



# 15th VÕHANDU MARATHON 2020

## International paddling marathon in Estonia

### INFORMATION COMPETITION MANUAL

1. The 15th Võhandu Marathon is organised by the Ekstreempark Sports Club in cooperation with the Võrumaa Sports Federation and Paddling Federation of Estonia
2. The 15th VÕHANDU MARATHON will take place on **Saturday 18 April 2020**. The mass start is at **7.00 AM** at Lake Tamula in Võru.
  - 2.1. Participants will be informed on possible changes to the start time and place (delayed start, start in waves, start location, etc.) caused by weather, ice or other obstacles at least 24h before the announced start time via web page and/or by email.
3. Finish is located 150 m downstream of the highway bridge of Räpina-Värska highway on the left side of the river.
4. The length of the course is approx. 100 km.
5. The cut-off time is **24 hours**.
6. All man powered and unmotorised floating devices are allowed to participate.
7. **NB!** The organisers will not rent out any equipment
8. All participants are responsible for bringing their own equipment.
  - 8.1. Limited number of kayaks and canoes can be rented from our partners by making all the relevant agreements yourself.
9. **NB!** Only crafts listed in this Competition Manual will have their results recorded.
  - 9.1. It is **FORBIDDEN** to switch a kayak, a canoe or any other watercraft during the competition.
    - 9.1.1. **NB!** Teams who have switched a watercraft will have results recorded separately from the main competition.
    - 9.2. Teams with crafts that are not listed in the Competition Manual will have their results recorded separately from the main competition. That includes kayaks and canoes with a larger number of team members than listed in the Competition Manual.
    - 9.3. If a team, whose result does not apply under main competition results, achieves a prize-winning place then the team will not be awarded.

# CLASSES

1	<b>K1 MEN</b>	MEN	any type of single kayak
2	<b>K1 WOM</b>	WOMEN	any type of single kayak
3	<b>K2 MEN</b>	MEN'S PAIR	any type of double kayak
4	<b>K2 WOM</b>	WOMEN'S PAIR	any type of double kayak
5	<b>K2 MIX</b>	MIXED PAIR	any type of double kayak
6	<b>C1 MEN</b>	MEN	any type of single canoe
7	<b>C2 MEN</b>	MEN'S PAIR	any type of double canoe
8	<b>C2 WOM</b>	WOMEN'S PAIR	any type of double canoe
9	<b>C2 MIX</b>	MIXED PAIR	any type of double canoe
10	<b>SUP_MEN</b>	MEN	any type of stand up paddle board
11	<b>SUP_WOM</b>	WOMEN	
12	<b>MEGASUP</b>	All in one group	Large surf boards 2 or more participants.
13	<b>RAFT</b>	MEN & MIX	any type of rubber boat for 1-10 people
14	<b>RAFT WOM</b>	only WOMEN	
15	<b>WTB</b>	Any type of pedal boats	
16	<b>BOAT</b>	any type of rowboats	
17	<b>SKIJAK</b>	A combination of cross-country skiing and kayaking Who will be the first in the world to complete a marathon in SKIJAK class?	
18	<b>UNK - unknown</b>	self-made or unknown (not specified) boat. If team is bigger or changes boat.	

## 10. RULES FOR THE CANOE CLASS

- 10.1. Participant in a canoe class (C1 or C2) has to use a **C1** oar with a single paddle. It is forbidden to use a double-ended paddle.
- 10.2. The maximum length of the canoe is determined as follows:
  - 10.2.1. C1 – 530 cm
  - 10.2.2. C2 – 650 cm
- 10.3. The maximum nor minimum width of the canoe is not determined.
- 10.4. Rudder and drop keel are forbidden on all canoe types.
- 10.5. It is allowed to use a spray hood all along the cockpit.
- 10.6. It is allowed to fill boat's empty parts with air tanks.
- 10.7. It is forbidden to use a kayak or its modifications in the canoe class.
- 10.8. It is forbidden to remodel a kayak into a canoe.
- 10.9. All canoes have to be able to stay afloat in case of flipping over.
- 10.10. All loose objects in the canoe have to be attached to the canoe.

