

Bodom Team rules and instructions



Updated 22.4.2018. Small adjustments are still possible.
Instructions for other runs on [Participant Information](#) page.

1. Arrival & Parking

Parking areas in the event center Pirttimäki are very limited. We encourage car pools for both environmental and practical reasons. For larger teams, we recommend buses. Charter buses can be ordered from [Ventoniemi buses](#) that also takes care of Saturday's bus transport. If you come by a charter bus, the bus should be at the event center latest at 13:15. After this, the event center parking will be used for participant parking and bus has to stop along the road.

Participants arriving from the South (Ring 3 / Turku highway)

- Turn from Ring 3 to Kunnarlantie (exit 30). Event center address is Kunnarlantie 110, Pirttimäki recreational area. Driving time about 10min.
- Follow parking instructions in Pirttimäki.

From the North (Vihti, road 120)

- Exit form road 120, Velskola crossing. Driving time about 10min.

2. Collecting race material

- Thursday May 3th, at 11:00-17:30 in Intersport Mikonkatu store, Mikonkatu 7, 00100 Helsinki. In the immediate vicinity of Railway Square, [driving instructions](#). All team materials will be handed out to one team representative.
- Friday May 4th, race office in Intersport tent in front of the Pirttimäki sports field from 11am.
- Get your materials latest one hour before your start. If you arrive last minute be prepared to some waiting time in the office.
- Bodom Night and Bodom Trail materials can be collected at the same time.
- Event material includes a number bib with integrated timing chip and a tear-off badge for marking your bag for storage, safety pins, Good'n'Go oat bar, High5 electrolyte drink for approximately 1 litre of drink. If you ordered a race T-shirt or a Bodom Trail Buff, that will also be delivered with the race material.
- If a runner has to cancel, the participation can be postponed to next year with a medical certificate or given to another runner. New runner information can be entered via the original registration link sent to the team in the confirmation email.
- In case of postponing, next year's starting place will be confirmed after the event, not on the race day in the race office that is busy with other things. Don't bring a medical certificate to the race office, email it to bodomtrail at gmail dot com. If you have a paper copy, scan or take a photo of it and email that.

3. Equipment

Mandatory equipment:

- Number bib. Must be attached to chest because it has an integrated timing chip. If you attach the number bib to another place, you will not have a result.

Recommended equipment:

- Trail running shoes. You can complete the course with normal running shoes but there will be rocks, roots and mud and specific trail running shoes will be better.
- Spikes are allowed but will not be any major benefit.
- Salomon trail shoes are available for testing.
- Clothing that covers your shins. Bushes along the trail may scratch your legs.

4. Before the start

Race materials

- Attach the number bib to your chest. That is essential for the timing.

Bag storage

- In a building behind the sports field. Mark your bag with your race number. For this you can use the tear-off strip in your number bib. Tape and stapler available in the storage tent.

Event expo

- You can update your trail running equipment in the event expo. Intersport, High5 sports nutrition, Salomon, Suunto, Leki, Bridgedale, CamelBak, Petzl, Julbo and Buff will be presenting and selling their products.
- HiQ is presenting the company and their digital services.

Team Photo

- There is a possibility for a team photo by a professional photographer. Listen to the instructions of the speaker before the start. All photos will be made available on Bodom Trail Facebook site and as high res photos on separate request, included in the starting fee.

5. Start

7km

- Start at 13:45. Listen to speaker instructions at about 13:35.

10km

- Two heats at 14:00 and 14:05, about 200 runners/heat. This is to ensure smooth running on narrow trails.
- The whole team starts in the same group.
- The first heat runners can enter the start area after 7km start. When the first heat starts, the next one moves to the start area. Follow instructions of race officials. [Starting area map](#).

6. During the run

Course marking

- The course is marked with sticks that have a 5x5cm neon orange flags at about 0,5m height. There is also a reflective band that is there for Bodom Night runners.
- In trail crossings, a continuous blue/white ribbon blocks the wrong trails. The ribbon looks like this:



- In trail crossings, a continuous band blocks the wrong trails. In some crossings there will also be arrow signs.
- Exits from recreational roads to smaller trails are marked on the gravel surface with a (bio degradable) marking spray.
- In major crossings there will be race officials guiding runners to the right direction.

Drink

- There is one drink station on the course, about 3km before the finish.
- Water and High5 sports drink are available.
- Note, to minimise the amount of waste, there is only one cup per runner. If you want to drink more, as refill from the staff.
- You are not allowed to take cups away from the drink station. They must be dropped to trash bins before continuing the run.

First aid

- First aid is available at all drink stations. In addition, race officials along the course have light first aid equipment. First aid team phone number 0400 724205 is printed on the number bib.
- If you need first aid:
 1. Small scratches etc.: ask the next race official for material to clean & bind the scratch.
 2. Twisted ankle etc.: Keep it cold in creeks & ponds along the course, ask help as above.
 3. If you can't move: Ask other runners to stay with you and to inform the next race official. Race official will call help from the first aid team and arrange transport from the nearest road that can be accessed by car.
- If another runner needs your help, don't hesitate. That is more important than your own race.

DNF

- If you decide not to finish the race but can walk, ask the next race official how to get back to the event center along the road. If you need transport, inform a race official.
- Transport is possible from the drink stations and from several places along the course but all those runners who don't finish but are able to walk are expected to arrive back to the event center by themselves. Non-urgent transports may have to wait.
- Always inform the race office if you didn't finish. That will save the organisation from unnecessary search operations.

Trash

All trash must be carried to trash bins in drink stations or at the event center. No litter along the course is accepted because it compromises the permit for the event in the future. Littering on purpose leads to disqualification of the whole team.

Be especially careful not to drop empty energy gel sachets (or even their tear-off tips) or cups taken from the drink station. We sincerely hope that all participants are very careful and respectful towards the nature and no litter will be found along the course after the run.

Support

Along the course, the runners are self-supported.

General instructions

Respecting nature, fellow runners and other outdoor participants is an essential part of trail running culture. Act in a way that makes both you and others feel good. Help another runner who needs help, avoid collisions with hikers and pedestrians.

If you are faster than the runner in front of you, tell that you want to pass. And if someone is faster than you, let him/her pass if requested. It is sometimes tricky to get past another runner on narrow trails and due to several starting groups, there will be a lot of passings.

7. After the run

Finish

- Arla protein products, High5 sports drink, water, bananas and salty snacks are served at the finish.

Food

- Pirttimäki cafe is serving lunch and other cafe delicacies.

Sauna

- Saunas are warm after the run. It might get a bit tight but be patient and you will fit in.

Prize giving

- Takes place when most runners have finished, around 4pm.
- There will be prizes for 3 best teams on 10km (4 fastest runners by team) and prize drawing among all teams (special drawing for 7km teams). For drawing, you need to be present to win.

Results

- Will be published at bodomtrail.com in real time and on the results board as soon the race office can print them.

Photos and videos

- Photos will be published during the day and more over the weekend. Event video will be ready in few days. Links to photo folders and video can be found on the event website and in the Facebook group.
- Use hashtags #BodomTeam and #BodomTrail for your own photos and other comments in social media!
- Note also Bodom Trail in social media: [Facebook](#), Instagram [@BodomTrail](#), Twitter [@BodomTrail](#).

Have an unforgettable trail running experience on Pirttimäki trails!

Bodom Trail organizing team

Event partners:

