

12.2.2012



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 left from the main entrance on the ground floor. There you will receive your race number and the chip (championship) 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 will be at 12:00 sharp.

2) DRINK & FOOD SERVICE

Drinks

- Sport drinks (Performance Carbo Energizer Lemon, about 7% carbohydrate)
- Cola (10,8% sugar)
- Juice
- Water
- Coffee
- Tea
- Mineral water

Food

- Pasta + sauce (approximately at 1900 ja 0100 hours)
- Porridge (on Sunday morning at 0700 hours)
- Meat balls
- Bananas
- Orange / Mandarine
- Raisins
- Salted cucumbers
- Biscuits
- Cookies
- Olives
- Bread
- Potato chips
- Chocolate
- Candies
- Dried fruits

We offer you a warm meal after the race at 12:00-13:00 (noon to 1 pm) on Sunday.

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3) PERSONAL FOOD AND DRINKS (OWN SERVICE)

We have arranged some tables for your own drinks and food, but the space is quite limited. Some tables are reserved for foreign runners. These tables are marked with country flags:

- Number of tables per country will be updated later

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

4) MEDICAL SERVICE

Finnish Red Cross doctor service is available on Sunday 00:00 to 15:00 (12 am to 3 pm).

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 that time (direction change), it would be better for lap counting if you could come back to the track before the direction change.

8) AT THE END OF THE RACE

We will give all runners numbered "wooden blocks" markers roughly 15 minutes before the end of the race. Exactly at 12:00 (noon) there will be the gunshot. All the runners are required to stop immediately and leave their "wooden block" marker on the track exactly on the spot.

9) RETURN OF CHAMPIONCHIPS

You are required to return your championchip (chip) in the media section, next to the result service point. You do not need to return your race number.

You can also leave the chip under the wooden block which marks your finishing place, like in this picture:

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

The penalty for lost or non-returned chips will be **€75** per chip!

10) LAP COUNTING

ChampionChip Eesti 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:
<http://www.championchip.ee/>

11) SANITATION

There are several litter baskets by the side of track. Please use these baskets!
Vomiting is also possible during the race – please use toilets, litter baskets or plastic bags.

12) RESTING AREAS

You can rest in the dressing room.

13) TOILETS, DRESSING ROOMS, SHOWERS

Toilets, dressing rooms and showers are located near the track and service points.

14) SAFE KEEPING YOUR VALUABLES

You can leave your valuables for safe keeping in a designated room. Please ask for information from race officials.

15) PRIZE CEREMONY

The six best women and men will be awarded with prizes on Sunday at 13:00 (1pm) in the cafeteria area. Both male and female winners will get Garmin Forerunner 310XT running computers provided by Garmin Finland.

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All runners will receive a medal and a diploma.

16) MEDIA

Please visit <http://www.endurance.fi/24/eng.html>
Media representative is Tapio Talvitie (tapio@endurance.fi)

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

Endurance Ultrarunning Team Finland