



Suomen
Hiihtoliitto

WORLDLOPPET

SKI AROUND THE WORLD!



FINSKI
FINLANDIA-HIIHTO

GUIDEBOOK

24.-25.2.2024

FINLANDIA-HIIHTO 2024

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—

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HIHTÄJÄN VIRTALÄHDE

Jollos Vauhtikarkit
ovat täydellistä syötävää
lenkille. Paljon makua ja
energiaa, ei vatsaongelmia.

- ✓ Helppo seurata energiansaantia
- ✓ Helppo avata vauhdissa
- ✓ Optimaalinen glukoosin ja fruktoosin suhde tehostaa energian imeytymistä
- ✓ Elektrolyytit magnesium, kalium ja natrium auttavat tukemalla lihasten toimintaa rasituksen aikana.
- ✓ Kotimainen Avainlippu-tuote.

NOSHT
TRENI MAISTUU



FINLANDIA-
tarjous:

Koodilla H24FS
saat - 15 %
alennuksen
loppusummasta!

FINLANDIA-HIIHTO 2024

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Venue at Google Maps



MR. SAULI NIINISTÖ

**PRESIDENT OF THE REPUBLIC OF FINLAND
PATRON OF FINLANDIA-HIIHTO**

FINLANDIA-HIIHTO 2024

SPONSORS



SALOMON

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Seeberger

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HÄMEENMAA



Lahti

Hollola



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ESYS
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BECKHOFF

Visit
Lahti
Lakeland Finland



Barebells

POCAL
- PALKITSENESEN ILDA -



LAB University of Applied Sciences

salpaus
Koulutuskeskus | Further Education

VIERUMÄKI

Snack Power. Snack Seeberger.



Seebergerin pähkinät, kuivatut hedelmät ja pähkinäsekoitukset ovat saatavilla kautta maan hyvin varustelluista päivittäistavara-kaupoista.



TULE FINLANDIA-HIIHTOON YHTEISKÄYTTÖAUTOLLA!



FINLANDIA-HIIHDON VIIKONLOPPUNA
1VRK - 3VRK HENKILÖAUTONVARAUKSET -20%

ALEKOODILLA: **FINHIIHTO** **24Rent.fi**

FINLANDIA-HIIHTO 2024

INSTRUCTIONS

BEFORE START

VENUE

Welcome to Finlandia-hiihto in Lahti and Hollola. The venue is located below the ski-jump hills at Lahti Stadium and Lahti Sports Center. The distance from downtown Lahti to the site is under one kilometer.



1 KISAKESKUS
RACE CENTER

2 ODOTUSALUE
WAITING ZONE

3 LÄHTÖPORTTI
STARTING GATE

4 LÄHTÖALUE
START AREA

5 MAALIALUE
FINISH AREA

6 MIESTEN SAUNA
MEN'S SAUNA

7 NAISTEN SAUNA
WOMEN'S SAUNA

8 KUVAUSPAIKKA
PHOTOPPOINT



**GOOGLE
MAPS**

Venue can also be seen in Google Maps

Venue

REGISTRATIONS

Registration is open on our website at www.finlandiahiihto.fi/registration

Registration will be closed as follows:

- Classic 62 km: Saturday 24.2. at 8:00AM
- Classic 32 and 20 km: Saturday 24.2. at 9:30AM
- Free-style 62 km: Sunday 25.2. at 8:00AM
- Free-style 32 and 20 km: Sunday 26.2. at 9:30AM

REGISTER

We recommend completing the registrations on our website. We also have an option to register at the Race Office with a credit card or by cash during the opening hours. Please see further details from "Registration in Race Center"

CONFIRMATION LETTER

Finlandia-hiihto will send every participant a confirmation letter via email. From the confirmation letter you can see your bib number and other instructions for the event.

Finlandia-hiihto will inform at their web site when the confirmation letters have been sent to the participants. After that the confirmation letters will be send shortly after registration until the registration closes. In case you haven't received the letter please contact our office as soon as possible. Having the confirmation with you in the race office will speed up receiving your bib package. In case you don't have a confirmation letter with you, a proof of identity is required when you pick up your bib package from the race office. We also recommend to check that your name is listed in the **entry list** on our web site.

START LIST

SAMMUTA JANOSI

**VITAMIN
WELL**



S/LAB SKATE BOA®

UNLEASH THE CHAMPION WITHIN

Dial into Victory with BOA® Fit System.
Experience unmatched transmission with
Carbon Loaded™ Technology.
Victory is no accident—make the S/LAB
SKATE BOA® your game-changer.

AVAILABLE IN FALL 2024



S/LAB

RACE CENTER

The Race Center is located at Lahti Fair Centre (Salpauselänkatu 7, 15110 Lahti). From the Race Center you can find all the essential locations for the race management such as Race Office, Equipment Storage, Ski Park, Ski Waxing Service, Finlandia EXPO shopping area, Dining hall, Stage and of course - The Ski Bar.

