

RunFest Info in English

RunFest Helsinki, 29.8.2019, Meripuisto

PROGRAM

RunFest village info desk opens at **16:00**.

The relay warm-up is at **17:45**.

The relay starts at **18:00**.

- Please be sure to pick up your bib numbers from info before the starting signal.
- The first legs of relay start at **18:00** with teams from 1 to 350 and at **18:02** with teams from 351 to 519. **18:06** for teams from 621-750 and last one at **18:08** for teams 520-620. Last to starts are for the orienteering.

RunFest village activities, including team photo shooting, live music and interesting expos, can be enjoyed throughout the evening. Info desk is at your service during the entire event.

Picnic starts after the relay.

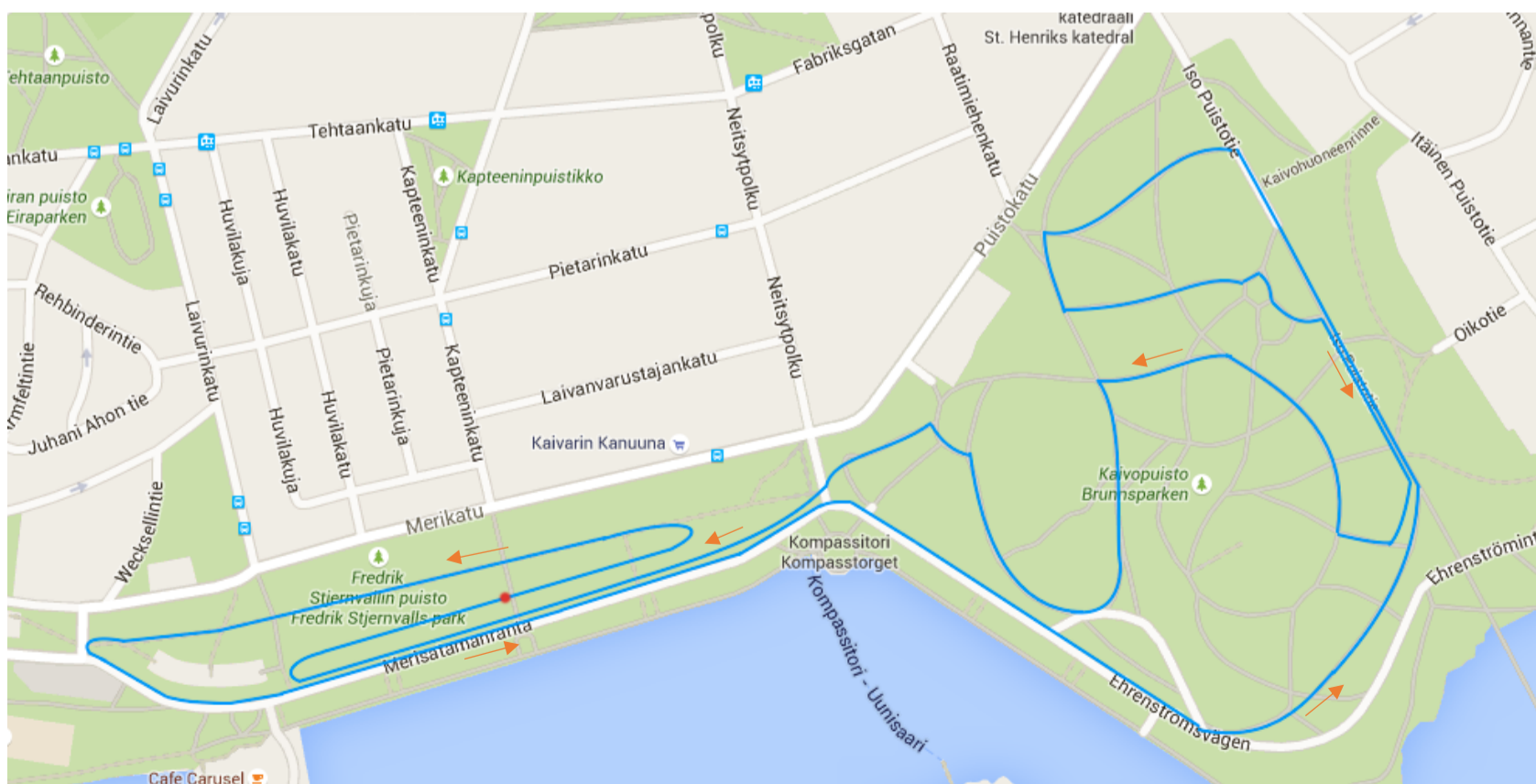
Event ends at **22:00**.

RUNFEST RELAY

RunFest is both an exercise and a festival – the first half of the RunFest event is the relay, which is 5x4.2km (equaling a half marathon in total).

- The relay may be completed by walking or jogging/running. Walkers/slow joggers can go in groups.
- Please note that every bib number has to go around the route at least once.
- Note, that there is a wide range of participants – please make room for the fast runners.

The route can be seen from the map below. It goes around Kaivopuisto, starting and ending at RunFest Village in Meripuisto. The red dot denotes the starting location. The orienteering checkpoints are close to the route.



RUNFEST PICNIC

The second half of RunFest is the RunFest picnic. You are free to bring your own food and beverages, (alcoholic beverages prohibited due to the Alcohol Act). There is a restaurant tent with a bar in the village. You can buy drinks and food from here.

Please bring enough warm clothes with you. There is a dressing room at the event, but unfortunately **no** showering possibilities. Please ask your teammates to look after your personal belongings during your leg of relay. Backpacks may be left at the info desk, if necessary.

PICTURES

RunFest is the first event in Finland to apply the Pic2Go-technique. Find any RunFest pictures taken of you by going to our Facebook page:

- Click the link from our latest Facebook post and insert your personal bib number for the correct match of pictures.
- All the pictures that show the entered bib number can be downloaded and posted on Facebook.
- Pictures taken via the Pic2Go-technique can be found from **19:00** onwards.

Team Picture Point is open from **16:30 to 17.45** and from **19:00 to 20.30**.

COMPETITIONS

The best team outfit, the best relay baton and the best cheers competitions are on!

The best team outfit and the best baton competition rules/guidelines:

- 1) Think up of a baton and/or an outfit for your team.
- 2) Post the story behind the outfit/baton on social media, with a picture and *#runfest #joukkueasu* or *#viestikapulakilpailu*
- 3) The best outfit and baton will be published on social media after the RunFest event.
- 4) The winner team will be rewarded a free attendance to RunFest 2019!

Rules to the best cheers competition:

- 1) Cheer for the relay participants – the more the better!
- 2) Winners will be rewarded a surprise award!

IMPORTANT NUMBERS

EMERGENCY NUMBER	112
FIRST AID	050 919 5735
ORGANIZER/INFO	040 869 8849
