

# RUTHLESS RAJA 15.3.2025

## PARTICIPANT INSTRUCTIONS

**ICE NUMBERS (All participants must save these in their phones!)**

112 (Emergency number)

**+358 40 521 8708 (Finnish Red Cross, Support Vehicle 1) – On duty between Arola, Martinselkos, Puras, and Raate Gate**

+358 40 411 2256 (Event Management)

**+358 40 9622 348 (Finnish Red Cross, Support Vehicle 2) – On duty between Spa Kiannon Kuohut and Raate Gate**

+358 44 585 9700 (For participants who withdraw)

### START TIMES

**Start 1**      **Bus departure from the spa at 5:45 AM**

**100 km** **at 8:00 AM**

**From Arola** (Address: Arolantie 5, 89920 Ruhtinansalmi)

Facilities available for warming up and using the restroom.

**Start 2**      **Start behind the spa and hotel on the ski trail**

**50 km** **at 10:00 AM**

**From Spa Kiannon Kuohut** (Address: Jalonkatu 1A, 89600 Suomussalmi)

Warming area, restrooms, and gear storage available.

The spa functions as the event office from 8:00 AM – 10:00 PM.

**Start 3**      **Bus departure from the spa at 12:00 PM**

**25 km** **at 1:00 PM**

**From Raate Gate** (Address: Raatteentie 2, 89600 Suomussalmi)

Facilities open from 11:30 AM – 7:00 PM

## **FINISH LINE / EVENT OFFICE**

**Spa Kiannon Kuohut is open from 8:00 AM – 10:00 PM** (Spa access until 9:00 PM, followed by showers and sauna)

Note: You cannot continue from Raate Gate to Kiannon Kuohut after 7:00 PM

## **SKI TRACK INFORMATION**

Prepared with snowmobiles and marked for classic cross-country skiing only (skating is prohibited). Runs along the border zone and snowmobile routes. Tracks will be groomed on Friday, with additional grooming on Saturday if necessary.

**Caution:** No traffic control at road crossings—cross at your own risk!

## **ROUTE MARKINGS**

Marked with Ruthless Raja logo signs (sizes A4 and A3).

Arrows indicate the direction drawn in snow at turns and intersections.

Road crossings and dangerous descents are marked.

Distance markers every 5 km.

Signs showing the distance to the next aid station.

**Entering the border zone is strictly prohibited!** It is marked with yellow signs and rings on trees and posts.

## **PARTICIPANT MATERIALS**

Collected at Arola for 100 km skiers before the start.

Distributed from 8:00 AM at the Spa Kiannon Kuohut for 50 km and 25 km skiers.

Includes participant number, important phone numbers, and a route map (not a detailed info map). Phone number submission required during material pickup.

## **MANDATORY GEAR**

The Ruthless Raja ski event must be completed using standard cross-country skis and poles. The skiing style is classic, and we recommend using classic-style skis. For poles, we suggest using baskets that are wider and larger than usual (e.g., in case the track base gives way under the pole).

**Note!** Skiing with forest skis is strictly prohibited, as the wider skis can damage the track.

Each participant must carry a ski backpack throughout the entire course, containing the following mandatory equipment:

### **25 km Skiers:**

- Energy-rich food and drinks (enough for at least 2–3 hours). In extremely cold weather, drinks should be carried in a thermos. **Note!** There are no aid stations along the 25 km route.
- A phone and a power bank (Note: Your phone number must be provided at the race office when collecting participant materials).
- Personal gear bags can be left at the race office in the spa.
- A bus departs from the front of the spa at 12:00 to Raatteen Portti.
- The start from Raatteen Portti is at 13:00.
- Be mindful of oncoming skiers from the 50 km route.

### **50 km Skiers:**

- Energy-rich food and drinks (enough for at least 2-3 hours). In extremely cold weather, warm drinks should be carried in a thermos. Drink refills can be made at the Raatteen Portti aid station, which will offer snacks and drinks.
- First aid supplies (at least the following: bandages, adhesive bandages, blister plasters, wound tape, and sports tape).
- Optional: spare gloves, hat, and base layer.
- Break clothing (e.g., a lined shell jacket or fleece and a shell jacket).
- A phone and a power bank (Note: Your phone number must be provided at the race office when collecting participant materials).
- Be mindful of oncoming skiers (from the 25 km route).

### **100 km Skiers:**

- Energy-rich food and drinks (at least enough for 50 km / 5-6 hours). In extremely cold weather, warm drinks should be carried in a thermos. Drink refills can be made at Martinselkosessa (snacks), Puras (drinks), and Raatteen Portti (snacks). Note! The equipment bag for 100 km skiers will be transported from the start to the finish line and, if necessary, to the Raatteen Portti aid station.
- A headlamp with enough battery to last at least 5 hours. Note! The sun sets at 18:20.

