



ESTONIAN WILDERNESS MARATHON

25+km TREKKING COURSE

Rules and Instructions

Instructions before the race

Event center and parking

Event center is Aegviidu School stadium, address Pärna tn 1, Aegviidu, ESTONIA Google Maps [link](#).

Start is not in the event center! Trekking course start on Google Maps [link](#).

Parking is organised close to the event center. Follow parking instructions when arriving.

NB! Event center scheme in the end of this document!

Event schedule

Sunday

9:00 Race material available in event center and start area

9:40 Busses leave to start from Tallinn, Ülemiste Shopping Center [parking lot](#) and Event center in Aegviidu

10.40 Busses arrive to start area.

10.55 Final race briefing in the start area

11:00 Start open. Start is in waves every 2-3 minutes. You must choose a wave when registrating and stick to your wave start time! Time is neto and starts when you cross the start line.

18:45 Finish closes

Registration

Pre-registration through race web site www.wilderness.ee to the race is possible untill October 8th, 2018

Price gets higher the closer the event.

Registration includes bus transport to start from Tallinn or Aegviidu (you must indicate upon registration if and which transport you want to use - places in each bus are limited for preregistered racers only), course marking and waterproof course map, timing, drink and some natural food

at water stations, food at finish, memorial finisher diploma and memorabilia (if you finish), free photos.

By registering you will support [Estonian ACE Adventure Team's](#) participation at Adventure Racing World Series events.

BANK DETAILS:

Beneficiary: Estonian Adventure Racing Team MTÜ

Beneficiary address: Lossi 6, Tallinn

Beneficiary bank: Swedbank - Liivalaia 8, 15040 Tallinn

IBAN: EE822200221061459424

Beneficiary bank SWIFT code/ BIC: HABAE2X

Race material

Race material is handed out in the event center in Aegviidu or at start area in Kõnnu. The material includes

- Course map
- Number bib and 4 safety pins
- partners materials
- bag marking tag

Storing and transport of hikers bags

Organizer transports one bag per each hiker from start to finish. Bags will be marked with race number and can be claimed in finish area by number. Organizers assume no responsibility of lost or damaged equipment in the bags.

Transport to and from Aegviidu event center, transport to start

As we want to minimize the impact on nature we suggest you travel to the event by public transport. It gives you a chance to relax before and after the race. Aegviidu event center is just 250m NW from train station, so train is the most convenient way to travel to and from the hike if you move from the direction of Tallinn or Tartu!

Hike start is more than 60 km away from finish by road. Start location Google Maps [link](#).

You must choose one of three options to get to start - 1) special bus from Tallinn; 2) special bus from Aegviidu event center; 3) own transport.

Special bus to start from Tallinn, Ülemiste Shopping Center [parking lot](#)- 9.40

Special bus to start from Aegviidu event center - 9.40 for those arriving by car etc.

Bus places are limited to the persons registered. We suggest you have your running clothes on when entering the bus to start, because there is limited time between the busses arriving to start area and race start.

You can also come to start with own transport, but bear in mind THERE WILL BE NO ORGANISED TRANSPORT FROM FINISH TO START AREA AFTER THE RACE!

Train from Aegviidu (race finish) to Tallinn (3.20 eur) 14.06-14.56; 15.03-15.42; 15.30-16.20; 16.29-17.08; 16.55-17.45; 18.09-18.59; 19.19-19.58; 19.28-20.18; 20.31-21.10;

Train from Aegviidu (race finish) to Tartu 14.33-16.13; 17.05-18.45; 19.46-21.24

Check the schedule for changes at elron.ee Train tickets can be bought with cash on the train after boarding (3.20 eur Aegviidu- Tallinn, 8.00 eur Aegviidu-Tartu).

Rules and instructions during the hike

Mandatory equipment

Each participant has to carry the following during the whole hike:

- **Mobile phone.** The phone must be switched on, protected from water and the **phone number of the race organization stored in: +372 5294233**. Your own phone number has to be given to the organizers upon registration or when picking up the material.
- **Course map**
- **Number bib** that has to be worn visible on chest or in front of the thigh. Timing is organized by number, timing is not possible if the bib is not facing front or is lost.
- **Drink bottle or hydration pack or a cup.** There will be no disposable plastic cups in drinking stations, fill up your drink bottle with scoop or bring your own cup. There are some common use cups, but we suggest you carry drink while running.
- **Energy food** as needed. There will be some natural food (bread, bananas, raisins, candy) in 3 main water stations. And of course you can pick and eat berries when slowed down to a crawl:)
- in rough weather (sub 10degrees, wind, rain, snow etc) **wind/rainproof jacket.**
- **headlamp** for slow runners or hikers that doubt that they will make the finish line by 18.30 deadline.

Participants must select appropriate clothing for the weather and their fitness level. Organizers are happy to give more instructions if needed.

Start

Start is in waves. The goal of the wave start is to spread the trekkers out along the trail, most of which is singletrack. We have found that participants are typically very good about judging their pace and assigning themselves to the correct wave. Once you have chosen your wave you must start with it for correct timing! Waves start every 2-3 min. Waves are the same as on marathon!

Rabbits (Jänessed in estonian) - you are experienced distance runner, who covers km in a race under 5 min. You are racing for time and place.

Wolves (Hundid) - you are experienced distance runner, who covers km in a race under 5.30 min. Race time and placement are not that important, but still to catch some rabbits would be nice...

Foxes (Rebased) - you are wise and tactical runner, who starts at a leisurely pace ca 6 min/km and for you going through the course with a good feeling is most important.

Bears (karud) - you are relaxed and are going through the course in a hiking pace. Not afraid of sitting down now and then, but going always to the end!

Course

The course is ca 25,5 km (final length depends on terrain conditions and permissions), marked with neon pink marking tape on trees and branches, white/red arrow signs. About two thirds of the course follows RMK hiking trail with red/white or orange tot signs on trees. The next marking is usually visible from the previous one. In addition, there are arrow signs drawn on ground with spray paint to indicate the correct route in trail crossings. No marking on wooden bogtrail - just keep on trail and marking starts when boardwalk ends. Completing the course doesn't require navigation.

Beware! The course follows narrow trails, wooden bogtrails, forestry roads etc. Your feet will probably get muddy and wet!

Course map with water stations, can be downloaded from the race website from October 8th. The map is intended for monitoring own progress along the course and for spotting own location in case of emergency. Distance markings on the map are signed in terrain with km-signs (every 5km). As it is a trail run km's are not 100% accurately measured.

The participant has to follow the marked course if they want to be in the final results. It is allowed to climb the observation towers on the course, take your time - enjoy the view!

The finish closes at 18:45. This leaves maximum 7h30min for reaching finish. Participants finishing later than 18:45 will not be timed and organisers might leave...

Water stations

There are 2 water stations at about 8, 15 km. Stations are marked on the course map.

There is tea brewed from lakewater (filtered) candy, bread and grilled sausages available at the first water station.

There is water, sports drink, banana, raisins, bread & salt, candy, pickles available at the third water station.

There are no onetime cups available in water stations. There are scoops or taps to fill your own bottle or hydration pack. Please do not drink directly from the scoop. You must first fill your own bottle/bladder to drink, or take your own cup for quick drinking. Water at the water stations is for drinking only. If you need external refreshment, please

use the numerous lakes and creeks along the course. The lakes and boglakes are clean and water is drinkable.

The participants are self-supported for their food and hydration between the water stations.

First aid

A tough course and uneven trails combined with tiredness are exposing participants to injuries. Middle part of the course is in true wilderness more than 5km from the nearest road. It may take a long time for first aid team to arrive in the terrain.

In emergency situations a participant has to prioritize helping the injured participant instead of his/her own race performance. In serious injuries, first call the emergency number 112 and then inform the organizers. The race director's phone number is **+372 5294233**, also printed on the map.

Quiting the hike

Quiting is not an option. When you want to quit, move to finish.

Always inform the organizers if you don't complete the course and will not go to finish. Otherwise we will be worried about the bears and wolves eating you.

Toilets

Toilets are located in the event center and start area. There are no official toilets on the race course although you might find some at camping sites. If you go for nature-toilet please take care, that you will leave no visible trace.

Respecting other people and the nature

Most parts of the course of race are in Lahemaa National park and Põhja-Kõrvemaa Nature reserve. We have to make sure the event doesn't harm the nature, doesn't leave any extra trace on the trails, and there are no conflicts with other visitors of the protected areas. To ensure this, please follow these instructions:

- Be polite when facing or overtaking other people in the forest and especially on wooden bogtrails. Especially between 2-4km on wooden bog trails there will be hikers along the narrow course that you must respect.
- Carry all gel packets, food wrappers etc. to the trash bins in water stations or to the finish. Intentional littering will lead to disqualification and you will be banned from future events.

Fair play

All participants are expected to play fair and follow the race spirit. Let faster runners go past you and if you need to take over a slower mover, ask politely to get past.

Timing, results and prizes

Race results will be published in the event center and on the event web page www.wildernss.ee

There will be no prizes for TREKKING course except personal diploma and finisher prize.

Race documentation

Photos and video material from the event will be made available to all participants as part of the entry fee. When registering to the event, the participant accepts that photos and videos where the participant may be recognized can be published in media after the race. The organizers and race partners also have a right to use such image material for marketing purposes.

Race photos will be published at wilderness.ee or event facebook page. If you take photos yourself, you can link them to Estonian Wilderness Marathon Facebook site to share them with other runners.

<https://www.facebook.com/aceadventure/> will also be reporting about the race.

EVENT ORGANIZER:

MTÜ ESTONIAN ADVENTURE RACING TEAM

Event director: Timmo Tammemäe, timmo@sk100.ee, phone +372 529 4233

EVENT CENTER SCHEME:



START LOCATION Google Maps [link](#) :

