

12.02.2018



11. Endurance 24h race instructions

1) RACE OFFICE

The race venue Espoort 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, located at the of the stairs after the main entrance (the same floor where running track is). There you will receive your race number and the chip (championchip) between 09:00 and 11:00 on Saturday morning.

Please note: All runners are asked to come to the starting area at 11:50 for race instructions (reminders). The start signal will be given at 12:00.

2) DRINK & FOOD SERVICE

Drinks

- ❖ Gutzky sport drinks – about 6-7% carbohydrate
- ❖ Cola (about 10% sugar)
- ❖ Juice
- ❖ Water
- ❖ Coffee
- ❖ Tea
- ❖ Mineral water

Food

- ❖ Pasta + sauce (approximately at 19 and 01)
- ❖ Porridge (on Sunday morning at about 07)
- ❖ Meat balls
- ❖ Bananas
- ❖ Fruits
- ❖ 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.

12.02.2018

3) PERSONAL FOOD AND DRINKS (OWN SERVICE)

We have arranged some tables for your own drinks and food, but the space is quite limited.

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

In case somebody is supporting runners on the track area the jury of the race may disqualify all the runners that person is supporting.

4) MEDICAL SERVICE

Medical service from Event Medical Oy is available during and after the competition, from Saturday 12.00 to Sunday 15.00.

5) MASSAGE

There will be no massage service available during the race.

6) RULES FOR RUNNERS

The race is run on a 390 m mondo-surfaced indoor track (four tracks). Please run or walk close to the inside line of the track so that faster runners can pass you easier.

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) RUNNING DIRECTION CHANGES

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.

8) AT THE END OF THE RACE

Exactly at 12:00 (noon) there will be a signal in order to stop running.

After that all the runners are required to stop immediately and leave their chip and id tag attached to the strap of the chip on the track exactly on the spot.

9) RETURN OF CHAMPIONCHIPS

If you drop out the race (before the end) you are required to return your timing chip in the media section.

There is a penalty for the unreturned chips (roughly 100 euros).

12.02.2018

10) LAP COUNTING

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: *URL will be informed later*

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.

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. The prizes for male and female winner are donated by Garmin Finland Oy.

All runners will receive a medal, so we will kindly ask you to wait for the prize ceremony even if you were not positioned on top-6.

Before the prize ceremony of the Endurance 24h there will be an announcement of the best Finnish ultrarunners 2017, selected by Finnish ultrarunners on the vote organized by Finnish ultrarunning-related web site <http://ultrajuoksu.fi>.

15) MEDIA

Media representative is Arto Ahola (arto@endurance.fi)

You are most welcome to 11. ENDURANCE 24h in Esport Ratiopharm Arena Espoo Finland

Endurance Ultrarunning Team Finland