

# EUTR - Estonia Ultra-Trail® Race

## 1. General information

Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition takes place on the 9th - 10th August 2019 in Estonia, Ida-Virumaa region, in Narva; the starting point will be as the finishing one on the territory of starting sport township Akkekula(Nut Hill). There will be a locker room, a storage room, a storage point for the athletes on T120 and EXPO EUTR.

Noncommercial association the sports club SK ETR - SPORDIKLUBI ESTONIA TRAIL RUNNING is organizing the EUTR. Tracks T120 and T60 and T30 of starting competition EUTR are certificated by Trail running International Association, the finishers of tracks distances T120 and T60 and T30 will get the qualification points of UTMB

In the programm of EUTR are included the following distances:

Ultra-Trail distance is 126 km D+ 720 (further T120) 4 qualification points ITRA

Trail distance for 63 km D+ 360 (further T60) 3 qualification points ITRA

Trail distance for 33 km D+ 170 (further T30) 1 qualification points ITRA

Regulated limit of participation:

T120 - 46 starting numbers

T60 - 97 starting numbers

T30 - 97 starting numbers

This limit may be changed at the discretion of the organizer.

## 2. The goals of the SK ETR project

The goal of the SK ETR sports club is to develop and popularize trail running, the creation of the Estonian trail running federation - ETRF

## 3. The purpose of the SK ETR project

Organisation and conducting of the annual international sports event on trail running, identifying the strongest athletes and enhancing the athletic skills of Estonian athletes as well as athletes at the International level, developing the EUTR competition to the level of the Estonian Trail running Championship.

## 4. Start

The centre start of EUTR competitions is situated in Estonia, Ida-Virumaa, on the territory of Akkekula(Nut Hill). Start on every distance T120, T60 and T30 will take place on Saturday 10th of August in 2019 at 5:00 a.m. EUTR offline trail and assistance on the track is forbidden.

## 5. Track

T120 GPS track

<https://tracedetail.com/en/trace/trace/84603>

<https://connect.garmin.com/modern/course/24003173>

T60 GPS track

<https://tracedetail.com/en/trace/trace/83713>

<https://connect.garmin.com/modern/course/24003284>

T30 GPS track

<https://tracedetail.com/en/trace/trace/84601>

<https://connect.garmin.com/modern/course/24003309>

The track consists of one segment with the length of about 32 km in one direction of the crosscountry with the return on the control point (32nd km) and following back to starting point. The segment presents one lap of EUTR, which amounts the distance of 63 km, it is the track T60. Trail T120 contains the distance of two laps.

Trail T30 supposes the return on the point of about 17 km and running back to the start, the length of this distance is about 33 km, it is T30 track.

T60 trail has 1 maintenance station on the 0 km point (start/finish), it supposes complete autonomy on T60 trail.

Trail T120 is opened for 19 hours.

Trail T60 is opened for 9 hours.

Trail T30 is opened for 6 hours.

Resting points are situated on the 32 km, 64 km, and 95 km.

Time is limited for 17 km – 3 hours, for 32 km – 6 hours, for 63 km – 9 hours, for 95 km – 14 hours, and finishing point for T120 is 19 hours.

On the maintenance station there will be suggested water and food products. The water is poured into the athlete's container.

The track is marked in 10-200 m, on the difficult parts of track the marking is in vision length, and there is no marking on the straight sections of distance.

For their safe athletes have to follow the markers of the trail, uploaded GPS tracks and the signals of movement controllers. It is allowed to decline into left or right of the distance but no longer than 200 m.

The participants who exceed the time limit are eliminated from the route.

In the organiser's right to change the distance or the amount of control points in the case of unpredictable situations, informing the participants (in written or oral form) at least 24 hours before.

## 6. Finish

Finish is on the 0 km. Finish for the distance T120 is closed after 19 hour since the starting moment, at 00:00. Starting/finishing point is closed at 00:30. All the participants in the set time limit (cut-off-time) who reached the finish line will be waited with a medal.

## 7. Participants

All people over 18 years old who are sufficiently prepared for overcoming the distances may take part in the EUTR competitions. Before the registration the organisers recommend to check health, to have a confirmation from a doctor that participant is able to run the desirable distance, and to have a valid insurance policy for the period of sport event. Also we recommend to get an additional insurance from ITRA on the days of competition.

## 8. Registration

Registration will be open no later than 28 February 2019.

Athletes with PI from 650 for men and from 550 for women are exempted from the registration fee. The participants are registered filled in Latin letters, the column for the cover letter of motivation in a free form is allowed to be filled in Estonian, Russian or English.

