



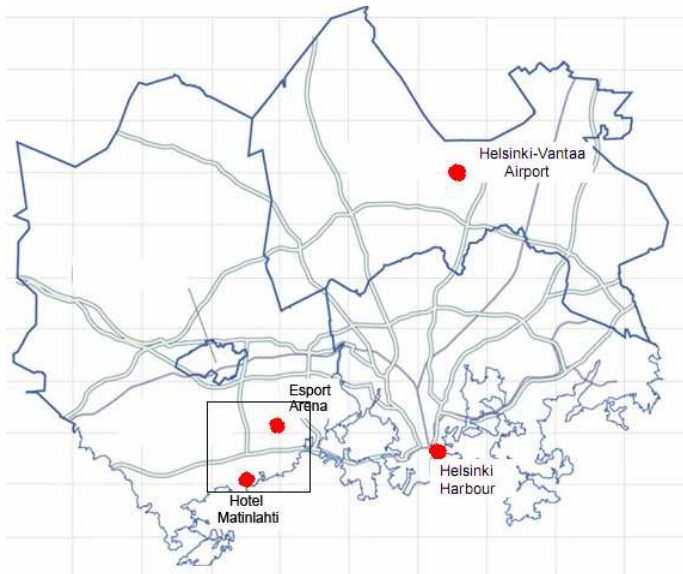
## Welcome to Endurance 24h Race at Espoo Arena 1-2.12.2007!

### Before the race:

If you arrive in Finland by **airplane**, a taxi from the airport directly to Espoo Arena or Hotel Matinkahti will cost about €50, and the drive to Espoo takes about 30 minutes. You can also use public transportation: take an Airport Bus to Helsinki city centre and continue from there with bus 195 to Tapiolan urheilupuisto (near Espoo Arena) or bus 51 or 54 to Hotel Matinkahti.

If you arrive with a **Stockholm ferry**, a taxi from Helsinki harbour to Espoo costs about €25.

If you have any last minute queries or wishes after you have arrived in Finland, please call Atte Björklund at +358 50 520 3636.



## **The race:**

Race numbers and chips will be available at Esport Arena starting at 09.00 Saturday morning, and all runners should be at the Arena by 11.00, i.e. one hour before the start.

The race will be run on the second floor track of the Esport Arena. There will be a locked room for your personal belongings during the race.

**Food:** During the race you will have a plentiful menu to choose from. We will offer you at least pasta, oatmeal porridge, banana, orange, raisins, salted cucumber, olives, oatmeal biscuits, salt biscuits, bread, potato chips, chocolate, wine gums, pastries, cola drink, coffee, tea and Squeezy sports drink.

**Own food:** There is room for your personal foods, drinks and supplements at the table, but please try to "personalize" your stuff so that it will not be mixed with others.

**Medical attention:** A doctor will be present at Esport Arena from 20.00 hours Saturday evening until the end of the race.

**Massage:** Ten massage students will be ready to serve you during the race.

**Using the inside lane:** There are four lanes in the Esport Arena, and the inside lane is 390 meters long. When you run in the inside lane, please stay at the innermost side of the lane, so that it is easy for the faster runners to take you over from the outside. Please do not hang in the middle of the lane, so that the faster runners do not know whether they can pass you from the inside or not.

**Using lane #2:** If you run/walk side by side with a fellow competitor, please leave the inside lane free and use the second lane. Also, if you are moving very slowly due to eating, foot problems, fatigue etc, you may want to stay on the second lane. However, as long as you keep on moving, you are allowed to use the inside track if you wish.

**Running direction** will be reversed every six hours. If you are resting just before 6, 12 or 18 hours will be completed, and are planning to continue running soon, it would be nice if you would get back on the track a few minutes before changing direction. That would make lap counting easier, thank you!

**Lap counting:** We use chip equipment provided by ChampionChip Eesti OÜ for lap counting, and during the race you will see real time results on a video screen at the side of the track.

**Litter:** There are trash cans along the track, please keep the track tidy and throw all the litter into the trash cans.

**Vomiting:** There will be several "puke bags" along the track. If you need to vomit, please try to aim the puke in the bag!

**Resting pauses:** There is plenty of room for you to rest during the race. If you think you need a sleeping bag, please bring one of your own.

**Toilets, showers, dressing rooms:** There are several toilets and dressing rooms very close to the track.

**Media connections:** We will add pictures and comments at [www.endurance.fi](http://www.endurance.fi) web site during the race. All the supporters and "virtual runners" with internet connection can send their greetings to the runners. If you wish, we can add your comments and reports in the web during the race.

Full intermediate results will be published every full hour during the race at [www.championchip.ee](http://www.championchip.ee) website.

There will be some reporters from the Finnish media at the Esport Arena during the race. Some of them might even want to ask a few questions from our foreign competitors. So, be prepared to answer to questions like "Why on earth would anyone want run in a circle for 24 hours, and, for heaven's sake, come to Finland to do that?!!".

**Awards ceremonies** will be held at Esport Arena at 13.30, i.e. as soon as the official results have been finished. If you need transportation to the airport after the race, please inform us about your flight schedules already on Saturday morning, so that we can arrange the transportation.

## **Who will take care of you during the race:**

**Race directors:** Hannu Tähkävuori, Olli-Matti Penttinen

**Race arrangers:** Arto Ahola, Sean Nugent (both of them will run in the race)

**Food and drink:** Sanna Piispanen, Mikko Luusalo, Juha Hietanen

**Lap counting, chips:** Olavi Valner, Asmo Ahola

**Announcements:** Pasi Kurkilahti

**Media connections, race web site:** Esa Nurkka

**Anything you ever wanted to know about ultra running, but have been afraid to ask:** Seppo Leinonen

**And:** Numerous other volunteers

## **A wish from the announcer:**

Pasi Kurkilahti will take care of the announcements during the race, and he asked if our foreign runners could send some data about themselves before the race. This is completely voluntary, but it if you wish you can make Pasi's work a bit easier by sending facts like:

1. name, age, profession
2. running history (how long have you been running, how do you practise, major achievements)
3. what's your target at Endurance 24h
4. do you have any special plans for 2008 or in the future
5. other comments

You can reach Pasi by e-mail at [pasi.kurkilahti@vierumaki.fi](mailto:pasi.kurkilahti@vierumaki.fi).

## **After you have recovered from Endurance 24h:**

If you thought that Finland is this grey and dark all through the year, you might want check the situation again next summer. The perfect way to enjoy the Finnish summer night sensation is to participate **the 37<sup>th</sup> annual 100k Suomi-Juoksu in Perniö on 7-8 June 2008**.

Suomi-juoksu's race director Tero Lindholm will run with you in Espoo, so feel free to interrupt him during the race! Perniö is situated some 80 km east of Turku (or 120 km west of Helsinki), so if you are arriving from Stockholm, a ferry to Turku might be a good choice of transportation for you.

More information about Suomi-juoksu 2008 will be available at [www.endurance.fi](http://www.endurance.fi) early next year.

**We wish you the best of luck at Endurance 24h race!**