

Bodom Trail rules and instructions



Updated May 1, 2026. Small adjustments are still possible.

1. Arrival & Parking

Address: Pirttimäen ulkoilualue, Kunnarlantie 110, 02740 Espoo. Address for navigator: Savupirtintie 3, 02740 Espoo.

The parking area in Pirttimäki is limited for Bodom Trail. We recommend using car pools and event buses. There are about 800 runners coming by car and only 200 parking spots, which means that only full cars are allowed to park in the event center. You can book a bus ticket until Sunday May 3rd via your personal registration link.

There are about 900 participants coming to the event, about 100 of whom will come by bus. There is parking space for about 200 cars in the area, which means that about 800 runners need to be able to fit in. Therefore, only cars with at least four runners will be allowed to park at the competition center. Insufficient cars will be directed to park at Backby Manor, about 1.5 km from the competition center. Address: Bodomintie 37, 02740 Espoo. It is possible to collect full cars in Backby and arrive at the competition center with them or continue the journey on foot.

- Arriving from Vihdintie / north: Full cars: drive directly to the competition center. Partially loaded cars: drive from Velskolantie to Bodomintie to Backby Manor

Participants arriving from the East (Ring 3)

- Exit Ring 3 at the Röylä/Kullo junction and drive north of Lake Bodomjärvi. You will first arrive at Backby Manor, where you can park or drive to the competition center with a full car.

Participants arriving from the West or South (Ring 3, Turuntie)

- Drive Kunnarlantie to Pirttimäki. Full cars can park at the competition center, cars with 1-3 runners, continue to Backby Manor. Drop-off possible at the bus stop at the event center gate.
- You can also bring your bike, park in Oittaa and cycle to the event center. The distance is 3.5km, smooth paved cycling road.

From the North (Vihti, Road 120 and Bodomintie)

- Drive directly to the competition center. Cars with 1-3 runners: drive from Velskolantie to Bodomintie to Backby Manor parking. Please reserve some extra time for parking.
- Note! Parking is prohibited on road Myllyjärventie, which is enforced quite frequently. Don't park there. We have received angry feedback from locals in the past years.

Arrival other than by car:

- There is still space on the race buses, take advantage if you are arriving from the Helsinki Metropolitan Area! You can redeem your ticket via a personal link until 3.5.
- You can leave your car in the parking lot of the Oittaa outdoor recreation area and cycle the rest of the way (3.5km) on a well-traveled cycle path. (Note: There is a cycling event in Oittaa at the same time, so the area is not used for official Bodom Trail parking.)
- By bus 246/246K from Espoo city centre.

Leaving Pirttimäki after the event

- Rides to Backby Manor can be combined at the bus stop at Pirttimäki intersection. Runners can also be picked up from here. Backby is within walking distance, although it may feel heavy after a run 😊
- Bus 246K stops right outside the competition center gates.

- Race buses depart at 2:30-3:00 PM, depending on the route. Race buses may have individual return locations, ask for information if you need them.

2. Collecting race material

Competition 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, competition material can be picked up from the competition office in Pirttimäki on Friday, May 8th from 12-18 and on Saturday from 8:00. By picking up the competition material, the participant agrees to follow the organizers' instructions, the rules and spirit of the competition. You can also pick up the material for a friend.

The distribution of the material will take place outdoors at the event's info tent. Participants collect the material themselves. The organizers will help with changes in participant information and other exceptional situations.

Event material includes

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

If you are prevented from participating, you can transfer your entry once to the following year or register another runner as a replacement.

The change is made via your personal registration link, which was included in the registration confirmation message.

Postponing 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.

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 may not have a result.

Recommended equipment:

- **Drinking bottle, hydration pack or a cup. Out of the three aid stations, there will be paper cups only at the 12k station. Aid stations at 6k and 16k serve drink only to your own cup,** bottle or hydration pack. Pay attention to the weather forecast when planning your hydration during the run.
- Energy snacks. Depending on your trail running experience, the run will take 30-60% longer than the same distance on road. For most participants it means that you will need to take in some energy during the run.
- 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 timing.
- Own drinking bottles can be left to 12km drink station. Specified table.

Changing rooms

- Changing rooms in the sauna buildings are available but small. We recommend to wear the race outfit at home so that there is no need to use change clothing before the start.

