

RACE TECHNICAL GUIDE

KRAS KROS TRAIL RUN – 11 PEAKS 2026

3 October 2026 • Cerje – Peace Memorial, Slovenia
Organiser: AMKK ALES.CA RACI • www.kraskros.com

1. RACE COURSES

Kras Kros Trail Run – 11 Peaks is a trail-running competition held on natural paths and characteristic Karst terrain. The event offers four different distances, intended for experienced trail runners as well as recreational runners and beginners.

11 PEAKS – 42 km

- distance: approximately 42 km
- elevation gain: approximately 2,000 m+
- approximately 60% of the route is technical trail
- the route includes rocky, stony, root-covered and at times steep terrain
- the course is intended for experienced trail runners with appropriate fitness and experience in demanding terrain
- the use of running poles is recommended

Difficulty: Very demanding 7–8 / 10

25 KM

- distance: approximately 25 km
- elevation gain: approximately 900 m+
- the route includes a combination of forest roads, tracks, paths and technical sections
- the course requires good physical fitness and basic trail-running experience
- running poles are advisable but not mandatory

Difficulty: Demanding 7 / 10

15 KM

- distance: approximately 15 km
- elevation gain: approximately 450 m+
- the route combines gravel, forest and Karst paths
- the course is also suitable for recreational runners and trail-running beginners

Difficulty: Moderate 4–5 / 10

10 KM

- distance: approximately 10 km
- elevation gain: approximately 330 m+

- the route runs over less demanding Karst terrain
- also suitable for beginners and runners trying trail running for the first time

Difficulty: Easy to moderate 3 / 10

2. EVENT TIMETABLE

Provisional timetable:

TIME	EVENT
06:00	Bib collection area opens
07:30	Mandatory briefing for 42 km and 25 km
08:30	START – 42 / 25 km / 11 Peaks
09:00	Mandatory briefing for 10 km and 15 km
09:30	START – 10 / 15 km / 11 Peaks
approximately 10:00–17:30	Participants arrive at the finish
19:00	Event closes

The organiser reserves the right to change the timetable due to organisational, safety, weather-related or other unforeseen circumstances.

3. TIME LIMITS

Time limits are set according to the difficulty of each course.

In setting the limits, the main considerations are distance, elevation gain, technical difficulty and participant safety.

42 km – 11 Peaks

Start: 08:30

Final time limit: 17:30

Total time: 9 hours

Intermediate checkpoint cut-offs:

CHECKPOINT	APPROX. DISTANCE	TIME LIMIT
CP 1	approximately 10 km	10:30
CP 2	approximately 20 km	12:45
CP 3	approximately 30 km	15:00
CP 4	approximately 36 km	16:15
FINISH	42 km	17:30

A participant who does not reach a checkpoint by the designated time limit may be removed from the competition.

The organiser may change time limits because of weather conditions or other safety circumstances.

25 km

Start: 09:30

Final time limit: 15:00

Total time: 5 hours 30 minutes

Proposed intermediate cut-offs:

CHECKPOINT	APPROX. DISTANCE	TIME LIMIT
CP 1	approximately 10 km	11:15
CP 2	approximately 18 km	13:00

FINISH	25 km	14:30
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15 km

Start: 09:30

Final time limit: 13:00

Total time: 3 hours 30 minutes

The 15-km course is also intended for beginners, so the limit is set to allow a combination of running and walking.

10 km

Start: 10:00

Final time limit: 12:30

Total time: 2 hours 30 minutes

The 10-km course is also suitable for beginners and can be completed with a combination of running and walking.

4. REFRESHMENT STATIONS

Locations and contents of refreshment stations will be published before the event together with the map and GPX track.

Refreshment stations may include:

- water,
- isotonic drink,
- energy food,
- fruit,
- other food and drink determined by the organiser.

Participants must plan for a degree of self-sufficiency between individual refreshment stations.

On the longest course, runners are advised to start with enough fluids and energy for the section to the next refreshment station.

