



# **2023 ICF Canoe Marathon World Cup – Ruse (Bulgaria)**

**3th – 4th JUNE, 2023**

**Short and Long distance**

**C1 – K1 juniors, seniors, women and men**

**Side races (no World Cup) Masters in single classes**

**Bulletin 1**



**Contact can be made with the organising committee by:**

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**Dear Sports Friends,**

The Bulgarian Canoe Federation is pleased to invite you to take a part at the 2023 ICF Canoe Marathon World Cup – Ruse (Bulgaria) which will be held on 3th – 4th JUNE, 2023 on the Regatta Course in Ruse. I am sure we will witness athletics performance of the highest quality and our efforts go towards making the Ruse regatta venue a worthy arena for a fair competition between the best athletes in the World.

**Nikolay Buhalov**  
**President of Bulgarian Canoe Federation**



**Dear Friends,**

On behalf of the Organizing Committee and the city of Ruse I can assure you that you will be warmly welcome here and in the calm and fair waters of the Ruse Regatta Venue you will find all that is needed in order to give the best of yourself and have an amazing race.

**Pencho Milkov**  
**Mayor of Ruse**







# RUSE

Ruse is a cosmopolitan city at a crossroads. In its more than 20 centuries of history, a variety of ages have left an imprint on a variety of cultural strata. The spirit of the city, however, always remains unchanging, everlasting and free like the big European river – a river that generates influences, connects, inspires life and promises a future... Ruse is the biggest Bulgarian city on the Danube River and the most significant transport, logistics, business and cultural centre of North Bulgaria. The number of the population is 150 000.

23 centuries ago, an ancient Thracian port marked the beginning of the town. In the late 1st century, the Roman fortress of Sexaginta Prista (from Latin “port for 60 ships”) became part of the Roman Danube Limes, the northern frontier of the empire. Today, the ruins of Sexaginta Prista are an open-air museum exposition.

In the Middle Ages, Ruse and the Romanian city of Giurgiu on the opposite river bank existed as one settlement. In the early 17th century, Ruse developed into a centre of trade; the port played an important role in the commercial exchange between Central Europe and the Balkan area. That is why the city can be found on all geographical maps from that period.

In the 1860s, the city became the administrative centre of the Ottoman Danube Province, which covered a territory of the size of Bulgaria today. That was the time when for the first time in Bulgaria industrial compa-

nies were started in Ruse and the first railway line between Ruse and Varna was built. In the second half of the 19th century, the city was the seat of 11 European diplomatic missions. That accelerated the inflow of European influences, which triggered changes of the day-to-day routines of its residents. Ruse’s history is related to national heroes from the Bulgarian National Revival period. A large number of events that were pioneering to Bulgaria happened in Ruse, and that made the city one of Bulgaria’s major centres of cultural development.

Ruse welcomes its guests with an impressive architectural heritage inspired by the progressive European spirit of its citizens, who invited eminent European architects at the turn of the 20th century to build the architectural environment of the city. Today, dozens of heritage-listed buildings have the European Heritage label.

Ruse is a bridge that delineates and overcomes borders; moreover, in the run of its existence, it has been a centre and a capital. Ruse was the place where the first tokens of Modernity and the industrial age of Bulgaria got born. It is also the place that helped the ideas of humanism, technical and economic development to reach the Southeast of Europe.

**Ruse – Come with friends!**

# GENERAL INFORMATION

**Competition Venue:** Regatta Course RUSE, Bulgaria

**Dates:** 3th – 4th JUNE, 2023

**Location:** RUSE, Bulgaria

**Events:** 2023 ICF Canoe Marathon World Cup in accordance with the ICF rules:

**Discipline:** Canoe Marathon

**Type of event:** WORLD CUP

**Age Level:** SENIORS, JUNIORS and MASTERS

**Masters ages:** 35 to 39 years, 40 to 44 years, 45 to 49 years 50 to 54 years, 55 to 59 years, 60 + up

**Classes:** K1 and C1

**Course:**

- Length 1500 m
- Width 250 m
- Depth between 2 and 8 m
- No flow

All technical aspects will be equal or surpass the ICF standards.

