

Competition Announcement

38. Online 5vös 5km international footrace

BEFS 5-km championship, summer turn

About the race:

The first 5vös5km competition was held on the 11th of May, 2000, 20 years ago.

This event is organized every six months,

- to help the residents of Budapest - especially students, teachers, and workers of ELTE - be more physically active,
- To provide an accessible footrace that is completable by most runners,
- To motivate people to form running groups,
- To provide an opportunity for athletes to practice, and to track their preparedness.

Due to the pandemic, the race could not be held; however, since the regulations have become less strict, a virtual competition is organized—this way, the race can be completed individually, and safely.

Participants have 5 days, 5 hours, and 5 minutes to complete the 5 km distance. This can be done outdoors - with a GPS tracker - or indoors, using a treadmill.

At the end of the race, the results should be attached to the registration. Each participant must attach a picture - of the treadmill's, smartphone's, or sports watch screen - showing the distance (in meters), the time of the run (minutes, seconds), and the date of crossing the finish line (day, hour, minute).*

This race is part of the HÖÖK-MEFS "MozduljRá!" SportPont Program.

*(*In case of not having the date on the screen of the recording device, make sure to have a mobile phone next to the screen with the date of crossing the finish line.)*

General information

Date of the race:

19th of June 2020 5:05 pm. – 24th 10:10 pm.

Place of the race:

Anywhere! The race can be completed outdoors, or indoors on a treadmill. However, we would like to ask you to avoid any physical contact with others, keep the required 1.5 m distance from others, and do all the things necessary to keep this unique competition as hygienic and safe as possible.

The race can also be completed at its original location (Budapest, 1117, Pázmány Péter sétány 1/A), visit the <http://saman.web.elte.hu/5vos5/> website for the description of the track. Since the organizers of the competition do not maintain the site, it is still required to upload a picture of the result of the run.

Registration and upload

Dates of online registration:

Start: 19th of June 2020. 5:05 pm.

End: 24th of June 2020 10:10 pm.

Method of registration and pictures:

Only online registration is available by filling out a form on <http://eotvos5.elte.hu> (REGISTER on the right widget). The picture showing the result of the runner should be uploaded with the registration. Pictures sent after the registration are not accepted, so calculate with the deadline.

parts of the form:

- Personal data
- Information about categories
- Uploading picture(s)

Registration fee:

Free of charge.

Categories and prizes

Categories for individual runners:

Absolute category

Every runner is a member of this category with their absolute running time.

Prizes: 1-3. Places: award certificate. (male/female)

Budapest student

Every student, living in Budapest and studies in University (as well as Ph.D.). This result will be also the championship of the BEFS's summer turn.

Prizes: 1-3. Places: award certificate. (male/female)

Institute championship of their students (BCE/BGE/BME/EDUTUS/KRE/ÓE/PPKE/SE/TE/...)

Students of universities, of which at least 25 people registered.

Prizes: 1-3. Places: award certificate. (male/female)

Institute championship of their employee (BCE/BGE/BME/EDUTUS/KRE/ÓE/PPKE/SE/TE/...)

Workers, teachers and researchers of universities, of which at least 25 people registered.

Prizes: 1-3. Places: award certificate. (male/female)

High schoolers

Everyone who is not yet 20 years old and not a university student.

Prizes: 1-3. Places: award certificate. (male/female)

Seniors

People over 40. (Born before January 1. 1981.)

Prizes: 1-3. Places: award certificate. (male/female) and a special prize (ELTE SPORT Kft.)

Company championship

Every company, organization, club, etc. with at least 50 participants.

Prizes: 1-3. Places: award certificate. (male/female)

General group categories

Sportiest company, group

The companies and organizations are ordered based on the number of their runners, who complete the race in 40 minutes.

Prizes: 1st place awarded with certificate

Sportiest high school

The high schools are ordered based on the number of their runners, who complete the race in 40 minutes.

Prizes: 1st place awarded with certificate

Special categories (ELTE)

ELTE Student championship

ELTE students, but no Ph.D. students

Prizes: 1-3. Places: award certificate. (male/female)

ELTE Ph.D. student

Every Ph.D. student, who selects a department at the registration form.

