

Estonia Ultra-Trail Race - EUTR Celebration Anniversary 5th Edition

1. General information

Time of the event: 5th - 10th August 2022

Race Center: Äkkeküla Sports Center, Narva, Ida-Virumaa region, Estonia.

Race organizer: Non-profit organization SPORDIKLUBI ESTONIA TRAIL RUNNING.

2. The distances of EUTR

Tracks of EUTR are certified by International Trail Running Association ITRA. The finishers of EUTR, CUT and TTW distances will get the ITRA qualification points.

EUTR (Estonia Ultra-Trail Race) - 126 km D+/- 720m, 4 ITRA points;

CUT (Coast Ultra Trail) - 63 km D+/- 360m, 2 ITRA points;

TTW (Trail Through Wilds) - 33 km D+/- 170m, 1 ITRA points;

WDT (Walking Debut Trail) - 16 km walking distance;

FDT (Fun Debut Trail) - 1,1 km distance for 4-10 year old and 250 m distance for 0-3 year old;

BET (anniversary distance Big Epic Trail) – 400+ km, 5-stage running distance.

3. Schedule of events

05.08.2022

12:00 – 21:00 – EUTR EXPO at the Race Center

13:00 – 21:00 Racer check-in, starting material pickup and registration of new participants

18:00 – Pre-race meeting in Race Center (in Russian, Estonian and English)

19:00 - Pasta Party (free for participants EUTR, CUT, TTW, WDT, BET)

06.08.2022

04:00 – Opening of Race Center.

04:30 – Inspection of mandatory equipment

05:00 – Race start of the EUTR / CUT / TTW / BET distances

05:02 - Sunrise

08:00 – Finish of the first TTW distance athlete

11:00 – Time limit of TTW distance, Finish of the first CUT distance athlete

12:00 - Start of the WDT distance at the Narva-Jõesuu beach

12:00 - FDT distance start for children 9-10 years

12:20 - FDT distance start for children 7-8 years

12:40 - FDT distance start for children 4-6 years

13:00 - FDT distance start for children 0-3 years,

14:00 - Time limit of CUT distance

16:00 – Time limit of WDT distance

17:00 - Finish of the first EUTR distance athlete

21:06 – Sunset

00:00 – Time limit of EUTR distance

07.08.2022 – 10.08.2022

BET stages 2-5 according to the competition rules

4. Detailed information by distances

4.1. EUTR (126 km)

The EUTR track consists of two 63 km laps. It runs on small roads and rough trails that are extremely tough in places. There can be overgrown tracks, fallen trees, muddy forest machine tracks, ditches or no trail at all.

Track on map in GPX format: <https://www.plotaroute.com/route/1701471>

Checkpoints: 16 km, 32 km, 48 km, 63 km, 80 km, 95 km ja 112 km.

Resting points: 32 km, 64 km ja 96 km. At the drinking points, the water is only distributed in the competitor's own bottle/cup.

Time limit: 19 hours. Time limits for individual control points: 16 km – 3 hours, 32 km – 6 hours, 63 km – 9 hours, 95 km – 14 hours.

Participants: All persons at least 18 years of age, sufficiently trained to complete a distance.

Participation fee: 130 EUR.

Additional information: 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 safety competitors must follow the markers on the trail, uploaded GPS tracks and the signals of movement controllers. Competitors can decline into left or right of the distance but no longer than 200 m.

Any outside help from a support crew on the trail is not allowed except in case of injury or accident.

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

4.2. CUT (63 km)

The CUT track consists of one lap of EUTR distance track. It runs on small roads and rough trails that are extremely tough in places. There can be overgrown tracks, fallen trees, muddy forest machine tracks, ditches or no trail at all.

Track on map in GPX format: <https://www.plotaroute.com/route/1701471>

Checkpoints: 16 km, 32 km, 48 km ja 63 km.

Resting points: There is no special resting points on the track. Participant must be self sufficient from start to finish. If needed then fresh water is available from water spring on 7-th km and 55-th km of the distance.

Time limit: 9 hours.

Participants: All persons at least 18 years of age, sufficiently trained to complete a distance.

Participation fee: 105 EUR.

