



Nuuksio Classic Trail Maraton 5.9.2015

Rules and Instructions

Before the race

Accommodation

Hotel Siikaranta offers a special price to the race participants. Reservations directly from the hotel, tel. +358 9 867 971. Other options in the area are e.g. Hotelli Kuninkaantie ja Scandic Espoo. Note the race party at the event center, dinner card 16€ for participants and 20€ for others.

Insurance

Organizer has no insurance to cover the participants. We recommend a personal health insurance that includes participation to events in terrain.

Liability

The race organization has a liability insurance in case for damage caused to external parties but all participants are racing at their own risk. When receiving the race material, the participant agrees to abide by the instructions given by the organizers and to play according to the race rules and spirit.

Event center and parking

Event center is Hotel Siikaranta, address Naruportintie 68, 02860 ESPOO. For those using a GPS navigator, you may need to enter the city Kirkkonummi. The event center is signposted from road 110 between Veikkola and Ämmässuo exits from the Helsinki-Turku highway. [Link to the map.](#)

Parking is in the event center. Follow parking instructions when arriving.

Event schedule

Friday 4.9.2015

12:00-17:00 Race office open for race material pick-up in Amer Sports Brand Store, address Konepajankuja 6, Helsinki

18:00 Event center in Siikaranta opens

18:00 - 19:00 Preparation clinics (in Finnish):

“How to pack a running backpack” by Janne Hietala, Salomon-Suunto racing team

“Energy and hydration in a long trail run” by Jouni Raittila, High5

18:00 - 21:00 Pasta buffet (9€)

18:00 - 21:00 Intesportin tent open, material for the race and special offers, brands Salomon, Suunto, High5, and ZeroPoint (compression apparel).



19:00 - 21:00 Race office open, race material available (Race office closed between 17-19, moving from Helsinki to Siikaranta)

Saturday 5.9.2015

7:00 - 9:00 Race material available

9:45 Final race briefing in the start area

10:00 Start group 1

10:05 Start group 2

13:15-13:20 Expected winner finishing

Awards ceremony at the race party. Awards to six best in both categories and the winning team. A team consists of four runners, ranking by average time. All award winners will receive a free dinner card to the party.

18:30 Finish closes

19:00 - Race party

Race material and registering at the event center

Race material is handed out in the race office in the lobby of Hotel Siikaranta. The material includes

- Course map
- Number bib including timing chip and 4 safety pins
- Buff scarf "Nuuksio Classic Trail Marathon"
- Nuuksio Classic T-shirt (technical running shirt, handed out at the finish line)
- High5 sports nutrition products (2 energy gels and 3 electrolyte tabs for 1,5-2,25 liters of sports drink)
- Material from the partners

Charity voting

10€ of each entry fee is donated to charity. There will be several candidates for the donation that will be introduced on the event website about one week before the event and in the race office. The target will be voted in the race office upon receiving the race material. The winning charity target will be published in the race party.

Changing and storing bags

Changing rooms of both saunas (indoor and lakeside) and two conference rooms can be used for changing clothing before the start. The conference rooms are used for storing bags during the race. The rooms will be locked but not manned over the day. Organizers assume no responsibility of the equipment left in the room.



Rules and instructions during the race

Mandatory equipment

The participant has to carry the following during the whole race:

- **Mobile phone.** The phone must be functional, ring tones on, sealed from water, battery charged, and the **phone number of the first aid team of the race stored in: 0500 853 001**. Your own phone number has to be given to the organizers at the race office when picking up the material.
- **Course map**
- **Number bib** that has to be worn visible on chest or in front of the thigh. Timing chip is in the number bib, timing is not possible if the bib is not facing front.
- **Roll bandage** + 1m sports tape or similar.
- **Drink bottle or hydration pack**, minimum 0,5 liters.
- **Energy gels** or other race food as needed. All food wrappers must be marked with the personal start number. For energy gels, we recommend using a gel bottle. It has four benefits: No risk of trashes on the course, no handling of empty gel packaging, no need to slow down for opening the gels, and easy to take a suitable amount of gel, not always a full sachet.

When planning the amount of energy, pay attention to the slow course on small trails. For seasoned trail runners, the course will take 30-50% longer than a road marathon. The less experienced ones should prepare for up to double the expected time of 42k on roads. Take this into account also when estimating your energy consumption. We suggest carrying a few bites more than you think you will need.

Mandatory equipment (also start numbers on the food wrappers) may be checked before the start and at the finish line. **All empty gel sachets that are returned to the finish and marked with the start number will participate to a drawing of extra prizes in the finish area during the afternoon.** If you are using a gel bottle, you can bring empty sachets to the lottery box in finish area before start.

