

# INSTRUCTIONS FOR COMPETITOR

## Important telephone numbers

Race Director:	+358 (0) 50 378 9555
Abandonments:	+358 (0) 44 548 8548
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](http://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 15.00 at the latest. 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.

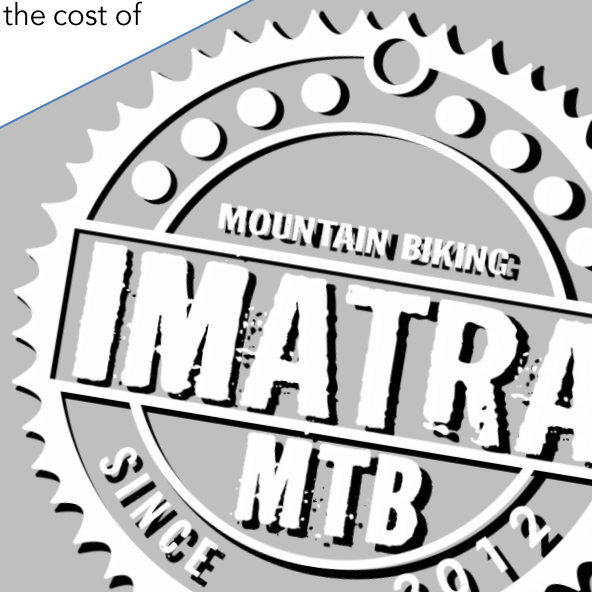
## Toilet and washing facilities:

- 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.

Tulokset: <http://www.imatramtb.fi/>  
<http://online4.tulospalvelu.fi/tulokset/fi/>



# COMPETITION SCHEDULE

## FRIDAY 7.8.2020

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	<b>Race office open 18.00 – 20.00</b> <ul style="list-style-type: none"><li>• Competitors who have registered online can collect their race number.</li><li>• Only CASH payments are accepted from Competitors registering at the race office.</li></ul>

## SATURDAY 8.8.2020

08:00	<b>Race Office opens</b> <ul style="list-style-type: none"><li>• All competitors who have registered online must collect their Race number by 11:30 am at the latest.</li></ul>
08:00 – 11:00	<b>Registration on the day</b> <ul style="list-style-type: none"><li>• Only CASH payments will be accepted from competitors registering on the day.</li></ul>
12:00	<b>Race start</b> <ul style="list-style-type: none"><li>• 10 km first to the finish estimated at 12:30</li><li>• 30 km first to the finish estimated at 13:30</li><li>• 60 km first to the finish estimated at 14:30</li></ul>
14:00 – 16:00	<b>Prizes</b> <ul style="list-style-type: none"><li>• Prizes are awarded for the top 3 finishers in each category (Please note no prizes are awarded in the 10 km category)</li><li>• Exact times of the presentations will be announced on the day.</li></ul>
13:00 – 18:00	<b>Lunch</b> <ul style="list-style-type: none"><li>• Lunch is available after the race for all competitors.</li></ul>
15:00	<b>Closing of the course</b> <ul style="list-style-type: none"><li>• The second lap of the 60km race must be started by 15.00 at the latest.</li><li>• Please be aware the race office will close at 18.00.</li></ul>
18:00	<b>Race Office closes</b>

