

# Helsinki City Running Day rules 2020

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## 1.Helsinki City Marathon

### **HELSINKI CITY MARATHON RULES AND REGULATIONS**

All registered runners are obeyed to follow these rules and regulations regarding Helsinki City Marathon event.

The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat.

The event complies with the International Association of Athletics Federations (IAAF) competition rules.

#### **Judges**

The judges of HCM are the head judge and the executive committee of the race.

#### **Executive committee**

HCM executive committee is Race Director, representative from each organizing Sport Club and Race Secretary.

#### **Age limit**

The age limit for the marathon is 18 years.

A participation right is given to them who are or will be 18 years old during the year of the race.

#### **Classes**

Age classes for women and men:

Men open, 40 years, 45 years, 50 years, 55 years, 60 years, 65 years and 70 years

Women open, 35 year, 40 years, 45 years, 50 years, 55 years, 60 years

When signing in the participants of the marathon announce their birth date according which the runners are put to different classes.

The class is determined by the age on December 31st of the running year (IAAF rule 141, article 1). If the runner wishes, she/he can compete in open class, but not in other classes.

### **Finnish Championships of associations**

Finnish Championships of different associations are run at the Helsinki City Marathon. The runner can participate in only one FC-race.

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners

### **Registration**

The registration for HCM is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually.

### **Cancelling the registration**

Cancelling the participation is not possible after completing the registration. The entry fees are non-refundable in any case.

If the participant buys the optional cancellation fee while registering, he/she is able to postpone the registration to next year's event in case of sickness or injury. The postponing can be done only once (one year ahead) and only for the runner himself/herself. Additionally, the participant should send the organizers a doctor's certificate before the race. If it is sent by postal mail, it should have the postal stamp date of the race day at the latest. The postponing is not possible if the participant has collected the race package including the event t-shirt and bib number.

### **Bib number**

The participants are obligated to keep their bib number attached to the front of the shirt, so that it is clear and visible. It is not allowed to cover or remove the advertisement of the number. The bib number is personal and it cannot be transferred to another runner without re-

registrating the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

### **Start positioning**

At the start area, the participants should position to the group which is determined by the estimated finishing time. The signs of the estimated finishing times are visible at the start area.

### **Maximum running time**

The maximum running time is six (6) hours from start. As the marathon starts at 3 PM, the runner should finish by 9.10 PM being able to get an official result.

Sivunvaihto

### **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result.

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. Also so called the net time, time from crossing the starting line to crossing the finish line, will be given for each runner.

### **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners.

If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons. (IAAF rule 240, article 7 C).

### **Discontinuing the Race**

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is six (6) hours and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain time in order to be allowed to continue at the race.

The participant is considered to have cancelled the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race.

A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

All the runners finishing the race within the maximum running time are guaranteed an official time and a result.

The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each runner. The both times and results are published on the event website after the race.

Sivunvaihto

## **Prizes**

All the runners finishing the race within maximum running time are given a finisher medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

## **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the event. The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area. The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

## **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the event.

## **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events if the participant gives the permission while registering for the event.

## **Complains / Protests**

Any complaints must be done in written within one (1) hour after the official finish time of the race. Complaints must be done at info desk.

## **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice.

A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.

## 2.Helsinki City Run

### **HELSINKI CITY RUN (HCR) RULES AND REGULATIONS**

All registered runners are obligated to follow these rules and regulations regarding Helsinki City Run half marathon event.

The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and the event complies with the International Association of Athletics Federations (IAAF) competition rules.

#### **Judges**

The judges of HCR are the head judge and the executive committee.

#### **Executive Committee**

Race director and race secretary of HCR establish the executive committee.

#### **Complains / Protests**

Any complains must be done in written within one (1) hour after the official finish time of the race to the competition info-desk.

#### **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the HCR event.

#### **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events if the participant gives the permission while registering for the event.

#### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners

## **Age groups**

Every registered runner must give his or hers date of birth while registering for the event. Age groups for HCR are open women and men, and additional age groups decided by the organizer before the event annually.

The runners are divided automatically into the different age groups according to their ages on December 31 the race year (IAAF rule 141, article 1).

If the runner wishes to compete in open class, she/he needs to inform the organizer after the registration.

## **Registration**

The registration for HCR is done by submitting the announced entry fee to the event organizer.

The registration must be done online by using the provided online registration system.

The entry fees are decided annually. The registration for HCR is personal and it can not be transferred to another person.

## **Cancelling the registration**

Cancelling the participation is not possible after completing the registration.

The registrations are non-refundable and non-transferable.

In a case of

an injury or an illness, the registered runner can postpone his or hers registration for the next year's event if he or she has chosen the optional cancellation insurance while registering. Also a medical certificate regarding the injury/illness must be presented to the organizer before the race day. Postponing the registration is personal and possible only for the runner him/herself and only for the next year's event.

The postponing is not possible if the participant has collected the race package including the event t-shirt and bib number.

The amount of the cancellation insurance fee is decided annually.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of a shirt so that the number is visible and clear.

The numbers must not be folded. The bib number is personal and

it can not be transferred to another runner without re-registering the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

## **Start groups**

Participant is obliged to start the race in the start group printed in the personal bib number.