Additional information: 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 safety competitors must follow the markers on the trail, uploaded GPS tracks and the signals of movement controllers. Competitors are allowed to deviate from the track marked on Track for a maximum of 200 m. Assistance to competitors on the track is prohibited, except in the event of injury or accident. The participants who exceed the time limit are eliminated from the route.

4.3. TTW (33 km)

The TTW track goes from Narva to the Narva-Jõesuu beach and turns back to Narva. It runs on small roads and rough trails that are extremely tough in places. There can be overgrown tracks, fallen trees, muddy forest machine tracks, ditches or no trail at all.

Track on map in GPX format: <https://www.plotaroute.com/route/1701482>

Checkpoints: 16 km and 33 km.

Resting points: There is no special resting points on the track. Racers must be self sufficient from start to finish. If needed then fresh water is available from water spring on 7-th km and 26-th km of the distance.

Time limit: 6 hours.

Participants: All persons at least 18 years of age, sufficiently trained to complete a distance.

Participation fee: 85 EUR.

Additional information: The race track is marked with intervals of 10-200 m depending on the nature of the track. There is no marking on the long straight sections and on the beach of Narva-Jõesuu along the coastline. If necessary, we recommend using a track loaded with a sports watch in addition to the track markings.

It is recommended to follow the marked path for safety reasons and follow further instructions from the organizer of the competitions. Competitors are allowed to deviate from the track marked on Track for a maximum of 200 m. Assistance to competitors on the track is prohibited, except in the event of injury or accident.

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

4.4. WDT (16 walking distance)

The distance is designed for walking only. Using walking poles is allowed. The track starts from Narva-Jõesuu beach and goes to Race Center in Narva. It goes on small roads and rough trails that are very tough in places. There can be overgrown tracks, fallen trees, muddy forest machine tracks, ditches or no trail at all in some places.

Track on map in GPX format: <https://www.plotaroute.com/route/1701463>

Checkpoints: No checkpoints

Resting points: There is no special resting points on the track. Racers must be self sufficient from start to finish. If needed then fresh water is available from water spring on 9-th km of the distance.

Time limit: 4 hours.

Participants: All persons at least 18 years of age, sufficiently trained to complete a distance. Persons under 18 years of age may attend with a parent.

Participation fee: 25 EUR.

Additional information: The race track is marked with intervals of 10-200 m depending on the nature of the track. There are no markings on long straight sections of the track and on the beach of Narva-Jõesuu. If necessary, we recommend using a track track loaded with a sports watch in addition to the track markings. It is recommended to follow the marked path for safety reasons and follow further instructions from the organizer of the competitions. Competitors are allowed to deviate from the track marked on Track for a maximum of 200 m. Assistance to competitors on the track is prohibited, except in the event of injury or accident.

Participants will get to the starting line on their own.

Trophy: All athletes who meet the time limit - a medal at the finish line.

NB: Finisher's T-shirt is not handed at the finish, it is possible to order additionally, for an additional cost

Registration: Send your details to spordiklubi.etr@gmail.com

First Name:

LAST NAME:

Gender: Male/Female

Birthdate: YYYY-MM-DD

Telephone number ATHLETE:

Phone of relatives for contact in an emergency:

E-mail ATHLETE:

Country:

City:

distance:

Cover letter motivation in free form:

After paying the membership fee for participation in the amount of 25 euros, the athlete will be registered within 24 hours

4.5. FDT (250m or 1,1 km distance for kids)

It is a marked trail in nature in the Race Centre. Children can participate in the distance independently or accompanied by a parent.

Time limit: 10 minutes

Participants: All those who wish to participate can participate, either alone or with their parents.

Participation fee: 5 EUR.

Take-off times: 12:00 9-10 year olds, 12:20 7-8 year olds, 12:40 4-6 year olds, 13:00 0-3 year olds.

4.6. BET (400+ km anniversary distance)

This is a 5-stage run-off competition, where the exact start time of each subsequent stage depends on the final time of the first competitor to reach the finish of the previous stage. The start of each stage is given to all contestants as a joint start. The contest shall be won by a competitor whose cumulative time of completion of the five stages is the shortest. All stages of the runway are unmarked (except stage I) and the runway passes through the runway following the track of the runway loaded by the competitor's watch or using a printed paper map. The start of each subsequent phase shall be made from the finish point of the previous stage.

