



Nuksio Classic Trail Marathon

Newsletter 3.7.2013

Hello,

Nuksio Classic 2013 is getting closer, less than two months to go. We hope you are having a lot of trail running fun and you are getting ready for the event.

Here are a few points that are good to know for preparation:

1. **Group running**

We have still two group training runs to come on the race course. They are on Sunday Aug 4 from the top of Solvalla Swinghill and on Sunday Aug 18 from the event center Siikaranta. Both starts are at 10.00. There will be some test products from partners. Links to the maps (in Finnish): <http://nuksioclassic.com/kesn-yhteislenkkien-aikataulu/>

2. **Insurance**

Nuksio Classic course is remote and demanding and injuries can happen. There will be a professional first aid team taking care of the immediate help but we recommend all participants to take care of their own insurances. The liability insurance of the race organization doesn't cover costs of participants' injuries.

We are not asking participants to sign a liability waiver as the situation is clear according to the Finnish law: The organizer ensures that there is an adequate first aid coverage and emergency transport along the course. Participants participate at their own risk and are responsible for performing safely and according to organizer's instructions, recognizing that injuries are possible in such an event and evacuation may take a long time.

3. **Cancellation of participation**

If you can't participate and you already know it, please let us know as soon as possible, nuksioclassic@gmail.com. This way we can invite people from the waiting list. With a medical certificate you can postpone your participation to next year. For cancellations due to other reasons, we'll refund 50€ by July 31 and 30€ between Aug 1-18.

4. **Espoo day**

Nuksio Classic is one of the events of the Espoo day, a public activity day organized by the city of Espoo. In connection to Espoo day the audience can try out trail running on a marked trail from the event center. There are 1.4km and 5.7 km loops available, maps and instructions from the race office. Keep in mind if you come with friends or family.

5. Partners

Nuuksio Classic has great partners that help us to make the event better for the participants. Some partners offer their products at discounted price to participants.



The main partner Salomon equips all participants with a technical running shirt, printed with race logo. In addition, there will be Salomon products as prizes, and a special offer of Salomon shoes and running packs by Intersport Puhos (an Intersport dealer in Eastern Helsinki). See Intersport below for instructions.

Salomon shoes can be tested at the remaining group runs and a larger selection of products will be displayed in the race center.



All participants will receive a set of High5 sports nutrition products. The package will include energy gels and sports drink. We'll inform about the details soon. A High5 representative will join the group runs and comes to the race. Note also the special offer of sports nutrition by Intersport Puhos and remember at the drink stations of the race course there is only water.



There will be some great Suunto products as prizes. Note also the new Suunto Ambit2 and Suunto Ambit2 S, perfect GPS devices for trail runners, and the campaign price of Ambit1 in many countries.



Compressport is a Swiss manufacturer of compression apparel. Their products will be on the prize table and displayed at the event. The Finnish importer of Compressport has a participant offer of selected products. [More information here](#). (In Finnish)



Intersport Puhos is the number 1 source of gear for endurance sports in Helsinki area. Their offer to Nuuksio Classic participants is 20% off from all Salomon shoes, also from discounted prices. In addition, they have a special price on two Salomon running packs and 20% discount on sports nutrition. To get the discount, [print this offer leaflet](#) and present it at the cashier with your purchase.



Hotel Siikaranta is the most convenient and reasonably priced way to stay the weekend in the heart of the event. Read more <http://nuuksioclassic.com/majoitus/accomodation/>