## **Name of Course – “Lesopark Lipnik”**

Lesopark „Lipnik“ is located in the area of the village of Nikolovo, 10 km from the city of Ruse. It is located in a huge forest massif of linden trees with an area of about 20,000 acres, which is where the name of the area comes from. It is considered the largest forest park on the territory of Bulgaria. There are restaurants, artificial lakes, a hotel, a zoo, a children's corner, landscaped corners, a sports facility, and a camping have been built. The construction and shaping of the surrounding area as a park began around the fifties of the last century and since then the flow of people seeking peace and quiet here has not ceased. Only ten kilometers from the city, a real rescue island – the park becomes, especially in the summer, when a fiery inferno has enveloped the big city along the Danube. A special beauty and romantic charm brings an artificially built lake, turned into a kingdom of water lilies. During the warm days of the year, everywhere on the meadows you will see people - whole families, arriving from near and far - on a picnic. There are several restaurants on the territory of the park.



## Provisional Competition Program:

June 2	Teamleadersmeeting, Opening Ceremony
June 3	<b>Short Distance (heats)</b> K1 men and women (seniors, juniors and masters) C1 men and women (seniors, juniors and masters)
June 4	<b>Long distance</b> K1 women and men juniors C1 women and men juniors K1 women and men seniors C1 women and men seniors
June 5	Departure day

## Entries:

1. All team entries (numerical and nominal) must be made online through SDP system from ICF.

**Link:** <https://icf.msl.es/icf/main.jsp>

2. Entries can only be submitted by the National Federation through the online entries system SDP by the specified closing date (midnight European time / European summer time GMT +1 or GMT +2). Anyone having issues accessing the system should email [sdp@canoeicf.com](mailto:sdp@canoeicf.com) and specify their NF and the specific issue encountered, in advance of the closing date for entries.

If there is any problem concerning the entries, please contact Ruud Heijseelaar from Canoe Marathon Committee of ICF at [ruud.heijseelaar@canoeicf.com](mailto:ruud.heijseelaar@canoeicf.com)

The entries system will be online and available during the following dates:

## Deadlines for entries:

Preliminary Entry Form	February 28th 2023
Preliminary Booking Form	March 20th 2023
Numerical Entry by on-line system	April 18th 2023
Final travel information Form	April 30th 2023
Nominal Entry	May 24th 2023

*We kindly ask you to keep the mentioned deadlines*



## Accommodation and participation fee:

Hotel booking can be made through Organizing Committee of 2023 ICF Canoe Marathon World Cup. Please be informed that all lunches will be served at the venue.

You are kindly request to send your booking on the enclosed form till Mart 20, 2023 on [rusecanoe@gmail.com](mailto:rusecanoe@gmail.com)

## Hotels and hostels:

1st Category: ☆☆☆☆	Price
Single	130.00 €
Double	110.00 €
<i>hotels with A/C / full board</i>	

2nd Category: ☆☆☆	Price
Single	120.00 €
Double	100.00 €
<i>hotels with A/C / full board</i>	

3rd Category: ☆☆	Price
Single	110.00 €
Double	90.00 €
<i>hotels with A/C / full board</i>	

\* All of the prices are per person per day.

## 4rd category only on request without A/C

All of the prices have a participation fee of 30 euro per day per person included for organizing costs. The fee is included for each day of the stay arrival till departure date.



## Participation Fee:

For participants not using the hotel package must pay a participation fee of 30 EUR per person per day, which includes the following:

- Accreditation
- Medical Care at the Course
- Lunch
- Participation in the Opening Ceremony
- Security Service at the Course
- Organization Fee
- Drinking Water during competition days
- Transport to and from hotel and course included of which hotels are booked with the organisation
- Access to the competition venues for the purpose of training and other activities.
- Boat storage
- Free Wi-Fi at the competition venues
- The entry fee is calculated from the time of the arrival of the sports team, until the team leaves.

