

Heroes' Obstacle Race Lähde 2021

Heroes Obstacle Race is 8 km and 4km long obstacle course race with more than 30 man-made and natural obstacles. **Heroes Obstacle Race series** is an OCR series in Estonia with three different races in 2021: 6th June - Narva, 11th July - Tallinn and 1st August - Lähde. Every race has the main race and in addition free children's run.

Time:

Sunday, 1st of August 2021

Event place:

Event center is located in Lähde village, next to Lähde school's sports hall, follow the signs.

[Google Maps link](#)

Timetable:

More detailed information will be made available at the beginning of race week!

10:00 Event center is opened

10:00 Participants' numbers, other materials, etc.

10:00 Registration for children's run

11:00 Children's run – up to age 6(incl) – ~300m

11:10 Children's run – age 7-10 – ~650m

11:20 Children's run – age 11-14 – ~1km

11:40 4km 1st wave (numbers 500-600)

11:50 4km 2nd wave (number 601+)

12:00 8km 1st wave (numbers 1-75)

12:10 8km 2nd wave (number 75-150)

12:20 8km 3rd wave (number 151-225)

12:30 8km 4th wave (numbers 226-300)

12:40 8km 5th wave (numbers 301-375)

12:50 8km 6th wave (numbers 376-450)

13:00 8km 7th wave (numbers 451+)

14:00 Award ceremony (approximately)

Distance and course:

There are two distances: 8km and 4km.

Course includes different man-made and natural obstacles. For example you have to carry heavy items, crawl under the net, climb over the wall, run over the pontoon bridge on the water etc.

Course is marked with barricade tape, signs and volunteers.

The use of spiked shoes is forbidden to maintain the good condition of obstacles for all participants!

Competition classes:

Competition class	Term
NN	Young women, born 2001 and later
MN	Young man, born 2001 and later
N	Female main class
M	Male main class
N45+	Women born 1976 and earlier
M45+	Men born 1976 and earlier

Team classification:

Team classification will be included in addition to individual classifications. Teams may consist of max 5 team members but 3 team members is the minimum: the times of three fastest team members will be added up for a total result of the team. Awards are also given to the best teams.

Team registration: [Register here!](#)

Registration:

Registration in the [registration page!](#)

When paying separately:

Account number EE472200221061466747 Swedbank

Comment: Competitor's name/Vägilase Jooks Lähte

Entry fee:

Entry fees change according to the registration round. Participation is at **Your own risk!**

Registration round	Price for 4km	Price 4km with the T-shirt	Price for 8km	Price 8km with the T-shirt

The whole series until 1st March 2021	38€	53€	50€	65€
1st round (up to 15th January)	15€	30€	20€	35€
2nd round (from 21st January to June 1st)	20€	35€	25€	40€
3rd round (from June 2nd to July 1st)	25€	40€	30€	45€
4th round (from July 2nd to July 26th)	30€	45€	35€	50€
5th round (from July 27th to and on the race day)	35€	50€	45€	60€

*Youth under 20 years (20 years old included) with discount code "SHNOOR" and seniors from 60 years old (60 years old included) with discount code "SHSEENIOR" will receive a 30% discount.

Entry fee includes: starting number, timing, result, medal, T-shirt (if selected), food ticket, medical aid, washing facilities, free photos and an interesting course!

Everyone can also order an awesome Heroes Obstacle Race T-shirt for 15€. If you decide to include the T-shirt in your registration, please mark your T-shirt size when signing up on the registration page. Those who have registered in the 5th round or on race day will get their T-shirts delivered after the race by mail. This way we can avoid the overproduction of T-shirts and avoid excess waste!

Timing:

Timing is electronic.

Live results: <http://live.seiklushunt.ee/>

Everyone can download and print their diploma on the official results' web page.

Award ceremony:

The three best of every class will be awarded with a prize. The organisers maintain the right to reduce the number of awardees if there are not enough participants in class. The participants will be included in each class that they meet the terms of, meaning that both Juniors and 45+ can reach the podium in main class as well. In addition there will be drawn prizes!

First aid:

First aid is available at all times in the event center.

Parking:

Parking is free and is located in the parking lots of Lähte School and Lähte Sports hall.

Organiser's rights:

Organiser can make changes in the instructions.

Organiser has rights to disqualify persons from the final report when the participant does not finish the full race or does not follow the instructions.

Organiser has the right to use the pictures and videos from the event for commercial use.

When the event is cancelled (Force Majeure) then the entry fee will not be reimbursed.

When a participant, who has registered and paid the registration fee, is unable participate, then the entry fee will not be reimbursed.

Organizer:

MTÜ Seiklushunt

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