21 km. Below you can see the public transport in Bar, which runs from 5 in the morning and you can use it for to get to races without any problems.

zpcg.me/red-voznje/lokalni

For people coming to Podgorica, the capital of Montenegro, we will send instructions on how to get to Bar by public transport.

busticket4.me/autobuska-stanica/polasci/Podgorica/MNE/52

If you need special transportation, you can contact our agency, which will give you an offer. avetours.bar

The organizer provides the following transportation for all participants of the World Junior Championship. On June 28, on Friday morning at 6:00 am, buses will depart for the start of the Vertical Kilometer near the Topolica hall in the center of Bar. Starting from 12 o'clock, they will return all participants from Sutomore to the Topolica hall in the center of Bar.

We also organize transportation for Sunday, June 30 for Sky Race and Sky Trail. Buses start at 5:45 am from the Sutomore bus station to Stari Bar. At 2:00 pm after the closing ceremony of the World Junior Championship, the buses will return all the people to Sutomore.



Special notes

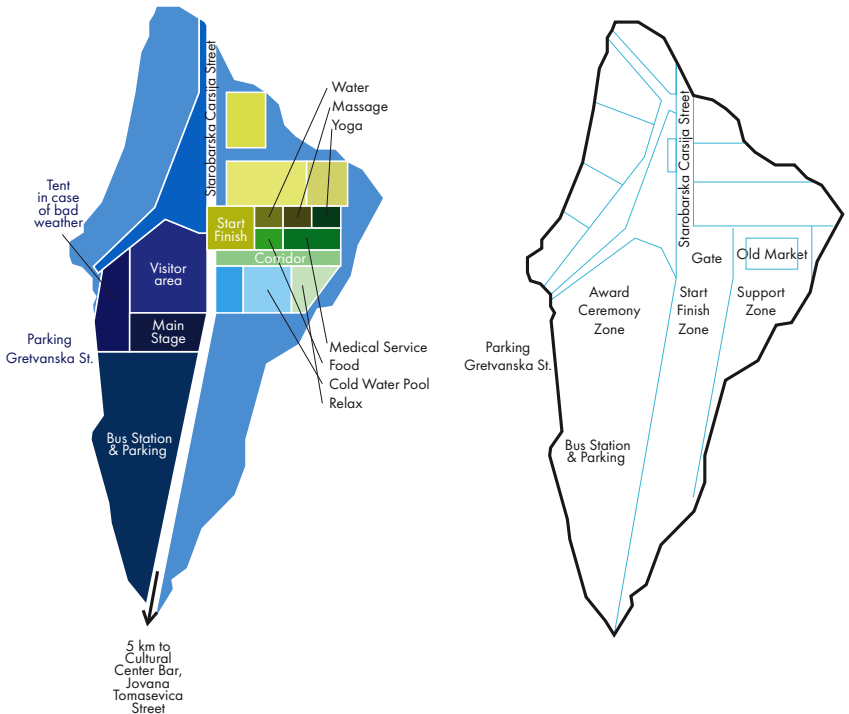
You have an organized lunch at 12 o'clock on Sunday in the finish area. In the evening, there is a party and dinner at 8:00 pm in front of the race office building (Cultural center Bar).

maps.app.goo.gl/ryV1PtC9SvxZPSmAA

All runners who participate in the vertical kilometer race return on foot along the same path to Sutomore, where the bus is waiting for them.

- * All buses, dinner and party are exclusively organized for the participants of the World Junior Championship.
- * The organizers change the VK start to chronometer (30 sec).

Start - Finish area in Old Bar





Food and Aid Stations



All refreshment stations are supplied with water. Unfortunately, the weather will be too hot, so we will double the water amount at stations. The points where you **can refill are marked in blue**, and the points where you **can not are marked in red**. Each refreshment station is provided with vegetarian and vegan options.

TOP of VK (peak Vrsuta, Friday) — **Water** - limited, 1 liter per competitor (for this race water will be only at the summit for YWC and OPEN)

CP Baltina (SkyTrail 7km & SkyRace 16km) — **Water**, CC**, peanuts, sweets, fruits, honey, chocolate bars, juices.

CP Manastir (SkyRace only 7km) — **Water**, CC**, peanuts, sweets, fruits, honey, chocolate bars, juices.

CP Rumija — only control for SkyRace 9km

CP Bjela Skala (SkyRace 14km) — **Water**

Finish — Water and watermelon in recovery zone

- * Menke bridge, 2km before the finish line, there is a spring where you can refill your flasks. Volunteers will wait for you at the asphalt section.
- * ** CC = Coca Cola



How to reach Bar?

42.10°N 19.10°E



Various airports offer connections from all over the world. **Podgorica is the closest** to the race venue, but **Tirana, Dubrovnik and Skopje** are also valid options.

Renting a car is the best option to reach Bar from any of the above mentioned airports and to stay mobile during your stay.





Meteo

Values for end of June

www.yr.no/en/forecast/daily-table/2-3204509/Montenegro/Bar/Bar

TEMPERATURE

Normal temperature	22° C — 31° C
Maximum temperature	34° C
Minimum temperature	17° C

DAY LENGTH

15 h, 15 min

RAINFALL Per day (mm)

8

CONDITIONS

Clear sky	mostly
Fog	possible
Rain	possible

DAYLIGHT

SUNRISE	SUNSET
5:08 am	8:23 pm

UV forecast, limit your time in the sun, seek shade, cover up with sun protective clothing and wear sunglasses. Apply generous amount of sunscreen with an SPF of at least 30. Drink water as much as you can. Sunrise at 05:08, Sunset at 20:23. Length of day 15 hrs 15 minutes





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