



Bodom Night by Black Diamond rules and instructions

Updated 27.4.2023

1. Arrival & Parking

Address: Pirttimäen ulkoilumaja (Pirttimäki recreational area), Kunnarlantie 110, 02740 Espoo

We encourage car pools due to limited parking space and for environmental and practical reasons. Follow parking instructions in Pirttimäki.

2. Collecting race material

Event material is handed out between 12-22. The race office tent in front of the Pirttimäki sports field.

Collecting materials takes place outdoors as self-service. By picking up the competition material, the participant undertakes to follow the instructions of the organizers, the rules and the spirit of the competition.

Event material includes

- Number bib with integrated timing chip and a tear-off badge for marking your bag for storage
- Safety pins
- Bodom Night heat transfer logo that you can iron on your own shirt.

For health reasons, you can postpone your participation to next year with a medical certificate. If you decide not to run for other reasons, you can sell your entry to a new runner. [Instructions for changing the runner](#).

In case of postponing, next year's starting place will be confirmed by May 3rd or after the event. On the race day the race office is busy with other things. Send a medical certificate by email to bodomtrail@gmail.com. From a paper copy, take a photo and email that.

3. Equipment

Mandatory equipment:

- Number bib. Must be attached to chest because it has an integrated timing chip.
- Headlamp. Black Diamond headlamps are available for testing. Book yours via bodomtrail@gmail.com.

Recommended equipment:

- Trail running shoes. The trail is rocky and muddy, specific trail shoes are better than road running shoes. Salomon trail shoes are available for testing.
- Clothing that covers your shins. Bushes along the trail may scratch your legs.
- Cup or drink bottle. There are no disposable cups at the drink station along the course.

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 using the tear-off strip in your number bib. Tape and stapler available in the storage tent.

Black Diamond

- Black Diamond is presenting, borrowing and selling headlamps and running poles.

Pirttimäki café

- Is open until 21:30 (9:30pm).

5. Start

- In one group at 22:00.
- Enter the start area at 21:50. Follow instructions of race officials.

6. During the run

Course marking

- The course is marked with reflective tape attached to 0,5m high sticks. The sticks also have neon orange tape for the other events of the weekend. In addition, there will be reflective arrows in path crossings.
- Some crossings are marked with continuous blue/white ribbon to close wrong trails. To stay on the right trail, don't run over a tape that looks like this:



- In major crossings there will be race officials guiding runners and external people.

Drink

- There is one drink station at about 7km that serves water and Nosht sports drink.
- Note: For environmental reasons, there are no disposable cups available at the drink station. Bring your own cup or bottle for drinking. Aid station staff will fill the cup for you.

First aid

- First aid is available at the drink station and in the event center. In addition, race officials along the course have light first aid equipment. First aid team phone number **040 5037796** 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.
 4. If you have a phone with you, in the event of a serious injury, report directly to 112 and then to the organizers. The Rescue officials warmly recommend installing and using the 112 application when necessary. It's a good idea also outside the race!
 5. The first aid team has defibrillators that can be moved along the race course.
- If another runner is injured, stop to help. 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 station 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 don't finish. That will save the organisation from unnecessary search operations.

Trash

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

Be especially careful not to drop empty energy gel sachets (or even their tear-off tips) or paper 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, external support is not allowed.

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.

Passing another runner

If you are faster than the runner in front of you, tell that you want to pass. If someone is faster than you, let him/her pass if requested. This will ensure fluent running for everyone.

7. After the run

Finish

- Arla dairy products, God Morgon smoothies, Villivesi water, Heineken non-alcoholic beer, Vaasan bakery products, Nosht sports drink, water, Corny cereal bars, as well as bananas and other snacks offered by Kespro are served at the finish.

Sauna

- Men's sauna and shower in the red building on the left side of the start corridor. Women's sauna and shower in the white building on the right side after the first small downhill of the race course. Please note that the capacity is limited. Consider having a shower at home.

Prize giving

- In the finish area at 23:15. Prizes for 3 best in Men & Women

Results

- Will be published at bodomtrail.com in real time.

Photos and videos

- Photos will be published 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 #BodomNight, #BodomDouble #BodomTrail and #BodomTrail2023 for your own photos and other comments in social media!
- Bodom Trail in social media: [Facebook](#), Instagram [@BodomTrail](#), Twitter [@BodomTrail](#).

Have an unforgettable night trail experience on Pirttimäki trails!

Bodom Trail organizing team

Title partner:



Other partners:

