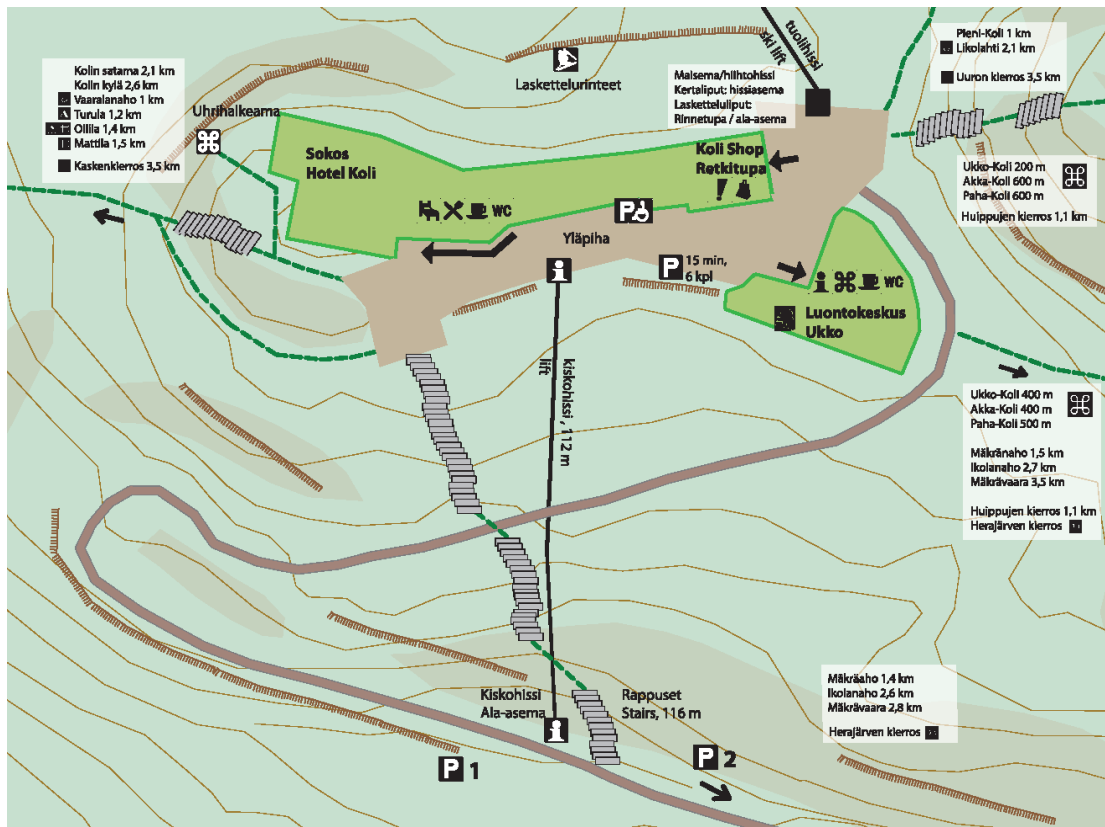


Marathon of Dangers 2011: Practicalities

Here, some info on the practical arrangements for the event. Please, take a look in this document in advance.

1. Race Center



Sokos Hotel Koli = Race Center (race office, dressing rooms, a possibility to leave a small bag during the race (do not put any valuable in the bag), toilets, finish, sauna, meal and prize giving ceremony (address: Ylä-Kolintie 39, 83960 Koli, tel. within Finland 020 1234662).

Nature Center Ukko = Open Mo-Sat 10-17, Su 10-15. Toilets available during the opening hours.

P1 = Parking area for those who accommodate in the hotel.

P2 = Start for the race (all categories)

Note, there is a lift on a trail between P1-area and the race center. It's advisable to reserve 10 minutes for walking / using the lift up to the hotel.

2. Parking and arrival

Parking areas will be full. If you come by your own car, please park your car tight so that the other participants and other visitors of the national park

can park their vehicles as well. On Sat morning, there will be personnel guiding with the parking. The following parking areas are available:

- P1 (see the map)
- P2 (see the map). This area is also a starting area for the race.
- Parking area in the Koli village (sports field), 1,5 km from the race center. If you park your vehicle here, you will get a shuttle bus up to the race center. After the race, you will get a drive back to parking area in every 30 minutes. Here's a link to the location of the sports field:
<http://kansalaisen.karttapaikka.fi/linkki?scale=16000&text=Parkkialue+&srs=EPSG%3A3067&y=7000380&x=640367&lang=fi>

Be there in time. It is advisable to be there at least 1 hour prior to your start.

3. Registration (race center)

After you have filled the form "release of liability", you will get the race material: number bib, chip for measuring the time, map and a GPS-tracker for participants in 86 km category. The tracker (150 g) will be fastened with a cable tie in your backbag. Participants in 86 km carry a gps/grps-device which enables tracking in internet. Registration is open:

Friday:

19-22: All categories

Saturday:

5.30-6.30: Ultra 86 and trekking 43 km

7.30-9.30: 43 km + Duo

9.30-10.30: 15 km

Participants in 86 km category! Please come to register already on Friday evening. If this is not possible, let us know.

4. First aid / insurances

Save the following numbers in your mobile phone: **040-5420076, 0400-350 900**. If you need help during the race (accident, lost in the woods...) call either of these numbers. If you have to drop out the race, you need to contact the organizers either by phone or in person on the route (there are some organizers on the field as well).

