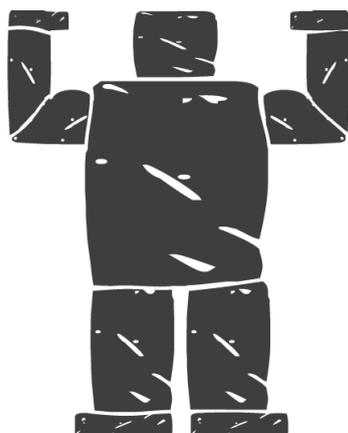


VÄGILASE Jooks

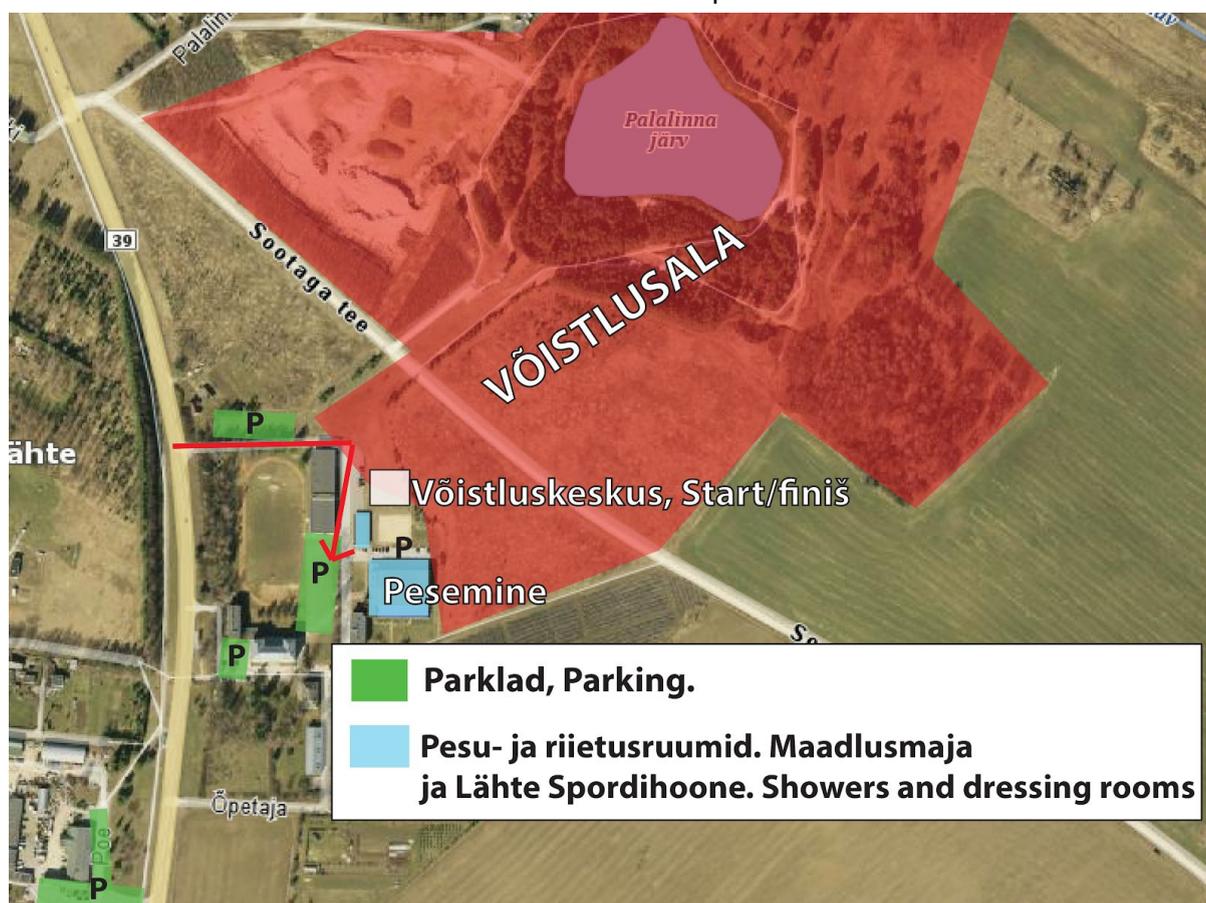


HEROES OBSTACLE RACE

RACE INFORMATION

Time: Sunday, August 5th

Location: The race centre is located next to Lähte's Sportshall.



Parking:

Parking is free. Please look the parking lots from the picture above and follow the instructions of parking instructors in the race centre.

Schedule:

10:00 Opening of the race centre
10:00 Opening of registration for children's run
10:00 Start of handing out materials (numbers, chips, T-shirts)
11:00 Children's run, 1st age group - up to age 6 (included) ~300m
11:10 Children's run 2nd age group - age 7-10 (included) ~650m
11:20 Children's run 3rd age group - age 11-14 (included) ~1km
11.50 Start for the short course
12:00 1st start for the main course (numbers 1-75)
12:10 2nd start for the main course (numbers 76-150)
12:20 3rd start for the main course (numbers 151-225)
12:30 4th start for the main course (numbers 226-300)
12:40 5th start for the main course (numbers 301+)
14:00 Award ceremony (approx.)

