



Nuuksio Classic Trail Maraton 2.9.2023

Rules and Instructions for Nuuksio70 Trail Ultra and 42km Trail Marathon

Note: separate instructions for Mini Maraton



General

If there are differences between the information on the event website and the rules and instructions on this document, this document will be used as a guideline.

Before the race

Accommodation

Hotel Nuuksio offers a special price to the race participants. Reservations directly from the hotel, tel. +358 9 867 971.

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 Nuuksio, 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 1.9.2023

17:30 Event center in Hotel Nuuksio opens

17:30 - 21:00 Race office open, race material available



17:30 - 21:00 Partner booths inside the hotel incl. Salomon, Intersport, Nosht, Suunto, Buff, CamelBak, Koo eyewear, Bridgedale, Black Diamond.

18:00 - 21:00 Pasta buffet (16€, book at the hotel reception)

18:30 - 19:30 Athlete interviews (outside in front of the hotel in good weather, in a conference room if the weather is bad. Live streaming on Facebook.

Saturday 2.9.2023

4:45 Early breakfast for hotel guests. Book in advance from the hotel, 5€ extra charge.

5:00 Race office open for Nuuksio70 participants

5:50 Ultra race briefing in start area

6:00 - 6:05 Nuuksio70 Trail Ultra start at one minute intervals, about 30 runners at a time

6:30 - 10:00 Hotel breakfast.

7:00 - 16:00 Race office open outside in front of the Hotel. Collect your race material at least an hour before your start.

9:15 Marathon race briefing in start area

9:30 - 9:45 Nuuksio Classic Trail Marathon start, about 30 runners at one minute intervals

- 9:30 Elite start (Runners aiming at top positions. Men, women)

10:30 Nuuksio Mini Marathon start (youth under 16)

11:00 - 12:00 Nuuksio Mini Marathon finish

12:30 - 19:00 Shower, lunch, finish area serves snacks and food.

12:20 - 12:30 Estimated men's Nuuksio70 winner in finish

12:25 - 12:35 Estimated men's marathon winner finish

13:10 - 13:20 Estimated women's marathon winner finish

13:30 - 13:45 Estimated women's Nuuksio70 winner finish

15:00 (approximate) prize giving ceremony in the finish area. Prizes for the 5 best men & women of marathon and the 3 best men & women of Nuuksio70.

19:00 - -> Dinner. Buffet dinner at own schedule during the evening. Dinner cards from the hotel reception, 24€.

Race material and registering at the event center

Race material is picked up in the race office in front of Hotel Nuuksio. Due to corona, the office operates outside. The material includes

- Course map
- Number bib including timing chip and 4 safety pins
- Nosht Jollos energy chew (52g, equivalent to two gels)
- Event logo patches for pimping your race shirt
- GPS tracker and tracker instructions for Nuuksio70 runners and selected marathon runners.

Pimp your race shirt



One of the actions to reduce the carbon foot print of the event is an opportunity to convert your existing running shirt into a one-of-a-kind Nuuksio Classic shirt. The runner material includes heat transfer patches with the event logo that can be ironed to a shirt to make it your personal Nuuksio Classic trophy. Place the logo on the right location, press with iron for 15 seconds at max temperature. Remove protective foil.

Charity cause

10€ of each entry fee (42km and 70km) is donated to charity. Like the year before, we are supporting trail maintenance in Nuuksio National Park.

Changing and storing bags

Changing rooms of both saunas (indoor and lakeside) and a conference rooms can be used for changing clothing before the start. The conference room is also 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: +358405037796**. We warmly recommend to install the Finnish 112 application, it is very useful in case of emergency. 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. Note: there are no cups at the aid stations. Consider taking your own cup with you.
- **GPS tracker** for those runners to whom it was given with race material.
- **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. Depending on your trail running experience, the course will take 25-60% longer than the same distance on the road. We notify especially runners who are not familiar with the Finnish terrain that the course is more challenging than you would expect based on the elevation profile. 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 three entries to next year's race.** 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 are more comfortable to meet with covered shins.

