

## Estonia Ultra-Trail Race - EUTR 7th Edition

### 1. General information

**Time of the event:** 2th - 3th August 2024

**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;

**FDT** (Fun Debut Trail) - 1,1 km D+7m distance for 4-10 year old and 250 m D+4m distance for 0-3 year old;

**FSR** (Fun Squat Run) – 300 m D+7m

**The Breakout** (distance for people with disabilities)

### 3. Schedule of events

#### 02.08.2024

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

13:00 – 16:00 Racer check-in, starting material pickup and registration of new participants

18:00 – Pre-race meeting in Race Center (Briefing)

19:00 – Race start of the FSR distances

19:30 – 20:30 – Pasta Party (free for participants EUTR, CUT, TTW) everyone else - pasta-ticket/5 eur

#### 03.08.2024

04:00 – Opening of Race Center.

04:30 – Inspection of mandatory equipment

05:00 – Race start of the EUTR / CUT / TTW / "The Breakout" distances

05:02 - Sunrise

08:00 – Finish of the first TTW distance athlete

11:00 – Cut-off-time of TTW distance, Finish of the first CUT distance athlete

12:00 - FDT Briefing for children from 0-10 years old and pre-start joint passage of the distance with the organizer

12:30 - FDT distance start for children 0-3 years

13:00 - FDT distance start for children 4-10 years

14:00 - Cut-off-time of CUT distance

17:00 - Finish of the first EUTR distance athlete

21:06 – Sunset

00:00 – Cut-off-time of EUTR distance

### 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:** 0km, 16 km, 32 km, 48 km, 64 km, 80 km, 96 km, 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:** 110 EUR. Price increase from January 1st - 150EUR from March 1st - 195EUR from May 1st - closed to register

**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.

**To all who meet the cut off time - Trophy at the finish line:** finisher's medal, finisher's T-shirt, finisher's hoodie, buckle hero of race. Absolute TOP-3 has a special medal. T-shirt and Hoodie of the winner for 1st place!

#### 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 and 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:** 80 EUR. Price increase from January 1st - 105EUR from March 1st - 130EUR from May 1st - 155EUR from July 1st - closed to register

**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.

**To all who meet the cut off time - Trophy at the finish line:** finisher's medal, finisher's T-shirt. Absolute TOP-3 has a special medal. T-shirt of the winner for 1st place!

#### 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:** 65 EUR. Price increase from January 1st - 85EUR from March 1st - 105EUR from May 1st - 125EUR from July 1st - closed to register

**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.

**To all who meet the cut off time - Trophy at the finish line:** finisher's medal, finisher's T-shirt. Absolute TOP-3 has a special medal. T-shirt of the winner for 1st place!

#### 4.4. 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.

Registration takes place at the place of issue of start numbers on August 2, 2024, but by registering in advance, the guarantee for the start package and participation is preserved, since the number of start numbers is limited. If the registration was preliminary and you did not receive a start number on August 2, 2024, in this case, the Organizer has the full right August 3, 2024 re-register another athlete instead of you without compensation and return of the registration fee

**Time limit:** 10 minutes

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

**Participation fee:** 5 EUR.

**To all who meet the cut off time - Trophy at the finish line:** Finisher's medal.

**Take-off times:** August 3, 2024 at 12:30 0-3 year olds, 13:00 4-10 year olds.

#### 4.5. FSR (Fun Squat Run) – 300 m D+7m

This is a joke-fun, squat run at the race center.

**Time limit:** 20 minutes

**Participants:** Anyone can take part, all you need is a desire and a good mood.

**Participation fee:** No registration fee, registration is not required, just go to the start and do it!

**Trophy at the finish line:** Good mood.

**Take-off times:** August 3, 2024 at 12:30

#### 4.8. The Breakout (distance for people with disabilities)

The distance is suitable for overcome in a wheelchair.