Prizes: 1-3. Places: award certificate. (male/female)

ELTE employee

Every worker, teacher and researcher, employed by ELTE (no Ph.D. students), who register with their department.

Prizes: 1-3. Places: award certificate. (male/female)

ELTE Alumni

Former students of ELTE are in this category if they register.

Prizes: 1-3. Places: award certificate. (male/female)

Sportiest ELTE family

The family members should register separately; they can participate in a company group or a department group as well. The group must consist of a parent and his/her child, of which one should be either a worker or a student of ELTE. Families are ranked based on the mean of the run time of family members. If you would like to participate in this category, please, notify us in advance during registration.

Prizes: Winner receives an award certificate.

Sportiest ELTE department

The departments are ordered based on the number of ELTE Ph.D. students, teachers, researchers, and staff members crossing the finish line in 40 minutes. In case of a tie, we are going to judge based on the summarized time.

Prizes: Winner receives an award certificate.

The sportiest ELTE-faculty

The faculties are ordered based on the number of ELTE students, Ph.D. students, and staff members crossing the finish line in 40 minutes.

Prizes: The first three places receive an award certificate, the winner gets a challenge cup with the “Legsportosabb Kar – 5vös 5km” label.

Further information

Guaranteed services

- A digital version of an addressed memorial certificate
- A digital version of an addressed award certificate
- BEAC warm-up (video)
- Preparational programs
- online results

Special award:

- Best selfie
- In Senior category, supported by ELTE Sport Kft.
- For the first 100 registered participants Eötvös-100 T-shirts, by the Polythlon ETK. The T-shirts can be received in the Hungarian University Sports Federation’s (HUSF) office, during opening hours.

Raffle:

To participate, make sure that you upload a selfie after you complete the run. Tickets are drawn after the end of the competition. For further information regarding the prizes, see the Facebook-event.

Description of the track of previous races:

The race consists of 3 laps.

- 1) The race starts in the car park between the two buildings, on the Pázmány Péter SÉTÁNY’s service road, goes north next to the Northern Building, goes left after a barrier, and it goes on the Magyar Tudósok Körútja towards the southern building. The track comes round the Southern Building, then it turns north again, on the Pázmány Péter sétány’s bikeway.
- 2) The trail turns left in front of the parking lot after the Northern Building, and it goes on until it reaches the Wargha László street. Here runners can find the Kocka Büfé, where the road turns right. The track continues straight until it reaches the Bodánfy Ödön street, where it turns left, and goes on this street until Neumann János way. Here, the road turns left (sidewalk) on

Neumann János way, until it reaches the Pázmány Péter sétány, where it turns left again. The turning point should be reached on Magyar Tudósok körútja.

- 3) The turning point is located in the area of the Mindenszentek Temploma. After a 180 deg. turn, participants should run back to the Southern Building on the sidewalk of Magyar Tudósok körútja, next to the IT Building. The track turns left at the barrier of the Southern Building, it goes into the car park, into the parking lot between the two buildings. The finish line is the same as the starting line.

For further information see our

website: <http://eotvos5.elte.hu>,

Facebook-page: <https://www.fb.com/5vos5km>,

Facebook event: <https://www.facebook.com/events/2763989400553211/>

Contact:

info@eotvos5.elte.hu

Supporters:

Balaton Time Team

Budapesti Egyetemi - Főiskolai Sportszövetség

ELTE Atomfizikai Tanszék

ELTE-BEAC

ELTE EHÖK

ELTE Sport Kft.

ELTE Sportiroda

ELTE TTK

ELTE TTK Hallgatói Önkormányzat

Hungarian University Sports Federation (HUSF)

Hallgatói Önkormányzatok Országos Konferenciája

Vitalistab Csoport

Mindsystem Kft.

Polythlon ETK - Sashegyi Gepárdok

Organisers:

Budapesti Egyetemi - Főiskolai Sportszövetség

ELTE TTK

ELTE TTK Hallgatói Alapítvány