You need to carry a mobile phone with you and cover it against water. Phone is needed so that you can call for help for yourself or the other runners. Similarly, it may be that the organizers will call you. This is valid especially for the runners in 86 km. If the GPS-tracker indicates that you or some other runner is not moving at all or the runner has got lost from the route, the organizers will first call the runner. If he does not respond to the call, the organizers will call another runner next to "the missing person" and ask him/her if he/she has seen the missing person.

In serious accidents, first call the emergency number 112 and after that the organizers.

There is an ambulance in the race center. First aid personnel will be distributed along the route as well.

The organizer has an insurance regarding its own operations. This insurance does not cover accidents that may happen to the runners on the track. The participants are responsible for their own insurances.

Typical difficulties can be blisters, contusions and other injuries caused by falling down. Risk of hypothermia exists in cold and wet conditions.

You need to be prepared to help yourself and others on the route.

5. Time limitations

In the 86 km category, you are allowed to start the second lap if you have finished the first lap prior to 14.30. The finish will close at 23:00. The organizers have the right to interrupt the race if the runner is not able to make it to the finish in time. The right to interrupt the race exists even due to other reasons as well.

6. Start times

- Ultra 86 km / Trekking: 7.00
- Duo: 9.45
- 43 km:
 - i. Estimated time less than 5 h: 10.00
 - ii. Estimated time 5-6 h: 10.10
 - iii. Estimated time +6 h: 10.20
- 15 km: 11.00

There will be some 300 runners in the 43 km category. In order to diminish the rush during the first kilometres and when crossing the waterway, the start times will be fixed between 10-10.30.

7. Map, signs on the route, getting lost

The route will be marked with VM-signs in junctions. The signs will be set on a previous day. It is possible that the signs will fall, someone will damage or steal them. Therefore, the map is the only reliable means to stay on the right track. The map is printed on paper that tolerates water to some extent. However, if you keep the map between your fingers for several km, the colours on the map will disappear. Part of the route follows a hiking trail "Herajärven Kierros". There are signs and blue dots on trees / stones that indicate that you are on that route.

Especially in the Koli National Park: do not leave the trail / route. On the road, use the left side of the road.

8. Clothes and dressing room

You can change your clothes prior the race in the race center. If you want, you can leave a small bag in the race center and collect it after the race. Do not leave any valuables in the bag (the room is not closed).

9. Obligatory equipment

Obligatory (P) and recommended (S) equipment during the race:

All categories:

- P: Mobile phone, covered against water. Enough power for the whole race. Numbers of the organisers saved on the phone.
- P: Map (from the organizers).
- P: Chip for measuring your time. (from the organizers).

Duo-category:

- P: Helmet when biking
- P: Drinking bottle / bag
- P: First aid bandage (water resistant)
- S: Service gear
- S: Hypothermia blanket
- S: Gear for locking the bike.

43 km:

- P: Drinking bottle / bag
- P: First aid bandage (water resistant)
- S: Hypothermia blanket, e.g.
<http://www.clasohlson.fi/Product/Product.aspx?id=164640830>

86 km and trekking:

- P: Drinking bottle / bag
- P: First aid bandage (water resistant)
- P: Hypothermia blanket, e.g.
<http://www.clasohlson.fi/Product/Product.aspx?id=164640830>)
- P: Lamp. Ultrarunners: obligatory only for the second lap.
- P: Ultra: GPS-Tracker-device (from the organizers).

10. Service along the route

Each participant is responsible for his / her own service. Help from outsiders is not allowed. The participant may not leave any gear / energy on the route except trashes on the water points and ultrarunners in the midway.

On the water points, there are water buckets and mugs. Ultrarunners may leave their gear (shoes, clothes, energy) in the race center and use this material after the first lap. A soup / bread are served after the first lap.

There are some toilets along the route. Take toilet paper with you.

11. Service prior and after the race

If you have booked accommodation in the race center, an early breakfast will be served starting at 5.00. Normal hotel breakfast will be served starting at 6.00. Price of the breakfast for others than hotel guests is 14 e / person.

In the finish, you have a possibility to enjoy the hotel sauna and a meal (3 different soups). Please bring an own towel. If you do not have your own towel, you can rent one at the hotel reception.

12. Water crossing in Kiviniemi

There's a water-crossing (50 metres) at the southernmost point of the route. There are some rowing boats and a raft that can be used to get on the other side. There's personnel rowing the boats.

It is possible that one has to wait for his turn before getting on the boat. This waiting time will not be compensated.

13. Waste management, national park, other users of the park

For trashes, there are bags on the water points. Permission by the Koli National Park for organising the event requires that no damage to flora, fauna or soil will be made and there will be no trashes on the route.

Hunting season has started. We have sent information about the event to the local hunting clubs.

14. Prize-giving

The 3 best times in each category (except trekking) will be awarded in the race center.

15 km at 15.00
Duo and 43 km at 16.30
Ultra at 18.00

In the evening, a lottery will be held among those who are present in the race center.

15. Be cautious

The route is very demanding. The roots, stones and wooden stairs are very slippery. Some of the trail constructions are in bad shape. Be careful especially when running down the hill.

16. Changes and unsportsmanlike behaviour

Organizers have the right to change these regulations. The organizers can punish a participant by a 30 minutes penalty time (will be added in the finishin time) or disqualify the participant based on unsportsmanlike behavior.