



THE 2018 BLUE HEPATICA RUN IN BELGIUM

TIME AND LOCATION:

- 15 April 2018
- Park near of the African Museum, Tervuren 3080, Belgium
- The competition centre is open from 10.00 - 13.00
- EDF (Estonian Defence Forces) Physical Fitness Test: 10.00 – 11.00
- Start: 11.00

PARTICIPANTS:

- The run is open to everyone interested: service-members, members of the Estonian Defence League, veterans, their family members and acquaintances, members of the Sports Platoon of the Estonian Defence Forces, our NATO allies etc. Also, all civilians are welcome to run alone or with their families.
- Preregistration for the run can be done online until 12.04.2018 at 15.00 in: <http://annameau.ee/sinilillejooks/>
- The participation of:
 - 2 EUR – year of birth until 2006 incl.
 - 5 EUR – year of birth from 2005
- Participation fee guarantees a running number and the Blue Hepatica flower pin as a symbol to support veterans and donation for Estonian Society of Wounded Warriors.
- On-site registration is possible at the competition centre on 15 April 2018, from 10.00 -10.45.
- Those who register at the competition centre on 15 April 2018 after 10.45 may participate in the run, but will not be issued running numbers and their results will not be record in the protocol of the competition.
- All civilians and service-members can take the 2018 EDF Physical Fitness Test before the run:
 - Pus ups
 - Sit-ups lying with the back on the floor
 - 3.2 km run (prior registration required).

DISTANCES AND COMPETITION CLASSES OF THE RUN:

- The competition distance of the run is 3.2 km (see the map)
- Competition results will be record for all participants with a registered number.
- The number must fixed to the chest of a competitor's shirt.
- The race has a Mass Start.
- Competition classes of the run:
 - Boys P16 (year of birth up to 2002)
 - Girls T16 (year of birth up to 2002)
 - Men (year of birth 1979 - 2001)
 - Women (year of birth 1984 - 2001)
 - Men M40 (year of birth 1978 or earlier)
 - Women N35 (year of birth 1983 or earlier)

AWARD CEREMONY:

- The three best competitors of each class will be award with a Blue Hepatica Run medal.
- The award ceremony will be held on flag square.
- Each participant can print out a diploma with his/her results and the results of the Army Physical Fitness Test from the finish protocol of the run.

ADDITIONAL INFORMATION:

- Participants are responsible for their personal belongings. Free parking is available at the site (see map)
- There are no bathroom facilities available
- Further information on Physical Fitness test: [HERE](#)
- Contacts of the event organizer: Kaia Kollo, Kaia.Kollo@mil.ee +372 5330 7716
- Contacts of the event organizer in Belgium: Margot Künapuu +32 499981232, Andrus Reinstein +372 5176 481 belgiasj@outlook.com



- The competition distance of the run is 3.2 km. The start and finish are in the African museum (see map); the run includes 1 1/2 lap along a marked track.