

Interview with the main course planners

Competitors have already tested the specific terrain of Banska Bystrica. Model trainings are over and everybody is getting ready for tomorrow. The main course planners announced useful tips and more details about each discipline. Sprint is made by Pavol Bukovác, long distance and also exciting relay are made by Štefan Šurgan.

Sprint

Should competitors expect anything surprising during the course?

Well trained competitor should not be surprised a lot however the certain level of physical condition will be necessary. There might be few tricky tracks but the terrain could be even more decisive. In any case, it would be unforgettable sprint.

Have the competitors a chance to enjoy the beautiful scenery of the old town?

Sure, there would be enough magnificent views during the tracks. Anyway, I would recommend runners appreciate them afterwards.

Could you give runners any useful tip before the start?

The most important for every competitor is to warm up properly. Runners should protect themselves from having an injury. It would be quite hard work for their muscles so it is better to prepare their legs in advance.

What was the most challenging for you as a course planner?

Apart from the usual regulation there was challenging to find a balance between the amount of the hills and fixed time of the winner 10-12 minutes. I wanted to prepare fair courses full of interesting choices, that is what I made.

Long

Long distance is often considered as the most exhausting discipline which tests condition and also limits of the competitor. What can runners expect?

Long provides a specific hilly terrain with many contour lines really close to each other. There will be plenty of specific options how to find the control in variable terrain.

What should be the competitors aware of?

Everybody should take care of ankles. The forest is full of cutted trees, branches, many stones are spread out on the ground. It is not easy to run in this surface. On the other hand for the head might be confusing huge amount of twisting contour lines.

Long distance might be sometimes also mysterious, where is the magic locked in?

Definitely it would be stiff for runner's physical condition. However the psychical abilities will be also tested a lot. Every runner needs to find his own strategy how to calm his mind and deal with the mountains.

For Sunday there is a relay- full of emotions and excitement. Can you describe the terrain?

The terrain is quite similar to Saturday's long distance. Obviously the tracks are different, I hope that competitors will like it. This race offers also great fun for spectators.

Were there any trouble you had to deal with during preparing courses?

A bit challenging was to keep my mind clear when I saw after a few days of hard work completely different part of forest. Sometimes the lumberjacks with axes can be dangerous. I wanted to pick up the interesting parts of the map to prepare interesting orienteering.