

Sakala Trail Forest Run Invitation 2025

Organizers:

The event is organized by the Estonian Rural Life Museums / C. R. Jakobson Farm Museum and the NGO Terviseklubi Mispo.

Date: July 26, 2025

Objective:

The Sakala Trail is a forest path from Kurgja to Vanaõue, which C. R. Jakobson once traveled to Viljandi to deliver content for *Sakala*. The Sakala Trail Forest Run has been held annually since 1978 on the last Saturday of July to honor C. R. Jakobson's birthday (modern calendar: July 26). It is one of the few forest runs in Estonia, and preserving this tradition is important.

Distances, Classes, Start, and Finish:

- **Running distances:** 14 km and 7 km
- **Children's races:** 1.2 km and 200 m
- **Nordic walking distances:** 7 km and 14 km

The start and finish are in front of the mill at the C. R. Jakobson Farm Museum.

- The 7 km and 14 km running distances follow the Sakala Trail (7 km loop).
- The 1.2 km children's race takes place in the museum's yard area.
- Nordic walking is offered on the 7 km and 14 km Sakala Trail routes.

Age groups for the 7 km and 14 km running distances:

- **NN:** Girls born 2005 and later (up to 20 years)
- **N:** Women born 2004–1985 (21–40 years)
- **N I:** Women born 1984–1970 (41–55 years)
- **N II:** Women born 1969–1960 (56–65 years)
- **N III:** Women born 1959 and earlier (66+ years)
- **MN:** Boys born 2005 and later (up to 20 years)
- **M:** Men born 2004–1985 (21–40 years)
- **M I:** Men born 1984–1970 (41–55 years)
- **M II:** Men born 1969–1960 (56–65 years)
- **M III:** Men born 1959 and earlier (66+ years)

The top three in each age group will receive a diploma, medal, and prize.

Children's Races:

- 200 m: up to 3 years old, 4–5 years old, 6–7 years old
- 1.2 km: 8–9 years old, 10–11 years old

Separate classifications are held for boys and girls. The top three in each age group will receive a diploma and prize.

Nordic Walking Distances:

7 km and 14 km. The top three men and women on both distances will receive a diploma, medal, and prize.

Registration and Participation Fees:

Pre-registration until July 23 via Fienta:

- 7 km: €10
- 14 km: €15
- Nordic walking: €8

On-site registration and number pickup from 9:30 on July 26:

- 7 km: €15
- 14 km: €20
- Nordic walking: €10

Children's races are free.

Start Times:

- Numbers are distributed starting at 9:30.
 - The race starts at 11:00 in front of the mill.
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Participation Fee Includes:

- Race bib
- Chip timing
- Personalized digital certificate with placement and time
- Printed certificate for the top three in each age group
- Medal for the top three in each age group
- Prizes for the top three in each age group
- Water bottle at the finish line
- Warm soup in the granary room
- On-course services

On-course services: Water station at the 4 km mark of the loop.

Changing facilities: In the mill near the starting point.

Awards Ceremony:

- For the 7 km and 14 km races: the top three in each age group receive awards.
- For Nordic walking: the top three men and women in each distance receive awards.
- For children's races: the top three boys and girls in each age group receive awards.

Participation:

The Sakala Trail Forest Run is open to all running and Nordic walking enthusiasts who are adequately trained for the distances and have paid the participation fee. Participation is at the runner's own risk.

Contact Information:

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