



# THE 2018 BLUE HEPATICA RUN IN COPENHAGEN

## TIME AND LOCATION:

- 15 April 2018, start and finish of the race from Kastellet, Windmill area.
- The competition centre is open from 10.45 – 13.30
- NATO (APFT) Physical Fitness Test: 11.00 – 12.00
- Start time: between 12.00 and 13 00 (in every 5 minutes) from Windmill at Kastellet

## PARTICIPANTS:

- The run is open to everyone interested, we hope to see all who live in Denmark, especially Estonian community in Denmark, very welcomed are members of the Danish Armed Forces, our NATO allies, veterans, family members and acquaintances etc.
- Preregistration for the run is advisable and can be done on Facebook site: <https://www.facebook.com/events/361259814376801/>
- The participation is free of charge, but the event is meant to raise donations for Estonian Society of Wounded Warriors. Donations can be done at the site in cash and by MobilePay. This is the chance to remember and support those who sacrificed for our freedom and gave us chance to live our lives the way we want. Each contributor will receive Blue Hepatica flower pin as a symbol for the support of veterans.
- Each participant of the run will receive a number to be clearly identified as a participant of the 2018 Blue Hepatica Run in Copenhagen.
- All participants who wish so, can take the 2018 NATO Physical Fitness Test:
  - Push-ups
  - Sit-ups lying with the back on the ground
  - ca 3.2 km run.

## DISTANCES AND COMPETITION CLASSES OF THE RUN:

- The competition distance of the run is 1,7 km or 3,4 km (2 circles). The start and finish are in front of the Windmill in Kastellet area. The track runs along the Kastellet rampart.
- Each participant will record and mark down his/her own result, it is totally voluntary.
- The number should be fixed to the chest of a competitor's shirt.
- The race has a Mass Start at 12 00 and thereafter in every 5 minutes until 13 00.

## AWARD CEREMONY:

- The three best competitors of the NATO Physical Fitness Test will be awarded with a Blue Hepatica Run medal.
- The award ceremony is held at Start area at 13 30.

## ADDITIONAL INFORMATION:

- Participants are responsible for their personal belongings.
- There are no washing facilities available
- Further information on Physical Fitness test: [HERE](#)
- Contacts of the event organizer: Embassy of the Republic of Estonia, [Embassy.Copenhagen@mfa.ee](mailto:Embassy.Copenhagen@mfa.ee) +45 39 46 30 70

