

Syöte MTB 3.8.2019

Organizer	Krossikommuuni ry
Event office	+358 41 368 1068 (save this number in your contacts in advance!)
First aid	Finnish Red Cross Pudasjärvi (contact via event office, +358 41 368 1068). Urgent matters, please dial 112
Timing and results	Event office / Northern Ultra Trail Service: http://syotemt看b.fi/tulokset.php

General information

Every participant is responsible of reading this info. Everyone participates in the event at their own personal responsibility and everyone is responsible for their own insurance. The organizer does not insure the participants. Use of a helmet is compulsory.

Syöte MTB -event is being organized under Finnish Cycling Union, and also cyclists with their license are allowed to participate in this event. By registering you accept and acknowledge these and following rules and information. Breaking the rules and guidelines can lead to disqualification.

Schedule

Friday 2.8.2019

15.00	Event office opens at Pärjäkievari restaurant (Takarinteentie 4, 93280 Syöte. Access only via Metsontie!) - Pick up your race numbers and optional merchandise (e.g. t-shirts) - Team registrations and any changes to your information
18.00 - 21.00	Dinner buffet in Pärjäkievari restaurant for 20 €/person. Must be booked by 09:00 Wed 31st July at info@romekievari.fi
19.00	Lecture and discussion about long distance sports nutrition at Pärjäkievari restaurant
21.00	Event office closes

Saturday 3.8.2019

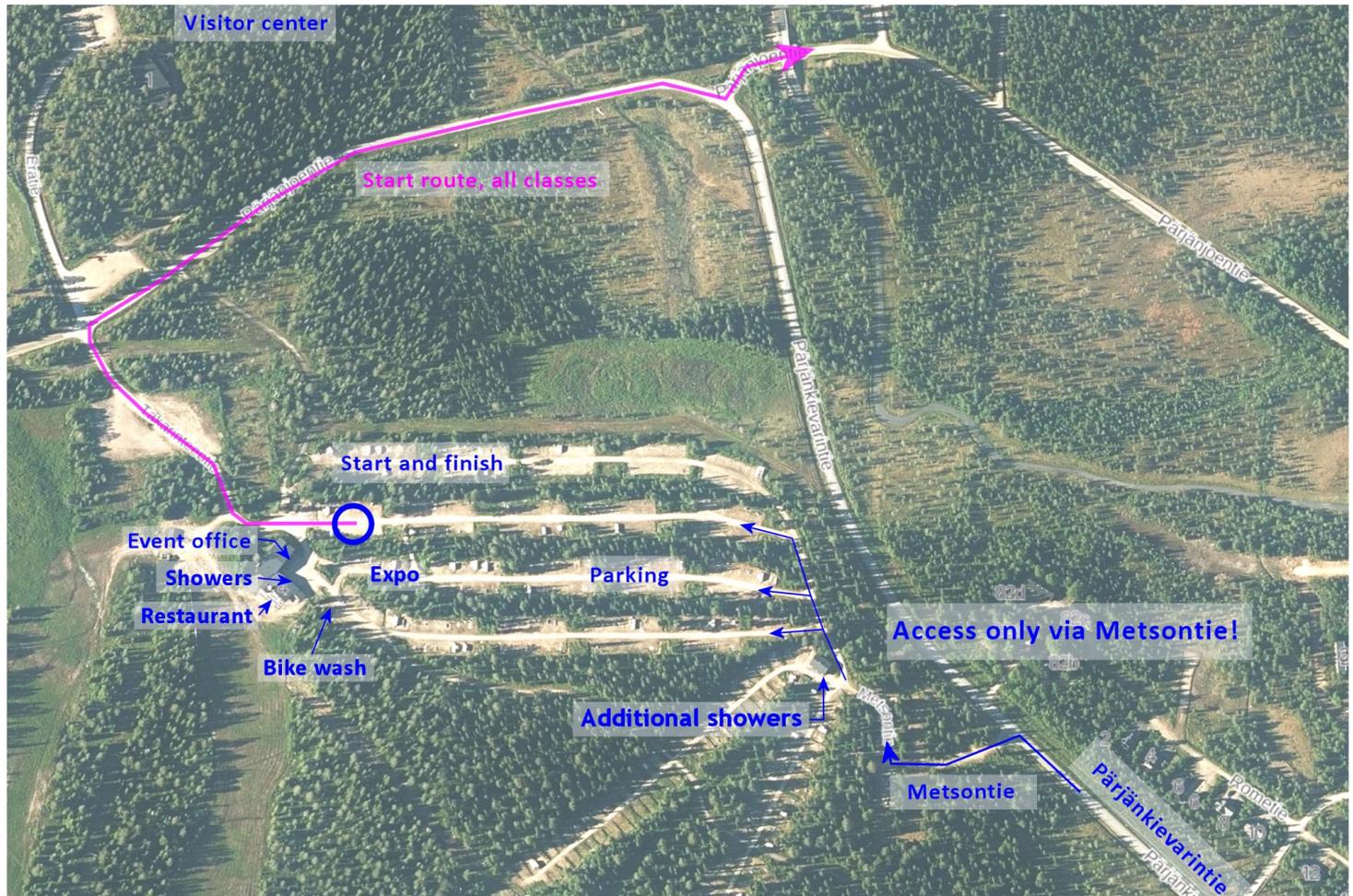
06.30 - 10.00	Breakfast available at Pärjäkievari for 12 €/hlö. Must be booked by 09:00 Wed 31st July at info@romekievari.fi
07.00	Event office opens (Pärjäkievari)
08.30	Race number pick-up ends
08.45	Deadline for self-service point (at ~32 km) dropbags at the start area
09.00	Mass start 1 (65 km group 1 & 130 km)
09.30	Start 2 (65 km group 2)
10.00	Start 3 (32 km and E-MTB 32 km)
11.30	First 32 km participants expected to finish
11.50	First 65 km participants expected to finish
12.00 - 20.00	Lunch buffet open. Price for non-participants 14€ per person.
14.15	Start for 2nd lap (130 km only) closes
15.15	First 130 km participants expected to finish
15.30	First service point (13/78 km) closes, participants will be pointed straight to finish
16.45	Second service point (25/90 km) closes, participants will be pointed straight to finish
17.45	Third service point (40/105 km) closes, participants will be pointed straight to finish
18.45	Fourth service point (52/117 km) closes, participants will be pointed straight to finish
19.30	Award ceremony
19.30 – 23.00	Smoke sauna available at Syötteen Eräpalvelut for 10 € per person
20.00	Finish and event office close
22.00 -	Afterparty time! (Pärjäkievari)

Start, finish and event office

Event office is open at Pärjäkievari restaurant, downstairs, on Friday 2.8. from 15:00 to 21:00 and on Saturday 3.8. from 07:00. Other times, please contact the office via phone. Team registrations and any changes to participant info must be completed by Friday 21:00. A fee of 10 € is charged for all changes made in the office.

The start area is located at Syöte Camping RV area right next to Pärjäkievari. Start groups leave at Sat 3.8.2019 at 09:00, 09:30 and 10.00. Participant is responsible for arriving to a correct group. Please find a place within the group that is realistic considering your skill and fitness levels. First kilometers will be ridden behind an accompanying vehicle. The pace is free after a sign is given from the vehicle. The vehicle may not be passed before this.

The finish and start are located in the same place. Participants can keep the number plates.



Lunch buffet, showers, saunas and bicycle wash

Pärjäkievari restaurant serves participants a tasty lunch buffet after the race, from 12 to 20 o'clock.. All participants are given a lunch ticket with the number plate. Lunch buffet may be purchased by non-participants for 14 € per person. **Vegetarian options and other requests are available via the restaurant personnel.**

Shower and sauna facilities are available downstairs Pärjäkievari, and additional showers in the eastern part of the RV / camping area. The facilities are open on Sat from 12.00 to 22.00. It is also possible to leave some of your belongings in the event office for the duration of the event at your own responsibility. The organizer takes no responsibility for any items left in the office.