Regarding the race apparel, we expect participants to be able to select appropriate clothing for the weather and their fitness level. Organizers are happy to give more instructions if needed. One note, however: heather and other undergrowth along the trails may be more comfortable to meet with covered shins.

Shoes with metal studs are allowed, spike shoes not.

Course and schedule

Course map with water stations, first aid stations and cut-off points can be downloaded from the race website page "[Reitti](#)". There are no changes from 2014. [Link to GPS route file](#). The map is primarily intended for monitoring own progress along the course and for spotting own location in case of emergency. Distance markings on the map are signed in terrain with km-signs. Km's are not accurately measured, so the km-split times are not accurate. Km signs indicate the estimated schedule for 3h30 and 8h30 results to help you evaluate your pace.



The complete course is marked with white marking tape with Nuuksio Classic and Bodom Trail logo. The next marking is always visible from the previous one. In trail crossings, the tape is continuous and leads to the correct trail. In addition, there are arrow signs to indicate the correct route in trail crossings. Completing the course doesn't require navigation.

The participant has to follow the marked course. The organizer is authorized to disqualify a participant who intentionally doesn't follow the course. Please note especially that it is not allowed to leave the course to outside trails other than in the special case described in the chapter "respecting other people and the nature".

The start is split in two groups to avoid waiting at 0.5km when entering the first narrow trail. The first group starts at 10:00 and the second at 10:05. Start list with start groups will be published few days before the race. Changing start group is possible with some limitations.

Results are based on net time. However, the prize positions (6 men + 6 women) are given in the finishing order. Therefore, the top runners should start in the first group.

The finish closes at 18:30. This leaves maximum 8h25min for the second group starters. Last year the slowest time was 7h49min, in 2013 8h19min. Participants finishing later than 18:30 will not be timed. There are two cut-off points on the course. Participants arriving to the cut-off point after the cut-off time will be instructed to a shorter course to ensure finishing by 18.30. Cut-off points and times are marked on the course map. Participants running the shorter course will be ranked after the ones completing the full course.

Water stations

There are 3 water stations at 11, 26 and 33km. Stations are marked on the course map. There is only water available at the two first water stations. At the last station also sports drink is available. Salt is available at all water stations.

There are no cups but scoops/pitchers to fill your own bottle or hydration pack. **It is not allowed to drink directly from the pitchers.** You must first fill your own bottle/bladder to drink, or take your own cup for quick drinking. **Water at the water stations is for drinking only.** If you need external refreshment, please use the numerous lakes and creeks along the course.

The participants are self-supported for their race food and hydration between the water stations. External support is allowed at the official water stations but not between them.

Obligation to help

All race participants are obliged to help fellow racers if they need first aid.

First aid

A challenging course profile and technical trails combined with tiredness are exposing participants to injuries. Parts of the course are in true wilderness more than 2km from the nearest road. It may take a long time for first aid team to arrive in the terrain.

There are 4 first aid stations on the course, marked on the map. There will be a first aid person + a transport possibility in these locations. In addition, the first aid is available at the finish. The phone number of the first aid team is +358 500 853 001. For further care, an injured person will be transported to Jorvi hospital which is more easily accessible from most parts of the race course than the event center.



In addition to the official first aid team, all participants are expected to actively help themselves and other participants if needed. In emergency situations, a participant has to prioritize helping the injured participant instead of his/her own race performance. In serious injuries, first call the emergency number 112 and then inform the organizers. The race director's phone number is +358 50 380 7858, also printed on the map.

Read also the detailed [safety instructions](#) for participants.

The most probable problems on the course

- Falling/stumbling and its consequences: scratches on palms and knees, twisted ankle, even fractures

First aid: Independent first aid by yourself or with the help of other participants, first aid teams in marked first aid stations, in serious cases, call 112.

- Allergic reaction from a wasp sting

First aid: Cortisone pills from first aid station or route official

- Dehydration and other exhaustion on the course, in bad weather potentially leading to hypothermia

First aid: proceeding to the nearest first aid station by alone or with the help of other racers. Alternative: proceeding to the next manned point on the course. In case of full exhaustion, call the organizers (number marked on the map) for pick-up by car.

Discontinuing the race

In non-hurry DNF cases, report to the next drink or first aid station. You will be picked up by car during the day. Otherwise, take a shorter course to the finish by yourself.

Always inform the organizers at the finish if you don't complete the course.

Toilets

Toilets are located in the event center. There are no toilets on the race course.

