

Ultrarun's handbook

Kalevipoeg's Mythological Ultrarun 2017

Kalevipoeg's Mythological Ultrarun will take place from the 20th of august until the 25th of august 2017. It is organised by NPO Elujooks in collaboration with the State Forest Management Centre (RMK) with the goal to provide runners a several days long spiritual ultrarun.

1. The goal

- 1.1. To provide the possibility to participate in Estonia's first spiritual ultrarun, where in addition to long distances, we will focus on a person's spiritual world.
- 1.2. To value and acknowledge the Estonian national epic "Kalevipoeg".
- 1.3. To value and show the beauty of nature in Estonia.
- 1.4. To promote the running culture and tourism.

2. The organiser

- 2.1. *NPO Elujooks.*

3. Time

- 3.1. *Kalevipoeg's Mythological Ultrarun 2017* will take place from the 20th of august until the 25th of august in 2017.

4. Start, finish, course and track service

- 4.1. The event centre is open on Sunday 20th of august in Nõva RMK Nature Centre at 9 am.
- 4.2. The start is at 11 am, every participant must gather at the starting area before 10 am.
- 4.3. We ask the participants to get to know the schedule to get a clearer overview of the days from www.runestonia.com
- 4.4. In six days 376 km will be travelled through on the walking paths of RMK.
- 4.5. Kalevipoeg's Mythological Ultrarun is based on the Estonian national epic "Kalevipoeg".
- 4.6. Every running day has a theme and includes also many adventurous tasks.
- 4.7. A service car will be at the checkpoints with first aid and drinking water.
- 4.8. When a service car is not present at a checkpoint and a participant has passed the checkpoint, then the service car must be notified of the passing.
- 4.9. Every participant is provided with massages and physiotherapy at the accommodations.
- 4.10. The possibility of a sauna is provided in every accommodation.
- 4.11. The organisers will provide the participant with A5 daily maps, course's electronic map and guidelines to go through the day.
- 4.12. The ranking will be done according to ran kilometres. If the whole distance is finished, the ranking will be done according to time. Time will be taken manually at the destination. The organiser recommends the participant to record one's route.

5. Catering

- 5.1. Every participant is provided with breakfast (starting from the second day), lunch and dinner on every running day.
- 5.2. Every participant is provided with mainly natural snacks on the course, which contain the necessary components for an ultrarunner.
- 5.3. The menu is composed by a health food specialist and consented by the best in Estonia in ultrarunning.
- 5.4. We ask participants to consent special wishes before the first of June 2017 with the organisers.

6. Transportation

- 6.1. The organiser will provide the transportation of the participants' personal affairs between accommodations.
- 6.2. The organiser does not offer transportation to the starting place and from the finish place.

7. The speciality of a mythological ultrarun

- 7.1. The event is based on the epic of Kalevipoeg to support the participants' road to self-discovery and development.
- 7.2. Every running day starts with a tuning and ends with feedback and a group meeting.
- 7.3. All the running days consist of a programme, where in addition to the adventures on the road, different people from different fields will guide the runners in the evenings. Look at the programme!
- 7.4. There will be musical performances and group meetings in the evenings at the accommodations.

8. The participants obligations and qualification

- 8.1. Every participant must have a charged phone with them during the whole run.
- 8.2. The participant is obliged to tell their mobile number 30 minutes before the start of the run on a form provided by the organiser.
- 8.3. The organiser has the right to not let participants on the course without a charged and a working phone.
- 8.4. To qualify, the participant must present a valid sports medical certificate before the first of august 2017.
- 8.5. To qualify, the participant is obliged to prove to the organiser that the participant has completed one ultrarun, rogain or a mountain marathon and present the results. The document must be sent to kristi@elujooks.net before the first of august 2017.
- 8.6. The organiser has the right to not qualify a participant if the participant's physical capability is not proven to be fit to complete the six-day ultrarun.
- 8.7. The chief judge of the Kalevipoeg's Mythological Ultrarun is Kristjan Puusild, who has the right to stop a participant from continuing because of health complications.