**\* Master participation fee - 40 € lunch + medal**

### Airport transfers

### Terms of Payment:

From and to Bucharest Romania airport

**65 EUR** (both directions)

100% UNTIL April 30th 2023

From and to Varna, Bulgaria airport

**65 EUR** (both directions)

*Price is per person both directions. From Bucharest is 2 hours driving to Ruse.*

*Please do not forget that all bank charges are to the expense of the remitter.*

*You are kindly request to send a copy of the bank confirmation after the remittance to the following email: rusecanoe@gmail.com*

### Cancellation terms

No forfeit for cancelation until

UNTIL February 28th 2023

50% forfeit for cancelation until

UNTIL March 20th 2023

100% forfeit for cancelation until

UNTIL April 30th 2023

*The Organizing Committee does not take any responsibility for extra services of the hotels (mini bar, telephone, parking, etc.) Please be ready to provide your personal credit card during check in to guarantee any possible extra services. Early check – in (before 12:00 p.m) is subject to room availability at the hotels. Check – out time in all hotels – 12:00 p.m. on the day of the departure – as it is internationally usual.*

## Bulgarian Visa

Organizing Committee will provide you support to make the process of obtaining Bulgarian visa more prompt and comfortable.

In order to receive the Invitation letter for getting Bulgarian visa you are requested to fill up and send Visa Application Form with copy of the first page of passport of all team members till April 15th, 2023 at [rusecanoe@gmail.com](mailto:rusecanoe@gmail.com)

Visa Application Form are available on the championship's web-site

## Accreditation Centre

Accreditation Centre will be located on the Venue.

## Media Center

Media center will be located on the Venue.

## Transportation

All participants will be provided with transportation from / to Airport to their accommodations as well as shuttle-buses to and from Venue.

## Travel - By air

### **From Bucharest, Romania - Airport “ Otopeni “ (85km.)**

Henry Coanda International Airport is Romania's busiest airport and is one of two airports serving its capital, Bucharest. It is located in the town of Otopeni, 16.5 km northwest of Bucharest.

### **From Varna Airport (190km.)**

Varna Airport is located 8 km west of the city of Varna. In summer season there is a charter flights.

## Travel - By bus

From Central Bus Station Sofia

There is a bus going from Sofia to Ruse every day.

Last stop in Ruse - bus station.

Trip duration - 4,5 hours.

For more information: <http://www.centralnaavtogara.bg/>

Other bus stations in the country

To see all direct bus lines from other cities visit

<http://www.avtogari.info> or <http://www.hebrosbus.com>

Over 20 settlements have direct bus line to Ruse.



## By train

From Central Railway Station Sofia

You can take both direct express or fast trains travelling from Sofia to Ruse.

The trip duration is 5,30 hours.

From other railway stations

For more information: <http://www.bdz.bg>

**Boat rental:** It is advised to bring your own boats, as the Bulgarian federation does not have marathon boats at its disposal

## Anti-doping Control

The doping control will be provided according to the ICF standards.

## Insurance & Medical Care

All participants are strongly advised to have appropriate medical insurance from their respective countries.

