

Sillamäe Ultra 2019: 24 hour run

Regulation

1. Location and time

Sillamäe Ultra 2019: 24 hour run will take place on the 21-22nd of September 2019 in Sillamäe, Estonia. The run track goes along the seaside of Sillamäe. (The course is located by the sea.) The loop is 2059,255 m long. It is asphalted and will be lit during night time.

2. Distances

24 Hour Run.

The race has IAU Bronze label.

3. Venues (distance between 600 m)

Competition Centre is situated in the Sillamäe Kalev Sports Centre (address: Kesk 30, Sillamäe) and will provide athletes with:

- showers and dressing rooms;
- after-run meal;
- award ceremony;
- accommodation possibility.

Start-point is located on the west-side parking lot of the Sillamäe Health track and provides the following:

- the race kit, bib number and gifts' package for participants;
- timing chips;
- medical service;
- area for private tents;
- toilets;
- meals and drinks during the race;
- tables for the participants.

4. Schedule of the Sillamäe Ultra 2019

Saturday, September 21st

- 10.00 Competition and race centre is opened
- 10.50 Children's run, distance is 100 m
- 11.00 Ultralight run, distance 2 km (for public, locals, supporters etc)
- 11.45 Introduction of the Ultra runners
- 12.00 Start of the Sillamäe Ultra 2019

Sunday, September 22nd

- 12.00 Finish signal of the Sillamäe Ultra 2019

13.30 Award ceremony of the Sillamäe Ultra 2019 in the competition centre of the Sillamäe Sport Centre Kalev.

5. Organizers

Race director: Aet Kiisla; aet.kiisla@gmail.com; +372 56608626

Consultant: Hannes Veide

Head referee: Maarika Raja

Chief of the Course: Jevgeni Sarri

Chief of the Competition Centre: Jelena Verzilova

The Sillamäe Ultra 2019 is organised in cooperation with Sillamäe City Government, Sillamäe Youth Centre ESN, Sillamäe Sport Centre "Kalev" and Sillamäe Athletics Club "Kalev".

6. Awards and gifts

Six best 24H runners (both women and men) will be awarded.

Award ceremony of 24H run will take place in the competition centre at 13.30.

All runners get a finisher T-shirt, certificate of participation and gifts from the supporters.

7. Participation fees

1.11.2018-31.03.2019 50 euro

1.04.2019 -31.08.2019 75 euro

The fee has to be paid by bank transfer to Gurmeejooksud MTÜ: Swedbank EE162200221068422496.

Payment details: Sillamäe Ultra 2019, <name of the runner>.

In case of failure to participate in the race, registration fees are refundable by written notice before September 1st 2019, with later notice registration fee is non-refundable.

8. Accommodation

Runners can use hostels in Sillamäe Sports centre (www.sillamaesk.eu) or in Ida-Virumaa Vocational Training Centre (<https://kutsehariduskeskus.ee/et/opilaskodu>) for accommodation.

During the race it is possible to use the "peace and quiet" tent. There you can recharge your electronic devices and dry your clothes. You are allowed to put up your own tent on the special area.

You can store your personal drinks and other equipment on the runners' tables located by the course. Your team members can be there and assist you from these tables.

9. Catering

There is one hydration/refreshment point on the course (i.e. after every 2 km). There you can find water, sports drinks, coca-cola, watermelon, olives, pickled cucumber, salt, bread, raisins, banana, potato chips/crisps, Baltic sprat, salty lard or bacon, tea and coffee.

Warm meal is served as follows:

- pasta Bolognese 18.00-18.30 (6-6.30 hours after start)
- chicken broth + croutons 01-01.30 (13-13.30 hours after start)
- oatmeal porridge + raspberry jam / honey 8-8.30 (20.00-20.30 hours after start)

10. Other

Participants of Ida-Virumaa Stadium Marathon get discount of 10 euro for the Sillamäe ultra 2019.

Three best women and men of Sillamäe ultra 2018 24 hour run are free of participation fee.

Timing is electronic.

Runners can ask for favourite song to be played on the course.

Spectators from far away can send their best wishes to the runners through the special web environment.

Map of the course: <https://www.facebook.com/photo.php?fbid=10155911088886414&set=gm.1637451919630131>

Runners will get a wooden stick with their name on it 10 minutes before the finish signal. The stick should be put on the ground when you hear the finish signal. You can leave the place after.

A special bus takes runners from finish to the Sports Centre.

The participants allow publishing the photos and videos taken during the competition.

Web-site of the event: www.jooksukalender.ee/sillamaeultra

Event on the FB: <https://www.facebook.com/events/209567052978303/>