

RUNMAGEDDON GLOBAL

Roadbook

CAUCASUS

21st-27th September 2019

AGENDA

21.09 SATURDAY

16:15 - Meet-up at the arrivals hall on the Tbilisi Air Port

16:30 – 20:00 Transfer Tbilisi - Gudauri

20:00 - Check-in Marco Polo hotel

20:00 – 21:00 Dinner in the hotel

21:30 – 22:00 Briefing for the Participants

22.09 SUNDAY

07:00 – 08:00 Breakfast

08:00 – 09:00 Transfer to the Truso Valley

09:00 – 09:30 Preparation to start

09:30 – 09:45 Warm-up

09:45 - Start

12:00 – 18:00 Lunch

12:30 - Most of the 50 Formula Participants on the finish line

16:00 - Most of the 100 Formula Participants on the finish line

11:00 – 18:00 Bus runs Finish line – Hotel

(the bus leaves when it's full)

19:00 – 20:00 Dinner

20:30 – 21:00 Briefing for the Participants

23.09 MONDAY

07:00 – 08:00 Breakfast

08:00 – 09:00 Transfer to the Truso Valley

09:00 – 09:30 Preparation to start

09:30 – 09:45 Warm-up

09:45 - Start

12:00 – 18:00 Lunch

12:30 - Most of the 50 Formula Participants on the finish line

16:00 - Most of the 100 Formula Participants on the finish line

11:00 – 18:00 Bus runs Finish line – Hotel

19:00 – 20:00 Dinner

20:30 – 21:00 Briefing for the Participants

24.09 TUESDAY

07:00 – 08:00 Breakfast

08:00 – 08:30 Transfer to the Stepantsminda

08:30 – 09:00 Preparation to start

09:00 – 09:15 Warm-up

09:15 - Start

12:00 – 17:00 Lunch

12:00 - Most of the 50 Formula Participants on the finish line

16:00 - Most of the 100 Formula Participants on the finish line

10:00 – 17:00 Bus runs Finish line – Hotel

19:00 – 20:00 Dinner

20:30 – 21:00 Briefing for the Participants

25.09 WEDNESDAY

- 07:00 – 09:00 Breakfast
- 09:00 – 12:00 The Friendship Run
- 12:00 – 12:30 Winners Decoration Ceremony
- 12:00 – 14:00 Runmageddon Kids
- 14:00 – 15:30 Lunch
- 15:30 – 16:00 Briefing for the Participants
- 16:00 – 19:00 Free time
- 19:00 – 22:00 Dinner „after party” BBQ

26.09 THURSDAY

- 07:00 – 09:00 Breakfast
- 10:00 Check-out Marco Polo hotel
- 10:00 – 13:00 Transfer to hotel in Tbilisi (1 photostop Panorama)
- 13:00 – 14:00 Lunch in Mtskheta restaurant + dinner box
- 15:00 - Check-in Hualing Hotel
- 16:00 - Departure of the buses to the city
- 19:00 - Departure of the first bus returning to the hotel
- 22:00 - Departure of the second bus returning to the hotel

27.09 FRIDAY

- 07:00 – 10:30 Breakfast
- 13:00 - Check-out Hualing Hotel
- 12:00 – 12:15 Lunch box pickup in the bus
- 12:15 - Departure to the air port

LIST OF THE EQUIPMENT TO TAKE:

Obligatory:

- NRC foil
- Headlamp
- Whistle
- A water bag (backpack with water, min 1.5l)
- Running clothes
- Two pairs of shoes
- Sunglasses
- Hat
- SPF 50 sunscreen

Worth having with you:

- Powerbank
- Windbreaker
- 2 sets of running clothes
- Nutrition on the route: gels, bars, candies (optional), magnesium shots (optional)
- Nutrition before/after: despite the meals organized in hotels, treats and favourite snacks on your own merits