RACE OFFICE

The Race Office is located inside the Lahti Fair Centre at LAHTI -hall and is open during the following times:

- Friday 23.2. between 10:00 - 19:00
- Saturday 24.2. between 06:30 - 18:00
- Sunday 25.2. between 07:00 - 18:00

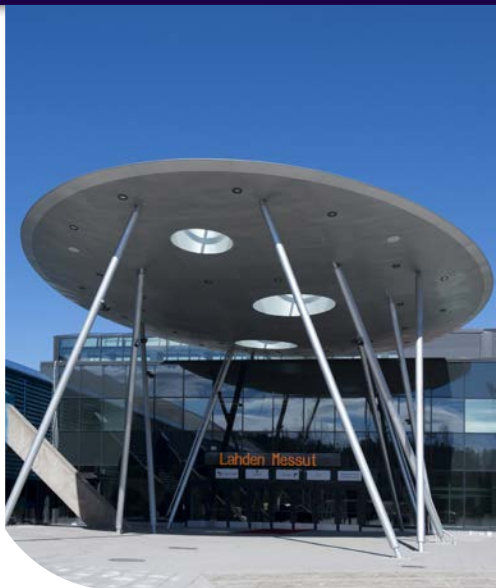
INFO can be reached by phone at **+358 40 253 6142** and **+358 40 253 2822**

From the Race Office you will get your bib package envelope with your bib and ankle timing chip. Your meal ticket is inside the envelope (see "Dining after the Race" for further details). Please show your confirmation letter or ID at the desk and if you're picking up your friend's bib also have their confirmation letter with you.

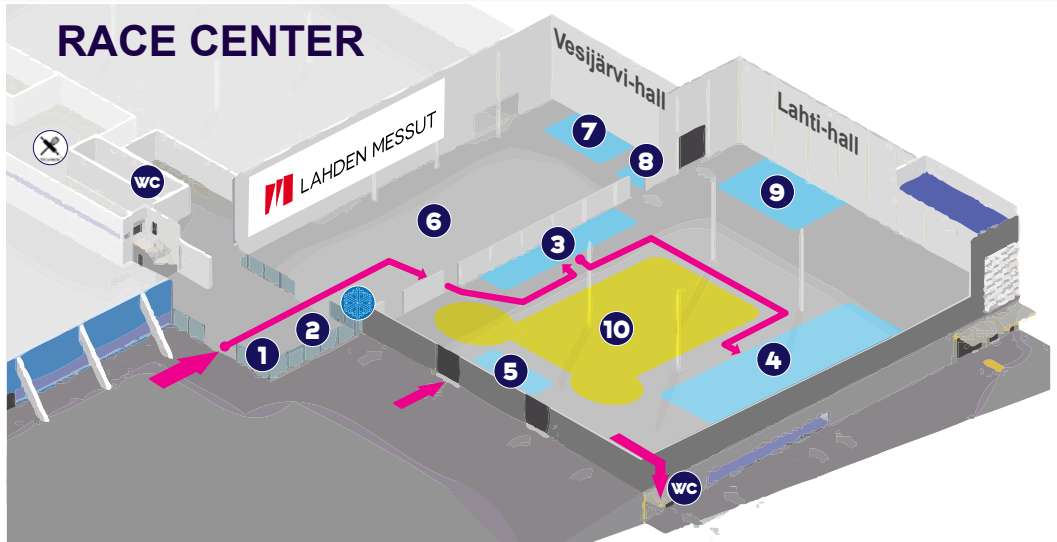
When you arrive to the Race Center you can leave your skis at the guarded Ski Park (5) or if you don't have your skis with you, you can use the main entrance of course. Next find the Pick-up point (3) where you can get your prepaid bib package or in case you haven't registered see "Registration in Race Office". After you have your bib package head to the Equipment Storage (4) where you can leave your items for safe keeping while you are skiing.



The points of interests are marked with colored beachflag in the Race Office:

- Pick-up Point for Bibs (3) green flag
- Equipment Storage (4) purple flag
- Ski Park (5) orange flag



FINLANDIA-HIIHTO 2024



- | | | | |
|---|----------------------------------|---|---|
| 1 KASSA
CASHIER | 2 INFO | 3 NOUTOPISTE
BIB PICK-UP | 4 VARUSTESÄILYTYS
EQUIPMENT STORAGE |
| 5 SUKSI-PARKKI
SKI PARK | 6 RUOKAILU
DINING HALL | 7 PALKINTOLAVA
STAGE, AWARDS | 8 SUKSI-BAARI
SKI BAR |
| 9 VOITELUPALVELU
WAXING SERVICE | 10 KAUPPA-ALUE
STORES |  WORLDLOPPET
LOUNGE |  RAVINTOLA KOTI
RESTAURANT KOTI |

REGISTRATION IN RACE CENTER

Registration at the Cashier (1) is located next to the INFO-point (2) in the main lobby. We recommend doing the registration on our website to save some time unless you wish to pay the registration with cash or with a credit card. Also course changes and bib transfers from person to person are done at the registration counter for a modest fee. For transfers we require to see the original confirmation letter from the person whom received it.

PICK-UP POINT FOR BIBS

From the Pick-up Point (3) you can collect your prepaid bib package. Please present your confirmation letter (sent by us via email) or other official ID to the staff at the counter to receive your bib package. You can also authorize another person to pick your bib by presenting the staff the original confirmation letter and your ID. In case you pick up several bib packages please **make certain that the ankle chips do not get mixed**. Please remember to return the ankle chips at the finish to the staff.

