

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.

3. DISTANCE

- 3.1. The participants are offered 100km, 50km, 25km and 1000m 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. 19th of November, 2017. Start – Valkas culture house.
- 4.2. The main center of the race will be located in the Valaks culture house on E.Dārziņa street 8, but the day before registration will be open in the Valkas municipality offices – Beverīnas street 3 from 20:00 till 22:00.
- 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. 100 km distance – 15 hours, 3rd lap should be finished before 17:00.

6. REGISTRATION, START and PROGRAM

- On the 18th of November starting from 22:00 till 22:00 registration will be open in Beverīnas street 3 and contestants will be able to receive the numbers for the race.
- On the 19th of November from 4:30 till 4:55 the registration will continue for the contestants that will run 100km 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 100 km and 50km Nordic walk	15 h; 3 rd lap finished until 17:00, otherwise – DND.
11:00	Valgas rathaus	Start 1000 m	
12:00	Valkas culture house	Start 50 km un 25 km, 25 km Nordic walk	
19:00	Valkas culture house	Awarding ceremony 25km and Nordic walk	
20:30	Valkas culture house	Awarding ceremony for 50km and 100km contestants	

*If all the contestants for 50km and 100km race are finished until 19:00 and there is known that there will be no more finishes that receive prizes, than these participants are also rewarded at 19:00.

7. GROUPS

7.1 100 km distance

Women		Men	
S18a	Born 1983. – 1999.	V18a	Born 1983. – 1999.
S35a	Born 1972. – 1982.	V35a	Born 1972. – 1982.
S45a+	Born 1971. and older	V45a+	Born 1971. and older

7.2 50 km distance

Women		Men	
S18b	Born 1983. – 1999.	V18b	Born 1983. – 1999.
S35b	Born 1972.– 1982.	V35b	Born 1972.– 1982.
S45b+	Born 1971. and older	V45b+	Born 1971. and older

7.3 25 km distance

Women		Men	
S16c	Born 1983. – 2001.	V16c	Born 1983. – 2001.
S35c	Born 1972. – 1982.	V35c+	Born 1972. – 1982.
S45c+	Born 1971. and older	V45c+	Born 1971. and older

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 – 18th of November 20:00 – 22:00 and 19th of November from 4:30 till 4:55. For other distances than 100km 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 01.09.2017	Registration after 01.09.2017
	fee, EUR	fee, EUR
100 km distance	25	30
100 km distance for participants that finished 99km race a year ago	20	25
50 km distance	20	25
25 km distance	15	20
1000 m	FREE OF CHARGE	FREE OF CHARGE

PARTICIPANTS FEE WITH DISCOUNTS

for the elderly

	Registration before 01.09.2017	Registration after 01.09.2017
	fee, EUR	fee, EUR
100 km distance	12,50	15,00
50 km distance	10,00	12,50
25 km distance	7,50	10,00

The participants' fee should be paid to:

Biedrība "Atbalsts Valkai"
 Registration.nr. 40008063697
 Semināra 29, Valka, Valkas novads LV-4701
 bank account: LV90UNLA0050001012299

Note – name of the participant and the length of the track.

- 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 100km 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 100km 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. REZULTĀTI UN APBALVOŠANA

11.1. Runners

- 1000m distance will receive Impossible run badges and soup;
- 100 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*
- 100 km un 50 km award ceremony 20:30, others – 19:00. If by 19:00 all the prize winning contestants for 100km and 50km distances have finished the race than they are rewarded at 19:00.

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 100km runners.

11.3. Champions (1st -3rd place) for men and women 100km 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:

Vieta	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

12. EXTRA INFORMATION

Volunteers can apply here:

<https://docs.google.com/forms/d/12SVi7igMQYaD6i3nHAHWINIXAx4TepY3PtR5fUOmfN0/viewform>

Šī gada 19. novembrī Valkā un Valgā otro gadu pēc kārtas notiks Neiespējamais skrējiens par godu Latviešu Pagaidu Nacionālās padomes izveidei Valkā 1917. gadā. Katrs distances kilometrs simbolizē gadu, kopš Latviešu Pagaidu Nacionālās padomes izveides, tāpēc šogad 100 gadus pēc Latvijas dibināšanai tik nozīmīgā notikuma tiek piedāvāta 100 km distance.

Kā jau minējām garākā piedāvātā distance ir 100km, bet ir arī pieejamas 50km un 25km distances, kā arī tiks veikta simboliska 1000m distance no Valgas rātsnama līdz Valkas kultūras namam pēc svinīgā pasākuma, kurā par godu drosmīgajiem Latviešu Pagaidu Nacionālās padomes dibinātājiem pie Valgas rātsnama tiks atklāta piemiņas zīme.

