

# Bodom Team rules and instructions



Updated 22.4.2023. Small adjustments are still possible.  
Instructions for other runs on [Participant Information](#) page.

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## 1. Arrival & Parking

Address: Pirttimäen ulkoilumaja (Pirttimäki recreational area), Kunnarlantie 110, 02740 Espoo  
Please read carefully the instructions to ensure smooth arriving and parking.

We encourage car pools due to limited parking space and for environmental and practical reasons. The parking area can accommodate about 200 cars and we have 400 runners registered. 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.

Follow parking instructions in Pirttimäki.

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## 2. Collecting race material

Event material is handed out on Friday May 5th from 12 am. The race office tent in front of the Pirttimäki sports field.

By picking up the competition material, the participant undertakes to follow the instructions of the organizers, the rules and the spirit of the competition.

All team materials can be collected by one team representative. Bodom Night and Bodom Trail materials can be collected at the same time.

Event material includes

- Number bib with integrated timing chip and a tear-off badge for marking your bag for storage
- Safety pins
- Bodom Team 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 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](mailto:bodomtrail@gmail.com). From a paper copy, take a photo and email that.

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## 3. Race equipment

### Mandatory equipment:

- Number bib attached to the chest. Number bib includes the timing chip. Successful timing cannot be guaranteed for runners who have affixed the number bib to other locations.

### Recommended equipment:

- Trail running shoes. You can complete the course with normal running shoes but there will be rocks, roots and mud on the trail. Specific trail running shoes are better. Salomon trail shoes are available for testing.
- Clothing that covers your shins. Bushes along the trail may scratch your legs.

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## 4. Before the start

### Race materials

- Attach the number bib to your chest.

### 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. Treeline.fi, Salomon, Black Diamond, Nosht, CamelBak, Bridgedale and Buff will be presenting their products. Special offers!

### 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 shared after the event and high res photos will be available on a separate request.

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## 5. Start

### 7km

- Start at 13:45 in three groups of approximately 20 runners each, one minute intervals between the groups. Entering the start area ten minutes before.

### 10km

- Enter the starting area from 13:50.
- The start takes place in groups of about 30 runners at one minute intervals from 14.00. This minimizes queues on the trails.
- The first start group of about 30 runners is intended for fast runners aiming at top positions.
- The next start groups are formed of 1-3 teams per group.

- After the previous group has started, the next group moves one step forward in the starting box. Follow the instructions of the organizers.

## • 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.
- 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. The station serves water and Nosht sports drink.
- Note, to minimise the amount of waste, there is only one cup per runner. If you want to drink more, ask a 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 **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 may be needed 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 there 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. However, 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 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, external support is not allowed.

### **General instructions**

Respecting the 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. And if someone is faster than you, let him/her pass if requested. This ensures smooth running to everyone.

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## **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.

### **Food**

- Pirttimäki cafe is serving lunch and other cafe delicacies. Please note: two payment lines in the café, one for cash and another for card payments.

### **Sauna & shower**

- 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.
- The space and warm water capacity are limited. Other options are sauna's in Oittaa and Backby Manor (not included in the entry fee).

### **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 for one 7k team. For drawing, you need to be present to win.

- The winner prize includes a guided group run with a trail running technique session by Jola Training.

## Results

- Will be published at [bodomtrail.com](https://bodomtrail.com) in real time.

## Photos and videos

- Photos and videos will be published during the day and more over the weekend. Links to photo folders can be found on the event website and in the Facebook group.
- Use hashtags #BodomTeam, #BodomTrail and #BodomTrail2023 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:



**NOSHT**

Black Diamond



CAMELBAK

bridgedale

HARTWALL

ECKES granini  
the best of fruit

Villi



KESPRO