

Liises Run instructions

Foreword

The idea of our event was born on a winter evening, when the snow was on the ground and the will and enthusiasm did not let the idea go silent. We wanted to show the visitors our island from a new perspective, so that those who are curious could discover this perhaps undiscovered corner of Estonia in an exiting and kind way.

We would like participants to approach the three-day event with sympathetic and collaborative style, so that the three days spent together will be positive and leave a long-lasting memory for all the parties :)

Not many runners will fit on this island, making this a unique small-scale event. For those joining us, we have provided high-quality running conditions, entertainment and a warm-warm welcome to the contestants, for a symbolic participation fee.

1. General information

- 1.1 The run takes place on the 2nd of June on Ruhnu island.
- 1.2 The run is organised by OÜ Liise talu Ruhnu Saarel.
- 1.3 Contacts: +372 520 8756, luise@ruhnu.ee (Luise–Maria Jõers); +372 529 2456, martha.liise@gmail.com (Martha Liise Kapsta)
- 1.4 The main distances that will be run are:
 - 42.195 km (marathon)
 - 21.1 km (half marathon)
 - 10.9 km
- 1.5 In addition:
 - Kids' run
- 1.6 Priit Neeme is the main judge for Liises run

2. Full daily schedule

Friday, 1st of June	Saturday, 2nd of June	Sunday, 3rd of June
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16.00 Boat departs from Pärnu	07.00 – 09.00 Breakfast time and distribution of starting materials	08.00 – 10.00 Breakfast time
19.00 Boat arrives in Ruhnu	09.30 Start of the main runs (marathon/half marathon/10.9km)	10.00 – 13.00 museum & churches are open
20.00 Dinner time	09.45 Kids' run	12.00 - 14.00 Lunch time
21.00 "Story of Ruhnu" - a short introduction of Ruhnu	13.30 – 16.00 Lunch time	13.00 – 15.00 lighthouse is open
	16.00 Planting a orchard for the newly renovated Ruhnu school house	17.00 Boat departs from Ruhnu
	18.00 – 20.00 Dinner time. Possibility for a sauna.	
	19.30 Ruhnu movies 50 min	
	20.30 Award ceremony	
	21.00 Party with Justament!	

*The timetable is subject to change

3. Registration

3.1 To register one needs to fill out the following online registration form:
https://docs.google.com/forms/d/e/1FAIpQLSc2qMHzc1Rjbpr48B4WijQCviVT6_CzTH0yptg8j7Ntn8X5fw/viewform?usp=sf_link

3.2 The name of the participant will be entered into the official participant list after the payment has been made. The payment should be made by bank transfer according to the instructions in the registration form.

3.3 Online registration will end on Friday the 1st of June at 09:00. After that in-person registration is still possible, with payment in cash.

3.4 By registering the participant agrees with all instructions in this document, and agrees that they will be participating on their own risk.

4. Accommodation and ferry tickets

4.1 Accommodation can be booked via registration page.

4.2 Ferry tickets can be booked via registration page

5. Start order

- 5.1 The marathon (42.195 km) starts Saturday the 2nd of June at 09:30.
 5.2 The half marathon (21.1 km) starts Saturday the 2nd of June at 09:30.
 5.3 The 10.9 km run starts Saturday the 2nd of June at 09:30.
 5.4 Runners are expected to gather 30 minutes before the start at the starting line in Liise talu.
 5.5. The age groups are as followed:

Marathon age groups Start numbers 1-24	Half marathon age groups Start numbers 25-64	10,9 km age groups Start numbers 65-99
Women youth age 16-18	Women youth age 15-18	Women youth age 12-18
Men youth age 16-18	Men youth age 15-18	Men youth age 12-18
Women age 19-34	Women age 19-34	Women age 19-34
Men age 19- 39	Men age 19- 39	Men age 19- 39
Women veterans I age 35-44	Women veterans I age 35-44	Women veterans I age 35-44
Men veterans I age 40-49	Men veterans I age 40-49	Men veterans I age 40-49
Women veterans II age 45 and up	Women veterans II age 45 and up	Women veterans II age 45 and up
Men veterans II age 50 and up	Men veterans II age 50 and up	Men veterans II age 50 and up

5.6 Participant must start from the assigned starting point, wrong starting place results in disqualification

6. Arrangement of the route

- 6.1 Service points after every five kilometers.
- 6.2 At the service points is available: water, maple juice, energy bites. Water is in white cups, maple juice is in colorful ones. There are two toilets on the route and if necessary medical help is available
- 6.3 The route is on a varying terrain and has been marked
- 6.4 The route is open for seven hours following the starting time, i.e. from 09.30 – 16.30

7. Finish

- 7.1 Finish is at Liise Talu
- 7.2 All finishers will be given a drink and an after-run snack. All marathon, half marathon, and 10.9 km runners will be given a participation medal.

8. Participants

- 8.1 Marathon participants are required to be at least the age of 16, at least 15 years for the half marathon, and the 10.9 km run can be run by anyone who has the necessary fitness
- 8.2 The organizers advice to go through a physical examination before registration to confirm their physical abilities for the distances

9. Changing registering

- 9.1 Changing registration is done by completing the registration form a second time.
- 9.2 Registration can be changed until Friday the 1st of June
- 9.3 All changes (including a name change) will be charged 5 euros (plus any difference in registration fee). Distance change from longer to shorter will not be refunded

10. Participation fees

10.1 Participation registration fees :

Registration date	42.2 km marathon (For locals)	21.1 km half marathon (For locals)	10.9 km run (For locals)
Until 31.03.2018	30 EUR (15 EUR)	20 EUR (10 EUR)	15 EUR (5 EUR)
01.04.2018 - 01.06.2018	35 EUR (20 EUR)	25 EUR (15 EUR)	20 EUR (10 EUR)
On spot	40 EUR (25 EUR)	30 EUR (20 EUR)	25 EUR (15 EUR)

10.2 Participants will be guaranteed a route, a start number, timing, score, service at the service points, finish and award ceremony, certificate, if necessary medical care.

10.3 In case of the cancellation of the event due to circumstances not in the hands of the organizers (e.g. weather conditions), only the accommodation and the boat tickets will be refunded.

10.4 In case the participant cancels (illness, voluntary cancellation etc), 75% of the fee will be refunded.

11. Starting materials

11.1 Starting materials include a start number, safety pins and goodies from partners.

11.2 Starting materials will be given out at Liise Talu. Starting material can be obtained up to 10 minutes before the start of the run.

11.3 The start number is personal, and only participants of Liises run 2018 with a starting number will be allowed at the start.

12. Timing

12.1 Timing is manual and will be done by a professional referee

12.2 The start number must be placed on the chest area and must be visible throughout the race from start to finish

12.3 Start number will be given to the runner and do not need to be given back

13. Results

13.1 Preliminary results will be published on an information board at the event.

13.2 Official final results will be published on www.liisetalu.ee.

14. Medical care

14.1 Medical care will be provided throughout the race. When noticing someone in need of medical attention please notify us in the next service point, medical workers or other organizers, or call 112.

15. Cancellation

15.1 The medical personal and referee are allowed to take participants out of the route if they deem it necessary

16. Disqualification

16.1 The organizers have a right to disqualify a contestant if they violate the rules of the event, disturb other participants or disturbs the event in any other manner.

17. Award ceremony

17.1 The time schedule for the award ceremony will be made available in Liise Talus yard.

17.2 The fastest 3 runners in each age category for the marathon will be awarded with a certificate and a local memento. The fastest 3 runners in each age category for the half marathon will be awarded with a certificate and a local memento. The fastest 3 runners in each age category for the 10.9 km run will be awarded with a certificate and a local memento.

18. Photography

18.1 The organizers can use any photos made during the marathon for an unlimited time period.

19. Objections

19.1 All objections must be presented within an hour after the end of the run.

19.2 An objection has a fee of 10 euros which will be refunded if the objection is granted. All objections will be decided upon by the jury consisting of the organizer, the main judge and medical workers.