1st Tallinn Kadriorg Park 12h Ultrarun 21.-22. July 2006 Tallinn ESTONIA

General information for athletes

In the name of Organizing Committee in Tallinn, Estonia we would like to invite ultrarunners from all over the world to participate in *1st Tallinn Kadriorg Park 12h Ultrarun* held on July 21th and 22th.

Kadriorg park was established by the famous Russian tsar Peter The Great (Peter I) on 21st July 1718. Together with the italian architect Niccolo Michetti was made the first survey to build Kadriorg Castle and park around it in baroque style.

Today Kadriorg park is the most popular venue for citizens to spend the weekends in athmosphere of green trees, pounds and flowers.

Kardiorg palace is nowdays the residence of the President of Estonia.

Entry and registration

You must register for the race at least by 10th July 2006.

You can register by sending an e-mail to info@championchip.ee.

We need your name, address and country, sex, year of birth, club, your personal best in 12h/100km run from period 2004-2006.

Race

Start: 9.00PM at July 21st 2006

Race course: the race will be on the loop of 1,3 km in Kadriorg Park (measured by IAAF Course Measurer Andres Nirk), overcoming height difference on course is 2,4 m per lap. Course is illuminated at nighttime and secured by security company and course security staff. The map of the course is available at

http://engine.koduleht.net/templates/championchip/files/mdl_images.php/tallinn_ultra_map.GIF.

Competition: the race will be an individual competition in men's and women's class and men and women team competition – teams have 4 members, distance of best 3 members will be counted as team result.

The ranking:

- A men's 12h individual run
- A women's 12 h individual run
- A men's 12 h team run
- A women's 12 h team run

NB! Together with the 12h ultrarun will be held 6h run for local and foreign runners. The start will be 21st July 9.00PM.

Aid station

All participants will be provided with water, BORN sportsdrink, fruits, bread, salt, salted cucumber, chips, etc.

All participants are allowed to built personal service tents in special area beside the race course. The maximum length of the front side of the tent is 3m.

The lap counting and lap time measurement

The lap counting will be done by ChampionChip system, for back-up will be used the manual timekeeping and video.

Awards for winners

The first ten individuals in men's and women's category and the members of the first three teams of 12h run will be awarded by cups, diplomas and special prices.

All finishers of 12h run will recive the commemorative medals and diplomas.

6h run first 6 men and women will be awarded with cups and diplomas, all finishers will receive the commemorative medals and diplomas.

Organizing Committee (OC)

Race Director

• Mr. Olavi Valner -ChampionChip Estonia - info@championchip.ee / +3725073576

Futhermore you are welcome to visit us at www.stamina.ee/ultrajooks and you find news, updates concerning the

1st Tallinn Kardiorg Park 12 h Ultrarun.

If you have any urgent questions do not hesitate contact us in Tallinn, Estonia by e-mailing to one of the adresses above.

WELCOME TO TALLINN!

www.stamina.ee/ultrajooks