## 11. RULES FOR RAFT BOATS

12. All rafts have to be inflatable, with an even bottom and without a rudder.
  - 12.1. A Rudder is any device that is attached to or supported on a RAFT to maintain or change the course of the RAFT.
  - 12.2. An oar or paddle held by a competitor is not considered to be a rudder.

13. **The length of the rafts must not exceed their triple width**, i.e. the maximum allowed ratio between **length and width is three**. For example, if the width of the raft is 1.5 m the length should not be more than  $1.5 \times 3 = 4.5$  m etc.
14. It is not allowed to change the shape of the raft by any means, it has to be in compliance with the original factory-made requirements.
15. Each RAFT class competitor must use a **C1** single paddle. The use of double-ended paddles is forbidden.
16. The referee may check the raft's conformity either during the start, on the course, or at finish.
17. The number of people in a raft is not regulated, however, the recommended size of a team is between 4-8 members.
18. Teams using rafts that do not comply with the implemented rules will have their results recorded separately from the main competition.
19. All raft teams mentioned in point #18 will receive a marathon diploma and a participant medal, however, they will not be awarded in case they achieve a prize-winning place in their class (RAFT).

## REGISTRATION

20. Anyone over the age of 18 (included) can participate in the marathon, provided they have trained sufficiently in order to complete the distance.
21. You can register at [www.vohandumaraton.ee](http://www.vohandumaraton.ee)
22. **The registration opens every year on the 1st of January.**
23. By registering for the Vöhandu Marathon, participants allow the use of photos and videos taken of them during the event for promotional purposes.
24. Should a participant cancel their participation, no participation fee will be refunded, however, in agreement with the organisers the participant can register to the next year's marathon for half of the price.
25. Should the marathon be cancelled due to a *force majeure*, no participation fee will be refunded.

## COMPETITION FEES

26. Competition fees are calculated based on the number of participants in a boat.
27. Registration in **JANUARY**  
**55 EUR per participant**
28. Registration in **FEBRUARY**  
**65 EUR per participant**
29. Registration in **MARCH**  
**75 EUR per participant**
30. Registration ends  
**31 March 2020**
31. The winners of the boat classes of the 2019 marathon can register for the 2020 marathon **for FREE.**
32. **NB!** The discounts are individual and do not apply for teammates.

# PAYMENT:

## Payments made from foreign countries

- Payee: • **MTÜ SPORDIÜHING EKSTREEMPARK**
- Address of payee: • **65609 Võru, Estonia, Kreutzwaldi 14-5**
- IBAN number of the payee : • **EE312200221019479906**
- Bank name and address: • **AS Swedbank, 8 Liivalaia Street 15040 Tallinn, Estonia**
- SWIFT code/BIC: • **HABAE2X**
- Total: • **Total on invoice**
- Payment description: • **INVOICE NUMBER given upon registration and NAMES of participants**

NB! The participant must pay the fee for the bank transfer!

# ARRIVAL

33. As the start is early (7.00 AM on Saturday morning), it is recommended to arrive in Võru on Friday evening.
  - 33.1. Be sure to bring your boat on Friday and take out the starting materials. Or even better why not have a weekend off and arrive in Võru on Thursday. This gives you time to prepare equipment and enjoy the pre-start activities at the Competition Centre.
34. Upon arrival to Võru visit the Competition Centre first. There you will get all necessary materials and information.
35. You can leave boats and trailers in the secured car park next to the Competition Centre.
36. The Competition Centre, car parking, camping ground and the accommodation in the Võru Sports School are all located near the start area.
37. In addition, it is also possible to stay at various hotels and guesthouses in Võru. Additional information at [www.visitvoru.ee/accommodation](http://www.visitvoru.ee/accommodation)
38. The organisers can offer approximately 200 places for sleeping on the floor of the Võru Sports School. There is also an organised overnight stay on the floor of the gym at the Räpina Gymnasium. 100 places are available after finishing.
  - 38.1. NB! Bring your own sleeping bag and mat.
  - 38.2. Entrance to Võru Sports School will be opened at 16:00 on April 17. Accommodation at Võru Sports School costs 5 -10 € per place.
  - 38.3. Entrance to the Räpina Gymnasium will be opened at 20.00 on April 18. Räpina Gymnasium costs 5 € per night
  - 38.4. Accommodation must be payed upon arrival on site in cash (€5 per place).
  - 38.5. Booking is based on the registration order. When travelling with a group, consider all the people in your group when making a reservation.