EQUIPMENT STORAGE

You will receive a plastic gear bag when you retrieve your bib package. Please insert your change-over clothes into the bag and tie the bag properly before submission with strings you will also receive. Please check that your bib number is written on your bag before giving it to the staff at the Equipment Storage (5). After the race please retrieve your bag from the storage by showing your bib to the staff. **Please do not leave any valuables in the bag** such as watches, money, etc. If you want someone else to pick up your bag, give him/her your bib. The organizers are not responsible for items left unattended elsewhere.

SKI PARK

Skis can be left at the guarded Ski Park (5). The entrance is just a bit right right from the main entrance. Ski Park is guarded during the opening hours.

START SKI WAXING SERVICE

Our partner STARTEX offers commercial waxing service (9) at LAHTI -hall during the race office opening hours. Bring your skis already a day before to the waxing and retrieve them in mint condition just before the start.

TRAFFIC AND PARKING

We are expecting high traffic during the event days. Parking lots are limited and they are filled on the first-come basis. Traffic signs are posted on all major roads directing to the Lahti Sports and Fair Center. The main parking lot next to the Race Center is primarily reserved for busses and parking to the main parking lot during the race days 07:00-12:00 **is restricted**. There are a limited amount of free parking slots available. In addition there are also public parking facilities for a fee such as P-Kartano, P-Toriparkki and Salpausselkä koulu nearby.

Drop-off and pick-up zone is located at ISKU-arena parking field where you can make a quick stop. You can see the locations from our **Venue (Google Maps)**.

We highly recommend carpooling and the use of public transportation.





**Intersport on Finlandia-
hiihdon virallinen urheilu-
kauppa Lahden Messu-
keskuksen LAHTI-hallissa.**

AVOINNA:

23.2. Pe klo 10:00 - 20:00

24.2. La klo 06:30 - 19:00

25.2. Su klo 06:30 - 17:00

**Myymälä on täynnä super-
tarjouksia huippumerkeistä!**

**Esim: Dæhlie
ja Johaug
hiihtovaatteet**

DÆHLIE johaug

**TALVIVARASTON
TYHJENNYS**

Myös pipot,
käsineet,
otsapannat ja
juomavyöt!

-40%

INTERSPORT®



Finlandia Hiihto Voitelupalvelu Hinnasto 2024 Finlandia Ski Marathon Waxing Service Pricelist 2024

A	Pitovoitelu / Gripwaxing	25,00
B	Pitoteippi / Griptape	25,00
C	STANDARD Luistovoitelu / Glidewaxing	30,00
	Pohjustus + Start SG nestevaha	fluorivapaa
	Basewax + Start SG liquid glider	fluor free
D	ADVANCED Luistovoitelu / Glidewaxing	50,00
	RG Race pohjustus + RG Race kelivaha	fluorivapaa
	RG Race basewax + RG Race glidewax	fluor free
E	RACING Fluoriton kilpavoitelu / Fluor free racewaxing	80,00
	RG Ultra kelivaha + RG Boost pinnoite	fluorivapaa
	RG Ultra glidewax + RG Boost finisher	fluor free
F	Suksien puhdistus / Cleaning of skis	10,00

Maksu etukäteen, käteisellä, kortilla tai MobilePay. Hinnat sisältävät arvonlisäveron 24%.
Payment in advance, cash, bank / credit card or MobilePay. Prices incl. VAT 24%.

AUKIOLOAJAT / OPENING TIMES

Perjantai / Friday	23.2.2024	10.00 - 19.00
Lauantai / Saturday	24.2.2024	06.30 - 18.00
Sunnuntai / Sunday	25.2.2024	07.00 - 11.00

Hunger happens Barebells helps

Vuonna 2016 lanseerattu Barebells tarjoaa laajan valikoiman proteiinipitoisia vaihtoehtoja välipalaksi, joissa ei ole mausta tingitty.

Patukat sisältävät 15-20 grammaa proteiinia, eivätkä lainkaan lisättyä sokeria.

Nämä tuot teet ovat täydellinen valinta, kun tarvitset hiihtoladun jälkeen energiaa, nopean välipalan tai suussa sulavan herkun.

Barebells

M

MAATILA-LIHA
MERONEN

1994

maatilalihameronen.fi

Aukioloajat

To-Pe 12-17 , La 9-15

START

Please recheck the schedule from before start at www.finlandiahiihto.fi/program

PROGRAM

The participants are requested to arrive at the Waiting Area (next to Start Gate) **at least 20 min prior to their start**. Participants are **required to wear their bib and the ankle chip before** entering the start area.

Bibs are checked and starting groups will be formed prior to entering the stadium at the waiting area. **The groups are allowed to enter the stadium in waves 10 minutes prior to their starting time.**

Please follow the instructions of the staff how and when to enter the stadium so that the timing chip in the bib can activate correctly.

Only the ELITE groups on 62 km races have dedicated starting slots. In other groups there is no starting order based on your bib number and groups will be filled on first-come basis.

The start is captured on video and the organizers reserve the right to disqualify anyone guilty of false starting. We kindly request everyone to stay calm and remain in their places during the starting procedures.

