



## EVIKO Suusarull Jõulumäe Stage NEVENE ROLLERSKI MARATHON 2017 July 30th 2017

### Rules and Program

#### 1. Place, distance and program

**Place:** Jõulumäe Sports Centre, Pärnu County, Estonia ([www.joulumae.ee](http://www.joulumae.ee))

#### Race format:

The marathon is held in free technique. Those who compete in classical technique are not allowed to skate!

All distances are skied on a 3,5 km lap as follows:

W12, M12, W14, M14      3 laps (8 km)

W16, M16, W20          6 laps (18,5 km)

M20, W, M, W35+, M45+ 13 laps (43 km)

First lap is skied on a 1 km lap.

**NB! On the first 200 m skating is not allowed! Only double poling with parallel skis!**

The finish will be closed after the finishing of the last participant, but not later than 16.00. Everybody who has not finished by that time will get a rank and time according to the passed distance.

#### Program:

|  |               |
|--|---------------|
| Administration open / Rollerski marking from     | 10.00         |
| The track is open for 18,5 and 8 km race warm-up | 10.00 – 10.55 |
| <b>18,5 km start (age groups W16, M16, W20)</b>  | <b>11.00</b>  |
| <b>8 km start (W12, M12, W14, M14)</b>           | <b>11.03</b>  |
| 18,5 ja 8 km reward ceremony (time can change)   | 12.30         |
| Track open for 43 km race warm up                | 12.30 – 12.55 |
| <b>43 km start (M20, W, M, W35+, M45+)</b>       | <b>13.00</b>  |
| 43 km reward ceremony (time can change)          | 15.00         |

The start list and final program will be published on July 28th, the latest.

Dividing participants into starting groups will be decided one hour before the start the latest according to the number of participants. Organisers have the right to move skiers with better ranking forward in the start group.

#### 2. Age groups

**W12** (born between 2005-2006), **M12** (2005-2006), **W14** (2003-2004), **M14** (2003-2004), **W16** (2001-2002), **M16** (2001-2002), **W20** (1997-2000), **W** (1983-1996), **M20** (1997-2000), **M** (1973-1996), **W35+** (born 1982 or earlier) ja **M45+** (born 1972 or earlier).

Participants born later than 2006 have to present a written permission from a parent or coach. Organisers have the right to re-arrange age groups according to the number of registered participants.

Classical skiers will race from the same start as all others and get a result in overall ranking (incl EVIKO Suusarull points) according to their age group. The organisers reserve rights to make changes in the start setup.

#### 3. Equipment

- Participating in age groups W12, M12, W14, M14, W16, M16 and W20 is allowed only on Start Skating 71 or Pro Ski S2 (max wheel diameter 71 mm and width 30 mm) rollerskis
- Participating in age groups M20, W, M, W35+ and M45+ is allowed with equipment corresponding to FIS rules:
  - rollerskis have to be commercially available
  - the distance between rollerski axles cannot be less than 530 mm
  - the wheel diameter cannot be more than 100 mm
- It is compulsory to use ski poles.
- Rollerskis need to have ski bindings.

- Ski boots have to be attached to rollerskis using ski bindings.

It is possible to rent **Start** rollerskis (price per stage is 10€ / a set). Please apply when registering.

#### 4. Registering

Pre-registering until **July 26th 2017**.

For registering please fill the form in the website [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

The number of new registerers at the start site is limited.

#### 5. Entry fees

- Entry fee for each stage:

- Years of birth **1997 and later** pre-registered **5€** (registering after **July 26th** and in the start 10€)

- Years of birth **1996 and earlier** pre-registered **12€** (registering after **July 26th** and in the start 25€)

The entry fee has to be paid on the MTÜ Tartu Suusaklubi bank account EE402200221010980313 in Swedbank, marking EVIKO Suusarull and participant's name as an explanation. You can also pay in cash at the start when receiving your start number. In case you cannot participate, the entry fee will not be refunded.

#### 6. Safety

Participants must wear a helmet and glasses during the race. Racers without a helmet and/or glasses are not allowed to start. Racers without helmet are disqualified. It is also recommended to use additional protective gear. All participants will compete on their own responsibility. All participants remarkably slower or left behind have to move to the right side of the road and let other racers pass without complications.

Double poling has to be used, when necessary. It is presumed that participants won't do any dangerous moves and avoid pushing. Clear violators are disqualified.

#### 7. Responsibility

Everybody whose physical form and training allows covering their race distance can participate at EVIKO Suusarull. By registering, each participant confirms that he/she has read and fully understands these rules and competes at his/her own responsibility. Responsibility for minors is covered by their parents. It is highly recommended to have a health insurance. Organisers are not responsible for any health concerns, accidents, loss or breakage of personal equipment.

#### 8. Medical help

Medical service is provided by professional medical staff. If you notice someone in need for medical help, please notify medical workers, organisers or call 112 for emergency. It is not recommended to participate when feeling bad.

#### 9. Information and results

Information and results will be posted on the following websites: [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee) and EVIKO Suusarull Facebook page.

Preliminary results are published at the race site and on [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

Protests must be submitted to the secretariat no later than 15 minutes after the publication of preliminary results.

#### 10. Prizes

Three best in adult and age groups W20/M20 and five best in youth age groups receive diplomas and presents from sponsors.

#### 11. Additional information

All issues not discussed in this guide will be solved by organising committee. Organisers will follow present rules, but have the right to change them, if it is in the best interest of the race and competitors.

#### 12. Organisers

MTÜ Tartu Suusaklubi amateur skiers

##### The team:

|                    |                       |                         |
|--------------------|-----------------------|-------------------------|
| <b>Andres Nurk</b> | <b>+372 51 46 181</b> | <b>the race manager</b> |
| Ave Nurk           | +372 51 56 160        | registering, fees       |
| Kristjan Külm      | +372 55 522 426       | equipment and tracks    |
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