

RUTHLESS RAJA 28.2.2026 PARTICIPANT INSTRUCTIONS

ICE NUMBERS (All participants must save these in your phone!)

112	(Emergency number)
+35840 521 8708	(Finnish Red Cross, Support Vehicle 1) – On duty between Arola, Martinselkos, Puras, and Raate Gate
+358 40 411 2256	Event Management
+35840 595 8327	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 6:00 AM

100 km at 8:00 AM

From Arola (Address: Arolantie 5, 89920 Ruhtinansalmi)

Facilities are available for warming up and using the restroom.

Start 2 Start behind the spa and hotel on the ski trail at 9:00 AM

78 km at 11:00 AM

Martinselkosen Eräkeskus (os. Pirttivaarantie 131, 89920 Ruhtinansalmi)

Start 3 Bus departure from the spa at 11:30 PM

40 km at 12:30 PM

Puras (os. Puraksentie 139, 89800 Suomussalmi) Facilities open from 11:30 AM – 7:00 PM

It is not recommended to drive your own car to Puraksentie, as there are no buildings or parking spaces there. There are also no restroom facilities at the Puraksen starting point.

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

The Ruthless Raja ski routes are marked with A4- and A3-sized signs displaying the Raja Skiing logo. At turns and intersections, arrows indicating the direction are drawn in the snow with spray paint. Road crossings and dangerous descents are marked with signs. Kilometre signs indicate the remaining distance to the finish every 5 km. There are also signs showing the distance to the next aid station.

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

Participant materials for the 100 km skiers will be handed out during the bus transfer to Arola. For the 78 km and 40 km skiers, participant materials will be distributed from 8:00 AM in the lobby of Spa Kiannon Kuohut.

The participant materials include the participant number, instructions/important phone numbers, and a map (Note: the map is not a detailed information map, only a general guide). When collecting the participant materials, skiers must provide a phone number at which they can be reached during the race.

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:

40 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.

78 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 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. Start times are at 8:00 AM / 11:00 AM / 12:30 PM, and participants will be recorded as they arrive at the finish line. Note: The finish line is in the spa lobby!

GPS TRACKING

For safety reasons, 100 km and 78 km skiers will be provided with a GPS tracking device. The progress of the race can be followed at www.gpsseuranta.net

GPS tracking will also be displayed on TV screens at Raatteen Portti and Spa Kiannon Kuohut

SERVICE POINTS

Aid Stations and Their Offerings:

- **Martinselkonen** (open 9:30–12:00), snacks
- **Puraksen tie** (warm water in containers, sports drink, self-service)
- **Raatteen Portti** (open 13:30–19:00), snacks
- **Hotel Kiannon Kuohut** (open 15:30–22:00), 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 11:00–22:00.

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 and 78 km races can leave their extra equipment in an equipment bag at the starting locations in Arola or Martinselkosen, from where the organizer will transport the bag to the finish line, and if necessary, to the Raatteen Portti aid station. The participant's number and name must be clearly written on the equipment bag. Bags should be placed in the designated area at the start. Participants may also leave their equipment bag at the spa's event office in the morning before the bus departure (100 km from 5:30 AM and 78 km from 8:00 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 is recommended to pack extra clothing, energy-rich food and drinks, and other essential backup supplies for the journey.

Note: For the 40 km distance, there is no equipment bag transportation provided. Bags for the 40 km skiers can be left 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 is recommended to pack extra clothing, toiletries, sauna gear, and other important items needed after the race.

Note: For all ski distances, the bag can be left at Spa 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 10:00 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 E-mail: tapahtumat@kainuunliikunta.fi

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