Shoes with metal studs are allowed, spike shoes not.

Course and schedule **MARATHON 42km**

Course map with water stations, first aid stations and cut-off points can be downloaded from the race website page "[Course 42km](#)". The map included in the race material is primarily intended for monitoring own progress along the course and for spotting own location in case of emergency.

Completing the course doesn't require navigation. However, if you have a GPS watch, we recommend uploading the race route to the watch. The file can be downloaded on the website.

Distance markings on the map are marked in terrain with km-signs. Sign locations are approximate, so the km-split times are not accurate. In two locations where the Nuuksio70 course diverges from the marathon course, follow "42km" and "marathon" signs.

The complete course is marked with neon orange 5x5cm flags at approximately 0,5m height. The next marking is always visible from the previous one. In trail crossings, red arrow signs are used to indicate the correct route. In some places, white marking tape with Nuuksio Classic and Bodom Trail logo is used as additional indication of the correct trail. In addition, some places are marked with biodegradable spray on the ground.

The participant has to follow the marked course. The organizer is authorized to disqualify a participant who leaves the course intentionally. Please note especially that it is not allowed to leave the course and go off-trail other than in the special case described in the chapter "respecting other people and the nature".

Start procedure:

The start will take place with about 30 runners at a time at one minute intervals. Top runners (both men and women) will start in the first group at 09:30. You can enter the start box when you think that your running speed will match with that of the other runners starting at the same time. There will be a time difference of about 15 minutes between the first and the last start.

This procedure will ensure a smooth entry to the first narrow trail at 0.5km from the start and fluent operation in the aid stations.

Results are based on net time. However, the prizes (5 men + 5 women) are given in the finishing order. Therefore, if you are targeting to be among the top-10, start in the first group.

The finish closes at 18:30. Participants finishing later than 18:30 will not be timed. Finishers will receive two ITRA points.



There is one cut-off point along the course on the second aid station at 24km at 14:45. This leaves approximately 5h (12min/km or 5km/h) for the runners starting in the last start group to avoid the cut-off. Participants reaching the cut-off point after 14:45 will be transported back to the event center by the organizers.

Aid stations MARATHON 42km

There are 3 aid stations at 9.5, 24 and 33km. The stations are marked on the course map. The aid stations serve water and Nosht sports drink. Salt is available at all water stations.

There are no disposable cups at the aid stations. Consider taking your own cup with you. Please use 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 along the course.

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

Course, schedule and aid stations, additional instructions for NUUKSIO70 TRAIL ULTRA



Course map with aid stations, first aid stations and cut-off points and links to GPS track are on the race website page "[Course 70km](#)". The actual course distance is 72km.

72km course has two extra loops in addition to the marathon course. The starts of the extra loops are indicated with course distance markings. Follow "70km" and "Ultra" signs to turn to the Nuuksioclassic 70 course.

The first extra loop starts at 14km, North side of lake Orajärvi. The second loop starts at about 37.5km next to Kattila recreational area. The start of the second extra loop has a cut-off time at 12:30, about 6h25min from the last start. This equals to 6km/h or 10min/km running speed.

Runners late from the cut-off are directed to the marathon course and, if finishing, will get a result of completing 52km. This is not an official race but runners who finish the shorter ultra course will not be ranked as dnf. They will receive two Itra points as when completing the marathon distance.

Finish line closes at 18:30. The maximum time for the last starting runners is approximately 12h25min. To finish, you need to move about 10min/km throughout the course. Finishing full Nuuksioclassic 70 course gives you two ITRA points.

There are five aid stations along the course. The aid stations serve water and Nosht sports drink. Two of aid stations that are located along the Nuuksioclassic 70 extra loop (stations 2 and 4) serve also snacks: Nosht energy bites, potato chips, chocolate. Salt is available at all aid stations.

There are no disposable cups at the aid stations. Consider taking your own cup with you. Please use 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 along the course.