- First aid supplies (at least the following: bandages, adhesive bandages, blister plasters, wound tape, and sports tape).
- Optional: spare gloves, hat, and base layer.
- Break clothing (e.g., a lined shell jacket or fleece and a shell jacket).
- A phone and a power bank (Note: Your phone number must be provided at the race office when collecting participant materials).
- Fire-starting tools (knife, matches, and/or fire starter). There are no designated fire spots along the route set up by the organizers.
- Emergency space blanket.

### **Condensed Equipment List:**

- A working mobile phone is mandatory. Note that cold weather can reduce battery life.
- It's advisable to bring spare clothes, a break jacket, or other warm clothing.
- We recommend a cold-resistant hydration system, such as a hydration pack or at least a water bottle inside your jacket.
- 100 km skiers must have a light source.
- Ski boot covers are a nice addition.
- Ski poles should have normal or wider baskets, with spare baskets (in case the track gives way under the pole), especially for 100 km skiers.

### **TIMEKEEPING**

The event will have timing provided by the organizers, even though it is not a competitive race. The start times are at 8:00 / 10:00 / 13:00, and participants will be recorded as they arrive at the finish line in the spa lobby.

### **GPS TRACKING**

For safety reasons, the 100 km skiers will be provided with a GPS tracking device, which can be shared among participants skiing the same route. The tracking can be followed at [www.gpsseuranta.net](http://www.gpsseuranta.net). GPS tracking will be displayed on TV screens at Raatteen Port and Kylpylä Kiannon Kuohut.

### **SERVICE POINTS**

Aid Stations and Their Offerings:

- **Martinselkonen** (open 9:00–12:00), snacks
- **Puraksen tie** (warm water in containers, sports drink, self-service)

- **Raatteen Portti** (open 11:30–19:00), snacks
- **Hotel Kiannon Kuohut** (open 15:00–22:00), soup meal

Distances between aid stations:

- Arola – Martinselkonen: 21 km
- Martinselkonen – Puras: 39 km
- Puras – Raatteen Portti: 15 km
- Raatteen Portti – Finish: 25 km

Snacks include: sandwiches, juice, sports drinks (Leader, citrus), water, and pickles. At the finish line: soup lunch and drinks. The soup meal at the finish, snacks, and spa visit are included in the participation fee. The cafe at Kylpylä Kiannon Kuohut is open to the public from 11:00–21:00.

The route map indicates the locations of huts and shelters along the route where you can make a fire. Note: Fireplaces along the route are not open by the organizers.

Each skier must check in at the finish line. Finish line check-in is also mandatory for those who have retired from the race.

## **EQUIPMENT BAGS**

Participants in the 100 km event should leave their extra equipment in the equipment bag at the starting location in Arola. The organizer will transport the bags to the finish line and, if necessary, to the Raatteen Portti aid station.

The skier's participant number and name must be clearly written on the equipment bag. The bags should be placed in the designated area at the start line.

100 km participants can also leave their equipment bag at the spa's event office in the morning before the bus departs at 5:30 AM.

### **1) Route Support Equipment Bag**

The route support equipment bag must have the participant number, name, and the aid station (Raatteen Portti or Finish Line) to which the bag will be delivered, clearly written on it.

It's recommended to pack extra clothing, energy-rich food and drink, and other essential backup supplies in the equipment bag for the journey.

**Note:** For the 25 km and 50 km distances, there is **no equipment bag transportation** provided. You can leave the bag at the spa's event office before the start.

## **2) Finish Line Support Equipment Bag**

The finish line support equipment bag should have the participant number and name clearly written on it.

It's recommended to pack extra clothing, toiletries, sauna gear, and other important items needed after the race.

- For all ski distances, the bag can be left at Kylpylä Kiannon Kuohut.

## **CHANGIND AND SHOWER FACILITIES**

- The spa's pool area is available from 12:00 PM to 9:00 PM.
- After that, only the sauna and shower facilities will be available.
- The spa café is open from 11:00 AM to 9:00 PM.

## **INSURANCE AND FIRST AID**

The organizer has liability insurance that covers property and personal damages resulting from the organizer's errors. Participants are asked to ensure their own personal insurance coverage.

The first aid for the event is provided by the Finnish Red Cross (SPR) Suomussalmi. The emergency contact number is provided at the beginning of the letter.

## **CONTACT INFORMATION**

### Event Manager:

Timo Kinnunen

Email: timokinnunen684@gmail.com

Phone: 040 411 2256

### Event Secretary:

Hannastiina Piikivi

Email: hannastiina.piikivi@suomussalmi.fi

Phone: 044 585 9700

### Marketing:

Kainuun Liikunta ry

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