Bicycle wash facilities are available close to the finish and expo area.

Syötteen Eräpalvelut warm up their traditional Finnish smoke sauna for the participants on Saturday from 19:30 to 23:00 for 10 € per person. Own drinks allowed, but no glass bottles. Address: Oksanperäntie 364, located about 10 km from the event area. <http://uusi.syotteenerapalvelut.fi/index.php/savusauna/>

Awards, bike criteria, and award ceremony at 19:30, Pärjänkievari

Three best individuals will be awarded in Men and Women classes, providing that said class has had at least three participants 21 days before the event. It is only possible to reach the podium by starting in the first start group of a distance.

Additionally, awards will be given to fastest Single Speed class riders in 32 km, 65 km and 130 km distances, and three fastest Fat Bike class riders in 32, 65 ja 130 km distances, providing that these participants used appropriate bicycles. Furthermore, awards will be given to fastest female Fat Bike class rider in each distance. In teams 65 km class awards will be given to three fastest three-person teams (by their total time). Team members can ride in any 65 or 130 km class. From 130 km riders the time for their first lap will be used.

In Men and Women 18y classes the participant cannot be over 18 years old in by the end of year 2019. In Men 40y and 50y classes, depending on the class, the participant must be at least 40 or 50 years by the end of year 2019. In Single Speed class the whole distance must be covered on a single-speed bicycle. In Fat Bike class the tires of the bicycle must be at least 3.7 inches (94 mm) wide.

Additionally, several prizes will be drawn between all participants. A list of lucky winners will be visible in the event office after the finish, and prizes can be picked up at the office.

You can participate in any class with an only muscle-powered bicycle only. E-MTB class has the following conditions:

- Maximum motor power 250 W
- E-assist is limited to 25 km/h speed
- E-assist is only available when you pedal the bicycle.
- Start or push assist can only operate until 6 km/h and only when the bicycle is not being pedaled.
- It's only allowed to use batteries installed in the bike. It's not allowed to use additional batteries and it's also not allowed to change the battery during the event.

Event info and important notes

The route of Syöte MTB goes through national park area and national hiking areas and along official hiking routes in reindeer herding area. It is every participants' responsibility to yield to any hiker, pedestrian or any animals. There is a number of duckboards along the route to help you cross wet areas. Some of the duckboards might be in bad condition, they might move around and there might be nails in them. Thus, be really careful especially on duckboards!

The 65 km route consists of one 65 km lap. 130 km route consists of two laps. The 65 / 130 km route separates from the 32 km route at around 11 km, where 32 km route continues straight ahead while others take a left turn. The routes come together for a short while right before Puolivälinlampi service point (@15 km on 32 km route, @25 km on 65 / 130 km route) and separate again after about two kilometers. These points will be signposted. The route is marked with white TREK tape, and separate 32 km route shortcuts with **red** SPECIALIZED tape.



A downward arrow or two downward arrows point out a spot that requires extra attention and caution. It is strongly advised to slow down considerably at these spots.

- Everyone must use the right lane only. It is absolutely prohibited to ride on the oncoming lane.
- Keep your line and enough distance to anyone in front of or beside you.
- Swerving around, sudden braking and pushing are absolutely prohibited.
- Should there be an obstacle or something dangerous ahead, warn others.
- When approaching a turn or crossroads, signal your intention to turn and slow down predictably, so the turn will be safe and fluent.

Passing others

The route consists of mostly singletrack. Thus, it is more than probable that queues will occur. Please pay attention to other participants wanting to pass you and give them the space to pass you, even by moving yourself to the side of the trail / track / route. When passing others, please announce on which side you wish to pass (e.g. passing on the left!). It is also polite to thank others for giving the way.

