



# 3 Days

Friday Nov. 5, 2010  
Saturday Nov. 6, 2010  
Sunday Nov. 7, 2010

**PHOENIX-SPRINT**  
**RUHRKLIPPEN-TRAIL**  
**BITTERMARK-RUN**

## Description of your Stay

### 1st Day

Day of arrival at hotel/hostel

### 2nd Day

PHOENIX-SPRINT:

In the evening, there will be a Pasta Party for participants and families. In the context of the Pasta Party the award ceremonies and briefings for the next day will take place as well as the Pictures of the Day Show.

### 3rd Day

RUHRKLIPPEN-TRAIL

Again, there will be a Pasta Party with the award ceremonies and you will see the pictures of the day.

### 4th Day

BITTERMARK-RUN:

There will be the great award ceremonies with pictures of the last three days. Then you have the choice to travel back or to stay another night at the hotel/hostel to relax.

## Hotel and Hostel

**Embedo Hostel** is easily accessible by bus from the Trailrun Worldmasters. It is a clean, tidy and budget accomodation . Only participants of the Trailrun Worldmasters will stay at the hostel. The hostel has a self-catering kitchen, a lounge area with TV, a laundry room, table soccer, a luggage storage room. The hostel is opened for 24 hours.

The **Holiday Inn Express** is also easily accessible for the Trailrun Worldmasters. The hotel offers much comfort for little money. All rooms have very comfortable beds, air conditioning, telephone, analogue internet connection, television, cupboard and desk. All rooms have an ensuite bathroom.



[www.trailrun-worldmasters.com](http://www.trailrun-worldmasters.com)

PLAN B event company GmbH

Birkenleiten 33 \* 81543 München \* Tel. +49 (0) 89 651299 30 \* Fax +49 (0) 89 651299 44  
info@trailrun-worldmasters.com \* [www.planb-event.com](http://www.planb-event.com)



# 3 Days

Friday Nov. 5, 2010  
Saturday Nov. 6, 2010  
Sunday Nov. 7, 2010

**PHOENIX-SPRINT**  
**RUHRKLIPPEN-TRAIL**  
**BITTERMARK-RUN**

## Services

- 3 overnight stays
- 3 breakfast buffets
- For single travelers ½ double room possible
- Extension days before and after possible



## Price per Person

**11/04/10 – 11/07/10**

### embedo Hostel

6 bed room	72,00 €
5/6 bed room with WC	78,00 €
4 bed room	75,00 €
Double room with WC	87,00 €
Double room	84,00 €
Single room with WC	108,00 €
Single room	102,00 €



Bed linen 3,50 € obligatory  
Extension days before and after possible



**11/04/10 – 11/07/10**

### Holiday Inn Express

Single room	195,00 €
Double room	98,00 €



Extension days before and after possible



## Application

Please send to:

Sportreisen Krekenbaum – Nelkenstr. 42 – 44289 Dortmund – Germany - fax:  
0049(0)231/9 54 88 41 – info@laufreisen.de

Forename/Surname:

Full Address:

Country:

Email:

Telephone:

Hotel/Hostel:

Type of room:

Room partner (optional):

[www.trailrun-worldmasters.com](http://www.trailrun-worldmasters.com)

PLAN B event company GmbH

Birkenleiten 33 \* 81543 München \* Tel. +49 (0) 89 651299 30 \* Fax +49 (0) 89 651299 44  
info@trailrun-worldmasters.com \* www.planb-event.com