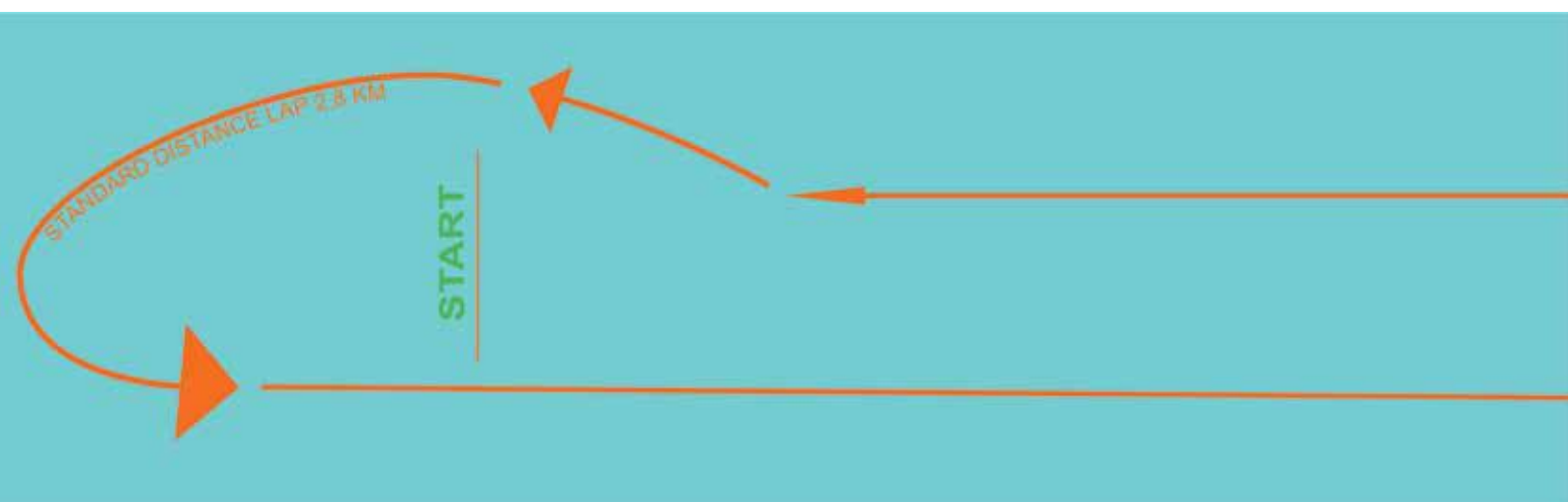
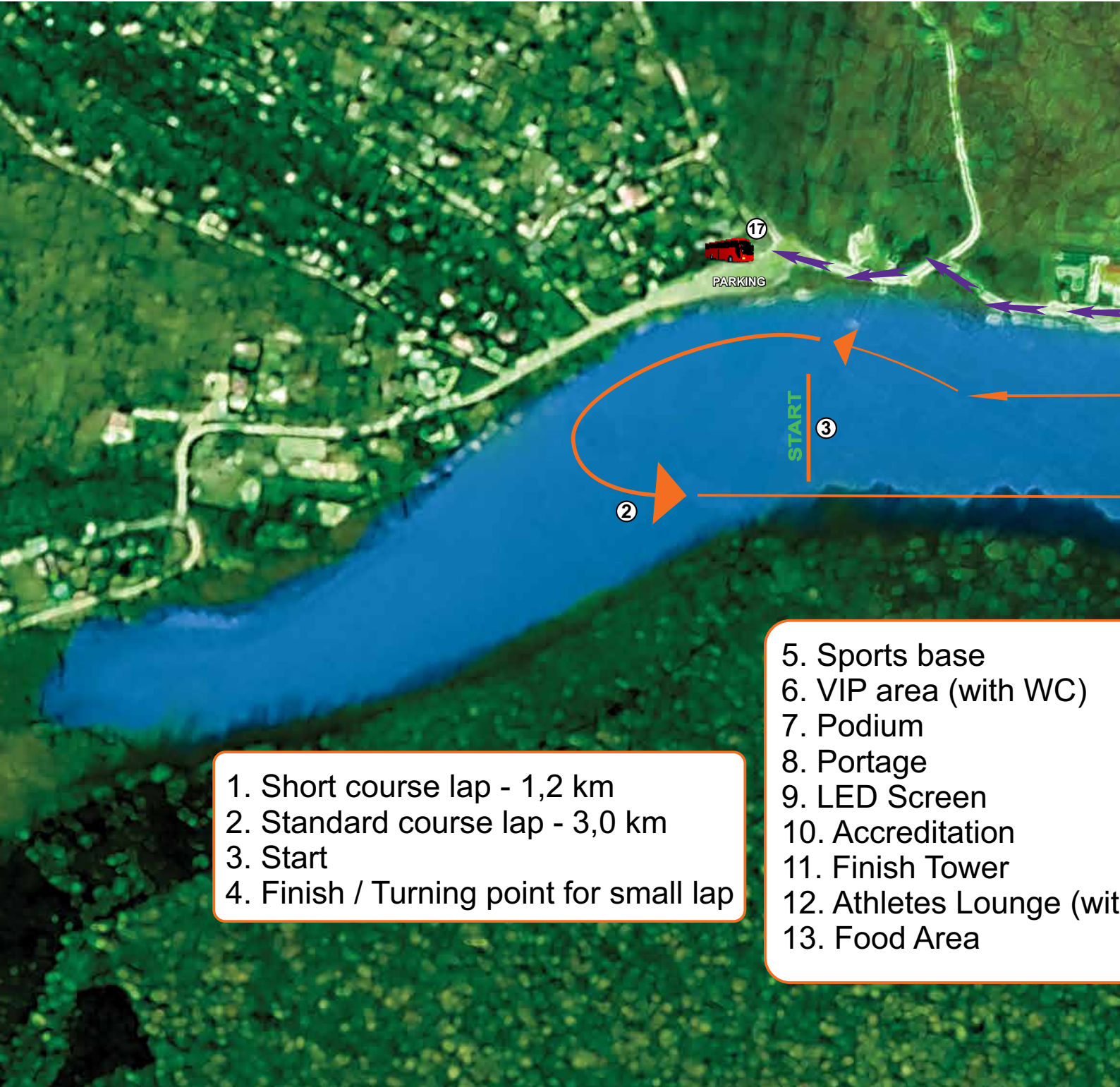
A First Aid and Emergency Medical Service will be available at the course. A Hospital nearby the venue will be on standby to cover the needs during the event. All situation of hospital services provided in our public health care service must be paid directly by the athlete or by the National Federation.

