

RYKOWISKO (RUT)

CROSS-COUNTRY RUNNING RACE



III EDYTION

27 MAY

2017

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RYKOWISKO (RUT) is a running race that takes place in the Mazovian area, one of the most beautiful regions in Poland. The race is addressed mainly to recreation and sport lovers as well as cross-country races enthusiasts. Routes, led through touristic trails, are technically easy to follow. They run through picturesque, woody areas surrounded by charming Mazovian nature in a gorgeous scenery of clear lakes and mysterious swamps. Year by year, Rykowisko, as the first and the only ultramarathon in the Mazovian region, is gaining popularity that can be clearly seen in the increasing number of participants and well-known runners' visits. Last year, Patrycja Bereznowska, a Polish Champion, Europe Vice-Champion and 5th place winner in World Championships of 24-hour running races, took part in Rykowisko. As part of the preparations for ultramarathon, Marcin Świerc, a multiple Champion and Polish representative in mountain runs, together with a talented ultramarathon runner of the young generation (Natalia Tomasiak), hosted several Rykowisko training sessions.

Next year's 3rd edition of **RYKOWISKO ULTRAMARATHON** is scheduled to be held on 27th of May 2017 and it's going to be as attractive as in the two previous ones. In order to meet our competitors' expectations and increase interest in the race among ultramarathon beginners, we planned 3 running distances: 35km, 70km and 105km. We're sure that distance diversification is going to double the number of races' participants, that is characterized by the upward trend within 2 years. For more information on the race and our performance, including a rich photo gallery, see our site: <http://rykowisko.blacrea.e-kei.pl/> In case of any queries, contact us on rykowisko.kontakt@gmail.com



RYKOWISKO

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