

# THE RUTHLESS RAJA 2019

## EVENT INFO

**ICE NUMBERS (all the participants must save these numbers to their mobile phones!)**

**112 (EMERGENCY NUMBER)**

**+358 40-5218708 (FIRST AID)**

**+358 40-4112256 (Competition management)**

**+358 44-0816066 (Service car)**

### START

The Ruthless Raja –event will start at the following places:

**100 miles (160km) ski, 65km and 87km Fatbike will start from Hossa Nature centre.** There is a possibility to warm-up, use toilets and buy a coffee or something to eat.

Start address is: Jatkonsalmentie 6, 89920 Suomussalmi

#### Start Timetable:

160km Ski - at 8.00 am

65 km and 87km Fatbike - at 11.00 am

If Fatbikers reach the skiers, bikers must be driven in such a way that the ski trail will not be destroyed.

**78km ski and 24km fatbike will start from Martinselkonen wildlife centre.** There is a possibility to warm-up, use toilets and buy a coffee or something to eat.

Address is: Pirttivaarantie 131, 89920 Ruhtinansalmi

Start time 24km Fatbike - 9.00

Start time 76km Ski - 10.00

**25km ski will start from Raatteen Portti.** There is a possibility to warm-up, use toilets and buy a coffee or something to eat.

Address: Raatteentie 2, 89600 Suomussalmi

Start time 25km - 11.00

**40km ski will start from Puras.** There is NO possibility to warm-up or use toilets!

Address: Puraksentie 139, 89800 Suomussalmi

Start time 40km - 10.00

## **PARKING**

Parking is possible at other places of start, except in Puras.

## **EVENT OFFICE**

Event offices will be located at Hossa Nature centre, Martinselkonen wildlife centre and Spa Kiannon Kuohut. Event offices will be open:

- Hossa: 2.2 6.30 - 11.00
- Martinselkonen: 2.2 7.00 - 23.00
- Kiannon Kuohut: 2.2 7.00 - 3.2 8.00

## **PARTICIPANT MATERIAL**

A participant material will be handed over to the participants on the event office, except for the 40, 25 kilometer skiers. Their participant material will be handed over in the lobby of spa Kiannon Kuohu after 7am. Participant material includes participant number, instructions, important phone numbers and a map. With the material pick-up, participants must provide telephone numbers, to which the participant can be contacted during the event.

## **SKIING TRACK**

The Ruthless Raja cross-country skiing track is hardened and made by snowmobile. The free style cross-country skiing is not allowed on the route, participants must use only classical technique. Fatbike route is almost the same than first 87 km country skiing track. The last 24km of the skiing route is part of the snowmobile route. There will be the organization snowmobile going front of the skiers making the classical track.

- Road crossings under your own responsibility.

- Road crossings are marked with signs.

## SKIING EQUIPMENT

The Ruthless Raja will be skied on normal skis and ski poles. Skiing style is classical, so we recommend the classical skis. As poles, we recommend wider and bigger than normal poles (e.g. if the track fails under the pole).

Note! Skiing is forbidden as the track will be destroyed when skiing with wider skis.

Throughout the journey, every participant must have a skiing/biking backpack where they must carry the following compulsory equipment:

### 25 km skiers / 24km bikers / 40km skiers:

- Energy-rich food and drink (at least 3h need). In very cold temperatures drink in a thermos. Note! There won't be any service points along the 25km and 24km routes.
- Phone and backup power source (With the material pick-up, participants must provide their telephone numbers to the organizer).
- Helmet and bike repair supplies for bikers

### 65km skiers:

- Energy-rich food and drink (at least 4h need). In very cold temperatures drink in a thermos. Note!
- Head lamp and power min. 3h
- First Aid Supplies (includes for at least bandages 2 pcs, plasters, blister plasters, wound tape and sport tape).
- Phone and backup power source (With the material pick-up, participants must provide their telephone numbers to the organizer).
- Sound whistle (e.g. the referee whistle)
- Helmet and bike repair supplies for bikers

### 78km skiers / 87km bikers:

- Energy-rich food and drink (at least 50 km / 5 – 6h need). In very cold temperatures drink in a thermos. Drink supplement can be done in Arola (fatbike) and Raatteen portti (skiers) service points. **78 km skiers personal service equipment bag will be delivered from start to the Raatteen Portti service point (see instructions for later) and 87km bikers' equipment bag will be delivered to Arola service point.**
- Head lamp and power min. 10h (backup power to the skiing backpack)
- First Aid Supplies (includes for at least bandages 2 pcs, plasters, blister plasters, wound tape and sport tape).
- Sport/under T-shirt x 1 pcs

- Exchange gloves and hat
- Clothing for the breaks (eg. Lined shell jacket or fleece and a shell jacket)
- Phone and backup power source (With the material pick-up, participants must provide their telephone numbers).
- Fire making equipment (knife, matches, and / or Lighters)
- Space blanket
- Compass (conventional mechanical needle compass)
- Sound whistle (e.g. the referee whistle)

### 160 km skiers:

- Energy-rich food and drink (at least 50 km / 5 – 6h need). In very cold temperatures drink in a thermos. Drink supplement can do in Arola, Martinselkonen and Raatteen Portti service points. **160 km skiers´ personal equipment bags will be delivered deliver from start to the Martinselkonen and Raatteen portti service point (see instructions for later).**
- Head lamp and power min. 15h (backup power to the skiing backpack)
- First Aid Supplies (includes for at least bandages 2 pcs, gauzes, plasters, blister plasters, wound tape and sport tape).
- Sport/under T-shirt x 1 pcs
- Exchange gloves and hat
- Break clothing (eg. Lined shell jacket or fleece and a shell jacket)
- Phone and backup power source (With the material pick-up, participants must provide their telephone numbers).
- Fire making equipment (knife, matches, and / or Lighters)
- Space blanket
- Compass (conventional mechanical needle compass)
- Sound whistle (e.g. the referee whistle)

