

REGULATION

International ultramarathon- Impossible run

1. The idea behind the run

- 1.1. Ultramarathon "Impossible run" is created in the honor of Latvian Provisional National Council and the hundred year mark from the 27th of November when these brave men signed a resolution that later lead to independent Latvia.
- 1.2. To popularize running and healthy lifestyle;
- 1.3. To develop long distance running traditions in the regions of Valka and Valga;
- 1.4. Let the name of Valka/Valga be heard internationally and remind the citizens of Latvia where it all started.

2. ORGANIZERS

- 2.1. Valka municipality with the support of Valgas city council and union "Atbalsts Valkai".
- 2.2. Responsible for the race – municipality of Valka, union "Atbalsts Valkai" and Valga sport.

3. DISTANCE

- 3.1. The participants are offered 101km, 50km, 25km and 1010m tracks.
- 3.2. The track goes through city and into the woods, so the surface of the track varies of asphalt, gravel, trail and there can also be snow and ice on the track.
- 3.3. The tracks are marked and there are referees on the vital points in the track.
- 3.4. The time of the participants is registered using electronical measuring devices.

4. TIME AND PLACE

- 4.1. 10th of November, 2018. Start – Valkas culture house.
- 4.2. The main center of the race will be located in the Valkas culture house on E.Dārziņa street 8, but the day before registration will be from 20:00 till 22:00, on the 10th of November 4:30 – 4:55.
- 4.3. Things that need to be taken to control points on the track will need to be delivered to Valkas culture house in the morning of the race.
- 4.4. Finish will be located near the Valkas culture house (same place as start).

5. CONTROLTIME

- 5.1. 101 km distance – 14 hours 30 minutes, 3rd lap should be finished before 17:00.

6. REGISTRATION, START and PROGRAM

- On the 9th of November starting from 22:00 till 22:00 registration will be open in Valkas culture house and contestants will be able to receive the numbers for the race.

- On the 10th of November from 4:30 till 4:55 the registration will continue for the contestants that will run 101km and 50m Nordic walk participants. The registration will be open from 9:00 till 11:30 for the 50km, 25km and 25km Nordic walk participants.

Time	Start	Event	Control time
5:00	Valkas culture house	Start 101 km and 50km Nordic walk	14h 30minutes; 3 rd lap finished until 17:00, otherwise – DND.
11:00	Valgas rathaus	Start 1010 m	
12:00	Valkas culture house	Start 50 km un 25 km, 25 km Nordic walk	
20:30	Valkas culture house	Awarding ceremony for 50km and 101km contestants	

7. GROUPS

7.1 101 km distance

Women		Men	
S18a	Born 1984. – 2000.	V18a	Born 1984. – 2000.
S35a	Born 1974. – 1983.	V35a	Born 1974. – 1983.
S45a	Born 1973.- 1964	V45a	Born 1973. - 1964
S55a	Born 1963 and older	V55a	Born 1963 and older

7.2 50 km distance

Women		Men	
S18b	Born 1984. – 2000.	V18b	Born 1984. – 2000.
S35b	Born 1974. – 1983.	V35b	Born 1974. – 1983.
S45b	Born 1973.- 1964	V45b	Born 1973. - 1964
S55b	Born 1963 and older	V55b	Born 1963 and older
N50	Nordic walking 50km regardless of age		

7.3 25 km distance

Women		Men	
SU18c	Born 2001 and younger	VU18c	Born 2001 and younger
S18c	Born 1984. – 2000.	V18c	Born 1984. – 2000.
S35c	Born 1974. – 1983.	V35c	Born 1974. – 1983.
S45c	Born 1973.- 1964	V45c	Born 1973. - 1964
S55c	Born 1963 and older	V55c	Born 1963 and older
N25	Nordic walking 25km regardless of age		

8. REGISTRATION AND FEES

- 6.1. The participant fee for runners and nordic walkers is the same.
- 6.2. Registration here - <http://valka.lv/lv/valkas-novads-1/sports-1/registracija-sacensibam>

- 6.3. The participant fee can be also paid on the day of the race – 9th of November 20:00 – 22:00 and 10th of November from 4:30 till 4:55. For 50km and 25km distances also 9:00 till 11:30.
- 6.4. Participants must be atleast 18 years of age at the day of the event.
- 6.5. Participants fee:

	Registration until 31.10.2018	Registration after 01.11.2018
	fee, EUR	fee, EUR
101 km distance	30,00	40,00
101 km distance for participants that finished 100km race a year ago	25,00	40,00
50 km distance	20,00	30,00
25 km distance	15,00	20,00
1010 m	FREE OF CHARGE	FREE OF CHARGE

The participants' fee should be paid with registration at www.sportlat.lv:

<https://www.sportlat.lv/includes/registration/1131/a60ce55063607294087d29be1e601251>

- 6.6. Participants' fee involves such benefits as number, drinks and snacks during the race, electronic time measurement, medals, showers and showers after the race.
- 6.7. The participants' fee is not paid back for the not attending contestants.
- 6.8. The participants need to show the obligatory equipment.
- 6.9. Participants' sign that they will follow the road traffic laws and will be responsible for their health during the race.
- 6.10. Participants fasten the given number on the front of their equipment.
- 6.11. Organizers have all rights to use photos and video material taken during the race for commercial and marketing events.

9. OBLIGATORY EQUIPMENT

- 9.1. Obligatory equipment for the 101km and 50km race:
- Reflecting vest or reflectors build in the equipment of contestants;
 - Headlight or lamp fastened to the contestants during the first and last lap of the 101km race;
 - Charged mobile phoned with the opportunity to call the organizers during the race, also organizers phone numbers saved in the phone;
 - Participants can use any equipment that increases their well-being during the race such as drinking systems, backpack with exchangeable socks and footwear, medical patches etc. This equipment also can be delivered to control points in the track if needed.

10. SAFETY

There will be four control points with beverages, snacks and possibility to warm yourself. Time and splits will be taken in two places on the track. If you have special food, ingredients for beverages or sport drinks they can be marked and taken to the control points if they are delivered to the main center before the race.

11. RESULTS AND AWARDS

11.1. Runners

- 1010m distance will receive Impossible run badges and soup;
- 101 km, 50 km; 25 km distances best three runners will be rewarded with prizes. All the participants receive badges. *If there are less than 5 participants in the group than only the 1st runner in each group is rewarded with prizes. If there are less than 10 runners in the distance, than only the ultimate three are rewarded with prizes*
- 101 km un 50 km award ceremony 20:30.

11.2. Nordic walk

- Three contestants will be rewarded by a lottery;
- Nordic walkers for the 50km distance have the start at 5:00 with the 101km runners.

11.3. Champions (1st -3rd place) for men and women 101km race receive:

Place	EUR
1 st	500
2 nd	300
3 rd	200

11.4. Champions (1st -3rd place) for men and women 50km race receive:

Place	EUR
1 st	200
2 nd	100
3 rd	50

11.5. Champions (1st -3rd place) for men and women 25km race are rewarded with prizes and medals.

Results will be published www.valka.lv in the section sport.

Everyone who reaches the finish will receive a badge.

Organizers have the power to change the regulation.

Contract info: sports@valka.lv