The starting area will be closed after five (5) minutes when the last group (20 km) starts. After the area is closed no one is permitted to enter the courses.

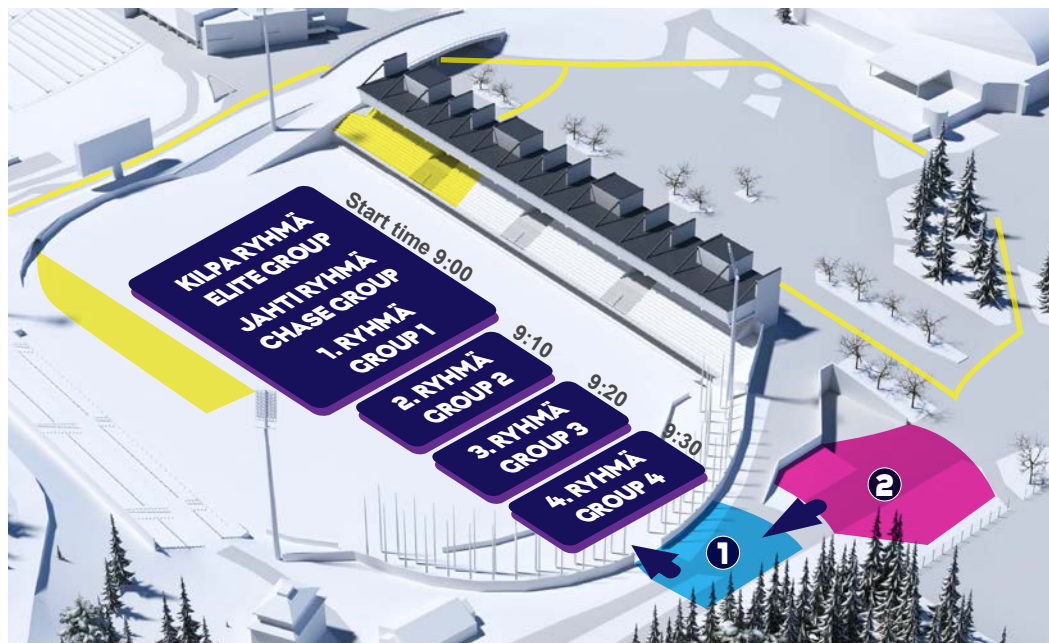
In case of a broken pole, an exchange point is located just after the over-pass (close to the small training ski jump hills are located). **Please do not turn back and return to the stadium. Please, use a extra caution in the first uphill!**

We wish to remind you that the left track is for passing only. Please do not block your fellow skiers whom wish to advance in faster pace.



FINLANDIA-HIIHTO 2024

The competition starts and ends at Lahti Stadium:



Participants will gather up at the waiting area 20 minutes before the start and form groups based on their bibs. From the Waiting Zone (1) you will be guided to main gate and will be allowed to enter stadium by the staff. Meanwhile rest of the groups will wait at the Waiting Zone (2).

Medals will be given immediatly after reaching the finish line. Next to the medals is a Vitamin Well drinking point from where you can receive also your Finisher cup!

To exit the stadium please follow the instructions of the staff. To exit the stadium walk past the large video screen until you reach a tunnel. A nice place to take a photo is just before the ski-bridge.

After leaving the stadium, head back to the Race Center where a hot meal is waiting for you. Check your gear from the storage and head to Sauna to warm up!

Areas marked with yellow color are spectator area. Spectators are allowed to enter their areas following the yellow paths shown on the map.



TUMMAA TUNNELMAA



**KÄSINPOIMITTU
100% KENYAN ARABICA**

100% KENYAN ARABICA
WILSON
COFFEE
ENSILUOKKAINEN

NAUTI IHANASTA ELÄMÄSTÄ –“LA DOLCE VITA”

RUNSAASTI

kuitua ja proteiinia



ENSIMMÄINEN
TÄYSJYVÄPASTA,
JOKA ON
sertifioitu
JA AINA “AL DENTE”

Haluamme, että myös terveellisiä elämäntapoja noudattavat voivat nauttia erinomaisesta italialaisesta pastasta. Tämän vuoksi poistamme vehnänjyvistä karvaanmakuisen ulkokerroksen ja käytämme hidasta valmistusmenetelmää. Näin takaamme, että täysjyväpastamme on yhtä herkullista kuin klassikkopastamme.

Cosimo Rummo

FINLANDIA-HIIHTO 2024

TIMING SERVICE & THE CHIP

The timing chip is a separate ankle chip connected to your bib number. The chip activates when you pass through the start gate. You are responsible for having the bib and the chip on you before the start and during the event. Each participant will have one timing chip and you need to connect it either to left or right ankle on top of sportswear. **If you are not wearing your bib and chip you will not get a finishing time and are disqualified.** Timing service is produced by Ultimate Sport Service.

In case you retrieve more than one bib package please **make certain that you do not mix the ankle chips between packages!**

You're required to return the chip to the organizer after the race. Chips will be collected immediately after the finish line. **If the participant fails to return the ankle chip the organizer can fine the participant for 80 EUR.**

BIB

Do not cover or remove your bib or the sponsor logos during the event while you're skiing. Your bib is personal and may not be used by another person during the event. It is possible to transfer the registration to another person but it is required to inform the organization about it. You can make a person to person bib-transfers at the Race Office, we charge 10,00 EUR for the service. If these rules are not followed the organizer has a right to disqualify you from the race. You can keep the bib as a souvenir after the race (only the ankle chip must be returned to the organizer).

