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Endurance 24h race 2016 instructions

1) RACE OFFICE

The race venue Esport Ratiopharm Arena is located roughly 20km from Helsinki City. The address is Koivu-Mankkaan tie 5, Espoo.

You need to check-in for the race at the race office, which is located right after the stairs leading to second floor of Esport Arena (the same level where running track is).

There you will receive your race number, the timing chip and t-shirt between 09:00 and 11:00 on Saturday morning.

SCHEDULE

Saturday

- 9.00 The race office opens. All runners are asked to collect their bibs no later than 11.00.
- 11.50 Runners are asked to come to the starting area for race instructions
- 12.00 The race starts
- 18.00 The running direction is changed
- 24.00 The running direction is changed

Sunday

- 06.00 The running direction is changed
- 11.45 The runners are given wooden blocks as marker for their finishing place
- 12.00 The race finishes
- 13.00 Diplomas for the best Finnish ultrarunners of the year 2015
- 13.15 Endurance 24h award ceremony: Every runner gets medal and diploma and 6 best male and 6 best female runners get special prizes.

2) DRINK & FOOD SERVICE

Drinks

- ❖ Sport drinks – about 6-7% carbohydrate
 - Gutzy Lemon (includes caffeine 160 mg / l on 6%)
 - Gutzy Orange (no caffeine)
- ❖ Cola (about 10% sugar)
- ❖ Juice
- ❖ Water
- ❖ Coffee
- ❖ Tea
- ❖ Mineral water

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Food

- ❖ Pasta + sauce (approximately at 19 and 01)
- ❖ Porridge (on Sunday morning at about 07)
- ❖ Meat balls
- ❖ Bananas
- ❖ Fruits (Orange / Mandarine)
- ❖ Raisins
- ❖ Salted cucumbers
- ❖ Biscuits
- ❖ Cookies
- ❖ Olives
- ❖ Bread
- ❖ Potato chips
- ❖ Chocolate
- ❖ Candies
- ❖ Dried fruits

There is warm soup available at 10:00 - 13:00 (10 am to 1 pm) on Sunday.

3) PERSONAL FOOD AND DRINKS (OWN SERVICE)

We have arranged some tables for your own drinks and food, but the space is quite limited, so be prepared to share table with other runners.

It is possible to have your own service / support person but they have to stay behind their own table and **they are not allowed to go on the mondo track.**

It is absolutely forbidden to go to the running track during the race without permission from race director and even if the permission is given, for example for photographers or medical personnel, it is forbidden to disturb runners in any way. This applies also for supporters.

If somebody gives support on the track all the runners that person is supporting may be disqualified.

4) MEDICAL SERVICE

Finnish Red Cross doctor service is available on Sunday 00:00 to 15:00 (12 am to 3 pm).

5) MASSAGE

There will be no massage service available during the race.

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6) RULES FOR RUNNERS

The race is run on a 390,04 m mondo-surfaced indoor track (four tracks).

- The running direction will be changed every six hours (at 6 pm, at midnight, and at 6 am). If you are resting right before the direction change, it would be better for lap counting if you could come back to the track before the direction change occurs.
- Please run or walk close to the inside line of the track so that faster runners can pass you easier.
- Don't run or walk in the middle of the inner lane, in that case faster runners have difficulties to know whether to overtake you from inner or outer lane.
- Don't change running direction without warning
- If, for some reason you are moving very slowly (for example you are eating, you have foot problems or you are exhausted) it is very polite to move to outer lane

And the most important rule: Please do not run or walk side by side / shoulder to shoulder on the inside track (line) as it will obstruct faster overtaking runners!

7) CONDITIONS AT THE ARENA

Temperature at the Esport Ratiopharm Arena is about +19 – 21°C, depending little bit outside temperature. The air is very dry because of air conditioning and unfortunately the organizers cannot change the conditions so try to cope with them.

The Mondo-surface of Arena is very hard so we recommend using well cushioned running shoes. Nobody has won this race with lightweight racing shoes so far, let alone barefoot shoes.

8) AT THE END OF THE RACE

We will give all runners numbered "wooden blocks" markers roughly 15 minutes before the end of the race. Exactly at 12:00 (noon) there will be the gunshot.

All the runners are required to stop immediately and leave their "wooden block" marker on the track exactly on the spot.

9) RETURN OF TIMING CHIPS

If you drop out the race before the end, please return your timing chip in the media section, close to the result service point.

After the race You are required to return your timing chips in the media section, close to the result service point. You do not need to return your race number.

You can also leave the chip under the wooden block which marks your finishing place, like in this picture:

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The penalty for lost or non-returned chips will be at least **€75** per chip!

10) LAP COUNTING AND RESULT SERVICE

MyLaps Sports Timing Estonia is responsible for race result service. Runners can see live results from the screen during the race. The live result service is available also on the web: <http://www.championchip.ee/en/live/50>

The complete results, including all lap times, will be published on the race web site after the race and results will be also sent to international result services (DUV, IAU). Also split results (50 miles, 100 km, 12 hours, 100 miles) will be released.

24 hour race has IAU Bronze Label.

11) SANITATION

There are several litter baskets by the side of track. Please use these baskets!
In case you need to throw up during the race – please use toilets, litter baskets or plastic bags.

12) TOILETS, DRESSING ROOMS, SHOWERS

Toilets, dressing rooms and showers are located near the track and service area.

You can rest in the dressing rooms close to the running track.

13) SAFE KEEPING YOUR VALUABLES

You can leave your valuables for safe keeping in a designated room. Please ask for information from race officials.

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14) PRIZE CEREMONY

The six best women and six best men will be awarded with prizes on Sunday at 13:00 (1 pm) in the cafeteria area. Both the male and female winners will receive Garmin Forerunner 630 - sports watch.

All runners will receive a medal and a diploma.

15) GREETINGS TO RUNNERS

There will be a possibility for sending greetings for runners during the race. These messages are printed and delivered to runners until Sunday at 11.00. During last hour greetings will not be delivered. Greetings sent during last hour may be read from the system after the race.

The address for messaging tool is on Endurance online-page: <http://live.endurance.fi>.

16) MEDIA

Please visit <http://www.endurance.fi/24/uk.html> for more information
Media representative is Juha Palenius (juha.palenius@endurance.fi)

You are most welcome to IX ENDURANCE 24h in Esport Ratiopharm Arena
Espoo Finland

Endurance Ultrarunning Team Finland