Stage lengths, take-off times and time limits:

Stage I (126 km): The start stage is given at the race centre 06.08.2022a. 5:00. The track of the first stage coincides with the track of EUTR 126 km. The stage control time is 19 hours.

Stage II (~100 km): The start of the stage is given 12 hours after the finish of the winner of stage I. The stage control time is 17 hours.

Stage III (~80 km): The start of the stage is given 10 hours after the finish of the winner of stage II. The stage control time is 14 hours.

Stage IV (~70 km): The start of the stage is given 10 hours after the finish of the winner of stage III. The stage control time is 13 hours.

Stage V (~60 km): Start of the stage is given 10 hours after the finish of the winner stage IV. The stage control time is 6 hours after the finish of the winner of stage V.

If the competitor misses any of stages time limit then he/she will automatically get the DNF to the finishing protocol.

The maximum time limit for the entire distance is 120 hours.

Track on map in GPX format: Preparation of tracks is in process.

Checkpoints: There is a checkpoint in the middle of each stage.

Resting points: In the middle of each stage there is one drinking point where drinking water is available.

Qualification for participation: The right to participate shall be granted to following participants: Estonian citizens: by the successful completion of any previous EUTR 126 km distance; International runners: by the completion of at least one contest of at least 100 km ITRA certification within a given time limit during the last five years.

Participation fee: 335 EUR.

The distance will be opened when there are at least three participants. If the distance is cancelled, the registration fee shall be refunded in full. In the case of cancellation of the distance, all registered and paid participants shall have the opportunity to participate free of charge at a distance of EUTR 126 km.

Additional information: Participants must follow the GPS track loaded into runners own watch/navigator or follow the track on a physical map of the stage.

Any outside help from a support crew on the trail is not allowed except in case of injury or accident.

All equipment needed by the competitor must fit in one 250 liter bag, transportation of which is arranged by the organizer throughout the race.

Between the stages, a large tent has been set up for the contestants to rest. Each competitor takes with him a sleeping bag and a mattress transport of which is arranged by the organizer throughout the race.

In the finish of the first four stages, the competitors will be able to use the services of a masseur.

All participants of the distance are required to have ITRA health insurance (For more information, see: <http://itra.run/Runners/AboutInsurance>).

Each competitor will arrange the arrival home from the finish of the final stage (including in case of DNF on previous stages). Race organizer recommends the hotel "Pirita Beach Apartments Spa" close to the finish line (<https://piritabeach.ee>) in case of necessity for accommodation near the finish area.

5. Registration procedure

Registration of contestants will be opened in November 2021.

Registration takes place via the form available on the website <http://eut.trailrunning.ee/registration/>.

The name of the contestant shall be entered in the list of participants within 24 hours of receipt of the entry fee in the bank account of the organizer of the contest.

The list of contestants can be found at: <http://trailrunning.ee/StartProtocolEUTR5Ed.pdf>

Competitors whose personal ITRA Performance Index exceeds 750 for men and 625 for women are exempted from payment of the participation fee.

Registration for EUTR and BET distances ends on 31.05.2022 and registration for CUT, TTW, WDT and FDT distances ends on 30.06.2022. Registration at distances may be terminated earlier than the above dates if the maximum number of participants at the distance is fulfilled.

By registering, each competitor confirms that he/she has thoroughly studied all the documentation relating to the competition, that he/she has been sufficiently trained to pass the selected distance and that his/her health status allows him/her to participate in the contest. The competitor also confirms that he/she will do his/her utmost to comply with all the rules set out in the competition. The competitor also confirms that there may be unforeseen exceptional situations during the competition, the result of which may be unforeseeable, EUTR 5th Edition participant agrees with the competition instructions and participates in the competition under his own responsibility, the athlete must also understand that during the competition, unforeseen emergencies arise accidentally and in an unforeseen way, the consequence of which may be both mild and insignificant degree and extreme degree - death. With registration, each competitor agrees that information missing from the competition will be sent to him by e-mail.

Maximum number of participants:

EUTR - 25 participants, CUT - 50 participants, TTW - 50 participants, WDT - 50 participants, FDT - 50 participants, BET - 25 participants.

The organizer of the contest may, if necessary, change the maximum number of participants.

Re-registration:

A re-registration fee of EUR 15 shall be paid at the time of re-registration and the difference between the distances in case of re-registration to a longer distance.