Bag storage

- In a building behind the sports field. Mark your bag with your race number with the tear-off strip in your number bib. Tape and stapler available in the storage tent. If you arrive by car, we recommend storing your extra bags in the car.

Event expo

- You can update your trail running equipment in the event expo. Varuste.net, Salomon, Petzl, Aonach.xyz, Nuuksio Outdoor Festival Nouxfest and Backby Manor will be presenting their products and services. Event special offers!

5. Start

12/21km

- The start will be in groups of 30 runners every minute to minimize queues on the trails.
- Elite runners will start in the first start in the first group at 10:00. This group will be max 50 runners and includes those men and women who are running for top positions.
- When one group starts, the next one moves to the start line and other groups proceed one step further in the start area. Follow instructions of race officials.
- You can decide yourself the group in which you want to start. Select a group that you expect to match your running pace.

6km children

Start in one group at 12:30 after the 2nd loop of the 21k race closes. Accompanying adults can start with small children. Meeting at 12:20 near the starting arch.

6. During the run

Course marking

- The course is marked with sticks that have a 5x5cm neon orange flag 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.



Choosing distance 12km / 21km

- During the first 12km you can consider whether you want to continue for another 9km. After the 12km loop you will reach the starting area and can decide whether you want to run to the finish line (right lane) or continue for the half marathon distance (left lane). Those who continue will receive a lap time 100m after passing the finish gate.
- Note: the 2nd loop is slower than the first. It may take as long as the first 12km.

Drink

- There are 3 drink stations on the course 6,5km, 12km (Event center), 16km + finish. Water and Nosht sports drink are available at the drink stations. Note! To minimize the amount of waste and eliminate trash along the course, cups are available only at the 12km aid station.
- There is a table for own bottles at the 12km station. Mark your bottle clearly!
- If you are using your own bottle or cup, ask the staff to fill it. They follow hygiene guidelines.

- Don't take paper cups away from the 12k drink station. Drop them to trash bins at the station.

First aid

- First aid is available at all drink stations and at the finish. 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!
- 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 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 transport may have to wait.
- Always inform the race office if you did not finish. That will save the organization 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.

Be especially careful not to drop empty energy gel sachets (or even their tear-off tips) or cups taken from the drink stations. 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

Supporting is allowed at 12km drink station. Along the course, and at other aid stations, the runners are self-supported.

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. It is sometimes tricky to get past another runner on narrow trails.

7. After the run

Finish

- Arla dairy products, Heineken non-alcoholic beer, Vaasan bakery products, Nosht sports drink, Red Bull energy drink, water, as well as bananas and other snacks offered by Kespro are served at the finish.

Lunch

- Pirttimäki café is serving lunch and other cafe delicacies.

Showers

- Saunas, showers and changing rooms are available after the run. The space and warm water capacity are limited. Other options are sauna & swim in Backby Manor (price 10€, not included in the entry fee) or showers at home.

Prize giving

- After the results of all classes are ready, about 13:00.
- The prize giving ceremony will be carried out in such a way that it is possible to maintain safety distances. We recommend using the mask for both runners and the public.
- Prizes will be distributed as follows:
21km: M and W open, top 5, M23 and W23 winners. M and N open winners will receive a Suunto sports watch. In addition, there are training stipends and product prizes.
12km: M and W open, top 3, M20 and W20 winners
6km: M16, W16, M12, W12, M8, W8 top 3. All runners in the youth 6km series will have a medal in the finish.
- New 21km course records will be awarded with a training stipend worth 200€. Current records: Men Juho Ylinen 1:23:04 (2025), Women Emelie Forsberg 1:41:39 (2018).

Results

- Will be published at bodomtrail.com in real time.
- Trail Tour Finland points are published on [Trail Tour Finland](https://www.trailtourfinland.com) website after the race.

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 #BodomTrail, #BodomTeam, #BodomTrail2026, #TrailTourFinland and #GoldenTrailNationalSeries for your own photos and other comments in social media!
- Bodom Trail in social media: [Facebook](https://www.facebook.com/bodomtrail), Instagram [@BodomTrail](https://www.instagram.com/bodomtrail).

That's it, have fun on Pirttimäki trails!

Bodom Trail organizing team

Bodom Trail partners:

SALOMON

VARUSTE[®]

NOSHT

PETZL[®]

SUUNTO

DRUIMAAR
ULTRA

Espoo
liikkuu

NOUX
FEST

NUUKSIO
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Arla

KESPRO

HARTWALL

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