- 8.8. The participant must act responsibly with their health and must notify the organiser of any complications.
- 8.9. The participant is responsible for their own health.
- 8.10. When leaving checkpoints provided by the organiser, the participant must have at least 1 l of water with him on the course.
- 8.11. Necessary equipment to compete: minimum 3 sets of different sportswear depending on the weather, necessary hygiene products, a sleeping bag, a sleeping pad, 2 sets of running shoes, comfortable clothes, shoes, a thermal blanket, a whistle, a buff, a personal first aid kit (band-aids, vaseline etc.), mobile phone and a charger.
- 8.12. The participant will get the necessary instructions before the run from the organiser to download the course's maps, and it is mandatory to follow the map during the run. The map has been prepared electronically in *.gpx format and on paper. The course is unmarked in the nature but will mostly follow the paths of RMK. The participant will choose the method to complete the run - electronically or on paper. One must have a mobile phone with them at all times to notify the organiser of any accidents or problems.
- 8.13. The participant is responsible for their own garbage. It is forbidden to throw garbage on the ground. The garbage can be given to service cars or put in trash cans on the course.

9. Distances

- Day I – 59 km – Introductory day
- Day II – 75 km – Adventure and creativity day
- Day III – 57 km – Nature day
- Day IV – 52 km – Companion's day
- Day V – 55 km – Individuation and hermit's day
- Day VI – 78 km – Kalevipoeg's day

10. Entry fee and registration

- 10.1. To participate in the Kalevipoeg's Mythological Ultrarun participants must send an application through the official site of the run: <http://www.runestonia.com>
- 10.2. The application will contain an overview of participants' previous running experience and a short description of oneself.
- 10.3. The decision about the participation will be sent to the participant within three weeks after sending the application with the check of the participation fee.
- 10.4. The participant will be added to the startlist when the participation fee has been paid.
- 10.5. To qualify the participant is obliged to present a valid sports medical certificate before the first of august 2017 and prove the completion and the result of at least one ultrarun or a mountain marathon ran between august 2016 and 2017. The documents must be presented through the official site of the ultrarun: <http://www.runestonia.com>
- 10.6. Participation fee includes everything necessary to complete the ultrarun:
 - Accommodation from 20.08 until 25.08.2017.

- Prepared path with the program and the mythology.
 - Catering 3 times a day.
 - Healthy refreshments (fruit, bars, dried fruit, nuts etc.), and sports drinks and water on the course.
 - 45 minutes of massage every night.
 - Washing laundry after the third day.
 - Relaxing sauna with a powerful evening program.
 - Three evenings with musical performances.
 - Kalevipoeg's Mythological Ultrarun's medal.
 - Special prizes for the best.
 - An unforgettable experience
- 10.7. The organiser will give no refunds to registered participants, when the situation is not caused by the organiser.
- 10.8. The participation fee is determined by the application's sending date.
- 10.9. The participation fee*:
- 01.03.2017: 790 EUR
 - 02.05.2017: 990 EUR
 - 01.07.2017: 1190 EUR
 - Special price for 2 registering until: 01.03.2017: 1390 EUR

* Registration is open until the maximum number of 20 participants is reached.

11. Photographing and filming

- 11.1. The organiser has the right to use and publish all photos and videos by the organiser for marketing reasons.

12. The organiser's rights

- 12.1. The organiser has the right to disqualify a participant if the participant's state of health does not allow him to continue, if the participant does not follow the event's rules or inhibits in any way the organising of the event.
- 12.2. The event's start and finish protocols are public documents, and the organiser is only responsible for the accuracy of the data published on the official site.
- 12.3. Force Majeure -- from the force of nature or other reasons uncontrollable for the organiser, the programme might be changed. The cancellation of the event on the cause of Force Majeure will be notified by the organiser on the first possible moment and the participation fees will not be reimbursed.