6. Registration fee

The amount of the registration fee for distances is shown in the description of each distance (see chapter 4).

The organizer of the contest shall ensure for each contestant the following: the start package, the race track marked according to the requirements, the personal start number with the time chip, the whole start-up and finish service, the prize, the transmission of the result to the ITRA organization, the medical first aid if necessary, and, in the event of interruption, the transport to the final of the competition in case of DNF.

The registration fee shall not be refundable after payment, except for the distance BET participation fee, which shall be reimbursed 100% if the distance is not opened in the absence of a sufficient number of competitors.

All payments can be made by bank transfer only. The payment at the secretary on the day of start is possible only in case of previous agreement with the race organizer. In this case the participation fee can be paid at the starting materials pick-up and only in cash.

Payment details:

Name of receiver/beneficiary: SPORDIKLUBI ESTONIA TRAIL RUNNING

Bank: SWEDBANK, SWIFT/BIC: HABAEEX

Account number: EE622200221064582602

Payment details example: EUTR5Ed, "Distance", "Runners Name"

7. Mandatory gear (EUTR, CUT, TTW, BET)

Sports headwear or buff, flashlight or headlight, backpack or running vest, 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 loaded GPS track, Mobile phone with local contact operator and the organizer's number in it, whistle, sports nutrition necessary for the chosen distance, competitors with unstable vision are required to use glasses to improve their vision (contact lenses are prohibited).

8. Recommended gear

Tick-borne encephalitis vaccine, rear red flashing lamp, reflective reflector, printed route map, protective gloves, trail running sneakers, belt for fixing the starting bib number, long sleeve thermal shirt, hooded waterproof jacket, waterproof bag for the contents of the bag, emergency foil blanket, knife, mascot or talisman.

9. Time measurement

The time measurement is the responsibility of Antrocenter OÜ (<http://antrocenter.ee/>). The time chip must be returned to the organizer of the competition after completion of the competition.

10. Awarding

All graduates are awarded with a graduate medal. A separate award is given to the three best in each distance of the absolute. The best of age groups and men and women are not rewarded separately.

11. Disclosure of results

All results will be published on Facebook page: [facebook.com/EstoniaUltraTrail](https://www.facebook.com/EstoniaUltraTrail).

12. Age classes

No separate age classes shall be recorded.

13. Health check

We recommend that you make sure that your health condition allows you to pass the chosen distance before you register. Each competitor shall participate in the competition on his own responsibility.

14. Medical assistance during the competition

If you notice that any of the fellow contestants need medical assistance, please inform the organizer of the competition immediately. You can't leave your fellow contestant who's in trouble until the help arrives. If necessary, call an ambulance on your own.

15. Disqualification of the competitor

The organizer of the competition has the right to disqualify the competitor if the competitor does not comply with the rules of the competition, if his activities interfere with other competitors. A competitor who does not fit within the time limit set shall be disqualified and will be eliminated from the route.

16. Environmental Protection

Competitors are responsible for maintaining the cleanliness and order of both the Race Center and the track. It's not allowed to leave any trash on the track.

17. Competitor accommodation

For accommodation, we recommend the INGER hotel, located at Puskini 28 Narva.

18. Protests

Any protest against the results of the contest, violation of the rules, etc. must be made no later than one hour after the finish of a participant. The fee for protests shall be EUR 50. The protests presented shall be reviewed by a jury composed of the Competition Director and the Chief Justice. Objections cannot be made on a matter that is not covered by the Race Guide.

19. Modification of the rules

The organizer of the contest has the right to change the rules of the contest at any time by informing the contestants at least 24 hours in advance.

20. Contact information

Organizer: SPORDIKLUBI ESTONIA TRAIL RUNNING

Registration number: 80403580

Bank: SWEDBANK SWIFT/BIC: HABAE2X

Bank Account Number: EE622200221064582602

Competition Director: Alexander Tikhonov, <http://facebook.com/id85950323>

Phone / Voice mail: (+372) 5555 4303 (in Russian)

Information e-mail: spordiklubi.etr@gmail.com

Event organizer on Facebook: <http://facebook.com/EstoniaTrailRunning>

Events Facebook page: <http://www.facebook.com/events/3141777899479594>

Competition guide: http://trailrunning.ee/EUTR5Ed_EST.pdf

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