

# Participant guide

## 1. Competition center

Competition center is open from July 2 3.00 p.m. to July 8 8.00 p.m. The center is located in the Sportshall Virkku, nearby the tennis court. Address: Urheilutie 3 Kauhajoki. You can pick up your race number in the competition center. The phone number of the competition center/service is +358 400 514 430.

## 2. Distances and timetable

Distances: 6days, 72hours, 48hours, 24hours, 12hours, 6hours and marathon

- 6days start on Monday 2nd of July at 6.00 p.m.
- 72h on Thursday 5th of July at 6.00 p.m.
- 48h on Friday 6th of July at 6.00 p.m.
- 24h on Saturday 7th of July at 6.00 p.m.
- 12h on Sunday 8th of July at 6.00 a.m.
- 6h on Sunday 8th of July at 12.00 a.m.
- Marathon every day from 3rd to 8th of July at 10.00 a.m.

Ultra distances end on Sunday 8th of July at 6.00 p.m. The prize-giving ceremony is in the Sportshall Virkku right after the results are ready.

The starting area of marathon is located near the competition center.

Series for each distance: men and women. The first, second and third best runner in each series will get a prize. All ultra runners as well as those who run six marathons will get a memory plate.

## 3. The course

The competition route has been measured officially. The length of the route is 1504,8 m and it will be run clockwise. The starting area is in front of the competition center. You find the route map in the competition center.

Championship Eesti is responsible for the lap counting. The timing chip is behind the race number, so set your race number in a visible place in your clothes and do not damage the chip.

At the end of the competition every runner will get a plate with the number of the runner. The runner will leave the plate there he or she is right at the time of the end shot. After this the runner can freely go to the competition center.

#### **4. Service**

The service point is located right next to the starting area.

The service point offers you water, juice, Squeezy 3% sports drink, cola, mineral water, coffee, tea, blueberry soup, bouillon, banana, fruit, raisins, pickle, cookies, bread, chips, chocolate, candy etc.

In addition, to the ultra runners we serve three warm meals a day. Breakfast is served from 7 a.m., lunch from 2.00 p.m. and evening meal from 8.00 p.m.

There are tents with tables right next to the route where you can place your own service point. There is also a fridge in the service point where to put your own foodstuff. It is also possible to bring your own small service table with you.

Please do not litter the environment. Put the litter into the rubbish bins.

#### **5. Changing rooms, showers, toilets and a room for resting**

Changing rooms, showers and toilets are located in the Sportshall Virkku nearby the service point. There are showers separately for men and women.

A room for resting is in the same place, in the wrestling hall. The room will be divided with a curtain so that men and women get their own room. We provide you light mattresses, pillows, blankets as well as disposable sheets. You can also bring your own sheets with you. In addition, there is an opportunity to put up your own tent on the lawn outside the Sportshall Virkku.

#### **6. Safety**

The competitors has NOT been insured by the organisers. Everyone runs at one's own risk. The traffic is not prohibited on the route, so remember to be careful.

Between the 6th and 7th of July there is a disc golf competition nearby the competition center of Ultra Running Festival. The disc golf tracks do not run through the running route, but there may still flow some discs over the running route.

On Friday and Saturday evenings and nights there are security guards in the area of Topeeka and the bridge working for your safety.

#### **7. First aid**

In case of small injuries there are first aid kits and ice bags in the competition center. In the Sportshall Virkku there is a defibrillator. In more severe cases call the emergency number 112.

## **8. Doping**

In the competition there is not an official doping test, arranged by the organiser.

## **9. Photos and results**

The organiser reserves all rights to the photos taken during the competition as well as publishing the results.

Following the competition in real time is possible in [www.championchip.ee](http://www.championchip.ee)

We update and post photos to the Facebook of Kauhajoki Ultra Running Festival 2018 also during the competition.