



## BAIKAL ICE MARATHON "TRAINING TO RUN"



### Special 6 days/5 nights package to qualify for Baikal ice Marathon

*(Candidates for 15 km to full marathon distance running are welcome)*

*We developed the BIM "Training to Run" package with expertise in mind to allow people who are physically well fit for running, but lack practical or certified experience in long distance running. This carefully designed package program enables participants to acclimatize in unique conditions of Lake Baikal northern hemisphere. Get prepared to run in the BIM by means of acquiring good load of the Lake's tremendous energy grid. Through training in the run, "stretching the legs" while skiing beautiful Sable's Mountain downhill, relaxing in one-of-a-kind Ice Banya, then have sensational feelings while plunging into the water of Baikal, enjoying Siberian special cuisine and soft drinks from natural taiga-woods berries... Fully guided by local expert in marathon running and professional English speaking guide.*

***Pound your way on the run across the frozen surface of the worlds' deepest and oldest Lake Baikal!***



### February 25, 2015 – WEDNESDAY

After arrival at Irkutsk airport transfer to the BIM training lodge at Utulik settlement (located near Baikalsk, 145 km away from Irkutsk). Lunch of Buryat National cuisine at the Golden Yurt cafeteria in Sludyanka. Upon arrival in Utulik check in at the lodge rooms equipped with modern amenities (private shower and toilet). Meet with your trainer for a briefing and introduction. Present reference from your physician stating you are in good physical health, and running in cold temperatures for over 3 hours non-stop will not do harm to your health (the physician reference must also have your normal blood pressure indicated). Then undergo through a simple medical checkup that involves only blood pressure measuring (questions may be asked about one's personal health condition). Dinner at the lodge followed by the lecture and video presentation on Lake Baikal unique natural features.



### February 26, 2015 -THURSDAY

After breakfast – listen to the lecture of an experienced long distance runner on major running techniques in cold and extreme weather conditions. Then join the first test running session amidst the taiga-woods trails led by your trainer (7 km – no cutoff time). After blood pressure measuring have lunch. After lunch – transfer to a very popular Sable Mountain Alpine Ski center to undergo through another session of



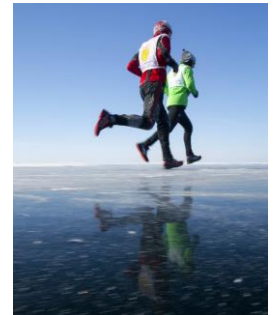


acclimatization course on the slopes of beautiful Sable's Mountain of the Khmar Daban Mountain range (your tour includes downhill ski or Snowboard package – please, advise us in advance of your shoe and ski poles sizes). After the downhill acclimatization session and plenty of downhill skiing return back to your lodge for dinner. After dinner –presentation of the video and running techniques on the ice of Lake Baikal.



#### February 27, 2015 – FRIDAY

After breakfast, receive another lecture on the ice running techniques. Then join in the 2-nd running session – now run 8 km on the ice of Lake Baikal (with no cutoff time indicated). After blood pressure measuring have lunch. After lunch have one hour at your leisure. Then run another distance of 9 km on the Baikal ice (cutoff time will be indicated, blood pressure to be measured after the run). In the evening after dinner – listen to your trainer speak about preliminary results and his recommendations. Overnight at the training lodge.



#### February 28, 2015 - Saturday

After breakfast transfer to the Sable Mountain Alpine Ski center for 2-hour active relaxation downhill skiing or snowboarding the Mount Sable's slopes. After final downhill acclimatization and leisure session, drive to the world's unique steam bath - the BAN'KA - Ice Banya Steam Bath located on the very bank of the frozen lake Baikal where the river of Babkha flows into it. The Ice Banya is a part of the "Ice and Flame" project carried on by a group of young people of the city of Baikalsk (to construct the ice banya lodge they use over 150 metric tons of ice cubes from Baikal. The ice banya has a steam/heat chamber, which can be heated in winter up to 120 °

Centigrade, relax and passage section and a pool-hole in the ice of Lake Baikal). Here you will have a steam-bath procedure with warming up inside the banya and cooling down in the Baikal ice pool, have herbal tea, and certainly, blood pressure measurement afterwards. Upon return back to your lodge have lunch. After lunch – meet for the pre-start registration in the Baikal Ice Marathon, XI-th edition, start numbers distribution and final briefing followed by dinner.



**March 01, 2015 –SUNDAY: XI-th edition of Baikal Ice Marathon “For preservation of clean water”**



Hotel.

07:00 – move your entire luggage to the hotel lobby for its further transfer to Listvyanka (western shore).  
 After breakfast transfer to the start line of the XI-th Baikal Ice Marathon “For preservation of clean water” 10:30 a.m. – start of the Baikal Ice Marathon, XI-th edition.  
 13:30 – cutoff time for 15 km runners in the BIM. After all 15-km runners complete the distance- transfer to Listvyanka settlement located on the opposite, western shore of Lake Baikal.  
 14:30 –cutoff time for half-marathon runners  
 16:30 – cutoff time for full-marathon runners  
 18:30 – Results Announcements and Award Ceremony followed by the Gala Party. Followed by overnight at the 3-star

**March 02, 2015 – MONDAY**

Transfers from your hotel in Listvyanka to Irkutsk airport for your return flight home.

*Have a Pleasant Flight!*



**The cost of the above 6 days/5 night package is EURO 1225 per person.**



The cost includes: group transfers & transportations as per above schedule and program, full board –with 3 meals daily, 2 days downhill skiing package at the Sable Mountain Alpine Ski Center (skis or snowboard, boots, poles , lift ticket), registration/start fee in the XI-th Baikal ice Marathon, services of expert long distance runner/your trainer per group, services of English speaking guide, 1 ticket to the Reception Gala party; Ice Steam Bath, 5 nights hotel on twin room sharing. Single room supplement: EURO 210. Extra post-event nights at hotels are available for booking.