



13. Endurance 24h race 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, 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 timing chip between 09:00 and 11:00 on Saturday morning.

SCHEDULE

Saturday

- 09.00 The race office opens.
- 11.20 The award ceremony for the best Finnish ultrarunner 2019 -voting, close to a race office
- 11.50 All runners are asked to come the starting area
- 12.00 The start
- 18.00 The change of the running direction
- 00.00 The change of the running direction

Sunday

- 06.00 The change of the running direction
- 12.00 The race finishes
- 13.00 The Award ceremony. Every runner gets a diploma and a medal. 6 best males and 6 best females will be awarded with special prizes.

2) DRINK & FOOD SERVICE

Drinks

- ❖ Sport drink (about 6% carbohydrate)
 - Tailwind Endurance Fuel Lemon (no caffeine)
 - Tailwind Endurance Fuel Mandarin-Orange (no caffeine)
 - Tailwind Endurance Fuel Colorado Cola (includes caffeine about 9 mg / dl)
- ❖ Cola (about 10% sugar)
- ❖ Juice
- ❖ Water
- ❖ Coffee
- ❖ Tea

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❖ 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 a 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.

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 he / she is supporting.

4) MEDICAL SERVICE

Medical service from Event Medical Oy is available from Saturday midnight to Sunday 15.00.

5) MASSAGE

There will be no massage service available during the race.

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6) CONDITIONS AT THE ARENA

Temperature will be around 19 – 21 degrees C, depending outside temperature. Due to the air conditioning the air is quite dry. The organizers have no way to affect these conditions.

The mondo surface of the track is very hard. Use appropriate running shoes.

7) RULES FOR RUNNERS

- The race is run on a 390,04 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.
- 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.
- When running on inner lane stay as inside as possible, then it is easier for faster runners to overtake you. Yes, there is always some faster than you on the track.
- Use of Nordic walking poles is forbidden.
- **Please do not run or walk side by side / shoulder to shoulder on the inside track (line) as it will obstruct faster overtaking runners!**

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 (at least 100 euros or more).

10) LAP COUNTING

MyLaps Sports Timing Estonia is responsible for the race result service. Runners can see live results from the screen during the race. The live result service is available also on the web:

<https://championchip.ee/live/1517>

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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 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.

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.

15) MEDIA

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

Links to live coverage, video streaming etc will be on Endurance 24h website:
<https://endurance.fi/e24>

You are the most welcome to 13. ENDURANCE 24h in Esport Ratiopharm Arena Espoo Finland

Endurance Ultrarunning Team Finland