The bibs are color coded based on the distance of the course:



62km Blue



32km Yellow



20 km Green

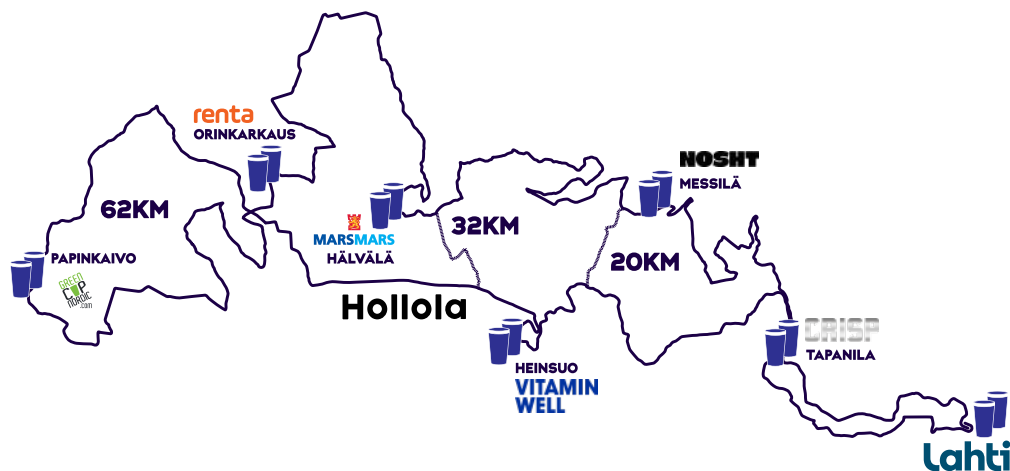
You can also notice a few special persons called "Ikinuivos" with a purple colored vests, these persons have participated every Finlandia-hiihto since 1974.

AFTER START

COURSE MAP

Our course lengths are either 62 (long), 32 (medium) or 20 (short) kilometers.

Course and venue map is available in Google Maps. You can find the maps from our website at www.finlandiahihto.fi/program



SKIING TECHNIQUES

In Saturday's Classic Technique (CT) races only classic technique is allowed. The ski technique control is enforced during the race and breaking the rule may result in disqualification. In Sunday's Free-style (FT) races free and classic techniques are allowed, however please note that grooves for classic may not be available at Sunday.

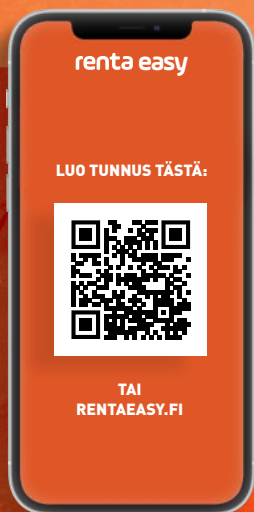
ARVONTA!

VOITA LEKI HRC MAX PINK -KILPASAUVAT!

Luo tunnus Renta Easy -sovellukseen 19.2.-25.2.2024 välisenä aikana ja olet mukana arvonnassa.

Rekisteröityminen on nopeaa ja ilmaista eikä sido ostopäätökseen.

Lisätiedot osoitteesta: renta.fi



renta

GREEN
CUP.FI

GreenCup tarjoaa laajimman valikoiman mukeja, jotka sopivat kaikkiin tilanteisiin.

Kaikki meidän uudelleenkäytettävät mukimme voidaan suunnitella tapahtuman näköiseksi.

Siirtyminen uudelleenkäytettäviin mukeihin ei voisi olla helpompaa!

Haluatpa sitten poistaa kertakäyttöiset tuotteet stadionilta tai tarjota festarikävijöille täydellisen uudelleenkäytettävän matkamuisiston, me autamme sinua.



Erotu yksilöllisillä ja pestävillä mukeilla



www.greencupnordic.com

COURSE SIGNS

Below you can see some of the signs that can be seen while on the course. Kilometer signs are located ca. every five kilometers on the course and the finishing five kilometers have a sign every one kilometer. Please take a note of the warning signs which are mainly yellow/red/black.



65 km course



32 km course



20 km course



5 km to finish



pit stop 500m



restricted direction



u-turn



hard turn



hard slope



hard slope



fast slope



maintenance



turn left/right



intersection ahead



20km departing



32km continues right

ENVIRONMENTAL RULES

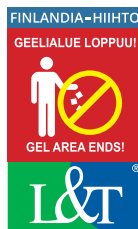
The organization of Finlandia-hiihto in cooperation with L&T have combined an extensive environmental plan for the event. The objective is uniform, cost-effective, carbon neutral and environmental standards qualified mass skiing event. Among other things this means stricter recycling methods.

We also ask your help so we can achieve our goals!

- Gel Area starts 50 meters before entering a pit stop and ends 50 meters after.
- Gel Area has been marked with clear sign: GEL AREA (starts) and GEL AREA ENDS.