Children's run:

Children's run will take place in three different age groups and they are **for free!**
Children until the age of 6 (included) ~300m, ages 7-10 (included) ~650m and children up to age 14 (included) ~1km.

The registration for children's run opens at 10 in the event centre.

There won't be an awarding ceremony for kids, everyone will receive a diploma and ice cream. The number can be attached with safety pins. Children's feet and hands may get dirty on the course, but all obstacles are safe and take children's age into consideration.

We kindly ask parents not to run on the course with children (only if it's really necessary) so children could get a great experience all by themselves!

Before the start:

Starting materials will be given to you in the event centre. You will also receive Heroes Obstacle Race T-shirt, if You ordered one. **To receive your materials faster, we recommend you to check your starting number from the starting protocol (on the information sign or home page) and tell it to the person, who hands out materials!** You will receive a number vest/chest number and a chip for timing. It is obligatory to wear the number during the whole race on top of your clothes. **Please return the number vest and timing chip after the race!**

You can also register on-site until 11.30! Paying only in cash!

To register any changes (switching the starting group, not participating, replacing somebody), please notify the people who hand out starting materials until 11.30! We won't accept any later changes.

Main course:

The length of the main course is approximately 8 km. There are natural and built obstacles on the course. The short course distance is approximately 4km.

The course is marked with arrows, ribbon and referees.

To maintain obstacles in good health, it's forbidden to use shoes with spikes

Obstacles:

Some of the obstacles may be difficult (i.e plank walls) especially for women and shorter people. That's why **we call up participants to help your co-participants and if needed, ask for help!**

If you can't/won't pass the obstacle you need to do burpees or push-ups. There are also obstacles in the water and water may be over your head. If you don't feel comfortable doing it then you can choose to do burpees/push-ups instead.

Some of the obstacles have fast and slow course. Fast course is tougher yet shorter. Slow course is easier to pass, but it may take more time or there will be an extra obstacle (i.e crawling).

We really recommend to at least try the obstacle before choosing to pass alternative way. The course is tough. In order to maintain good feeling and to enjoy the race, **we recommend to start out slowly!** If there is a queue or you can't pass a participant on a narrow way, please remain calm and polite. Ask the way nicely when it is possible to pass.

Safety:

All participants take part on their **own risk!** Obstacles are built so that they would be challenging yet safe for the participants. **There is medical service in the race centre, who will help you in case of injuries.**

Start and finish:

Start takes place in five groups. First starting group (numbers 1-75), second starting group (76-150), third starting group (151-225), fourth starting group (226-300) and fifth (301+). Starts take place in every 10 minutes. Starting groups are formed taking former race results into consideration. Organizers place stronger runners in the first group. In the finish everyone will receive a medal and Väraska water.

Washing, clothing and food:

You can wash yourself after the race in **Lähte's Sportshall and Wrestling house.** There are toilets in the building and also outside. **We ask everyone to take off your dirty shoes and socks before entering the hall.**

Every participant can eat in the event centre. There's also **Veski Guesthouse with a small cafe.** You can buy coffee, soft drinks and snacks from there. **Paying is in cash and card.**

Team scoring:

In addition to individual scoring, there's also team scoring! Team can consist up to 5 people, minimum is 3. Team's three fastest times are summed up and according to the grand total we award the first three teams.

[You can register your team here!](#)

It is also possible to register your team on-site until 11.30!

Awarding:

Organizers award first three in every class. There is also a chance for everybody to win different prizes from our supporters!

Awards are from **Sportland Estonia and Salomon, Veski Mati, Värskä Originaal, Peipsi Kurk, HoneyPower and Seiklushunt.** All the winners will receive an unique **Heroes' memento!**

Additional:

You can buy last and this year's Heroes' Obstacle Race T-shirts, headbands and HoneyPower energy gels. **Paying only in cash!**

Organizer:

MTÜ Seiklushunt

info@seiklushunt.ee

Main organizer: Arvi Anton +372 53 33 2456

Seiklushunt sends big thanks to Heroes' Obstacle Race helpers, supporters and cooperation partners: **Nils Pure, Liana Anton, Kalle Kallas, Joosep Aloel, Marili Zimmermann, Dora Uiho, Eliisa Saksing, Katre and Siim Kanne, Peep Teppo, Jaanus Robi, Joosep Tammemäe** and all our great volunteers, and ... **Sadala Agro OÜ, Borough of Tartu, Sportland Estonia and Salomon, Veski Mati, Honeypower, Värskä Originaal, STIHL Estonia, Baltyre OÜ, Eesti Kultuurkapital, online shop Duncan.ee, Veski Guesthouse and Peipsi Kurk!**