5. MANDATORY EQUIPMENT

42 km – 11 Peaks

Due to the length and technical difficulty of the route, the following equipment is mandatory:

- charged mobile phone,
- sufficient fluids,
- basic energy food,
- suitable trail-running footwear,
- basic personal first-aid kit,
- recommended windproof jacket or additional clothing according to weather conditions.

We also recommend the use of running poles.

The organiser may require additional mandatory equipment based on the weather forecast and course conditions.

World Athletics explicitly allows the organiser to require additional mandatory equipment according to expected conditions, including protective clothing, water, food and other equipment for participant safety.

25 km

Mandatory:

- phone,
- sufficient fluids,
- basic energy food,
- suitable trail shoes.

15 km and 10 km

As a rule, no special mandatory equipment is prescribed. Nevertheless, we recommend:

- suitable running footwear,
- phone,
- fluids according to weather conditions.

6. RUNNING POLES

Running poles are permitted on all courses.

On individual dangerous or very narrow sections, the organiser may require a participant to fold poles away or use them in a manner that does not endanger other participants.

The participant is responsible for the safe use of poles.

7. COURSE MARKING

The course will be marked with:

- direction arrows,
- marking ribbons,
- other visible markings,
- marshals at important junctions and hazardous sections.

Additional warning markings will be used on more demanding or dangerous sections.

Participants must follow the marked route.

In case of doubt, participants must check the correct direction and must not continue along an unmarked path.

8. HAZARDOUS SECTIONS

On the most demanding 42-km course, technical sections may include:

- steep ascents and descents,
- rocky terrain,
- stones,
- roots,
- narrow paths,
- slippery ground,
- uneven terrain.

Such sections will be appropriately marked.

Participants are advised to adjust their speed on these sections to their abilities and the surface conditions.

9. TRAFFIC AND ROAD CROSSINGS

On sections where the route crosses or runs along a public road, participants must follow the instructions of organisers, marshals and applicable traffic rules.

A participant does not automatically have priority over vehicles unless traffic is stopped or controlled by authorised persons.

10. WITHDRAWAL AND RETIREMENT

A participant who retires must notify the organiser as soon as possible.

Retirement can be reported:

- at a refreshment station,
- at a checkpoint,
- to a marshal,
- to the organiser by phone.

A participant who retires must, where possible, hand in or register their bib number.

This is important for closing the course and ensuring no participant remains on the route while the organiser is still looking for them. ITRA specifically recommends an organised system for recording retirements and closing the course.

11. SAFETY AND RESCUE

Because of the nature of trail racing, rescue-vehicle access to some sections may be limited.

The organiser provides a safety and rescue system adapted to the characteristics of each route.

A participant must assist another participant who is in immediate danger and report the incident to the organiser as soon as possible.

For safety reasons, the organiser may:

- change the route,
- shorten the route,
- change the start time,
- change time limits,
- interrupt the event,
- cancel an individual discipline.

ITRA emphasises that the safety and rescue system must be adapted to terrain difficulty and the specific characteristics of the event.

12. NATURE PROTECTION

Participants must respect the Karst environment.

The following are prohibited:

- disposing of waste outside designated places,
- leaving the marked route to shorten the course,
- damaging vegetation,
- damaging natural and cultural landmarks.

A breach may result in a time penalty or disqualification.

13. CATEGORIES

Participants are classified into categories by sex and age.

Final categories and birth years will be published in the official event notice.

The organiser reserves the right to combine categories with an insufficient number of participants.

14. RESULTS

Official results will be published after each discipline has finished.

Results will contain at least:

- first and last name,
- sex,
- category,
- achieved time,
- placing.

ITRA likewise requires individual results with achieved time and placing for its registered races.

15. PROTESTS

Any protest must be submitted to the organiser no later than 30 minutes after the publication of provisional results for the relevant discipline.

After considering the protest, the organiser publishes final results.

16. FINAL PROVISIONS

The organiser reserves the right to amend the technical guide because of:

- weather conditions,
- safety,
- course conditions,
- requirements of competent authorities,
- nature protection,
- other unforeseen circumstances.

All important changes will be communicated to participants before the start or as soon as possible.

The final version of the technical guide will be published on the official kraskros.com website.