Gel Area starting



Please do not throw any litter into the nature after this sign.



Gel Bins are marked with the above sign.

- Stadium also have Gel Bins available.
- A competitor with their own service group is together responsible to abide these rules.

Littering on tracks and in nature is strictly forbidden. Please leave your trash at service stations designated waste areas.

POLE LENGHT (FIS)

Rule 343.8.1

In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

This international rule (343.8.1) is controlled in every international and national championship FIS race. The Jury will do pole checks during the race.



Hollola

FLUOR BAN

Finlandia-hiihto is FIS race, so fluor waxes are banned.

OTHER REGULATIONS

Participants take part in the aforementioned races at their own risk. They must follow the orders by staff members when crossing roads while skiing. **Skiers should always use the track on the right - the one on the left is for passing only.** No one needs to yield while skiing, except in the elite group where slower skiers should give way for faster ones.

The elite group and rewarded skiers from each Finlandia-hiihto race series can replace a ski only in a case if their ski or binding of the ski is broken or damaged:

- a competitor whom have to replace a ski (or binding) during the race has to do it off the track without distracting other competitors and without outside help
- a competitor is required to represent their broken ski (or binding) to the Jury
- other participants (non-competitive) are allowed to replace their equipment

FIRST AID

The first aid is carried out by students from Lahti University of Applied Sciences (LAB) and supervised by a licensed doctor. Each service station has first aid points where assistance is provided for blisters and frostbites etc. The first aid point at the stadium is located inside the bottom floor of the spectators area - next to the finish line. In addition, first aid staff members are patrolling the stadium area. The staff members can also assist you in case you need to contact the first aid personnel.

The general emergency number in Finland is 112.

WITHDRAWAL FROM RACE

If a participant decides to withdraw from the race they must immediately inform the staff at the nearest pit stop their name and bib number. A participant whom has not arrived at the pit stop before the closing time (see Pit Stops: closing times) will be obliged to withdraw from the race for security reasons. A participant whom arrives to the finish line after the time limit will be disqualified and can't have an official result from the race. At the end of the line a snowmobile follows the participants and will transfers withdrawing persons the the nearest pit stop if needed. If you need to withdraw from the race you will get a lift back to the Race Center from a pit stop.



PIT STOPS

Please see the locations of Pit Stop (or service stations) from the course map. Participants must arrive at the service stations before closing times (see Withdrawal from race).

CLOSING TIMES

Messilä	13:30	(20, 32 and 62 km routes)
Hälvälä	12:30	(62 km route)
Orinkarkaus	13:30	(62 km route)
Papinkaivo	14:30	(62 km route)
Heinsuo	16:00	(32 and 62 km routes)
Tapanila	17:00	(20, 32 and 62 km routes)
Finish area	17:30	Event ends

Each pit stop serves water, **Nosht** energy snacks and **Nosht** sports drinks. In addition, the service stations serve the following energy supplements - **Messilä**: blueberry soup, pickles **Hälvälä**: juice, pickles, bread, banana **Orinkarkaus**: pickles, raisins **Papinkaivo**: broth, pickles, bread **Heinsuo**: coffee, bread, pickles, blueberry soup **Tapanila**: coffee, tea, juice, pickles, raisins **Finish**: warm juice and Vitamin Well recovery drink at finish and a meal at the Race Center.

WAXING SERVICE AT PIT STOPS

Waxing service is available and included at the pit stops. We recommend to prepare your skis based on your own experience and take some wax with you for the race just in case you might need it. Our partner Startex will aid you at pit stops. You can also buy a professional Startex waxing before the race from the Race Center.

REPLACEMENT EQUIPMENT

Each service station have replacement poles available. The replacement poles must be returned to the to the Lost & Found at INFO Point in the Race Center after the race - otherwise the organizer is allowed to charge the participant for their value.





MEILTÄ SAAT
BONUSTA

**Aidosti monipuolinen,
vahvasti paikallinen,
aina yhdessä.**

#tuhatjaksitarinaahämeenmaalta

 **HÄMEENMAA**

AFTER FINISH

FINISH LINE

The race will end at Lahti stadium. The final descent to the stadium is relatively steep and twisted. Please be careful!

There are parallel tracks after the finish line for participants to go through. The staff will guide you to the correct one. Please follow the directions and stay calm in order to expedite the service for you and your fellow skiers in the finish area.

Those whom finish the event in time will be awarded with Finlandia-hiihto medal and Finisher -cup straight after reaching the finish line. Please follow the directions of the staff and exit the stadium walking past the big results screen and into a walking tunnel. The finish area closes at 7:30 PM during both days.

RESULTS

Unofficial results can be seen almost in real-time from our website at www.finlandiahihto.fi

AWARDS AND PRIZES

All participants whom finishes the race within the given time limit will be awarded with a bronze Finlandia-hiihto medal. The medals are given out immediately after crossing the finish line.

The prize giving ceremonies will take place in the Race Center, Vesijärvi -dining hall at 1:00 PM during both days.

Prizes will be awarded for the 1st to 10th positions in both classic and free -style races (62, 32 and 20 km) and in men's and women's categories. In addition, boys and girls under 16 years of age the 1st to 10th positions will be awarded in the 20 km races. Cash prizes only in the 62 km races as follows:

Winner: 1000€ 2nd 500€ 3rd 300€

Also a draw for random bibs will get extra give-aways.