## Climate

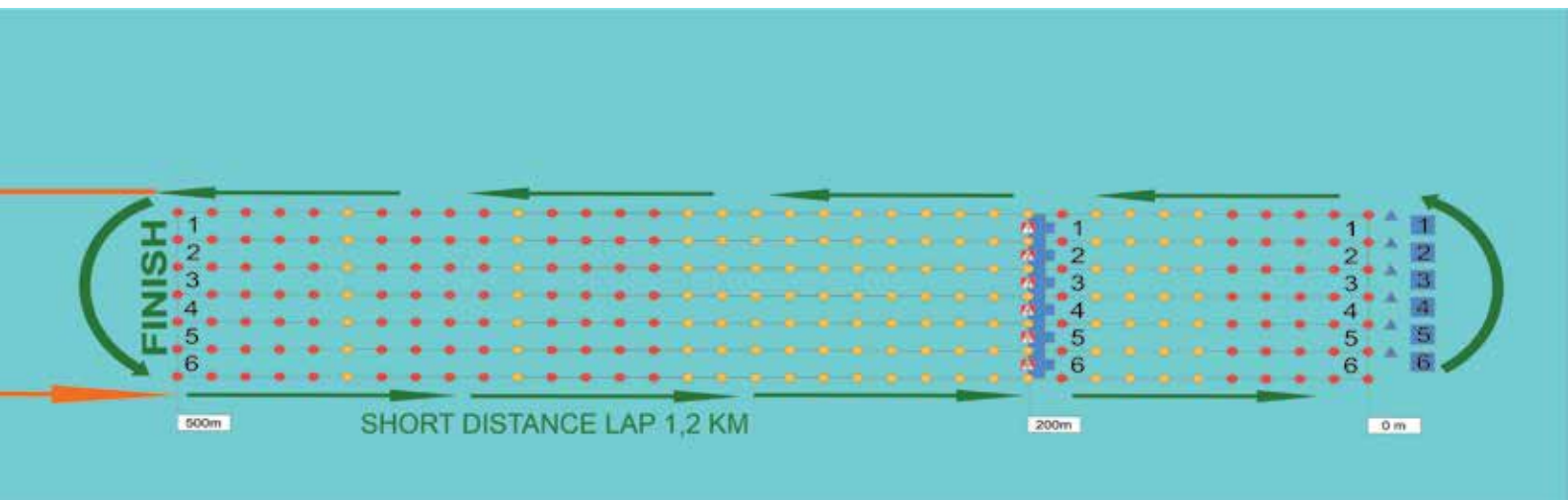
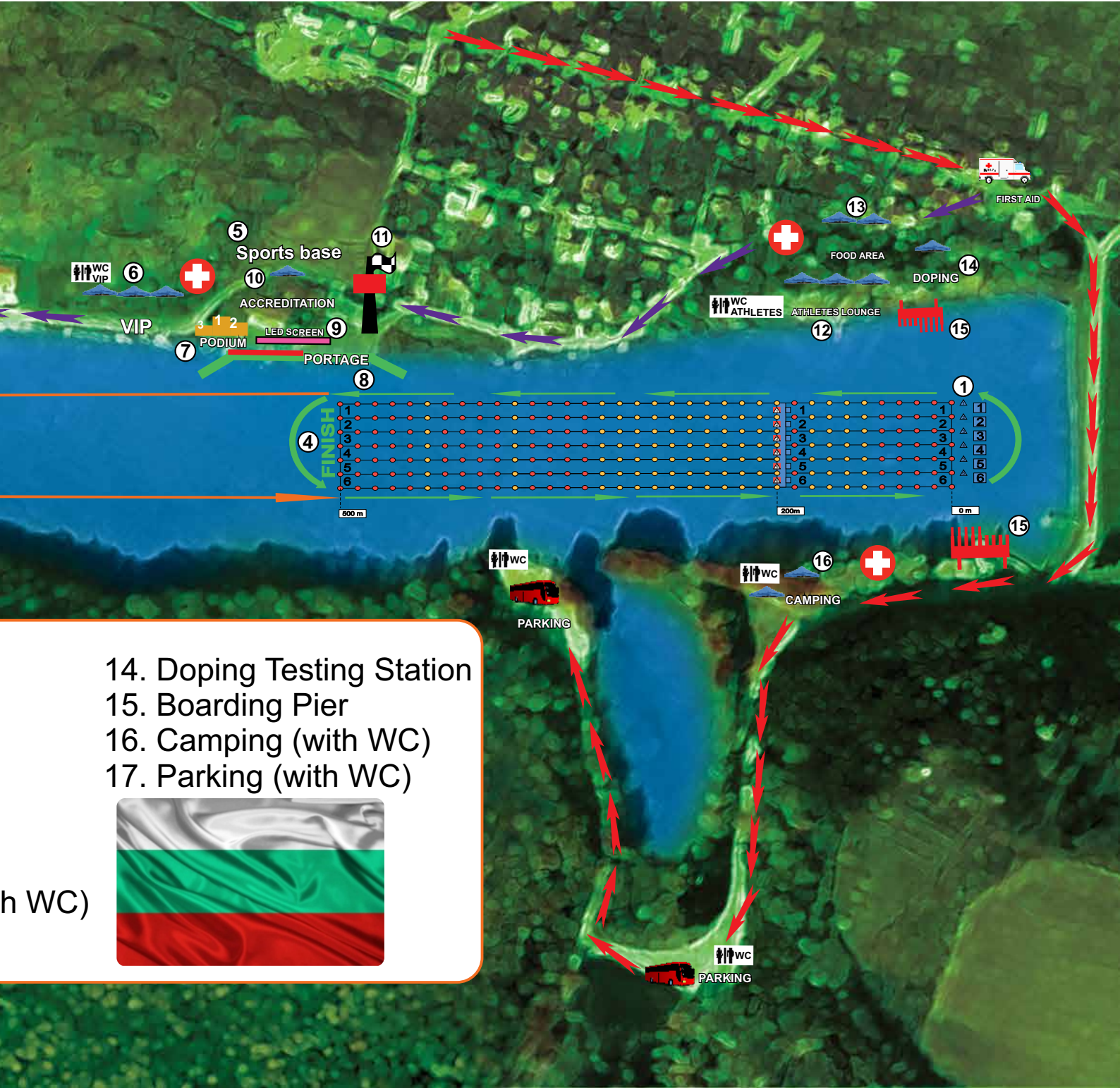
The climate is typical continental for South-East Europe

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Ann
Average daily max temp.(°C)	5	8	12	18	24	28	30	31	26	20	11	7	18,33
Average daily min temp.(°C)	-3	-2	2	6	11	15	17	16	13	8	2	-1	7
Rainfall (mm)	30,2	39,1	58,4	52,1	71,1	47,2	37,3	34,8	17,8	32,3	52,1	51,8	524,2











# 2023 ICF Canoe Marathon World Cup – Ruse (Bulgaria)



**3th – 4th JUNE, 2023**  
**Short and Long distance**



**Race schedule and more details in  
Bulletin 2 to be published in April**

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