

Competition info

Competition center:

Track and Field area service building

Kyttäläntie 21

52700 Mäntyharju

Race Director Sami Kauppinen 0400 483589

Arrival

Competition center is open Friday 11.9.2020 18:30-21:00. Saturday 12.9.2020 6:30-21

Parking on site with traffic supervisors. 3 different parking areas 50-200m from competition center.

Competition center opens on **saturday 12.9.2020 06:00 and closes 21:00.**

Competition morning sign in closes one hour before start.

Each competitor receives an envelope that contains number bib(with rfid tag), safety pins and coupon for dinner.

45km and 77km competitors will receive GPS-trackers. Trackers will be distributed before the start.

Arrive with enough time, 60-90min before your start time.

Showers

Showers and dressing rooms are located in the competition center. Remember Covid-regulations while using these.

Routes and aid stations

Routes follow hiking routes, mountain bike routes, trails and gravel roads.

14km

- Start 11:00
- Finish closes 20:00
- Aid station 7km (water, sports drink, salty and savory snacks)

45km

- Start 10:00
- Finish closes 20:00
- Aid stations 7km, 21km and 39km (water, sports drink, salty and savory snacks)

77km

- Start 08:00
- Finish closes 20:00
- Aid stations 7km, 21km, 38km, 51km and 69km (water, sports drink, salty and savory snacks)
- Drop bag is accessible twice at 21km and 51km (aid station 2)
 - Pack a single bag (or one "set")
 - Bring you drop bag to competition center (trailer near start line)
 - Your bag will be put into a trashbag and numbered.
 - When the bags are in the trailer it will be disinfected

- Organizers will deliver drop bags to Aid station 2 and back after last competitor.
- After finishing GPS-devices will be collected.
- Every one gets a finisher bag
- Dinner is located outside in front of the service buildings.
- Prizegiving ceremonies will be held as soon as categories are ready.
- Stihl Chain Saw will be drawn amongst all participants 11:30

Mandatory equipment

- Cell phone weather protected and fully charged. Same number as in the sign up information.
- Course director, Tuukka Turkka, number saved +358 44 339 5503

For 45km ja 75km recommended equipment:

Waterproof jacket

Bandage

Survival/safety blanket

Energy (gels etc.)

Drink bottle/bladder

Salt

Blister patch

Gloves

MAP

Insurance

Competitors must have their own insurance.

Emergency

- Emergency number 112 in all true emergencies. 112 app will give location to emergency services.
- Navigation problems or other small problems on route Tuukka Turkka +358 44 339 5503
- Paramedics on standby.

Littering

Every participant will carry their own trash to aid stations or finish line. Littering will result in disqualification.

More information:

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