



БЪЛГАРСКА ФЕДЕРАЦИЯ ЛЕКА АТЛЕТИКА
BULGARIAN ATHLETIC FEDERATION
FEDERATION BULGARE D'ATHLETISME

БФЛА

**To the Athletic Federations of the
Balkan Countries,
Eastern European Countries**

Sofia, 17 February 2009

**Mountain Running Seminar, 24-25 April 2009
Sapareva Banya, Bulgaria**

Dear Friends,

The youngest branch of athletics - Mountain Running is steadily gaining popularity among athletes all around the world. It is recognized as a true test of endurance, ability, skills and wise preparation and is considered best practice for an athlete to excel in distance races.

Mountain running is a worldwide sport and is part of traditional athletics, though it is still unknown to a great part of coaches and Federations' officials in the Balkan region and Eastern European countries. Mountain Running is often disregarded due to insufficient information and lack of traditions. An educative seminar would help a lot to change the opinion and replace ignorance with a well-founded knowledge and understanding.

Bulgarian Athletic Federation, with the financial support of the International Athletics Foundation is taking the challenge of organising such a Seminar in the city of Sapareva Banya - venue for the 9th European MR Championships 2010. Lecturers of the seminar will be world-recognised experts from the World Mountain Running Association, as well as a couple of successful athletes who will present an "inside view" of the training process.

The project aims to provide Federations officials and coaches with the knowledge, understanding and skills necessary to raising their competence in Mountain Running and inspire them to recognise it as modern and precious part of athletics, which helps improving the athletes' performances in all endurance races. It also aims to promote Sapareva Banya as a Mountain Running centre suitable for training and preparation of athletes from all age groups.

We are pleased to invite you to take part in the Mountain Running Seminar, in Sapareva Banya, Bulgaria on 24 and 25 April 2009.

Bulgarian Athletics will pay the travel and accommodation costs of one participant - Federation's official, coach or other, provided that he/she is involved with distance running, development activities or wants to raise his/her knowledge in Mountain running. We are also pleased to offer free accommodation for a second participant.

The seminar's working language will be English and simultaneous translation into Russian and Bulgarian will be provided. All participants will be accommodated in hotel "Planinski ezera" in Panichiste Mountain Resort near Sapareva Banya.

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Arrivals should be scheduled for Thursday, 23 April and departure for Saturday, 25 April evening or Sunday, 26 April morning. Participants traveling by plane should arrive to Sofia International Airport. The organizer will provide the transfer to the venue (80 km, approximately 1 hour by car depending on the traffic). Bulgarian Athletics will issue prepaid flight ticket for the first participant of each country after they have indicated their airport of departure and correct spelling of their names (exactly as written in the passport) on the enclosed registration form.

Participants travelling by train should arrive to Sofia Central Railway Station, transfer to the venue is provided by the organiser. We shall reimburse 100% of the train ticket (economy class) on site, against presentation of the ticket.

Participants travelling by car should arrive directly to Sapareva Banya (see the enclosed map), where they will be met by the organisers and escorted to the hotel. They are kindly requested to indicate the estimated cost of their trip for previous approval by Bulgarian Athletic Federation. The approved costs will be reimbursed on site accordingly.

We encourage Member Federations to send, at their own cost, additional interested persons (athletes, coaches, development officers etc.) The price (full board accommodation, transfers, documentation etc.) for additional participants is:

EUR 280 - single room (whole stay)
EUR 230 - double room (whole stay)

Registrations for additional participants will be accepted on a first come - first served basis and are subject to the availability of rooms.

Please fill in the enclosed Registration Form with all the relevant details regarding your participation and return it to Bulgarian Athletics **no later than 20 March 2009**.

For those countries whose citizens need visa to enter Bulgaria, in order to facilitate the visa issuance process, please send us as soon as possible the following information:

- full name of the participant(s),
- date of birth,
- place of submission of application
- number of passport,
- date of issue,
- date of expiry,

In case you need more information or have special requests, please do not hesitate to contact us.

Sincerely yours,



Dobromir Karamarinov
President