Starts un finišs atradīsies pie Valkas pilsētas kultūras nama. 100 km distances skrējējiem būs jāveic 4 apļi pa marķētu un drošu 25 km trasi, attiecīgi 50km – 2 apļi un 25km viens aplis.

Atgādinām, ka kopā naudas balvu fonds šim pasākumam ir 2700 EUR un absolūtie uzvarētāji gan sieviešu, gan vīriešu konkurencē 100km distancē saņem naudas balvu 500 EUR apmērā, sīkāk par pārējām balvām nolikumā.

Sacensību laureātiem – vērtīgas balvas un piemiņas veltes!

Sacensības organizē un vada Valkas novada dome, sadarbībā ar Valgas pilsētas domi un biedrību "Atbalsts Valkai".

No šodienas, 17. februāra ir pieejama elektroniskā reģistrēšanās un nolikums www.valka.lv sadaļā "Sports", apakšsadaļā "Reģistrācija sacensībām".

Informāciju sagatavoja: Raivis Graņics, Valkas novada domes Sporta un jaunatnes daļas vadītājs

Iepriekš, veicot reģistrāciju – lētāk!

NOLIKUMS/ REGULATION

Starptautisks skrējieni ar ultramaratona spēku - "Neiespējamais skrējieni"/ Impossible run

1. SACENSĪBU MĒRĶIS

- 1.1. Skrējieni ar ultramaratona spēku vēlīts Latvijas valsts simtgadei un Latviešu Pagaidu nacionālās padomes un tās pieņemtās deklarācijas 1917. gadā ārvalstīm un tautām simtgadei;
- 1.2. Popularizēt skriešanu kā veselīga un sportiska dzīvesveida sastāvdaļu;
- 1.3. Attīstīt garo distanču skriešanas tradīcijas Valkas novadā un Valgas apriņķī;
- 1.4. Starptautiski popularizēt Valkas pilsētu un novadu interesentu vidū.

2. ORGANIZATORI

- 2.1. Valkas novada dome sadarbībā ar Valgas pilsētas pašvaldību, sadarbībā ar biedrību "Atbalsts Valkai".
- 2.2. Atbildīgie par sacensībām – Valkas novada dome.

3. DISTANCES

- 3.1. Skrējieni notiek pa dažāda seguma ceļiem un takām (asfalts, šoseja, lauku ceļi ar grants segumu, meža ceļi un takas).
- 3.2. Dalībniekiem tiek piedāvātas šādas distances – 100 km, 50 km; 25 km un 1000 m.
- 3.3. Distances ir marķētas ar sarkanbaltām lentām un virzienu norādēm. Būtiskos distances punktus atradīsies tiesneši.
- 3.4. Rezultātu fiksēšana tiek veikta, izmantojot elektronisko laika kontroles sistēmu.

4. VIETA UN LAIKS

- 4.1. 2017. gada 19. novembris. Starts – no Valkas pilsētas kultūras nama.
- 4.2. Sacensību centrs – atradīsies Valkas pilsētas kultūras namā E.Dārziņa ielā 8, bet reģistrācija 18. novembrī 20:00 – 22:00 atradīsies Valkas pilsētas domes telpās Beverīnas ielā 3.
- 4.3. Mantas, kuras jānogādā trases kontrolpunktos, būs iespēja nodot 19. novembra rītā Valkas pilsētas kultūras namā.
- 4.4. Finiņš pie Valkas pilsētas kultūras nama.

5. KONTROLLAIKS

- 5.1. 100 km distancei – 15 stundas, 4. aplī jāieskrien līdz 17:00;

6. REĢISTRĀCIJA UN STARTA LAIKI, PROGRAMMA

- 18. novembrī no plkst. 20:00 – 22:00 Valkas novada domes ēkā Beverīna ielā 3, notiks numuru izsniegšana un turpināsies dalībnieku reģistrācija distancēm – 100 km; 50 km un 25 km.
- 19. novembrī no plkst. 4:30 – 4:55 notiks reģistrācija un numuru izsniegšana 100km distancei, taču dalībnieki 50 un 25km distancēm numurus varēs izņemt sākot no plkst. 9:00 līdz 11:30. Sacensību centrā arī varēs reģistrēšanās laikā varēs nodot mantas nogādāšanai uz kontrolpunktiem trasē.