

Up the mountain

Mountain triathlon individual, relay and mountain running competitions at Sziklaforrás Lake in Felsőtárkány.

The Flavin7 Bükk Gate mountain show competition organized by the Egri Triathlon Klub will be the 26th this year. The mountain triathlon part of the competition is the oldest one in the country. What is more our competition is a Guinness record-holder, as it is unique race among the mountain races in the world organized continuously every year.

Our event can provide possibility to each categories to get to know and try the sports in the forest – mountain triathlon, mountain running – in individual or relay runs.

To accomplish the race including swimming, mountainbiking and mountain running has a optimum location – 7 kms from Eger – taking advantages of facilities of the terrain.

In mountain triathlon we organize the competition for runners above age of 14 for men and women in 5 categories in individual and relay races for both sex as well.

The distance:

– 500m swimming, 16 km mountainbiking, 7 km mountain running

The tracks of biking and running reach many places which are technical on the hills nearby, so it will be interesting terrain guaranteed for amateur and professional competitors as well.

For runners taking part in mountain running only, we organize competition for 5 categories in 7 and for 4 categories in 21 km.

In 2017 again: „entry during running” sprint

In 1 and 3 round running races every round you can give your entry to accomplish a certain course „up-section” as fast as possible. This is called Bükk mountainsprint. The time is measured by the competitors. This

special new form of race was very popular in 2015 and 2016. You can find details in the invitation.

For the family members, children and every guest we organize an open, promotion run also – the distances are significantly shorter than mentioned above (200 m swimming, 3,5 km biking, 1 km running)

This race is for each categories. Families, workplace communities can compete together to get common experiences with accomplishing the distances.

Before the victory ceremonies we invite the youngests for a short running.



An elf running will be organized for the children below 7-year-old. This means a running around the lake approximately 400 m.

The date of the competitions is 12th of August 2017.

It is worth sending the (pre) entries on time because of the expected big number of the entries.

Special awards: the fastest swimmer, biker, runner of the triathlon competition will be rewarded. Local authorities of Eger and Felsőtárkány reward the best Eger and Felsőtárkány competitors in triathlon and running. Special awards will be for the fastest mountain sprinters.

Spuri Aranykártya entitles for 20% discount on entries for the mountain races.

The detailed invitation, level segments of the courses, some pictures and video about the tracks of the race can be found on the web page of Egri Triatlon Klub: <http://www.nejanet.hu/egritk>

We invite everybody for the competitions being in a wonderful environment.

You can find more about our club in facebook.

<https://www.facebook.com/pages/Egri-Triatlon-Klub/132696810123406>

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