



Important Telephone numbers

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| Race Director: | +358 (0)465731804 |
| Abandonments: | +358 (0)445488548 |
| Emergency telephone number: | 112 |

General Information

- **Attach your race number to the handlebar using the cable ties provided.** The electronic tag will record your time. There is no need to return the race number after the event.
- Follow directions, the finishing line is also the start of the second lap for the 60km race. A map of the course can be found at www.imatramtb.fi
- Be aware of riders behind you, give them as much room as possible if they are overtaking.
- Before overtaking, warn the rider ahead on which side you intend to overtake.
- Be careful when crossing roads! Follow the advice of the traffic marshals at all times.

Start

- **The race starts at 12.00 for all competitors**
- Arrive and be in place on the starting line no later than 15 minutes before the race starts.
- The starting area is divided according to race distance, position yourself in these areas based on your ability

Abandonments

- **These should be reported to a race official at the finishing line, or to the race office by phone or text message.**
- The second lap of the 60km race must be started by 15.30 at the latest, Those riders outside this time may finish the race at their own pace and without assistance. Please be aware the race office will close at 18.00

Feeding stations and race route

- There are 2 feeding stations on the course, these will be passed 4 times during the 30km race. These stations are stocked with sports drinks, water, bananas, salted cucumbers and salt.
- Tables are provided at the midpoint of the course and the beginning of the second lap should you wish to exchange your own water bottles.
- Bike washing facilities are provided at the race centre.

Toilet and washing facilities:

- Toilet and washroom facilities are provided in the Ukonniemi Arena, these can be accessed through the main door.
- All Competitors are entitled to lunch after the race, the cost of this is included in the entry fee.

First aid

First aid is located in the race centre at the Ukonniemi Arena.



Results:

<http://www.imatramtb.fi/>

<https://online4.tulospalvelu.fi/tulokset/fi/>



COMPETITION SCHEDULE

Friday 9.8.2019

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| 18:00 | The marking of the race route should be completed by 18.00 competitors will have the opportunity to ride the course. |
| 18:00 – 20:00 | Race office open 18.00 – 20.00 <ul style="list-style-type: none"> • Competitors who have registered online can collect their race number. • Only CASH payments are accepted from Competitors registering at the race office. |

Saturday 10.8.2019

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| 09:00 | Race Office opens <ul style="list-style-type: none"> ● All competitors who have registered online must collect their Race number by 11:30 am at the latest. |
| 09:00 – 11:00 | Registration on the day <ul style="list-style-type: none"> • Only CASH payments will be accepted from competitors registering on the day. |
| 12:00 | Race start <ul style="list-style-type: none"> • 10 km first to the finish estimated at 12:30 • 30 km first to the finish estimated at 13:30 • 60 km first to the finish estimated at 14:30 |
| 14:00 – 16:00 | Prizes <ul style="list-style-type: none"> • Prizes are awarded for the top 3 finishers in each category (Please note no prizes are awarded in the 10 km category) • Exact times of the presentations will be announced on the day |
| 13:00 – 18:00 | Lunch <ul style="list-style-type: none"> • lunch is available after the race for all competitors. |
| 15:30 | Closing of the course The second lap of the 60km race must be started by 15.30 at the latest, Those riders outside this time may finish the race at their own pace and without assistance. Please be aware the race office will close at 18.00 |
| 18:00 | Race Office closes |
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