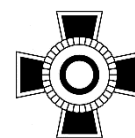


Invitation to the RESUL Four Day Remote March

23TH-26TH OF JULY 2020



RESUL Four Day March is a new event for everyone who wants to stay active and moving!

The Reserve Sports Association (RESUL) plans and conducts reserve and fitness events for its member organizations and motivates ordinary citizens to exercise. This year a new marching event is coordinated by RESUL. The idea of the event came when the world's largest marching event, Vierdaagse in Nijmegen, the Netherlands, was canceled. Because of this RESUL is organizing an international marching event during the traditional Nijmegen week, 23rd to 26th of July 2020.

The event consists of four marching days. On each day, you can complete a distance of your choice from the following choices:

- 10 km - Basic family trip
- 25 km - Field fitness test of the Finnish Defense Forces
- 40 km - Nijmegen style

The march is completed when a 10 km, 25 km or 40 km march is completed on at least one of the four marching days. If you march more than one day, you can mix and match daily distances! Every kilometer counts. For example: 13 km + 16 km + 12 km = 41 km => You earn the 41-100 km patch. The patches' selection is presented in later section of the document.

Who can take part in the march?

RESUL Four Day March is an event open to everyone. As part of the Lisää liikettä -project ("More movement"), the goal of the march is to get ordinary people moving. Register for the march using the form on the event website. Please select the registration category that fits your background:

- RESUL – people who belong to RESUL member organizations, i.e. the Finnish Reserve Officers' Association RUL, the Reserve Association RES or the National Defense Guilds Association MPKL
- SOTUL – members of the Finnish Military Sports Association SOTUL (i.e. military personnel, conscripts, retired military personnel, and their families)
- Civilians - people who do not belong to the organizations mentioned above
- International - people who participate outside of Finland

How to register?

Participants report their march as completed after each marching day by uploading a screenshot of their tracked marching route via the form on the event website www.resulfourdaymarch.fi . By completing the form, you will be entered into the participant list and you can participate in the price raffles. You can participate on the march without any reporting as well.

How does the remote march work?

To take part in the RESUL Four Day March you need to track your marching routes on days 1-4 on a device with a GPS functionality. You can use your GPS watch or smart phone for instance.

You can complete the march either alone or in a group. Be sure to take proper hydration and energy intake seriously during the march. There is no daily time limit for the march, as long as it is completed in one day. Everybody is responsible for the safety of their march themselves; **there is no insurance on the part of the organizer.**

Those looking for more of a marching challenge can carry an additional 10 kg in the spirit of Vierdaagse's Military Distance regulations. The weight can be reported on the daily route registration form.

You can follow the status of the event in the results section of the home page and on RESUL's social media on Facebook ("Reserviläisurheiluliitto") and on Instagram (@resul.fi).

How does the GPS work?



You will need a smartphone or watch with GPS function. To save a route on your smartphone, you need a special recording application.

Attached is an example of a screenshot taken of a 25 km march.

Marching awards and prizes

A special performance badge has been designed for the event. You can order the Velcro badge if you complete at least one 10 km march. The badge will be delivered by post together with a certificate of honor for 5 Euros. They will be mailed about a month after the event. Payment information will be sent to event attendees who have indicated on the form that they wish to order the badge.

There are four different badges, depending on the total distance you have marched.



10-40 km



41-100 km



101-159 km



160 km

Among the participating marchers, we will also raffle the following product prizes:

- 1 day at the Härmän Kylpylä Spa for two people with half board and dance tickets
- 1 Polar Grit X sports watch and 2 Polar Ignite sports watches
- 4 gift cards of 100 Euro for XXL sports shops

Funds that are left over from the event will be donated to support the war veterans of Finland.

We are looking forward to your participation in the RESUL Four Day March!

[Reserviläisurheiluliitto ry](https://www.resul.fi)

www.resulfourdaymarch.fi

facebook.com/events/262925598128809