### Recommended equipment:

- Bigger pole rings, especially for 78km and 160km skiers.
- The container for heating a campfire food / drink (eg. A kit, etc.)
- GPS device (eg. Sports watch or a manually operated GPS device, which you can use to navigate)
- Ski boot covers
- Warm change clothes

## TIMING

The event has timing crew on behalf of the organizer, but the event is not a competition.

## **GPS TRACKING**

All the 40km, 78km and 160km skiers and 87km and 65km bikers will get the GPS tracking device from the event office before the start. It is given for safety reasons and therefore it must be carried with all the time. **In Arola, Martinselkonen, Raatteen Portti and Kiannon Kuohut, GPS-tracking can be followed on TV or bigger screens.**

## **DRESSING AND SHOWERING POSSIBILITIES**

For each finish points can be found in clothing and washing facilities, as well as a sauna. Pools of spa can be used 2.2 12.00-21.00.

## **EQUIPMENT**

Participants leave their extra equipment to their equipment bags at the start, where the organizers transport them to the service points (Martinselkonen, Raatteen Portti ) and to the finish. On the equipment bag there must be written participants participant number and the name of the service point / finish where the bag should be delivered to. See more precisely the instructions below. Equipment bags should be left in the start area in the space provided. **There must be separate equipment bag going for each service or finish point.**

### **1) Route service's equipment bag (max. 50 l)**

On the equipment bag there must be written participants participant number, name, trip and the name of the service point / finish where the bag should be delivered to.

Equipment bag should contain change clothing, energy-rich food and drink, etc. important equipment and supplements.

- 24 km Fatbike and 25 km & 40km Ski routes, there are no service points, so this bag is not required!
- 87 km and 65 km Fatbike, service equipment bag will be delivered to the Arola service point.
- 78 km Ski, service equipment bag will be delivered to the Raatteen Portti service point.
- 160 km, service equipment bag will be delivered to the Martinselkonen and Raatteen Portti service points.

### **2) Finish service equipment bag (max. 50 l)**

On the equipment bag there must be written participants participant number, name, trip and the name of the finish where the bag should be delivered to.

Equipment bag should contain exchange clothes, washing and sauna supplies, energy-rich food and drink, etc. other important equipment.

- All skiing distances – Kiannon Kuohut
- All Fatbike distances - Martinselkonen

## **FINISH**

Finish closes

- In Martinselkonen (87 km, 65 km and 24 km fatbike) at 23.00 (Finish is located inside of the house)
- In Kiannon Kuohut (25 km, 78 km, 40 km and 160 km skiing) 3.2. at 8.00am (Finish is located in the main lobby of the Spa)

From Martinselkonen you cannot continue after at 23.00

From Raatteen Portti you cannot continue after at 04.00.

## **ROUTE AND TRACK MARKINGS**

The Ruthless Raja ski trails are marked with plastic tape and A3 signboards. Distance to the finish is marked every 10 kilometers kilometer sign-posted. Signs are marked The Ruthless Raja-logo and skied distance. The route also has signs telling the distance to the next service point.

**Note! Road crossings under your own responsibility.**

## **SERVICE**

Service points are located in following places.

- Hossa (open 6.30-11.00)
- Scout hut of Palonen (ONLY hot water!!)
- Arola (10.00-till the last skier has past)
- Martinselkonen (7.00-23.00)
- Raatteen Portti (2.2 7.00- 3.2 8.00)

In every service points is available juice, sports drink (high5), water, pickles, raisins and crisps.

Food in finish is included in the participation fee. In addition to the 160 km skiers will get food also

in Martinselkonen after 87 km. There is a snack for 160 km skiers and 87 km/65 km bikers in Arola. In Raatteen Portti, there are snacks for 160 km, 78 km and 40 km skiers.

Skiers have possibility to buy food and refreshments from Raatteen Portti and Arola.

Route map shows the route in the lean-to shelters and huts, where campfires are possible.

**Palolampi hut (marked on the info map) will be open, warmed up and there you can find hot water.**

## **LITTERING**

Leaving litter/trash/garbage on the way is irresponsible and strictly forbidden. Let's respect for the nature, landowners and other friends of skiing/biking.

## **DNF**

If you don't finish the course it must immediately be informed to the organizers, Pirjo Neuvonen +35844-5859700

## **PRIZES**

Every participant gets souvenir medal. Addition to that several lottery prizes will be raffled among the participants and they will be given to the winners when arriving to the finish.

## **DRESSING ROOMS AND SHOWERS**

There are dressing room, showers and sauna in each finish (Martinselkonen and Kiannon kuohut). Pools of spa can be used 2.2 12.00-21.00.

## **INSURANCE AND FIRST AID**

The competitors are responsible for their own insurance. Only those accidents that has happened because of the fault of the organizers, are insured by the organizer.

The responsible first aid is Red Cross Suomussalmi. Their numbers will be published in the route maps given with the event material.

**WELCOME TO ENJOY SPORT AND WINTERY WILDERNESS LANDSCAPES OF FINLAND, KAINUU!**