



TOUR DE KAINUU PARTICIPANT INSTRUCTIONS 28.6.2025

EVENT OFFICE

Eventoffice is open on Saturday 28. 6.2025 at 8-17. Phone number during the event days is +35844 5325920. Event office is located in Vuokatti Areena (Opistontie 1, 88610 Vuokatti).

The Cycling Routes

Saturday 28.6.2024
Vaarojen kierto 150km and
Tour de Nuas 83km.
Sunday 9.6.2024 Tour de
Nuas.

EQUIPMENT

STORAGE/SHOWERS

The event office has toilets. Additionally, participants have the option to leave their belongings in the event office for supervised storage during the cycling. After cycling, the changing rooms, showers and saunas at the Vuokattisporti lakeside sauna are available for cyclists from 12:00 to 18:00. Bring your own towel.

PHOTOS

Photos from the event will be shown at www.tourdekainuu.fi –

webpage after the event. Organizers will hold the right to use photos for marketing purposes of the event.

START

Start is located at Vuokatti Areena. Starting area is organized according to speed groups. All Vaarojen kierto 150 km participant have indicated their speed group when registered for the event. At Tour de Nuas 83 km there are no speed groups.

Speed groups:

- 35- 40 km/h free speed group
- 31-34 km/ h moderate speed group
- 26-30 km/ h moderate speed group
- 25 km/ h moderate speed group

All Vaarojen kierto groups start at the same time at 9.30 in mass start, but organize themselves so that the free speed group starts from front, followed by 31-34km/h group, followed by 26-30km/h group and the 25km/h group starts last.

NOTE! Tour de Nuas 83km starts at 9.35 and there are no speed groups.

If you wish to change your speed group, please contact tapahtumat@kainuunliikunta.fi or the event office on the day of the event.

ROUTE MAPS AND INSTRUCTIONS

Route maps are available on webpage and in the event office.

ROUTE SIGNS

Tour de Kainuu is predominantly ridden within normal road traffic, and participants are required to adhere to traffic regulations along the route. When riding in a group, participants must follow the signals and instructions of the group captain.

Cycling routes are marked along the road with Tour de Kainuu logos and arrows, ensuring that participants can stay on the route even if, for some reason, they need to deviate from their own speed group. Areas with poor road surface conditions are marked with orange paint in the asphalt.

Each speed group is equipped with a GPS tracking device, and the GPS tracking is publicly accessible on the event's website. This feature can be useful for participants' support teams and directing first aid to the scene, if needed.

SERVICE POINTS

At all service points along the route will be provided cold drink. Participants can also refill their own water bottles with sports drinks or water on the service points.

On Vaarojen kierto route, there are three service

points along the route and one at the finish line:

- 42 km from start (light service)
- 71 km from the start (more comprehensive service)
- 114 km from the start (light service)
- 150 km finish line (hydration service)

On Vaarojen kierto route, the first and third service points offer lighter services with sports drinks, juice, water, pickles, chips, and salt. At the second service point, in addition to the items mentioned, there will be buns available.

On Tour de Nuas route, there is one service point (42km from the start offering sports drinks, juice, bananas buns, salt.

At the finish line, participants will be provided with plentiful meal on both days. Vegetarian and gluten-free options are available, and participants are request to inform about any dietary preferences during registration. Access to meals is granted with a meal ticket, which will be distributed to participants along with their event materials.

The organizer reserves the right to make changes to the route and service points.

ENVIRONMENT

It is strictly forbidden to leave any

litter/trash/garbage to the routes!

SUSPENSION

Competition suspension must be announced immediately to the event office +358445325920.

DURING THE EVENT

If you encounter any issues with your bike call 0505972663

(Vaarojenkierto 150km) & 044 532 5921 (Tour de Nuas 83 km).

If participant becomes exhausted call 044 532 5920.

If you leave the route with your own transportation, inform us of your withdrawal by calling 044 532 5920.

If you withdraw and need transportation call 044 532 5920.

If you get lost on the route, don't panic, stay where you are and call the event office at 044 532 5920.

LOTTERY PRIZES

At Tour de Kainuu there will be several prizes drawn among the all participants. Winners will be announced at 12:00 at the event office. The list of lottery winners and unclaimed prizes will be available and can be collected at the event office until 17:00 on Saturday. Prizes will not be mailed afterwards.

LUNCH

The entry fee includes lunch which is served in Vuokattisport lakeside sauna, Vuokatti at 12:00-18:00.

INSURANCE AND FIRST AID

The organizer has a liability insurance which covers personal and property injuries resulting from organizer's errors. Participants are asked to take care of their personal insurance coverage. Event First Aid; 044 532 5929.

The event features a moving first aid patrol, providing quick emergency assistance for minor medical issues. In more serious cases requiring medical attention, assistance is to call through the general emergency number 112.

**YOU ARE WARMLY
WELCOME TO ENJOY A
RELAXING EVENT, THE
BEAUTIFUL HILLS AND
THE SPARKLING
WATERS OF KAINUU!**