

INSTRUCTIONS FOR COMPETITOR

Important telephone numbers

Race Director:	+358 (0) 40 683 0340
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.
- 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.

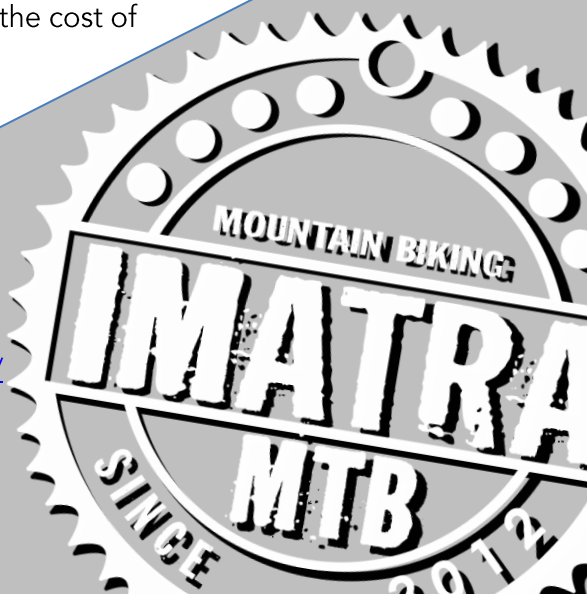
First aid

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

Tulokset:

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

https://online4.tulospalvelu.fi/tulokset-new/fi/2021_imatramtb/



COMPETITION SCHEDULE

FRIDAY 6.8.2021

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.• Cash and card payments are accepted from Competitors registering at the race office.

SATURDAY 7.8.2021

08:00	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.
08:45 – 9:45	Registration for children's 1.7 km event
08:00 – 11:00	Registration on the day <ul style="list-style-type: none">• Cash and card payments will be accepted from competitors registering on the day.
10:00	Children's 1.7 km event start
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.
12:30 – 18:00	Lunch <ul style="list-style-type: none">• Lunch is available after the race for all competitors.
15:00	Closing of the course <ul style="list-style-type: none">• 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.
18:00	Race Office closes

