

Sillamäe Ultra 2018
24 hour run & 100 km run

Regulation

1. Location and time

Sillamäe Ultra 2018 will take place on the 22-23rd of September 2018 in Sillamäe, Estonia and will feature 24H and 100KM options. The run track goes along the seaside of Sillamäe. (The course is located by the sea.) The run will be held on 2-kilometre asphalted loop which will be lit during night time.

The 24H will start at 12.00 on 22nd September.

The 100KM will start at 12.00 on 22nd of September.

Sillamäe Ultra 2018 is dedicated to the 100th birthday of the Republic of Estonia.

2. Distances

On Sillamäe Ultra 2018 you can take 24 Hour Run or 100 km Run. All 24 hour runners will have their 100 km result also measured.

For supporters, partners and enthusiasts Ultralight run 2KM option will be held before 24H start.

Children race 100 meters will be held at 10.50 on the 22nd of September.

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:

- the race kit, bib number and gifts' package for participants;
- showers and dressing rooms;
- after-run meal;
- accommodation possibility.

Award ceremony will take place in Sillamäe Kalev Sports Centre at 13.30 on the 23rd of September.

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

- timing chips;
- health service;
- area for private tents;
- toilets;
- meals and drinks during the race;

- tables for the participants.

4. Schedule of the Sillamäe Ultra 2018

Saturday, September 22nd

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, both 24H and 100KM

12.00 Start of the Sillamäe Ultra 24H and 100KM races

Sunday, September 23rd

12.00 Finish signal of the Sillamäe Ultra 2018

13.30 Award ceremony of the Sillamäe Ultra 2018 in the competition centre of the Sillamäe Sport Centre Kalev.

5. Organizers

Project manager: Aet Kiisla; aet.kiisla@gmail.com

Food and refreshments: Aivar Oja

Consultant: Hannes Veide

Head referee: Maarika Raja

Chief of the Course: Jevgeni Sarri

Chief of the Competition Centre: Jelena Verzilova

The Sillamäe Ultra 2018 is organised in cooperation with Sillamäe City Government, Sillamäe Sport Centre “Kalev” and Sillamäe Athletics Club “Kalev”.

6. Awards and gifts

Six best 24H runners (both women and men) and three best 100 km runners (both women and men) will be awarded with Sillamäe Ultra 2018 awards.

Special award will be given for the best runner from each of the foreign country represented on the Sillamäe Ultra 2018.

Award ceremony of 100KM winners takes place at the course area when the three best runners have finished the race.

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

1.01.2018-31.03.2018 75 euro

1.04.2018 -30.06.2018 100 euro

1.07.2018-31.08.2018 125 euro

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

Swedbank EE162200221068422496.

Payment details: Sillamäe Ultra 2018, <name of the runner>.

In case of failure to participate in the race, registration fees are refundable by written notice before September 1st 2018, with later notice registration fee is non-refundable.

The following is included in the registration fee:

- timing;
- refreshments;
- showers and dressing rooms;
- certificate of participation;
- T-shirt;
- package from Sillamäe Ultra 2018 supporters;
- storage personal clothing

8. Accommodation and catering

Runners can use a hostel in Sillamäe Sports centre for accommodation. Prices are 10/15 euros for a night.

Information: www.sillamaesk.eu/EST_HINNAKIRI/

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.

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, 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)
- chicken broth + croutons 11-11.30 (23.00-23.30 hours after start)

9. Other

Timing is electronic.

In addition to electronic timing (timing-chips) every runner will have a personal volunteer who counts the laps / loops. You are welcome to ask distance/timing information from them.

Additional support:

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.

24H 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.

Before the start a special bus brings runners from Sports Centre to the start-point and after finish takes them back.

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

Event on the FB: <https://www.facebook.com/events/152321082008256/>