



NUTS Pallas 24 -26.7. 2015

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Race Centre Lapland Hotel Hetta

- Race office
- NUTS-shop: race shirts, equipment, energy etc.
- Online follow-up (GPS Tracking)
- Buses to the starting points
- Showers and saunas

Time table

Friday 24.7.

17.00	Registration opens at Hetta	- Race Centre - Hetta
19.00	Registration for the 23km race	- Jounin kauppa - Äkäslompolo
20.00	Start of 23km race	- Jounin kauppa - Äkäslompolo
21.00	Registration at Hetta closes	
21.30	Bus to the 125km start	- Front of the Race Centre - Hetta
23.15	Registration at the 125km start	- Jounin kauppa - Äkäslompolo
24.00	Start of 125km	

Saturday 25.7.

10.00	Bus to the 55km start from Hetta	
11.00	Registration at the 55km start	- Pallas
12.00	Star of t55km	- Pallas
22.00	Prize ceremony	- Race Centre - Hetta
22.30	Night bus to the Hotel Pallas (book in advance)	



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How to get there

Flights and train run on daily basis from Helsinki to Rovaniemi. Buses operate daily from Rovaniemi to Hetta (Enontekiö) (www.matkahuolto.fi)

Race buses from Hetta to the starting places before starts must be booked in advance (before 20st of July):

[NUTS-Shop](#)

FLIGHTS:

www.finnair.com/FI/FI/ Helsinki - Rovaniemi and Helsinki - Kittilä

www.norwegian.com/fi Helsinki - Rovaniemi

BUSES:

Time tables: www.matkahuolto.fi/

Registration

125km & 55km	Friday	24.7. @ 17.00-21.00	Race Centre - Hetta
23km	Friday	24.7. @ 19.00	"Jounin kauppa" - Äkäslompolo
125k	Friday	24.7. @ 23.00	"Jounin kauppa" - Äkäslompolo
55k	Saturday	25.7. @ 11.00	Lapland Hotel Pallas start area - Pallas

Please return filled health questionnaire -form at registration. [Attachment below.](#)

At registration runners will get race number, race bracelet (for after race dinner and sauna), safety pins, race map, 125km: GPS-tracker device, 2 cable ties

Any questions: info@nuts.fi or 040 6605 280

The route

Route follows well marked hiking trail from Ylläs to Hetta. On crossroads there will be extra markings.

Route description: [Pallas-Yllästunturi trekking trails](#)

You can download .gpx file for your GPS-device from: **55km 125km (will be published later)**

The map

Race map will be handed to you at the registration. Scale is: 1:120 000. Map is printed on a waterproof paper. Race map is not suitable for orienteering. You can get more detailed map from outdoor stores named as *Pallas-Ylläs-tunturi Ulkoilukartta 1:50 000*.

Race map: <http://nuts.fi/nuts-pallas-reittikartat/>



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GPS Tracking

All of the 125k runners will carry a GPS-tracking device and also top runners of the BTTF. Some randomly chosen 55k runners will also get the device. Device weighs about 150g and will be attached with cable ties on to the top of the race vest/backpack.

125k runners must switch the GPS-device on only just before the start. Please attach the device to the race vest after switching it on.

Online follow-up: <http://www.gpsseuranta.net/>

Gear

M = mandatory

A = advisable

ALL SERIES

M: Working and fully charged mobile phone protected from water.

Race **emergency duty phone: 040 6605 281** saved to its memory

M: Map - provided by the race office

M: Bib number - must be visible on the front side of the runner, provided by the race office

M: Emergency bandage - packed water tight

M: Water bottle or a hydration reservoir - minimum capacity of 1 litre

M: Emergency blanket

M: Whistle

M: Water cup - there will be no disposable cups at the aid stations

M: Emergency rations - at least 250kcal

A: Salt - very good aid if stomach problems

A: Mosquito repellent

A: Blister patches, sports tape

A: Toilet paper

A: Shell jacket (windproof)

A: Compass

125k

M: GPS transmitter - you will get it from the race office

M: Waterproof shell jacket - minimum: 10 000 Schermerber

M: Gloves

M: 1x single midlayer, long sleeve top

M: Headlamp - a small one will do, you don't need light for running, but in a case of emergency the light will make you easier to spot.



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EXCESSIVE GEAR, CLOTHING, WASHING/SAUNA GEAR WILL BE TRANSPORTED FROM THE START AREA TO THE RACE CENTER. YOU MUST PACK YOUR GEAR INTO A CAREFULLY CLOSED BAG AND MARK IT WITH YOUR RACE NUMBER AND NAME!

LITTERING IS ABSOLUTELY PROHIBITED!!

- We recommend using energy gels with closable caps or to squeeze your energy gels beforehand in to small reseal able bottles.**
- There are no disposable cups at the aid stations.**
- Please dispose your garbage at the aid stations or the garbage bins at the Race Centre.**

Aid stations

AID STATIONS (AS) AND CHECK POINTS (CP)

- | | | | | |
|--------------------------|----------------------|-----------|-----------------------------------|----------------------|
| <input type="checkbox"/> | Peurakaltio | AS | (125km runners) | |
| <input type="checkbox"/> | Pahtavuoma | AS | (125km runners) | |
| <input type="checkbox"/> | Rauhala | AS | (125km runners) | |
| <input type="checkbox"/> | Road 957 | CP | (125km runners) | |
| <input type="checkbox"/> | Pallas | AS | 125km drop bags | CUT OFF 15:00 |
| <input type="checkbox"/> | Montellinmaja | CP | (3km walk in case of evacuation) | |
| <input type="checkbox"/> | Hannukuru | AS | (10km walk in case of evacuation) | |
| <input type="checkbox"/> | Tappuri | CP | (9km walk in case of evacuation) | |
| <input type="checkbox"/> | Pyhäkero | AS | | |

There will be some salty and sweet snacks at the aid stations as well as water and energy drinks.