The organizer has the right to remove a runner starting in

a wrong group. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group.

The organizer has the right to define and make changes to the start groups before the race

## **Maximum running time**

The maximum running time is three (3) hours from start.

Sivunvaihto

## **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result.

## **Discontinuing the race**

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is three (3) hours and the runner must follow this schedule during the entire race. There will be check points which the runner must pass within the given schedule.

A runner is considered to have discontinued the race if he or she does not progress within the given schedule.

A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Prizes**

All the runners finishing the race within maximum running time are given a medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

## **Results**

All the runners started in the correct start group and finishing the race within the maximum running time are guaranteed an official time and a result. The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each runner.

The both times and results are published on the event website after the race. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group.

## **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the race.

The insurance is valid from the moment the runner enters the start area to the moment wh

en she or he leaves the marked finish area.

The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

Sivunvaihto

## **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners. If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons (IAAF rule 240, article 7 C).

## **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice.

A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant.

The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

## **Other Rules and Regulations**

In addition

to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.

## [3.Helsinki City 5](#)

### **HELSINKI CITY 5 RULES AND REGULATIONS**

All registered runners are obligated to follow these rules and regulations regarding Helsinki City 5 street run event.

The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and the event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of Helsinki City 5 are the members of executive committee.

### **Executive Committee**



Race director and race secretary of Helsinki City 5 establish the executive committee.

### **Complains / Protests**

Any complains must be done in written within one (1) hour after the official finish time of the race to the competition info-desk.

### **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the Helsinki City 5 event.

### **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events if the participant gives the permission while registering for the event.

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners .

### **Age groups**

Every registered runner must give his or hers date of birth while registering for the event. Age groups for Helsinki City 5 are open women and men, and additional age groups decided by the organizer before the event annually. The runners are divided automatically into the different age groups according to their ages on December 31 the race year (IAAF rule 141, article 1). If the runner wishes to compete in open class, she/he needs to inform the organizer after the registration.

### **Registration**

The registration for Helsinki City 5 is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually. The registration for Helsinki City 5 is personal and it can not be transferred to another person.

### **Cancelling the registration**

Cancelling the participation is not possible after completing the registration. The registrations are non-refundable and non-transferable.

In a case of an injury or an illness, the registered runner can postpone his or hers registration for the n

ext year's event if he or she has chosen the optional cancellation insurance while registering. Also a medical certificate regarding the injury/illness must be presented to the organizer before the race day. Postponing the registration is personal and possible only for the runner him/herself and only for the next year's event.

The postponing is not possible if the participant has collected the race package including the bib number. The amount of the cancellation insurance fee is decided annually.

### **Bib number**

Every participant has a personal bib number. It must be attached to the front of a shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal and it can not be transferred to another runner without re-registering the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

### **Maximum running time**

The maximum running time is one (1) hour from start.

### **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result.

### **Discontinuing the race**

If a runner must discontinue the race and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is one (1) hour and the runner must follow this schedule during the entire race.

A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Prizes**

All the runners finishing the race within maximum running time are given a medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

### **Results**

All the runners started in the correct start group and finishing the race within the maximum running time are guaranteed an official time and a result. The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each runner. The both times and results are published on the event website after the race. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group.

### **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the race. The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area. The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

### **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners. If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons (IAAF rule 240, article 7 C).

### **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice.

A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other Rules and Regulations**

In addition to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.

## 4.Helsinki City Marathon Relay (Marathonviesti)

### **HELSINKI CITY MARATHON RELAY RULES AND REGULATIONS**

All registered runners are obligated to follow these rules and regulations regarding Helsinki City Marathon Relay event.

The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and sport clubs: Helsingin Kisa-Veikot, Viipurin Urheilijat and Helsingin Poliisivoimailijat.

#### **Judges**

The judges of Helsinki City Marathon Relay are the members of executive committee.

#### **Executive Committee**

Race director and race secretary of Helsinki City Marathon Relay establish the executive committee.

#### **Complains / Protests**

Any complains must be done in written within one (1) hour after the official finish time of the race to the competition info-desk.

#### **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the Helsinki City Marathon Relay event.

#### **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events if the participant gives the permission while registering for the event.

#### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners .

#### **Age limit**

Every registered runner must give his or hers date of birth while registering for the event. In Relay there is no age limit but the organizer recommends the participation to over 16 years old runners.

#### **Classes**

Only open class. Mixed-gender teams are permitted.

## **Registration**

The registration for Helsinki City Marathon Relay is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually. The registration for Helsinki City Marathon Relay can not be transferred to another team without the permission of organization. One person (the team leader) may enter a team and add the other runners to the registration. Team leader is responsible for updating the details of the runners.

## **Cancelling the registration**

Cancelling the participation is not possible after completing the registration. The registrations are non-refundable and non-transferable.

In a case of an injury or an illness, the registered runner can be changed to another runner in the team. All the team members has to be registered in the team before collecting the race package.

The postponing is not possible if the participant has collected the race package including the bib number. Cancellation insurance is not available for the Marathon Relay.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of a shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal and it can not be transferred to another runner without re-registering the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

## **Maximum running time**

The maximum running time for the team is six (6) hours from start. The team runs joint time and there is no individual times for runners.