The payment at the secretary on the day of start 9th August 2019 is possible only in exclusion, and only with cash. Registration for the T120 distance ends on Friday, May 31, 2019 at 00:00 or at the expiration of the distance limit. Registration at the distance T60, T30 ends on Sunday June 30, 2019 at 00:00 or after the expiration of the limit at the distances. As a confirmation for the successful registration the name of a participant will be enrolled in the starting protocol <http://trailrunning.ee/StartProtocolEUTR2019.pdf>

Applying for the participation in Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition the participant agrees with the instructions of the competition and participates in the competition under his responsibility, the athlete must also understand that during the competition there may be unforeseen emergency situations arising in a random and unforeseen manner, the consequence of which can be as easy and insignificant as well as extreme degree - death.

The participant who has been registered and has paid the fees agrees that he/she will get e-mails

containing the important information.

To register for Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition, go to <https://eut.trailrunning.ee/registration/>, fill in the registration form, the participant's data appears in the protocol <http://trailrunning.ee/StartProtocolEUTR2019.xls> in 24 hours after payment of participation fee.

Please fill in the questionnaire in Latin letters.

The 'Cover letter motivation in free form' column of the registration form is filled in free form in Estonian, Russian or English.

After filling in the registration form, choose one of the payment methods, choose the option 'VISA / MASTER CARD PAYMENT' for instant payment with a VISA card or MasterCard and you can also pay with a MAESTRO card or the second option 'Payment by BANK Account' for payment by bank account. If this option is selected during the registration process, the data and details for the transfer will appear, as well as select this option to pay the registration fee in cash when you receive the starting package on August 9 at EUTR EXPO, cash payment is possible only when to arrange an agreement with the organizer, also choose the same option - 'Payment by BANK Account' in cases where your PI is from 650 for men and from 550 for women. Also, in the 'Cover letter motivation in free form' field of the registration form, specify your PI and confirmation link.

Applying for the participation in Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition the participant agrees with the competition's instruction and takes the responsibility for his/her participation. The participant who has been registered and has paid the fees agrees that he/she will get e-mails containing the important information.

Applying for the participation in the start EUTR - Estonia Ultra-Trail Race 2019 you agree to receive the suggestions by e-mail and agree with rules/statements of competitions EUTR - Estonia Ultra-Trail Race 2019 guarantee and confirm that you have carefully read all the information you read all the official information and rules/instructions on the website of the competitions, and affirm that you are well-trained for the chosen distance, and you have medical health check and specialists' permission. Registration fee for participation in competitions after payment is non-refundable

## 9. Reregistration

Reregistration is possible. The pay for reregistration (including the name's and surname's change) is 15 euro, plus you need to pay the difference if you change the distance.

## 10. Payment for participation

Payment for participation in the period of registration:

T120 distance's register cost is 15 euro

T60 distance's register cost is 25 euro

T30 distance's register cost is 50 euro

Participants are provided with the place on trail, starting bib number, timing, service on the maintenance station, finishing service, rewarding, result in the protocol, transmitting the results to ITRA, first medical care in an emergency, transport till the finish for offlined DNF and DSQ

## 11. Starting materials

Starting materials consist of starting number and time measuring chip, EUTR top and materials from partners. Starting equipment is distributed at the information/secretariat point of the competition. To the start are permitted only those participants who have EUTR 2019 starting numbers. There will be needed a special belt for fixing the bib number, and starting number has to be visible during all the competition. Starting number is personal and only one participant may be registered under it.

## 12. Required equipment T120, T60, T30

Sports headwear or buff

Sunglasses, and spectacles are necessary for an athlete instead of contact lenses. (overcoming in distance in contact lenses is prohibited)

Flashlight that has, in addition to the main mode, an additional flash mode and a red light mode

Backpack

T120, T60, T30 - Storage tank with drinking water or a sports drink with the calculated required volume for the passage of the selected distance

Watch or other device with uploaded GPS EUTR track.

Phone cell with local contact operator and the organizer's number

Whistle

Sports nutrition and provision supplies necessary for the chosen distance.

## Recommended equipment T120, T60, T30

Back flashing light

Reflective reflector

Printed route map

Protective gloves

Trail running Sneakers

Belt for fixing the starting bib number

Long sleeve thermal shirt

Hooded Windbreaker

Hermetic bag made of waterproof fabric for the contents of the bag

Isothermal rescue blanket

Knife

Mascot

## 13. Time measurement

Partner Antrotsenter OU antrotsenter.ee provides time measurement, starting bib number (colour of number according to the distances: T120 starting number is white, T60 starting number is black, T30 starting number is blue) and electronical chip.

## 14. Age classes

At all distances, the results are determined in the absolute sequence.