In the event of an accident

Should an accident occur, every participant is responsible to help, and prevent further accidents. Accidents must be immediately reported to event office, and serious accidents to the emergency number **112**. All service points also serve as evacuation points, also the points where route crosses a road. In case of a serious accident, the organizer has the right to abort the event.

Please install the 112 app to your smart phone in advance. By using the 112 app to report an accident the emergency services will immediately acquire your exact location, providing you have your GPS and mobile data set on.

Service points

The menu of service points consists of water, sports drink, raisins, pickles, rye bread and cheese. Do not block the route when you stop or even just slow down for the service point.

There's **one** service point along the **32 km route**

- **SP 2:** Puolivälinlampi, 15 km.

There are **four** service points along the **65 km route**.

- **SP 1:** Säkkisenlammit, 13 km
- **SP 2:** Puolivälinlampi, 25 km
- **Self-service point:** 33 km, see below
- **SP 3:** Kellarilampi, 40 km
- **SP 4:** Romekangas, 52 km

These service points are available twice along **130 km route**, as the participant ride the 65 km route twice.

There's a service point available also right after the finish for all finishers and also as an intermediate service point for 130 km riders.

There's also a self-service point for 65 km ja 130 km riders, at about 33 km on Valkamantie/Niskavaarantie (That's the same road with two different names). Participants can leave dropbags, bottles in numbered boxes in the start area by Sat 08.45. The organizer will transport the boxes to the self-service point. The boxes will not be weather-protected nor guarded. The organizer is not responsible for any items put in the boxes.

After the point is closed, the organizer will collect the boxes including items left in them and transports them back to the event area next to Pärjänkievari and the event office. It is also possible to pick up your own items from the service point, but then you must be extra cautious to not bother or endanger other participants nor other traffic. The road Valkamantie/Niskavaarantie could be closed with steel gates.

Toilet facilities

There are toilets downstairs Pärjänkievari next to event office. Along the route you can find dry toilets at Myllyn laavu (~11 km), Portinojan laavu (~21 km), Kellarilammen laavu (~39 km) and Riihitupa (~49 km). These dry toilets might not be equipped with paper, so please have some with you.

Personal service and spectators

It is allowed to receive personal service (provide riders with extra energy or spare parts replacing broken ones) along the route. To ensure everyone's safety, be extra careful especially when using motor vehicles to access the route. Special attention is required when parking your vehicles. You must leave enough space for both the participants and emergency vehicles to pass.

Closing the route

All 130 km riders must complete the first lap by 14:15. First service point (13 / 78 km) will be closed at 15.30, second SP (25 / 90 km) at 16:45, third SP (40 / 105 km) at 17:45, fourth SP (52 / 117 km) at 18.45 and the finish at 20.00.

After closing a service point, the organizers will be pointed towards the finish on the shortest route. In such event, the participant is responsible to reaching the finish area. It is also possible to continue along the route, but in this case the participant must give out their number plate to clarify that they are an outsider and not a participant anymore. Should any of this happen, the participant will be marked as Did Not Finish (DNF) and the organizers have no responsibility of this person.

Route map, list of participants and results

will be visible at the event office and at <http://www.syotemt看b.fi> once they're completed 😊

Abort / cancel

Should you need to abort or cancel, please send an SMS to the event office, including your name and number. It could be possible to have transport assistance via the event office. Due to safety, it is crucial and absolutely necessary to inform the event office if you abort or cancel. If a 130 km rider aborts after having ridden at least one 65 km lap, it is possible for them to have their intermediate 65 km time as their finishing time as an outsider participant in the class, not qualifying for awards.

Additional notes

We have received a permission to use routes within the national park. The rules are strict – no littering anywhere! The nature is vulnerable and any littering might endanger our permission to use the routes.

The organizer can mark the items participants take with them. Should any littering occur, a cleaning fee of 40 € will be charged and the participant can be disqualified.

Have a safe and fun MTB day!