

Welcome to Eerikkilä Trail Run 10.10.2020!

EVENT CENTER

The event center is Eerikkilä Sport & Outdoor Resort. There are different levels of accommodation and restaurant services also for those travelling from longer distance. The area has a wide range of sports and nature activities, even for a weekend with the whole family or group of friends.

How to get to Eerikkilä:

<https://eerikkila.fi/en/eerikkila-sport-outdoor-resort/contact-information/location/>

CHANGING ROOMS

Eerikkilä's high-quality changing rooms with showers, including a storage room, are available to runners. There are swimming hall changing room and Arena changing rooms (4 and 5) reserved for men. Changing room in swimming hall and Arena changing rooms (3 and 6) are reserved for women. Frenckell-hall is also reserved for storing bags during the race. Organizers assume no responsibility of the equipment left in the room.

REGISTRATION AND RACE MATERIAL

You will find the race office near the main building (Frenckell) and it will open on race day at 7:30. The office is also open the night before from 8 pm to 9:30 pm.

The material includes:

- Route map
- Number bib and 4 safety pins
- Competition instructions
- Area map

START AND FINISH

Please arrive on time, 15min before the start.

Long Trail 42km, start at 9am

Medium Trail 28km, start at 9:15am

Short Trail 11km, start at 9:30am

MAINTENANCE

All drink points have water, Gatorade sports drink and one medium / long trail drink point also raisins, bananas and pickles. There is now drink point on short trail. To act sustainably, please bring your own cup / drink bottle. Please make sure that no rubbish is left for others to pick up.

EQUIPMENT

We recommend cross-country / trail running shoes. There are rocks, rhizomes and duckboards along the way that can be very slippery.

Mandatory equipment:

- Mobile phone. We warmly recommend to install the Finnish 112 application, it is very useful in case of emergency. Store the first aid team's phone number +358 40 2572380 and the race director number +358 40 6753860.
- Route map
- Drink bottle or hydration pack
- Number bib worn visible on chest (Timing chip is in the number bib, timing is not possible if the bib is not facing front).

DISCONTINUING THE RACE

If you can't finish, proceed to the next first aid station for transport or take the shortest route to finish. Always inform organizers if you don't complete the race. +358 40 2572380 and +358 40 6753860.

TIMING AND RESULTS

You will find the results in real time here: <https://eerikkila.fi/en/product/eerikkila-trail-run/> Go to live conversion tracking.

PRIZES

11km 3 best women and men

28km 3 best women and men

42km 3 best women and men

Prizes will be handed out to the winners immediately in the finish area.

MEALS

The price includes warm buffet meal after the competition in our restaurant (from 10:30). Our restaurant is also open for supporters and serves breakfast, lunch and dinner. Please remember to inform us about your special diets when you register for the event.

SAUNA

Competitors will also have the opportunity to enjoy the soft steam of the lakeside sauna (10am-18pm) and refreshing lake swim at the end of the competition. Please bring your own towel.

INSURANCE

Participants are not insured by the organizer, so please make sure your insurance is in order.

GOOD TO KNOW

The route passes at some points close to private accommodation and holiday accommodation, which the passage has been agreed with the owners only for this race. Please respect their privacy as you navigate the route during the race or in the future. Remember to also respect other nature walkers, especially in the Liesjärvi area. All race participants are obliged to help fellow racers if they need first aid.