## 15. Results

The results are published on the website [facebook.com/EstoniaUltraTrail](https://facebook.com/EstoniaUltraTrail)

## 16. Medical aid

Having noticed an athlete in distress on the course, act according to the situation and do not leave the victim before the arrival of assistance, immediately report the situation to the organizer or assistant as soon as possible and call emergency number 112

## 17. Interruption of distance

The organizer has a right to withdraw a participant, if he/she doesn't fit in time limit EUTR. Arbiters has a right to withdraw a participant if they account it necessary.

## 18. Disqualification

The organizer has a right to disqualify a participant if he or she doesn't follow the rules of competitions, or disturbs other participants, or somehow impedes the running of competitions.

## 19. Rewarding

Awarding of the participants who showed the best result takes place at the competition center. Awarding of athletes in the TOP - 3 will take place after the finish in 30 minutes. At each distance, the official rewarding of athletes is total based on the results of the absolute in the TOP-3, there is no rewarding in the age categories as well as in the female and male categories.

## 20. Photography and video recording

The photo and video making on EUTR 2019 is provided by the Official partner, the photographers' network AUTORI FOTO. The organizers have a right to use the photos and videotape, which were made by them during the competition, in undetermined terms.

## 21. Environmental protection

The athlete is obliged to take responsibility not only for following the organizers' rules but for the environment safety as well. We highly recommend to have a rubbish bag with you, as running the trail or staying in the starting place also.

## 22. The place.

Starting township is situated in Estonia, in Narva on the territory of Akkekula (Nut Hill)

## 23. Accommodation

Partner EUTR 2019 Hotel INGER Address Hotel Puškini 28 Narva, Ida-Virumaa 20306 Estonia  
Partner offers athletes a discount on competition days

## 24. Protests

All the protests concerning the certain athlete's competition results, breaking the rules and others, should be presented during 1 hour after the finish of the athlete. Paying fee for protesting is 50 euro. All the protests concerning the competition will be analyzed by jury, which consists of the competition's director and the main arbitur. Incidents, not mentioned in the instruction, are resolved in the organizing committee with the current order.

## 25. The program of Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition

09.08.2019

- 12.00 – 21.00 Working hours of EXPO EUTR on the territory of Akkekula, distributing of starting numbers to the registered participants, cultural events and leading sport brands products sale
- 17.00 - Issue of start numbers (bib) and registration of new participants
- 18-00 – Briefing Race on the territory of EXPO in Russian, Estonian and English
- 19-00 – Pasta Party (free for contestants)

10.08.2019

- 04:00 – Opening of starting point, of a locker room and a storage room for the athletes on T120 distance.
- 04:45 - Control - checking the athlete's mandatory equipment and skipping to the start
- 05:00 – Formation and start of the participants on all the distances
- 05:02 - Sunrise
- 08:00 – Finish of the first athlete on T30
- 11:00 - Finish of the athlete on T30 Finish of the first athlete on T60
- 14:00 - Finish of the last athlete on T60
- 17:00 - Finish of the first athlete on T120
- 21:06 – Sunset

- 21:59 – Nightfall
- 00:00 – Finish of the last athlete and T120 distance finish close
- 00:30 – Time of closure the sports township

## 26. Instructions/statements change

The organizer has a right for change, correction, and addition in the current instructions/statements.

## 27. INFO

Organizer: SPORDIKLUBI ESTONIA TRAIL RUNNING

Website: <https://facebook.com/EstoniaTrailRunning>

Bank: SWEDBANK [www.swedbank.ee](http://www.swedbank.ee) SWIFT code / BIC: HABAE2X

Account number: EE622200221064582602

Name of reciever: SPORDIKLUBI ESTONIA TRAIL RUNNING

Register code: SK ETR: 80403580

Website of competitions EUTR - Estonia Ultra-Trail Race: <https://facebook.com/EstoniaUltraTrail>

Event: Estonia Ultra-Trail® Race 2019 EUTR - 2nd edition

<https://www.facebook.com/events/316295372543660/>

Registration <https://eut.trailrunning.ee/registration/>

Competition's director: Alexander TIKHONOV

Competition's director personal profile: <https://facebook.com/id85950323>

Tel. +372 555 543 03 (in Russian)

Questions concerning the competitions – [spordiklubi.etr@gmail.com](mailto:spordiklubi.etr@gmail.com) ( topic EUTR2019)

Информация на Русском языке [http://trailrunning.ee/EUTR2019\\_RUS.pdf](http://trailrunning.ee/EUTR2019_RUS.pdf)

Teave eesti keeles [http://trailrunning.ee/EUTR2019\\_EST.pdf](http://trailrunning.ee/EUTR2019_EST.pdf)

