





Science Spring Run May 28th 2026

ESS & MAX IV Charity Run

-  Kunskapsparken  Start: 10:00 sharp
-  Race Centre (RC): Centre of the park (start & finish)
-  RC open & bib pickup from 08:30-09:15



Distances

- 10 km run (4 laps)
- 5 km run (2 laps)
- Relay Duo: 2 × 5 km
- Relay Quad: 4 × 2.5 km
- 2.5 km walk (non-competitive)




Loop length: 2.5 km

Race Bibs (Required)

- Wear **visible on chest**
→ *no bib = no result*
- **ESS:** Pick up at ESS Reception (B01), May 25–27
- **MAX IV / others:** RC from 08:30
- Bib pickup closes 09:15

Return bib to RC after finish

Facilities

- **Water** at start/finish 
- **Public toilet** near RC 
- **First aid** at RC & ESS/MAX IV receptions 

Start Groups

- **Runners & relay starters** – clockwise
- **Walkers** – counter-clockwise (give way to runners)

Keep **right**, pass on **left!**

Timing & Awards

- Finish line video-timed
- Final results, within 1 week
- Awards for **5 km, 10 km & relay winners**

Photos


- **Group photo at 09:50** + during awards 
(Photos may be used in post-race communication)



Figure 1. Racecourse map SSR 2026

-  Flagg guard
-  Race centre
Start/finish/relay exchange point
Water & first aid station

DNF / Questions


If you cannot finish, inform a volunteer (yellow T-shirt)

 Race Management: 0721-79 23 51

 sciencespringrun@ess.eu



DONATE HERE

Charity  Donations are voluntary and welcome! Campaign remains open until next year.

Run, walk & support a good cause — see you at the start!