

BALTIC CLINT COASTAL RUN 2023 details and instructions

BALTIC CLINT COASTAL RUN 2023 (in Estonian PANKRANNIKU RANNAJOOKS 2023) is a unique coastal running competition in Estonia. The event revives unique competition in Estonian running scene PANKRANNIKU EXTREEM which started in 2012. Resurrected event expands the event to hikers and kayakers.

Running event is for teams of 2-3 members. Route is approximately 24km full of natural challenges. Track goes from Saka Manor to Toila harbor along the coastline and passes through the Valaste hiking trail.

Date: Saturday, July 15, 2023.

Location of the HQ: Toila harbor, Toila parish, Ida-Virumaa, Estonia.

Route and organization: Alutaguse Matkaklubi, Hardi Raiend

Sponsors: Sports and Culture Center of Toila parish, Toila parish

Start and finish

Gathering in Toila harbor. After preparation, everyone is taken to the starting point by bus. The instruction in Estonian takes place on the bus while driving to the start. Regarding other languages - TBD.

Start from the territory of Saka Manor:

59°26'17.2"N 27°10'42.2"E

Google Maps: 59.438111, 27.178377

The finish line is on the territory of the Toila harbor and is clearly marked for the competitors.

The route

The distance is approximately 24 kilometers for runners and hikers. Possible turning points are marked with arrows. Pebbles, wet sand, liquid clay, fallen trees on the track and other natural obstacles require great caution.

Most of the route is in the Ontika landscape protection area and any activity that would cause damage to nature is prohibited (eg lighting campfires or leaving trash)!

Security

The course is demanding and only well-prepared teams are expected to participate. The path is full of loose stones and participants have to be extremely careful on the path. The safety of the track is checked by the organizer immediately before the race.

Lighting fires and other activities that would cause damage to nature are prohibited along the entire route!

Team security responsibilities

Competitors **MUST** have a working mobile phone with a fully charged battery. Phone must be securely and waterproofly packed (checked at the start). All team members must have a brightly colored (yellow or orange, neon) vest, sport shirt or windbreaker. A headlamp is mandatory. NB: the red light mode is an emergency call!

There are no drink and food points on the trail. Bring your own bottle!

It is forbidden to leave garbage on the track! All packages that are at the start must reach the finish line.

In case of an accident and need of retirement, the organizers MUST be notified (phone numbers must be saved in the phone in advance). The national emergency phone number is 112.

Competition classes

Registration classes for the 24 km beach run:

Men teams of 2-3 members - MMM (age limit 18 years and older)

Women teams of 2-3 members - NNN (age limit 18 years and older)

Mixed teams 2-3 member teams - MN (age limit 18 years and older)

The participant is responsible for his own state of health during the competition. It is recommended to have accident insurance.

SCHEDULE

13:00 - the competition center opens in Toila harbor

14:45 - The bus for HIKERS to the starting point departs from Toila harbor

15:30 - start of HIKE

18:15 - RUNNERS' bus to the starting point departs from Toila harbor

19:00 - RUNNERS start

23:00 - Awarding of RUNNERS

23:59 - the finish closes!!!

01:00 - the competition center closes

Results

A timing is used.

The finish is recorded when the last member of the team crosses the finish line.

Rewarding

The award ceremony takes place in the competition center after the best of all competition classes have been determined.

The three best teams of all classes will be awarded. If there are less than 5 teams in the competition class, only the 1st place winners will be awarded.

Entry Fees

Participation fee: 15€ per participant

Registration and payment: <https://fienta.com/et/pankranniku-rannajooks-2023>

Registration deadline 13.07.2023.

Car registration number must be entered at the registration form. Otherwise there may not have parking place.

On-site registration is in cash and only if there are free places. You can ask Hardi Raiend:
+372 5116477

The participation fee includes: route inspection and preparation, transport from the competition center to the starting point, sauna, food at the finish.

General

All questions not specified here will be resolved by the main organizer.

Information about the BALTIC CLINT COASTAL RUN 2023 can be obtained by calling +372 5116477 - Hardi Raiend; e-mail - raiendhardi@gmail.com

Events are supported by PRIA fund.