The distance will be held in the starting town (Narva Race Center EUTR) along the asphalt track for summer biathlon in the territory of Akkeküla

For registration send an application in free form to the postal address spordiklubi.etr(at)gmail.com with the subject "The Breakout"

**NB:** Please send applications for participation no later than April 30, 2024

**Participation fee:** 10 EUR / Price increase from January 1st - 20EUR from March 1st - 30EUR from May 1st - closed to register

**Finish Trophy:** Finisher's Medal

Data for registration for participation:

Athlete's first and last name: .....

Athlete's date of birth: .....

Gender M/F: .....

Distance name - "The Breakout"

Contact phone number: .....

E-mail: .....

Country: .....

City: .....

Address and postal code: .....

Assistant's phone number for emergency contact: .....

Club/team: .....

Additional information in free form, cover letter (please indicate everything that you consider necessary and important): .....

## 5. Registration procedure

Registration of contestants will be opened in November 2023.

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/StartProtocolEUTR7Ed.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 distances ends on 1 May 2024 and registration for CUT, TTW and FDT distances ends on 1 July 2024. Registration at distances may be terminated earlier than the above dates if the maximum number of participants at the distance is fulfilled.

Registration for the distance FDT (Fun Debut Trail ) will take place at the place of issue of start numbers on August 4, you can also pre-register by e-mail by sending your application, registering in advance, this way you guarantee yourself a bib number.

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 7th 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, FDT - 50 participants, "The Breakout" - 25 participants, FSR - No limit

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, call an ambulance if necessary, and, in the event of interruption, the transport to the final of the competition in case of DNF.

The registration fee is non-refundable in case of cancellation of registration if you registered at a discounted price. A refund of the registration fee upon cancellation of the application is possible only if you registered from May 1st at full cost

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: HABAE2X

Account number: EE622200221064582602

Payment details example: EUTR7Ed, "Distance", "Runners Name"

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

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, emergency foil blanket, 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, knife, mascot.

## **9. Time measurement**

The time measurement is the responsibility of Antrocenter OÜ

The tracking service for the GPS tracker is provided by the partner Sportrec OÜ

The athlete undertakes to return the tracker and strap for fastening at the end of the race or pay damages in case of breakage or loss.

## **10. Awarding**

A separate award (medal) is given to the three best in each main distance in absolute. The best of age groups and men and women are not rewarded separately.

Trophy:

EUTR 126: Finisher's medal, finisher's T-shirt, finisher's hoodie, buckle, in the women's category - flowers.

CUT 63: Finisher's medal, Finisher's T-shirt, in the women's category - flowers.

TTW 33: Finisher's medal, Finisher's T-shirt, in the women's category – flowers.

"The Breakout": Finisher's Medal

FDT: Finisher's Medal

FSR: Good mood

Additional trophies are possible from sponsors and partners

## **11. Disclosure of results**

All results will be published on Facebook page: <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. Our #SKETRteam team supports the trail plogging direction with personal participation in trail cleaning projects, we recommend joining.

## **17. Competitor accommodation**

**17,1.** For accommodation, we recommend the INGER hotel, located at Puskini 28 Narva.

**17,2.** Accommodation is available in a tent in the starting camp, booking a place in the camp is only by prior request, make a request in advance during registration.

## **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. Photos, videos and information**

By registering for the race, you consent to the publication of your name on the start and scoring lists, and also understand that photographs and videos will be taken at the event and subsequently used in the media.

## 21. 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>

Voice mail / Phone: (+372) 5555 4303

Information e-mail: [spordiklubi.etr\(at\)gmail.com](mailto:spordiklubi.etr(at)gmail.com)

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

Events Facebook page: <https://www.facebook.com/events/3456520041228567>

[https://www.instagram.com/eutr\\_trail/](https://www.instagram.com/eutr_trail/)

[https://twitter.com/EUTR\\_trail](https://twitter.com/EUTR_trail)

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Useful links:

City of Narva <https://www.narva.ee/et/uldinfo>

City Narva-Jõesuu <https://narva-joesuu.ee/>

City of Sillamäe <https://www.sillamae.ee/en/web/eng/general-information>

