

Run with the Council

Friday 16 May, 6:30 am (EEST/UTC+3)

Start your day in an active way and join us at the ESPGHAN 2025 “Run with the Council” to raise funds for the [Baltic Sea Action Group \(BSAG\)](#) and help in restoring the good ecological balance of the Baltic Sea in changing climate conditions!

About the run

A 5 km scenic run or walk.

No need to be a professional runner – we don't give prizes to the fastest one. Choose your preferred speed and enjoy the beautiful surroundings. Or you can walk the route too!

Route

How to register

You can register via the registration page when you register for the 2025 ESPGHAN meeting.

If you have already registered, please contact our registration department via reg_espghan25@kenes.com to add registration for the Run to your existing Meeting ticket.

We have prepared refreshments for all the runners/walkers. Also, every participant who registers by 16 March will receive a limited-edition T-shirt (note the preferred size when registering), after 16 March, a T-shirt is not guaranteed.

About the Baltic Sea Action Group

Baltic Sea Action Group, or BSAG, is a non-profit foundation that takes effective actions to save the Baltic Sea. Our goal

is to restore the good ecological balance of the Baltic Sea in changing climate conditions. We protect the Baltic Sea, prevent biodiversity loss, and curb climate change through cooperation with researchers, companies, decision-makers, authorities, and farmers.

Why do we take action?

The Baltic Sea is particularly vulnerable due to its shallow waters and low salinity. It is also one of the most polluted seas in the world. Climate change and eutrophication are the greatest problems facing the Baltic Sea right now, and the marine ecosystem is in critical condition.

We need to act now, which is why we are harnessing our extensive partner network save the Baltic Sea.

In an ecosystem, everything is connected. Which means that Baltic Sea conservation, mitigating climate change and preventing biodiversity loss also protect people and life.

How do we operate?

We work both at sea and on land. At sea, we nurture marine biodiversity, [protect valuable natural environments](#) and [work to promote responsible shipping](#). On land, [we promote regenerative agriculture](#) as it mitigates climate change and reduces the nutrient emissions that are eutrophicating the Baltic Sea.

You too can help!

Everyone can do their bit to help nature and the Baltic Sea. **You can play a role in these positive changes and be a role model for others by signing up for the 2025 ESPGHAN “Run with the Council”!** To learn more about BSAG’s mission, initiatives and further support options, please visit their official website: bsag.fi