## **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result. The team runs joint time and there is no individual times for runners.

## **Relay transitions**

In Relay there is four (4) legs with different distance. In each team maximum participant amount is four (4) runners. The transitions of relay take place in the area designated for it on the side of the route. The incoming runner gives the "baton" (which contains the timing chip) the next runner inside the transition area. Runners are transferred to the transition on their own and are responsible for carrying and transferring their team's equipments.

## **Discontinuing the race**

If a runner must discontinue the race and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station. The maximum running time is six (6) hours and the team must follow this schedule during the entire race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Prizes**

All the runners finishing the race within maximum running time are given a medal. In addition, the best teams might be awarded. Prizes are determined annually by the organizer.

## **Results**

All the teams started in the correct start group and finishing the race within the maximum running time are guaranteed an official time and a result. The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each team. The both times and results are published on the event website after the race. Neither a time nor a result can be guaranteed for a team's runner starting in a wrong start group.

## **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the race. The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area. The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

## **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners. If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons (IAAF rule 240, article 7 C).

## **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice.

A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

## **Other Rules and Regulations**

In addition

to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.

## 5.Helsinki City Double

### **HELSINKI CITY DOUBLE RULES AND REGULATIONS**

All registered runners are obeyed to follow these rules and regulations regarding Helsinki City Run and Helsinki City Marathon events.

The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat.

The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of HCM are the head judge and the executive committee of the race.

### **Executive committee**

HCM executive committee is Race Director, representative from each organizing Sport Club and Race Secretary.

### **Age limit**

The age limit for the marathon is 18 years.

A participation right is given to them who are or will be 18 years old during the year of the race.

## **Classes**

### Helsinki City Run:

Every registered runner must give his or hers date of birth while registering for the event. Age groups for HCR are open women and men, and additional age groups decided by the organizer before the event annually. The runners are divided automatically into the different age groups according to their ages on December 31 the race year (IAAF rule 141, article 1). If the runner wishes to compete in open class, she/he needs to inform the organizer after the registration.

### Helsinki City Marathon:

Age classes for women and men:

Men open, 40 years, 45 years, 50 years, 55 years, 60 years, 65 years and 70 years

Women open, 35 year, 40 years, 45 years, 50 years, 55 years, 60 years and 65 years

When signing in the participants of the marathon announce their birth date according which the runners are put to different classes.

The class is determined by the age on December 31st of the running year (IAAF rule 141, article 1). If the runner wishes, she/he can compete in open class, but not in other classes.

### Helsinki City Double:

Open

## **Finnish Championships of associations**

Finnish Championships of different associations are run at the Helsinki City Marathon. The runner can participate in only one FC-race.

## **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners

## **Registration**

The registration for HCM is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually.



## **Cancelling the registration**

Cancelling the participation is not possible after completing the registration. The entry fees are non-refundable in any case.

If the participant buys the optional cancellation fee while registering, he/she is able to postpone the registration to next year's event in case of sickness or injury. The postponing can be done only once (one year ahead) and only for the runner himself/herself. Additionally, the participant should send the organizers a doctor's certificate before the race. If it is sent by postal mail, it should have the postal stamp date of the race day at the latest. The postponing is not possible if the participant has collected the race package including the event t-shirt and bib number.

## **Bib number**

The participants are obligated to keep their bib number attached to the front of the shirt, so that it is clear and visible. It is not allowed to cover or remove the advertisement of the number. The bib number is personal and it cannot be transferred to another runner without re-registering the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

## **Start positioning**

At the start area, the participants should position to the group which is determined by the estimated finishing time. The signs of the estimated finishing times are visible at the start area.

## **Maximum running time**

Helsinki City Run: The maximum running time is three (3) hours from start.

Helsinki City Marathon: The maximum running time is six (6) hours from start. As the marathon starts at 3 PM, the runner should finish by 9.10 PM being able to get an official result.

Sivunvaihto

## **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result.

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. Also so called the net time, time from crossing the starting line to crossing the finish line, will be given for each runner.

## **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners.

If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons. (IAAF rule 240, article 7 C).

## **Discontinuing the Race**

### Helsinki City Run:

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is three (3) hours and the runner must follow this schedule during the entire race. There will be check points which the runner must pass within the given schedule.

A runner is considered to have discontinued the race if he or she does not progress within the given schedule.

A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### Helsinki City Marathon:

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is six (6) hours and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain time in order to be allowed to continue at the race.

The participant is considered to have cancelled the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race.

A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

All the runners finishing the race within the maximum running time are guaranteed an official time and a result.

The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each runner.

The both times and results are published on the event website after the race.

## **Prizes**

All the runners finishing the race within maximum running time are given a finisher medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

## **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the event.

The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area.

The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

## **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the event.

## **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics'

(FA) events if the participant gives the permission while registering for the event.

## **Complains / Protests**

Any complaints must be done in written within one (1) hour after the official finish time of the race. Complaints must be done at info desk.

## **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice.

A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant.

The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

## **Other rules and regulations**

In addition

to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.