## **PARKING AND TRAFFIC ON COMPETITION DAY**

39. Parking in the carpark may not be free, keep a few euros in your pocket. The cars are directed to the carpark according to traffic management and occupancy
40. Stopping and parking in service points and on bridges crossing the rivers is regulated by temporary traffic signs, violations will cause sanctions in accordance with the law.
41. Following the instructions of the police, traffic arrangers and competition referees is obligatory when driving, parking and/or competing.

## START - <https://g.page/vmstart>

42. Coordinates – Competition Centre, Starting Area for Class C (Canoe) and K (Kayak) Boats.  
42.1. Google maps: 57.842593, 26.992245  
42.2. GPS: 57°50'35"N 26°59'30"E
43. Coordinates - Start area for RAFT, SUP, BOAT and Self-made (UNK) boats.  
43.1. Google maps: 57.846943, 26.981476  
43.2. GPS: 57°50'50"N 26°58'58"E
44. Start materials will be distributed at the Competition Centre in Võru  
**Thursday 16 April 16:00 - 22:00**  
**Friday 17 April 12:00 - 24:00**  
**Saturday 18 April 05:00 - 06:30**
45. Based on experience from previous years it is recommended to arrive in Võru on Friday or even better on Thursday.  
45.1. If possible, bring your boat to the Competition Centre on Friday and get your start kit/materials from the organisers.  
**45.2. BE ON SITE EARLY ON THE MORNING OF COMPETITION.**  
45.3. There will be changes in the traffic pattern near the Competition Centre on the morning of competition. Some streets will be closed.  
45.4. There might be no parking spots left near the Start site and getting your boat to the lake might take a lot of time.  
45.5. Due to the large number of participating boats, it takes approximately up to an hour to get to the Start position with your boat.
46. Each team is guaranteed:  
46.1. A number, which has to be attached to the competitor and a sticker-number, which has to be attached to the boat.  
46.2. A waterproof map with necessary information.  
46.3. Timing by organisers at control point and at the finish.  
46.4. A ranking in the official results.  
46.5. Catering (food and drinks) at two control points and at the finish.
47. All accompanying vehicles will receive a special map indicating the recommended directions, parking, traffic restrictions and other relevant information for drivers.
48. After the start, the Competition Centre in Võru will be closed and moved to Võõpsu village.

## COURSE

49. All road bridges crossing the river are control points. There are a total of 16 control points (KP)  
49.1. Timing takes place at the control points in the table below.

Control point	Name	Distance from start	Distance of the leg	Control point (KP) will be closed
2 KP	LIITVA BRIDGE	7 km	7 km	SAT 09:00 AM
6 KP <i>carry across</i>	PAIDRA MILL DYKE	31 km	24 km	SAT 14:00 PM
7 KP <i>carry across</i>	LEEVI POWER PLANT DYKE	41 km	10 km	SAT 16:00 PM
8 KP	SÜVAHAVVA MILL DYKE	49 km	8 km	SAT 18:00 PM
12 KP <i>carry across</i>	LEEVAKU POWER PLANT DYKE	76 km	27 km	SAT 23:00 PM
14 KP <i>carry across</i>	RÄPINA POWER PLANT DYKE	91km	15 km	SUN 03:00 AM
16 KP FINISH	VÕÕPSU HIGHWAY BRIDGE	100 km	9 km	SUN 07:00 AM

50. The time limits for passing through each control point are displayed in the table above.  
50.1. Teams that exceed control point time limits will be called off the course.
51. By way of exception, the organisers have the right to shorten the course during the race in the interest of the participant's safety.

## CATERING

52. All participants in the marathon will have FREE catering on the race course  
52.1. The wristbands are issued with the start materials.
53. There are three places for catering. (41 km - KP 7) and (76 km - KP 12) and finish (100 km - KP 16).  
53.1. KP 7 Leevi control point 41 km opens at 9:00 and closes at 16:00  
53.2. KP 12 Leevaku control point 76 km opens at 12:00 and closes at 23:00  
53.3. KP 16 Catering at the finish will start at 13:00 and will be closed when the last competitor arrives.  
53.4. Catering facilities offer soup, energy drinks, water, muffins, bread, salt.
54. Escort teams are catered for only when they present a food coupon. Food coupons can be bought from the Competition Centre.  
54.1. A food coupon is valid in all three catering stations and costs **10 €**.
55. NB! In addition to the three catering points organised by the organisers, there may be several home cafes and other caterers on the trail - catering and consumption at these locations is the responsibility of the competitor  
55.1. The organiser of the Marathon does not coordinate the work of the cafés and is not responsible for what is offered there.
56. We recommend participants to take additional food with them in addition to the food offered at catering points. For example: raisins, nuts, energy bars and definitely something to drink.

## FINISH - <https://g.page/vmfinish>

57. Finish is located 150 m downstream of the highway bridge of Rápina-Värška highway on the left side of the river. The time will be recorded when the first member of the team crosses the finish line.
58. The headquarters, changing tents, sauna, car park and the camping ground are located at the Competition Centre near the finish.
59. Catering will offer groat porridge with extra lard in it, tea, 'energy drink', water, buns, and bread.
60. It is only allowed to enter the finish area by car **for loading the boat**. For long-term parking use nearby parking lots and the roadside.
61. Cars must be parked at the car park of the Competition Centre according to instructions given on site.
62. It is estimated that the winner will arrive at the finish at 15:00, approx. 8 hours after the start.
63. The last teams will reach the finish late at night after spending 21-22 hours on the course.
- 64. Please use an accompanying vehicle so that you have people helping you on the course and necessary equipment at KPs and bridges (food, drink, dry clothes, head torches, medicines etc.)**
65. **NB!** After having spent at least 10 hours on the course, we advise you not to drive the car yourself. Use another driver or stay the night at Võõpsu or Rápina before you start the journey home.

# QUITTING in the CONTROL POINTS (KP)

66. If you want to quit the marathon, please make sure you do it at a control point (KP).
67. The results of those who quit will be displayed at the bottom of the protocol.
68. On completion at the control point, you **MUST** notify the organizers by calling or sending an SMS to the marathon information number (+372 52 10 800) and you will be registered as a finisher at the relevant control point. (more info on the map and control point)
  - 68.1. SMS must to be sent in the following form (boat number space finish point.  
E.g., 1500 Leevaku
  - 68.2. Please save the phone number + 372 52 10 800 to your phone.
  - 68.3. By storing a number on a phone called AAA VÖHANDU MARATHON you will ensure that the number is always on the first line and quickly found and used in a crisis situation
69. NB! The organisers are not responsible for the transportation of participants from the control points to the finish.
70. Based on previous experience and the difficulty level, distance and length of the marathon we have reached the conclusion that it is necessary to use **ACCOMPANYING VEHICLES**.  
**Please use accompanying vehicles.**
  - 70.1. It is **ALLOWED** and **RECOMMENDED** to use outside help for carrying the boat around obstacles.

## TIMING

71. The organisers will mark your times at the start, at KPs and at the finish.
72. In order for the result to be registered, your number must be visible throughout the marathon.
73. The results will be posted online.
74. Spectators and supporters can follow the competition live online. More information will be posted on the day of the competition at [www.vohandumaraton.ee](http://www.vohandumaraton.ee)

## RULES

75. It is mandatory to wear a life jacket. Competitors without a life jacket will be disqualified.
76. We recommend wearing a helmet.
77. Be extra careful when passing dams at mills (strong currents, rocks) and at night (branches, trees in the water).
78. Use at least one headlamp per team during night-time.
79. It is not allowed to carry a boat over an oxbow/bend (i.e. shortcutting is not allowed). All violators will be disqualified.
80. Do not throw litter into the water or onto shores. Throwing drinking bottles and packages in nature will result in immediate disqualification. You can leave litter at checkpoints.
- 81. CHECKING AND IDENTIFICATION OF THE INTOXICATION OF A PERSON**
82. Vöhandu Marathon follows the rules of the World Anti-doping Code.
83. Persons with obvious intoxication symptoms or drunk persons will be disqualified.
84. In order to check for intoxication, the organiser is entitled to call the police or another authority that will check the presence of alcohol, drugs or any other intoxicating substance in the blood of a competitor.
85. In the case of suspected intoxication, the organiser is entitled to prohibit further movement of the whole team. The boating team will be disqualified, and no participation fee will be refunded.

## 86. HINDERING OTHER COMPETITORS

86.1. Any attempt to disturb other competitors by withholding the other team or the competition by blocking the way will result in disqualification of the respective boat team.

# COMPULSORY EQUIPMENT ON THE BOAT

87. Mobile phones in waterproof cases with the organiser's phone number. (**+372 52 10 800**)

87.1. By storing a number on a phone called AAA VÕHANDU MARATHON you will ensure that the number is always on the first line and quickly found and used in a crisis situation

88. **NB!** Please wear a mobile phone on you. This enables you to call for help even if you have lost all your other equipment.

89. **Thermal film NB! Store it in your life jacket pocket or anywhere else that is safe. Ensuring that the film is safe if you capsize can save you from being chilled.**

90. Head lamps (at least one per boat). Light will be needed on the river from 21.20

91. Pocket knife (at least one per boat).

92. Cord, approx. 5m. (attach it to the boat)

93. Dry clothes (in a waterproof bag)

94. Resources necessary to light a fire.

95. Food & Drink. (Please ensure you drink regularly.)

# COMPETITOR'S RESPONSIBILITY

96. Completing such a long course will be challenging both physically and mentally. Participants must take into account that competing at the Võhandu Marathon is high risk and they are solely responsible for their actions. The organisers are not responsible for possible injuries, traumas, fatalities etc.

97. All competitors have to be familiar with the possible risks and sign a confirmation document upon receiving the start materials.

98. All competitors are solely responsible for the safety and the maintenance of their equipment.

99. The organisers are not responsible for items lost or damaged during the competition.

100. Bring a small medicine case (bandage, plasters, painkillers etc.).

101. The local border guard, ambulance and rescue services have been informed of the competition.

102. If someone needs help on the course please note the time of the incident, the number of the team, remember the place of the incident and inform the organisers at the next KP or by calling **+372 52 10 800**

103. In case of a serious incident immediately call the emergency telephone number 112 and inform the organisers.

104. **NB! READ THE SAFETY INSTRUCTIONS!**



## AWARDING

105. Prizes will be awarded to the first TWELVE (12)boats that cross the marathon finish line. This is an absolute ranking across all boat classes. Awards will then also be given to the winner of each class.
  - 105.1. If a team, who's result does not apply under main competition results (UNK-unknown), achieves a prize winning place then the team will not be awarded.
106. Diplomas wont be given out at the end. The diplomas are available electronically at [www.vohandumaraton.ee](http://www.vohandumaraton.ee)
107. **MEDALS** will be given to all participants who have completed the full marathon irrespective of the boat class.
108. Awarding will take place at the finish one hour after the team has finished.
109. There will be a prize draw between all participants who have signed the SAFETY INSTRUCTIONS and returned it to the organisers.
  - 109.1. A competitor who is disqualified during the competition is not entitled to take part in the raffle.
110. The safety instructions will be handed out with the start materials and should be signed.
111. Draw prizes will be handed out at the finish.

### Further information about the competition

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**NGO "Spordiühing Ekstreempark" is a member of the Võru County Sports Union and the Estonian Canoeing Federation**

