



RULES

28.7.2016



Suomi 100 –juoksu – Finland 100 -run

30.6.-30.7.2017

Suomi 100 -run is a non-profit charity event, which celebrates the 100th anniversary of Finland in 2017. The nature of the event is non-competitive.

All runners are participating on their own responsibility, and the organizer is not responsible for any physical or material damages the participants may encounter either during, preparing to, or due to the participation on, this event. Every participant must read, understand and sign these terms of participation to enter the event.

Participating fee, and deadlines for the registration for the event

Registration for the whole run: Before 12.2.2017 **100 euros**, for the members of Projektijuoksijat **80 euros**.

Late registration: If the run is not full, before 30.4.2017 **150 euros** (service package not available)

Registration for individual days or legs: Before 30.4.2017 **30 euro / day**, maximum 100 euros.

10 euros of each registration is directed to selected charities / charitable causes.

Each participator must fill the participation survey to enter the event, as advised by the organizers.

Start, timetables, and the route

The event will start at Nuorgam, Finland, on the 1st of July 2017, at 00:01. The run consists of daily legs determined by the event organizers, with a total length of about 1450 kilometers. The run will have 2 rest days (see the schedule). Participant is free to determine his/her own pace and breaks on each daily leg. There will be no time limits on daily legs – runners only must be ready to start the next leg on the following morning. The arrival to rest day stops, and to the final stop in Helsinki, will be attempted to be done as a group arrival, and will be advised later by the organizers.

The runners may run together on groups, or alone in their own pace. Daily route planning is done by the organizers, and more specific plans will be published in 2017. The finish of the race is planned to the date 30.7.2016. The organizer has to right to limit the number of stage runners, if necessary.

The organizers do not offer maintenance or service during the legs, unless stated otherwise before the leg. The participants are responsible to carry enough supplies for every stage. Runners are also responsible for their own safety, and the safety on the traffic. If a participator has to quit any leg before finish, they can always continue the journey on the next leg, but will not be awarded the title of “running through Finland”.

All runners participating on the whole run must arrive to Utsjoki, Finland, latest on 30th of June 2017, at 12:00. Participants must wear the official shirt of the run, whenever stated so by the organizers.

Service package, and terms of cancellation

Service package is not mandatory for the participation on the event, and the runners are free to make their own arrangements, if they wish so. The organizers will offer a voluntary service package, which will include logistics, service, maintenance, meals and accommodation. Package does not include transportation to the starting point, or back from the runner's final finishing point. The service package must be ordered latest on 12.2.2017. The estimated price for the package is (on 22nd of May 2016) is 2700 euros, 100 euros of which will be forwarded to selected charities / charitable causes. For runners participating on individual legs the price will be 100 euros / day. The final price will be known, at latest, on the end of March 2017. The dates of payment will be published later.

Pre-payment of the service package will be 500 euros, and must be paid latest on 31st of March 2017. This payment will not be returned in case of cancellation.

If a participant has paid for the service package, but cannot take part in the event for health-related reasons, they have to present a medical statement to the organizers. In this case the service package fee will be returned, deducted with the pre-payment.

The organizers aim to arrange, as a part of the service package, daily transportation from the accommodation point to the starting line of the leg, and from the leg finish line to accommodation. Participant may also arrange these transportations on their own. The transportation part of the service package must be confirmed before 12.7.2016, and on this part, the order will be binding.

Mandatory gear

Participants must always carry the following items in their gear:

- Safety vest (or a running shirt / backpack with bright colors)
- Functional mobile phone for communication
- The liquid needed for the leg, at least 3 litres of water / sports drink
- Other necessary food / nutrition for the day
- Daily map of the route
- First aid gear
- Bio-degradable sanitary products (toilet paper)
- Warm clother in case of cold weather
- It is recommended to carry cash money while running
- It is recommended to use a hat or a scarf

Quitting

All participants are always responsible for their own health and safety. Quitting is on runner's own responsibility (see insurances). In order to participate in the event, runners must make a plan of how they will act in a situation where they would not able to continue the race. The organizers recommend that all participants have check their health situation before the race be medical experts.

Safety

All participants are responsible for their own health and safety. Every runner must obey traffic rules, and when running in groups, runners may not run side by side. If one needs to overtake another runner, this must be done with extreme safety and care. Every runner is obliged to notify the organizers or authorities of any factors or actions they may encounter, which might post a risk to the safety of the event or of the runners. All participants must always carry the phone numbers of all other runners. All participants must attend mandatory meetings on

their rest time. If a runner quits the race, the organizers must be informed as soon as possible. The organizers recommend that all participants have first aid training before the start of the race.

Environment

It is absolutely forbidden to pollute, litter, or harm the environment in any other form.

Sponsoring and partners

Personal sponsoring is allowed but the partners must represent the values set to the event. Personal sponsors must be reported to the organizers.

I accept these rules

Time and place

Signature

Clarification of the signature
