



## "SCOUTSRÄNNAK 2025"

### Overview:

For the past 22 years the Scoutsbattalion of the Estonian Defence Forces has organised a military-style endurance march called "Scoutsrännak" that was originally launched to celebrate the spirit of cooperation among Estonia's services. Event is dedicated to the 24<sup>th</sup> anniversary of the re-establishment of the Scouts Battalion (29 March 2001) and it will offer an opportunity to explore the territory of the Central Training Area of the EDF.

The Scoutsrännak endurance march welcomes participants from all uniformed services (e.g. Estonian Defence Forces, Estonian Defence League, Police and Borderguard Board, Estonian Rescue Board and the Tax and Customs Board) as well as civilians, regardless of their age, rank or gender. This year's Scoutsrännak route is approximately 30 km long and the participants have 8 hours to complete it. Each participant is free to choose their pace. Participation is free of charge.

### Event Schedule:

This year's event will take place on **Friday, 28 March 2025** from **10.00 to 18.00** at the Central Training Area of the Estonian Defence Forces in **Läsna village, Kadrina parish, Harju County**.

### **Participants are expected to arrive at the Läsna Campus no later than 09.30**

**08.00 – 09.30** – arrival at Läsna Campus, check-in, weighing of rucksacks

**10.00** – mass start

**10.00 – 18.00** – march along the „Scoutsrännak 2025“ route

**13.00 – 18.00** – finish and weighing of rucksacks, award ceremony, catering

### Registration:

All participants **MUST** pre-register: [www.mil.ee/registreerimine](http://www.mil.ee/registreerimine) or [www.mil.ee/scoutsrannak](http://www.mil.ee/scoutsrannak).

Please include your first name, surname and organisation in your registration e-mail.

The maximum number of participants is 1,700. Once registrations reaches this limit, it will be closed. The public will be notified online at [scouts.mil.ee](http://scouts.mil.ee) otherwise the final deadline for registration is **21 MARCH 2025**.

## "SCOUTSRÄNNAK 2025" GUIDELINES

### EQUIPMENT

#### Uniform No 1

1. field/combat uniform of the Estonian Defence Forces (EDF) or other organisation
2. boots
3. **rucksack (ONLY RUCKSACKS are accounted for in this category, i.e. participants wearing combat vests, webbing, etc. will be automatically categorised as wearing Uniform No 2)**
4. service weapon (**rifle**) + 1 magazine without ammunition.

At the end of the march, the rucksacks are weighed and the weight of the rucksack must be at least 10 kg (at the time of weighing, the weapon and the magazine are not attached to the rucksack). When packing the rucksack make sure that the food, water or other consumables, are not included in the 10 kg. If necessary, sandbags, which are provided in the starting area, can be added for additional weight before the start of the march.

**NB! Service weapons must be carried in hand or slung around the neck; it is PROHIBITED to carry service weapons in the rucksacks. It is also prohibited to disassemble weapons and carry them in the rucksacks. Imitation weapons are not allowed.**

#### Uniform No 2

1. uniform of choice
2. footwear of choice
3. rucksack, webbing, combat vest

At the end of the march, the rucksacks are weighed and the weight of the rucksack must be at least 15 kg. When packing the rucksack make sure that the food, water or other consumables, are not included in the 15 kg. If necessary, sandbags, which are provided in the starting area, can be added for additional weight before the start of the march.

**NB! The participants are responsible for their rucksacks weight before the start. Scales are provided in the starting area. At the finish the organisers will weigh the.** Participants whose rucksacks are below the required standard weight will be disqualified (i.e. their names will not be included in the final rankings; however they will keep the joy gained from taking part in this event).

### Route Overview

The Scoutsrännak 2025 route will take the participants through the varied landscape of the Central Training Area of the Estonian Defence Forces. Please take note that during spring-time the roads and paths may be wet, muddy or slippery, and Valgejõgi river might be overflowing. The main part of the march route runs along secondary roads, and therefore the risk of traffic hazards is minimal. There will not be any obstacles nor counter-activities along the route. The route will be marked with tape where necessary and there will be occasional distance markers. Also, each checkpoint will have a map with the route and current location. In addition, the event staff will stand ready with directions at all intersections along the route. Participants are prohibited from using shortcuts that fall outside the designated march route; failure to comply with this rule will lead to disqualification.

### Security

All major intersections are secured. Mobile medical units will be available along the route to provide first aid and if necessary, evacuate participants who have had an injury or have fallen ill. They will be transported to Läsna campus or to the Tapa Medical Centre of the 1st Infantry Brigade's

Combat Service Support Battalion. Security vehicles will stand ready to pick up and transport participants who have decided to quit the race or cannot proceed for any other reason. Throughout the event, participants may seek help from mobile medical units or personnel positioned at the checkpoints.

### **Start and Finish**

Upon arrival, all participants have to check in at the registration tent. After checking in and weighing their rucksacks, participants are to proceed to the designated waiting area to stand by for the start. After they have weighed their rucksacks, the participants are expected to stay in the waiting area! An audio signal will start the march. The finish is at the secretariat tent where finishing time will be recorded and equipment weighed. After finishing the march showers are available for use. For further information, please consult with the staff on site.

### **Catering**

Along the route, participants will be treated to warm blueberry soup **free of charge**. Water and tea will also be available **free of charge** at checkpoints and in the finish. After finishing the march, participants can enjoy some hot soup and pie **free of charge** at the Läsna Campus.

### **Prizes**

Participants will compete in two categories. The first category includes all participants who completed the march with **Uniform No 1**. The second category includes all participants who completed the march with **Uniform No 2**. All participants, **regardless of category**, will receive a certificate if they finished the march under 8 hours. The top three men and top three women **in the first category** will be awarded a trophy.

The top 100 finishers **in the first category**, the top three women among participants included **in the first category** (if they do not finish among the top 100), as well as the top three men and top three women **in the second category** will receive a commemorative t-shirt carrying the Scouts Battalion emblem.

All **first category** participants who manage to complete the march under 4 hours and 30 minutes will receive a commemorative medal, whereas **second category** participants will receive a medal if they complete the march under 4 hours.

For competing in the Estonian Defence Forces championship in Scoutsrännak contact your sports instructor or Scouts Battalion's sports instructor Tabet Pomerants ([tabet.pomerants@mil.ee](mailto:tabet.pomerants@mil.ee)).

Certificates and other prizes will be handed to the participants right after finishing.

### **Prizes:**

- top three men in Uniform No 1
- top three women in Uniform No 1
- first man and first woman in Uniform No 2
- consolation prize for the last finisher
- best teams in Defence Forces championships

**Sponsors (prizes): GALVI-LINDA AS, EUROSEC, RELVAD.EE, PROFLINE AS, MILSHED, MILSTOCK OÜ, VÄRSKA VESI AS, TSvaruosad, STEELCORE OÜ.**

### **Final Remarks**

There will be no final line-up or ceremony after the finish. After washing up and enjoying some warm soup, participants are free to leave the Läsna campus independently. Good luck and have a great time at the march!