

Bodom Team rules and instructions



Updated 1.5.2026. Small adjustments are still possible.
Instructions for other runs on [Participant Information](#) page.

1. Arrival & Parking

Address: Pirttimäen ulkoilumaja (Pirttimäki recreational area), Kunnarlantie 110, 02740 Espoo.
Address for navigator: Savupirtintie 3, 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. 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.

2. Collecting race material

Event material is available in advance at Varuste.net's [Run Fest](#) event on Wednesday, May 6th from 4-8pm, Malminkartanontie 1, 00390 Helsinki.

At the event venue, material can be picked up from the event office tent on Friday, May 8th from 12 am. By picking up the competition material, the participant agrees to follow the organizers' instructions, the rules and spirit of the competition.

All team materials can be collected by one team representative. Bodom Trail materials for Saturday 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.

If a runner is prevented from participating, the place can be transferred once to the following year, or another runner can be registered as a replacement.

The change is made via the team's registration link, which was sent in the registration confirmation message to the person who registered the team.

The change to next year is free of charge on 26.4. until, after that the price is €12. Medical certificate is not required for the change.

Other changes are free of charge and can be made until the start.

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.
- 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. This is essential for 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. Varuste.net, Salomon, Petzl, Aonach.xyz, Nuukio Outdoor Festival Nouxfest and Backby Manor will be presenting their products and services. Event 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.

5. Start

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.
- Trail crossings are marked with red arrow signs on white background.
- In major crossings there will be race officials guiding runners.



Drink

- There is one drink station on the course, about 3km before the finish. The station serves water and Nosht sports drink.
- Note, to minimize 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 0400 724 530 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 you 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 transport may have to wait.
- Always inform the race office if you don't finish. That will save the organization from unnecessary search operations.

Trash

All trash must be placed in the trash bins at the drink stations or in 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 will be very careful and respectful of nature, and that no litter will be found along the route after the run.

Support

Along the course, external support is not allowed.

General instructions

Respect for nature, fellow runners, and other outdoor enthusiasts is an essential part of trail running culture. Act in a way that makes both you and others feel good. Help another runner in need and avoid collisions with hikers and pedestrians.

Passing another runner

If you are faster than the people running in front of you, let them know you want to pass. And if someone is faster than you, let them pass when asked. This will ensure a smooth run for everyone.

7. After the run

Finish

- Arla dairy products (lactose free), Heineken non-alcoholic beer, Red Bull energy drink, Vaasan bakery products, Nosht sports drink, water, 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.

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. Another option is sauna & swim in Backby Manor (price 10€, not included in the entry fee) or showers at home. Backby Manor offers various dinner, sauna and relaxation packages to runners.

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).

Results

- Will be published at 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 #BodomTrail2026 for your own photos and other comments in social media!
- Note also Bodom Trail in social media: [Facebook](https://www.facebook.com/BodomTrail), Instagram [@BodomTrail](https://www.instagram.com/BodomTrail).

Have an unforgettable trail running experience on Pirttimäki trails!

Bodom Trail organizing team

Event partners:

SALOMON

VARUSTE^{.net}

NOSHT

PETZL

SUUNTO

DRUIMAAR
ULTRA

Espoo
liikuu

NOUX
FEST
NUUKSIO
OUTDOOR
FESTIVAL

Arla

KESPRO

HARTWALL

Vaasan