





JYVÄSKYLÄ SKI MARATHON 9.3.2024 – SKIER'S INSTRUCTIONS

Enrolment

Registrations are accepted <u>via the registration link</u> until Thursday 7.3. 23.59 and after this post-registration only at the competition office in the Vaajakoski sport centre on Fri 8.3. at 13.00-21.00.

No post-registration on Saturday 9.3.

Competition office and collection of competition numbers

Competition office is located at Vaajakoski sport centre (Urheilutie 36, 40800 Jyväskylä)

Opening hours: Fri 8.3. 13:00-21:00

Sat 9.3. 06:30-13:00

You can pick all distance numbers on Friday 8th of March! 10km numbers on 9th of March only from Peurunka!

From the competition offices you can collect your

- Participant number
- Timer chip attached to one leg
- A number sticker to be attached to the equipment bag, which is left for the organizer to transport.
- Bus ticket

Competition info point at Peurunka Sat 9.3.2023 at 10.00-18.00 (Peurungantie 85, Laukaa)

- Lost & Found
- Raffle prizes available for pick-up
- Stamping old Euroloppet passports

Skiers' transport service to the departure areas

At the start area in Vaajakoski, there is only enough parking space for skiers of the classic 50 km (departure at 8:30).

Other skiers must take their cars to Peurunka. From Peurunka we organize transportation to all departures.

Bus tickets can be purchased in advance during registration or separately from the online store https://jyvaskylaskimarathon.tapahtumiin.fi/en/

The price is €10 in advance and €20 from the competition office.

Peurunka address: Peurungantie 85, 41340 Laukaa. on-site guidance is organized.

The buses depart from the bus stop in front of Spa Hotel Peurunka, near the door of the Spa.

Bus timetables:

In the morning Peurunka – Vaajakoski:

At 06:45 -> 50km classic to departure

At 08:30 -> 34km classic to departure

At 09:45 -> 50km freestyle to departure

At 11:00 -> 34km freestyle to departure







During the day Peurunka - Vaajakoski:

At 13:00

At 14:15

At 15:30

At 16:45

At 18:00

At 19:15

For those staying at spa hotel Peurunka, transportation is included in the price of accommodation. Those staying are registering for a ride FROM THIS LINK. Put the Campaign code **JSMPEURUNKA** to register free.

Maps and parking

Route map, route profile, departure area/parking maps and Peurunka area map here.

In Vaajakoski there are parking spaces only for 50 km classic style departure at 8:30.

Guidance is organized in Vaajakoski.

NOTE! Vaajakoski Swimhall Wellamo parking area and the area next to the Ice Hockey Bowl are not available to participants.

Departure times

8:30 - 50 km (Classic) (Vaajakoski)

10:30 - 30 km (Classic) (Vaajakoski)

11:30 – 50 km (Skate) (Vaajakoski)

12:00 - 10 km (Classic and Skate) (Peurunka)

13:00 - 30 km (Skate) (Vaajakoski)

Start area Vaajakoski parking areas Signs and parking guidance in the area! Je can offer parking spaces only for 50 km classic style ski from Vaajakoski. Others must drive their cars to Peurunk.

Vaajakoski. Others must drive their cars to Peurun
 Vaajakoski comprehensive school
 (Savonmäentie 4)
 2) Opintie 1

Savonmäentie
 Urheilutie 39

Vaajalinna's field (Kenttävieru 1)
 Vaajakumpu comprehensive school
 (Harjutie 2)



Starting groups

There is "hot" starting group this year on 50km starts. Skiers from outside of hot group settle in the starting positions according to their own target time. In the second group of the target time grouping, there is space reserved for Euroloppet passport holders.

Start and finish

50 km and 34 km distances start from Vaajakoski sports field (Urheilutie 36, Jyväskylä).

The 10 km start takes place in Peurunka, Laukaa, near the Pölkki house.

The finish of all series is spa hotel Peurunka (Peurungantie 85, Laukaa). The finish closes at 18:00.

The 10 km start is from Pölkki's house near the finish line, from where the route goes from behind the Peurunka ice rink and continues left to the Iso-Peura loop.

Starting lists and results

The starting lists will be completed on Friday 8.3.2023. A link to the starting lists will be published on the website. The list of participants can be found at the registration <u>page</u>.

The results service works in real time. The result service link is published on the event's website. The results will be official once confirmed by the Jury. There is no separate leaderboard at the venue.







Timing and announcement

In all distances and series the timing is done by a chip, which is attached to the ankle with the help of a collar. You will receive a chip and ankle collar when you pick up your competition number. The finish time is logged into the timekeeping system when passing through the finish gate. The skier must keep their number bib visible and the ankle collar on the ankle throughout the skiing and make sure they ski under the finish gate.

Please note! You should only pass through the split timing spots on route and finish gate ONCE with the timing chip!

There are field announcement in the starting area in Vaajakoski and in the finish area in Peurunka.

The timing chip and ankle collar should be returned at the finish, to the places designated for them. A fee of EUR 60 will be charged for lost or non-returned timekeeping chips and collars.