Drinking from streams on your own responsibility!

All the runners are responsible of their own support. External support is only allowed at the aid stations.

There are lavatories along the route, please take your own toilet paper.



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DROP BAGS 125km runners can send a **drop bag to the Pallas -aid station**. Drop bags should be delivered to the 125km start at Äkäslompolo. Drop bags will be transported back to the Race Centre before Saturday evening. Please mark clearly the bag with your name and race number.

SHOWERS AND SAUNA. There are saunas and showers at the Race Centre. Also, as usual - "Palju" (hot bath) is available, as usual, next to finish line.

AFTER RACE DINNER Runners will get after race dinner at the Race Centre Lapland Hotel Hetta. The lounge pub will be open on Friday and Saturday at 22.00-02.00.

Safety

In a case of emergency please call to the race's emergency duty phone: **040 6605 281**

If you decide to quit, please do so only at the check points or aid stations. From there on you will be guided to the nearest road for a pick up. Even if you did quit, you must walk several kilometres for the transportation. If you can't move yourselves, evacuation will be carried out by National Emergency Services. Prepare for several hours of waiting!

Distances to the nearest road from the Pallas-Hetta leg: Montellinmaja 3km, Hannukuru 10km, Tappuri 9km. From the Pyhäkero aid station 2,5km.

55k series will be followed by a race guide who dresses on a yellow vest and has working communications to Race Centre.

You must carry your phone with you so you can call for help for yourself or to a fellow runner. We can also call you to ask for help for other runners. If emergency duty number calls please answer!

Best cellular connections at the rural areas of Lapland are provided by the "Sonera" -telecom operator. If your phone service is provided by someone else please consider of getting a Sonera -prepaid SIM card. If you decide to change your phone number for the race please remember to change it also at the MyNextRun-service!

In case you prefer to use your national SIM Card, please ensure it works properly (it can be reached...)

In case of serious accidents call public **emergency number 112** and ask for help. After that call contact the races emergency duty phone **040 6605 281**

Participants must take care of their own insurance policy.

The most common problems are blisters, abrasions, injuries caused after falling and fatigue after running out of energy. There is always a risk of hypothermia after your speed gets slow or you must stop. Prepare yourself so that you can help yourself and get to an aid station or to the nearest shelter. It is absolutely



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mandatory to help others in need. If someone of the fellow runners seems having trouble please ask his/her condition.

REMEMBER AND CONSIDER THESE

- Crossing of rivers and streams must always be taken carefully.
- The weather might change rapidly at the open fell. It can get very cold and even snow also in July!
- In case of poor visibility (fog, darkness), please pay special attention to the route markings.
- Special caution at the road crossings!
- Route runs through the National Park of Ylläs-Pallas fell which means moving is allowed only on the marked path.
- Littering is absolutely prohibited!
- Route is demanding because of lots of steep terrain and stony trails.
- Log trails, stones, rocks and roots can be very slippery. At some places the trail will be muddy and wet.
- Be careful on downhill sections.
- Sprained ankle: RICE - **R**est, **I**ce, **C**ompression, **E**levation.
- Remember to drink enough and take electrolytes.
- If you cannot carry on cover yourself from the cold and get to a place that is pointed out to you by the race officials.
- Safe race is made by all the runners!

Runner can be disqualified if

- LITTERING
- UNETHICAL BEHAVIOR
- USING EXTERNAL AID OUTSIDE OF THE AID STATIONS
- TAKING A SHORT CUT
- YOU MUST VISIT ALL THE AID STATIONS
- NOT HELPING FELLOW RUNNERS IN NEED
- MISSING COMPULSORY GEAR
- CUT OFF
 - 55km = 12h
 - 125km = 30h - PALLAS CUT OFF AT 15:00

Changes

- The organiser reserves the right to make changes.

Please follow **www.nuts.fi** for additional information.



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HEALTH QUESTIONNAIRE AND DECLARATION OF THE RUNNERS VOLUNTARY PARTICIPATION

CONFIDENTIAL AND WILL BE DISPOSED AFTER THE RACE!
PLEASE FILL IN ADVANCE AND RETURN TO THE RACE OFFICE WHEN SIGNING IN!

1. Do you use medication which the organiser should be aware of?

NO YES

If answered yes, please define? _____

2. Do you have allergies for certain medicines which the organiser should be aware of?

NO YES

If answered yes, please define? _____

3. Do you consider yourself healthy and competent to participate the 23km / 55km / 125 km self-supported trail ultra-run?

NO YES

4. Declaration of the voluntary participation:

I participate in this self-supported trail ultra-voluntarily. I am capable of deciding my participation according to my health and skill level. I am aware that if I decided to quit I must walk to the nearest road/aid station. Evacuation from the trail is reserved for those who are injured. I am aware of the nature of the event and know that there is a possibility to get injured and that there is a risk of seizure. I have read and understood the instructions given by the organiser.

Place and date: _____ . ____ . ____ . 20__

RACE NUMBER: _____

SIGNATURE: _____

PHONE NUMBER DURING THE RACE: _____

CONTACT IN THE CASE OF EMERGENCY: _____