

XIV GENERALS RUN

It is dedicated to the birth of General Aleksander Tõnisson /17.04.1875-30.06.1941/

OBJECTIVE:

To develop and value the physical culture and sport among the general population. Strengthening the health of participants and increasing their athletic ability to compete, offering these opportunities for competition. Promotion of sport as a form of social interaction.

TIME AND PLACE:

Saturday, April 21, from 08:35 to 15:00 in Pannjärve Health Sports Center, Illuka Village.

COMPETITION CLASSES:

• MILITAR RUN

Length of the track is 21,1 km.

Joint stroke, the competitors pass the marked runway with mandatory equipment, the fastest and the competitor with the equipment in the finish will win.

Mandatory equipment and description: Uniforms that are used in power structures; boots; backpack; harness or vest; service gun. Service Gun - automatic gun with a magazine weighing 4 kg or more. In the absence of a weapon, the extra weight is 5 kg. The weapon must be carried in hands. The weight of a backpack should be at least 10 kg for men and 3.6 kg for women. The weight control can be carried out immediately before the start in a designated area. Compulsory weighing takes place immediately after finishing, in the absence of a prescribed weight, the result is not fixed.

Groups

Men up to 40

Men 41 - 50

Men 51+

Women up to 35

Women 36 - 46

Women 47+

The age is calculated with the exact date

• CIVIL RUN

According to the schedule, due to the length of the distance, the competitor who finished the joint starts with the fastest time is the winner.

Track length 21.1 km

Groups

Men

Women

Track Length 7 km

Groups

Men up to 40

Men 41 - 50

Men 51+

Women up to 35

Women 36 - 46

Women 47+

YOUTH RUN

Track Length 2 km

Groups

Boys 7 - 12

Girls 7 - 12

Boys 13 - 17

Girls 13 - 17

MINI RUN

Track Length 200 m

Children up to 6

REGISTRATION:

Pre-registration until April 20, 2018 at 18:00.

Registration of groups: By the email address: the key word "KINDRALI JOOKS" on the kindralijooks@kuitseliit.ee.

Mandatory information: given name, surname, date of birth, track length, competition group.

Individual registration: Homepage: kindral.ee. It is also possible to register at the competition center on 21/04/2018, 09:00-09:30

Registration for MINI RUN only in the race center.

PARTICIPATION FEE:

The participation fee is EUR 2 for donation, for which the competitor will receive the badge "Sinilill" and the start number. Payment will be made at the competition center. For more information about "Sinilill", visit annameau.ee

GENERAL DESCRIPTION OF TRACK:

The track is marked and runs in the Kurtna lake area. Roads and tracks may be snowy, misty or watery in spring. 21.1 distances must cross the water barrier.

There are three drinking points at the 21,1 km track (every 5 km and at the finish)

TIME, STANDARD NUMBER:

Shuffle is an individual. Only competitors with GENERALS RUN start-number are allowed to start. The start number must be fixed to the chest and must be visible throughout the race from the start to the finish line. Only the runner registered under this race can compete with the start number.

START - FINISH:

Registered competitors will gather in a marked waiting area where a joint stand is expected, according to the schedule of the competitions (on the website of the Defense League, alutaguse.kaitseliit.ee). At the finish will be marked time on the track and weigh the equipment of the participants during the military run.

AWARDS:

The three best competitors will be honored. In the course of a military run, in addition to the three best in every group in the race, 3 hours and 3 hours 15 minutes will be awarded to the men who run for 3 hours. Participant award ceremony will take place at the central square by statue of General Aleksander Tõnisson.

No later than April 23, 2018, the race protocol is visible on the website of kindral.ee.

FIRST AID:

First aid is available at the race center. If you see trouble on the track, be sure to notify the race center. Each competitor is responsible for his or her own state of health.

SECURITY:

There are three drinking points on the 21,1 km track (every 5 km), where it is possible to call a medical group at the race center, which provides medical first aid and, if necessary, sends injured or injured participants to the race center. Quitters will be transported to the race center as soon as possible.

FAQ:

- All questions not specified in the guide will be resolved by the Main Organizer of the Competition together with the Judges' Council.
- Information about the race can be found on the homepage of kindral.ee.
- After completing the competition, participants are guaranteed a place to wash.
- Prizes awarded to the prize-winners will only be awarded in the award ceremony.
- Military runners do not share the weight of the organizer.
- Military runners are forbidden to use aids for moving forward (for example, sticks).