

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 Eger Triathlon Klub will be the fourth this year. The mountain triathlon part of the competition has been organized for 23 years, so it is one of the oldest triathlon competitions in the country.

According to an article written by terepsport.hu and an interview with Viktor Tóth our competition is 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 triathlon we organize the competition for runners above age of 14 for men and women in 5 categories in individual and relay races.

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 in 5 categories, 7 and 21 km.

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 9th of August 2014.

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

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.

The national and the local media, the internet pages, sport forums, community pages provide information continuously.

Listen to, read, write...try it!

Our triathlon competition can be the last test for the mountain triathlon world championship in Germany.

Close the trainings, preparation for the WC in our race.

Our courses will be similar to the ones of national championship last year, which get serious professional acknowledgment.

Here is a short part of the artical (heol.hu) written last year.

„ Look, Tamás priest over there! Indeed. Dénes Száraz, actor of one of the popular TV series, indeed is panting in the finish...this kind of mountain sport can bring

such ancient instinct which were totally forgotten by people and they think there are not similar things like these.

Bálint Mester like multiple defending champion: „the development can be seen well concerning the number of the runners, which can be increased if the organizers will be as reliable host as we are used to it.”

Viktor Tóth's words: „This running track is the best! So far I thought the track of Piliscsaba can not be excelled, but you did, „

Egri Triatlon Klub

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