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

Additional instructions for GPS tracking

All participants of Nuuksio70 Trail Ultra and about 30 marathon participants will receive a GPS tracker. This is part of mandatory equipment. The device will be handed out with other race material and collected back at the finish.

If participant forgets to return the tracker at the finish, participant is responsible to return it to the organiser at participant's cost. Lost or non-returned tracker will be invoiced from the participant, value 400€.

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, first aid is available at the finish. The phone number of the first aid team is **+358405037796**. Store this to your mobile phone before start. It is also marked on your number bib. NOTE! The number is different from last year.

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.

With serious injuries, first call the emergency number 112 and then inform the organizers. The race organisation's phone number is printed on the map. We warmly recommend to install the Finnish 112 application and use that if you need to call help.

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

Race organisation's phone number during the race is marked on the map.

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 (preferably with the 112 app).

- 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 for pick-up by car.

DNF instructions

If you don't finish the race but don't need urgent help, report to the next drink or first aid station. You will be picked up by car during the day.

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

Phone number +358405101502, is marked on the map.

Toilets

Toilets are located in the event center. There are few toilets on the race course for hikers, they can be used if needed.

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 possible 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. There will be plenty of 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 drawing of three starting slots for next year's race.**
- If you need to have a break in the bushes and there is no toilet available, please take care of it 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. Results will be published on nuuksioclassic.com. End result is net time but prize positions 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/>. Finish line photos will be posted there in real time - fast social media service! If you take photos yourself, you can link them to Nuuksio Classic Facebook site to share them with other runners. In social media, use hashtags #nuuksioclassic, #nuuksioclassic2023 and #nuuksio70.

On the event website, there is an instant feed of race news. Instagram @NuuksioClassic, Twitter @NuuksioClassic and Facebook, <https://www.facebook.com/NuuksioClassic> will also be reporting about the race. Follow them if you don't already!

Audience

For the audience, the two best places to follow the race are at the aid station on top of Solvalla Swinghill ski resort ([link to the map](#)) and at the finish. From the event center there is a nice 5.7km loop on the race course for the audience. It contains the first 1,5 and the last 4km of the race. A map can also be downloaded [here](#). The actual race map is sold in the race office for 5€.

After the run

Sauna and showers

Lakeside sauna, the sauna/pool department of Hotel Nuuksio are available after the run. 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 in the room has no queue.

Lunch

The entry fee includes a soup lunch (chicken soup, vegetable soup, buffet style) + bread + beverage that is served after the finish. Snacks are available in the finish area.

Lunch is served in the hotel restaurant.

Prizes

Nuuksio Classic Trail Marathon:

- Five best men & women will receive prizes. There will be training stipends for the top three runners in both classes: 300€, 200€ and 100€. In addition, product prizes. Winners will receive a Suunto Vertical sports watch. A new course record will be awarded with a 200€ stipend.
- The fastest runner of the marathon race will hold the race trophy for one year.

Nuuksio70 Trail Ultra:

- 3 best men & women will receive product prizes from event partners. Winners receive a stipend of 300€ and a Suunto Vertical sports watch. A new course record will be awarded with a 200€ stipend.

The prize giving ceremony is at 15:00 in the finish area.

Mini Marathon prizes will be handed out to runners immediately after finish in the finish area. The fastest boy and girl under 8, 12 and 16 will receive a product prize.

Race dinner

The final touch to the event is put by a race dinner in the hotel restaurant. This is a great opportunity to recall the feelings from the day's challenge and relax after a tough performance.



19:00 Doors open

- Buffet dinner at own pace during the evening. A casual evening menu is available for 24€. Reservation recommended.

Dinner reservations in advance from Hotel Nuuksio, tel +358 9 867 971. There will be some dinner cards available also from the hotel reception on Friday evening and to limited extend on Saturday after the race.

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 5/7 of BUFF® Trail Tour Finland.
Tour results are published at trailtourfinland.fi