Gathering of the awarded athletes at the prize-giving meeting point (on the right side of the stage) 15 minutes before the start of the prize-giving ceremony for their respective categories.

Schedule for the prize-giving ceremony:

13:00 Men's 62km
13:15 Women's 62km
14:00 Men's 32km
14:15 Women's 32km
14:30 Men's 20km
14:45 Women's 20km
15:00 Youth (under 16) 20km

MEAL AFTER THE RACE

Hot meal is included in the entry fee after the race. The Dining hall is located in the Race Center, Vesijärvi-hall. Please hand in your meal ticket to the staff at the diner. Meal ticket is in your bib package. The meal consists of oven baked food, salad, bread, water, coffee and a desert. Ski Bar is also located in the same hall. At the top floor you can find Restaurant Koti from where you can buy buffet of the day (note that the meal ticket can't be used in Restaurant Koti or Ski Bar). Stairs to Koti can be found at the lobby.

SAUNA AND SHOWERS

Sauna and showers are included in the entry fee after the race. Even if you feel exhausted after the race, do not stay in hot sauna for too long. There are thousands of other skiers coming in, so please give room to everyone.

Sauna for men is located below the Ski Jump Grand Stand building just past the ski over-pass 50 meters towards the Jump Hills. Sauna for women is located at the Lahti Swimming hall, a 200 meter walk from the Race Center towards the city center.

Directions for Women's sauna (Lahti Swimhall): **Note! Skis are not allowed indoors!**
Saturday 24.2.

- open between 10AM and 6:30PM and. Closes at 7PM sharp.
- closed for public, male swimming guard

Sunday 25.2.

- present your bib at the door to gain entry
- open also for public between 11AM and 5:30PM
- open only for Finlandia-skiers between 5:30PM and 7PM. Closes 7PM sharp.
 - swimming pool not available after 5:30PM

DISQUALIFICATION

The organizers reserve the right to disqualify a participant and remove them from the competition if they fail to follow the rules and regulations of Finlandia-hiihto or the organizers' specific instructions. Anyone using someone else's bib during the race will be disqualified.

JURY

The event's jury consists of a technical delegate of FIS (TD), a TD assistant and the race director. In addition to jury duties, they serve as consultants in any issues regarding the race.



CRISP

KAIKENLAISIIN OLOSUHEISIIN



Suomen Paras Olut -kilpailu 2023, kategoria: Alkoholitomat ja vähäalkoholiset oluet.

PROTESTS

Protests regarding competitors with an active FIS code must be made within one hour (60min) after the winner crosses the finish line. Protests must be sent in writing by email to niklas.turku@gmail.com and must be accompanied by a protest fee of 100€ in accordance with FIS rules. The protest fee must be paid via MobilePay to the number (Finlandia-hiihto #26469). For other competitors, protests must be made according to the same principle 48 hours after the winner's finish.

DOPING TEST

The Finnish Anti-Doping Committee has the right to perform doping tests to the participants.

LOST AND FOUND

Lost and found is located at the INFO Point in the Race Office. In case you have found an item please submit it to the INFO Point. After the race weekend you can contact Finlandia-hiihto's office for your missing items. All valuable items will be submitted to Lahti Police Station within three days. Other found items are stored for one month after they are disposed.

OTHER INFORMATION

ENTRY FEE INCLUDES

- medal for everyone finishing within the time limit
- service station services during the race
- wax service at the stations
- skipole replacements (return replacements after the race)
- first aid
- sauna and showers
- transportation to the finishing area for the participants whom withdraw from the race
- awards and prizes for the winners
- bib package and plastic gear bag
- product gift
- equipment and ski storage at the race office
- basic insurance (see insurance)
- meal after the race
- Finisher cup

INSURANCE

Every participant is insured against accidents by the Organizer (Pohjola group). For more information about the policy, you can contact the INFO -point in the race office.

CANCELLATION & REIMBURSEMENT POLICY

Our cancellation and reimbursement policy is public and can be seen on our website at www.finlandiahihto.fi/registration

YOUR GEAR

When getting the right equipment and gear for marathon skiing, we hope that you take the following recommendations into account:

- Wear clothes that stop the wind in the front and let air out in the back
- Recreational skiers should not use thin racing suits
- Ski boots should not be too tight
- Use two pairs of socks to prevent any blisters
- Have an extra hat and gloves with you
- In cold conditions, cover you forehead and your ski boots

Test and use your gear and clothes well before the race.

TAKE IT EASY

Start carefully and pace yourself. Use extra caution in the start. Do not lift your poles high up to cause any harm to your fellow skiers. Do not rush in the beginning. Enjoy the refreshments that our service stations can offer. Signs at the stations will indicate the distance to the next station. Do not push yourself too hard. If you feel too exhausted, rest a moment or give up. Remember that a sick person needs to be in bed at home. Do not try to do the race if you feel sick! If you are more than 40 years old and have not actively done sports, we recommend you to take a physical test.



Uusi Škoda Enyaq BusinessLine.
Parempi varustelu, parempi hinta.