Transportation and storage of equipment bags

The organizer transports the equipment bags from the starting point to the finish line. Skiers mark their own equipment bags with number stickers and deliver them to trucks waiting in the departure area in Vaajakoski. Skiers receive their equipment bags against their number tag from the equipment tent after reaching the finish line. The equipment bags are sorted by the last digit of the skier's race number.

Service stations

There are a total of five (5) service points on the route, four (4) of which also serve skiers on the 34 km route. The services offer a sports drink, juice, water, pickles and raisins. Salt is available by asking on the service stations. Free Swix-waxing service during the event is available in Vaajakoski and and at Ampujien Maja & Vihtavuori service stations. At these waxing stations, help is provided for problems with skis.

The skier must bypass the service stations by the following closing times:

Service 1 (10 km) 13:00 (Urheilutie 39, 40800 Jyväskylä), Swix- waxing service

Service 2 (20 km / 7 km) 14:15 (Kangaslampi, Taimistontie 2-4, 40340 Jyväskylä)

Service 3 (25 km / 12 km) 15:00 (Ampumamajantie 14, 41310 Leppävesi), Swix- waxing service

Service 4 (34 km / 21 km) 16:15 (Ruutitehtaantie 32, 41330 Laukaa), Swix-waxing service

Service 5 (41 km / 27 km) 17:00 (Leipäpohjantie 338, 41350 Laukaa)

Skiers arriving to service stations after the closing times will be removed from the route and a transfer will be arranged for them to the Spa Hotel Peurunka.

IMPORTANT! ALL ENERGY GEL PACKAGING AND OTHER RUBBISH MUST GO IN THE GARBAGE CANS AT THE SERVICE POINTS! INTENTIONAL AND REPEATED LITTERING RESULTS IN DISQUALIFICATION.

First aid

At start area Vaajakoski At the finish in Peurunka At Service stations

Download the free 112 emergency app to your phone (App Gallery, Google Play, App Store).

Dropping out of the race

If you must drop out in the middle of the race, go to the next service station if possible. A transfer will be arranged from the service point to Spa Hotel Peurunka.







Award ceremony

All skiers are awarded with the Jyväskylä Ski Marathon participation medal at the finish line.

Winners are awarded as mentioned below

- Classic and skate (50km) Women and Men top five (5)
- Classic and skate (50km) age groups, top 1 Women and Men (1)
- Youth Free 16v (30km) top three (3)
- Youth Free 18v (30km) top three (3)

The awards ceremony will take place after the protest period (15min) in front of Pölkki's house. In age categories, the skier receives the prize immediately after the finish line.

In addition, raffle prizes for all participants. The prizes can be claimed at the spa hotel Peurunka's competition info with a number tag after skiing.

Dressing rooms and showers

Showers and sauna facilities for participants at Spa Hotel Peurunka are included in the participation fee. Entrance to the spa (incl. jacuzzis, infrared sauna, slides, etc.) can be bought at the Spa reception for 12 €. The departure area Vaajakoski have toilets and changing rooms in use.

Consideration of fellow skiers

Each participant skis on the route at their own risk – the route is not closed to other skiers! In cross-country skiing, you must follow an honest sportsmanship and general courtesy towards skiers. There is a lead snowmobile on the route.

Route description

The skiing track networks of Vaajakoski, Halssila, Huhtasuo and Metsoreitti are in use.

The tracks are maintained late the night before. The number of tracks on the route varies from four to one. The points of the route that require special attention from skiers (tunnels, road crossings, demanding descents) are marked with signs along the route. The end/start of the route is marked with paint and/or other signs.

In areas marked as requiring special attention, skiers must strictly follow the instructions of the marshals and be alert!

Rules:

The competition follows the International Cross-Country Skiing (FIS) competition rules, including mass skiing rules.

- If necessary, the start times of the skiing can be postponed by 2 hours later than indicated when it is colder than –20C or due to snow conditions.
- Any changes will be announced with field announcements in the departure areas of Vaajakoski and Huhtasuo, as well as immediately on the event website
- The departures of Vaajakoski at 8:30 am and Huhtasuo at 10:00 am follow the traditional way of skiing –
 SKATING IS PROHIBITED BY THE RULES. On the route, monitoring of skiing habits is carried out.
- Objection procedure according to ICR 387. The objection must be submitted in writing to Peurunka's competition info. A protest fee of 80 € must be paid in connection with the filing of an objection.

Competition Jury

The Jury will meet on 9.3.2024 at 7.30 a.m. in the departure area of the Vaajakoski sports field. TD Jussi Prykäri TDA Paavo Vilminko Competition Director Sami Hilden

Competition restaurant, cafeteria and sausage sales







The entry fee includes lunch at the Spa Hotel Peurunka. Soup lunch is served from 11:30 to 18:30 (incl. soup, breads and spread, coffee and biscuit) against the food ticket. The maintenance crews of skiers also have the opportunity to dine for €9. Near the finish line there is also a cafeteria and a sausage grill.

Communications and photography

Information about the event is provided through the Jyväskylä Ski Marathon website. On social media, the event can be found with @jyvaskylaskimarathon username and #jyväskyläskimarathon and #jyvaskylaskimarathon tags. Photos will be taken at the event, a folder of pictures from the competition will be shared after the competition. The images are used in the marketing of the event.

Warm welcome, the sports capital of Jyväskylä!
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