Respecting other people and the nature

Most parts of the course of Nuuksio Classic are in Nuuksio national park. Next editions of the race are only authorized if the event doesn't harm the nature in Nuuksio, doesn't leave any extra trace on the trails, and there are no conflicts with other visitors of the national park. To ensure this, please follow these instructions:

- Be polite when facing or overtaking other people in the forest. This will leave also those people happy who only hear about our nice event during their own outdoor activity. Especially between 7-12km, 27-28km and 38-42km there will be hikers and spectators along the course.
- Carry all litter to the trash bins in water stations or to the finish. Intentional littering will lead to disqualification. All empty gel packings that are marked with runner's start number and returned to the finish line will participate to a prize drawing in the prize giving ceremony in the race party.
- If you need a break in the bushes and there is no toilet available, please take care of the business so that there is no trace visible. Especially cover the papers under moss



etc. In this case it is allowed to leave the marked course but you must return to the course in the same location where you left it.

Fair play

All participants are expected to play fair and follow the race spirit. Let faster runners go past you and if you need to take over a slower runner, ask politely to get past.

Timing and results

Race results will be published nearly real time on the web page. There are two intermediate time points (11 ja 33km water stations). Results will be visible at the finish. End result is net time but the first 6 in men and women are ranked by finishing order.

Race documentation

We are producing photos and video material from the race that will be made available to all participants as part of the entry fee. When registering to the event, the participant accepts that photos and videos where the participant may be recognized can be published in media after the race. The organizers and race partners also have a right to use such image material for marketing purposes.

Race photos will be published at <http://nuuksioclassic.kuvat.fi/>. If you take photos yourself, you can link them to Nuuksio Classic Facebook site to share them with other runners. In social media, use hashtag **#nuuksioclassic**.

In Twitter, @NuuksioClassic and in Facebook, <https://www.facebook.com/NuuksioClassic> will be reporting about the race.

The race video of Nuuksio Classic as a part of BUFF® Trail Touri Finland will be published in the next week after the event on the Youtube Channel of the tour as well as in Facebook and on nuuksioclassic.com website.



Audience

For the audience, the two best places to follow the race are at the 11km water station on top of Solvalla Swinghill ski resort ([link to the map](#)) and at the finish. Runners pass the 11km point between 10.50-11.50.

From the event center there are two marked loops (1,4km and 5,7km) on the race course for the audience. The longer one contains the first 1,5 and the last 4km of the race. It is an excellent way to have some fresh air, enjoy nice trails on part of the race course and to cheer up the participants on their last hard steps towards the finish line. Maps are available free of charge from the race office and from the timing booth at the finish line. It can also be downloaded [here](#). The actual race map is sold in the race office for 5€.

After the run

Sauna and showers

There are three saunas for runners after the race: Lakeside sauna, the sauna/pool department of Hotel Siikaranta, and the sauna of Mäkitupa meeting villa near the last downhill to the finish. There will be a warm atmosphere and great setting to wash out the dust and sweat from the day's effort. If you have a room in the hotel, the shower there has no queue.

Lunch

The entry fee includes a soup lunch (two options, buffet style) + bread + beverage that is served after the finish. High5 sports drink and some snacks are available at the finish.

Prizes

The six best runners in both categories will receive prize from the race partners. The best team wins a weekend in Hotel Siikaranta for four persons. The fastest runner of the race will hold the race trophy for one year. The prize giving ceremony is at the race party. All prize winners will be invited.

In addition, there are plenty of nice prizes that will be drawn among all participants and among race party participants. Raffle winners are published in the finish area. If you were lucky, pick up your raffle prize in the race office. They are not sent afterwards.

Race party

The final touch to the event is put by a race party that is a great opportunity to recall the feelings from the day's challenge, watch the photos and videos from the course, meet other participants in a happy atmosphere, and dance away the stiffness to live music. We warmly welcome all participants and supporters to the party.

Preliminary program:

19.00 Doors open

- Dinner about 19.30
- Awards



- Charity donation
- Photos and videos
- Prize drawings
- Other race related program

n. 22 The band starts playing

Dinner card to the race party costs 16€ to participants and 20€ for others. It includes a buffet dinner (salad table, main course, dessert, tea/coffee). Dinner cards can be booked in advance from Hotel Siikarannasta, tel +358 9 867 971. There may be some dinner cards available also from the hotel reception.

Lost&found

Found items can be collected from the race office or by email, nuuksioclassic@gmail.com.

Feedback

In order to improve the event for the future, we will invite all participants to fill an online feedback form after the race. Invitation will be sent by email. We hope for active response.



Nuukio Classic Trail Marathon is the event 6/7 of BUFF® Trail Tour Finland. Cup results are published at trailrunning.fi