Š K O D A



Škoda Enyaq on Suomen ylivoimaisesti ostetuin eurooppalainen täyssähköauto.* Tutustu uuden BusinessLine-malliston kattavaan varusteluun ja houkutteleviin hintoihin. Joko nyt on hetkesi siirtyä täyssähköautoon?

Hedin Automotive Lahti Laune

Aukeankatu 1

15610 Lahti

Puh. 010 625 8560

Automyynti

ma-pe 9-18

la 10-16

HEDIN *AUTOMOTIVE*

Škoda Enyaq BusinessLine -mallisto alk. 48 700,00 €, CO₂-päästöillä (WLTP) 0 g/km ja yhdistetyllä WLTP-kulutuksella 16,2 kWh/100 km. Škoda Enyaq BusinessLine -malliston CO₂-päästöt (WLTP) 0 g/km ja yhdistetty WLTP-kulutus 15,0-16,6 kWh/100 km. Kulutukset ja päästöt määriteltä WLTP-testimenetelmän mukaisesti. Kulutukseen ja toimintamatkaan vaikuttavat muun muassa kuljettajan ajotapa, ajonopeus, lämpötila, keli- ja ajo-olosuhteet sekä auton kuormaus. Ajoneuvon käyttöön liittyvät suositukset, ominaisuudet ja rajoitteet on eritelty tarkemmin käyttöohjekirjassa. Tarkempia tietoja osoitteesta skoda.fi Kuvan autot erikoisvarustein. Hinnat sisältävät toimituskulut 600 €. *Dun & Bradstreet: ensirekisteröinnit sähköautot 1-12/2023.

FINLANDIA-HIIHTO 2024

FOR YOUR HEALTH

- You are responsible for your own health in Finlandia-hiihto
- Train and prepare well before entering the race
- Do not participate if you are sick or do not feel well
- Get a doctor's permission if you have just recovered from any illness
- Do not risk your health if you are recovering from an injury – stay at home!
- Consult with your physician if you suffer from diabetes, cardiovascular disease or any other symptoms that may affect your physical performance
- Take all necessary medications with you
- Do not ski with a full stomach
- Drink fluids at every service station and avoid cold drinks
- Protect your eyes from the sun
- Each station has a first aid team
- Report all injuries or people needing medical attention to the staff members at the service stations or to the snowmobile teams
- Serious cases should be reported by calling directly at **112** (emergency nr.)

FINLANDIA-EXPO (23.-25.2.2024)

Check out INTERSPORT Winter Sport Exhibition in the Race Center. There are shops and stands of our official partners in the Finlandia-Expo area.

WORLDLOPPET + LOUNGE

Finlandia-hiihto is one of the 19th long distance cross-country skiing events, which together form the Worldloppet (WL). Any skier who has completed ten competitions (one of them must be skied overseas) can receive the title of Worldloppet Master. For further details please see [Worldloppet's website](#).

After the race don't forget to get your passport stamp from the INFO-point.

Reception / Pasta Party for Masters begins at Friday 7PM. Pasta Party is included for Masters.

With the Worldloppet passport you will get access to our special Worldloppet Lounge area in Vesijärvi -hall. Lounge opens at noon Friday, Saturday and Sunday.

Come and meet us in the Lounge!





23.2. Rummo Pasta Party

Kello 19 / at 7 p.m.

**Kana-chorizo arrabbiata-fusilli/
Chicken and chorizo arrabbiata fusilli**

**Myskikurpitsa-feta-farfalle
Butternut squash and feta farfalle**

**Savulohi-parsa-penne/
Smoked salmon and asparagus penne**

Raikas vihersalaatti/Green salad

**Appelsiini-punasipuli-granaattiomenasalaatti/
Orange, red onion and pomegranate salad**

Leipä ja levite/ Bread and butter

16 €



TOLVANEN¹⁹⁵⁵

FINLANDIA-HIIHTO 2024

PASTA PARTY (FRIDAY 23.2.2024)

Finlandia-hiihto starts with Rummo Pasta Party at Vesijärvi -hall in the Race Center at Friday 7PM. During the Pasta Party we will award Finlandia-hiihto Masters whom have completed our event 15 times (long distance) last year. We also have Live music. Check full pasta menu from the page above. Tickets can be bought from the location for 16,00 EUR or before-hand when you register for the event.

PUBLIC TRANSPORTATION

The bus and railway station is located circa one kilometer from the Sports Center. The train schedules can be found at www.vr.fi and the bus schedules at www.matkahuolto.fi and local Bus service at www.lsl.fi

VIDEO/PHOTO USAGE & DMA

The organizers have the right to use all photographs and audio/video material taken during the Finlandia-hiihto for whatever purpose they decide without compensation. The organizers can also use the addresses of the participants for direct mail advertising. We do not share your information to a third party.

IS YOUR EMAIL UP TO DATE ?

Email is the main communication method for Finlandia-hiihto. Please let us know if your email address has changed. It is important to have your email up to date as for example we will mail you a Confirmation Letter before the race via email.

FEEDBACK

Please, feel free to give feedback to the organizers about the course or any other matters regarding the event. After the race we will send an evaluation form by email for each participant. All feedback will be read and analyzed.

All rights to changes are reserved.

