

LET'S MAKE A SAFE EVENT TOGETHER

THIS IS WHAT YOU CAN DO TO MAKE A SAFE EVENT



All participants must be healthy and totally symptom free. Anyone who has visited a country with quarantine recommendation within the last 14 days or people in the risk group must not participate.



Race-office: Do not come in a hurry and be prepared to queue outside. Favor the less busy hours. Only the participants are allowed to enter the race office. Others can visit the Expo on 2nd floor (different entrance). Please familiarize yourself with the event area map.



Spectators' entry to the grandstands can be found next to the main staircase. The finish area and bag drop are closed for public. Please meet your friends and family outside the event area when leaving the event. There is plenty of space for spectators along the route.



Please keep a safe distance of 1,5 metres to other runners and event staff whenever possible.



Sanitize your hands before entering race office and Expo. There are several hand wash and sanitizer stations.



Show your bib number to a staff member and pick up an event shirt from the table. Proceed to the pointed direction. It is not possible to try on or change the shirt.



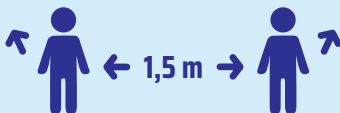
We highly recommend that you wear a face mask when visiting race office and Expo, entering starting area, at the start and in the beginning of the race. Masks can be purchased in the lobby of the race office.



There will be trash cans for the masks at approx. 0,5 km and 1,2 km from the start, in front of the National Opera and Finlandia Hall.



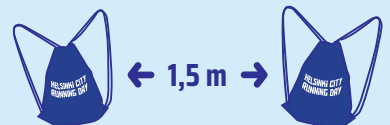
Please keep in mind the general hygiene instructions. Wash hands, cough on your sleeve, use a disposable tissue, do not spit.



Yield other runners. There is room at the sides of the road. Let faster runners run in the middle of the road and keep a safe distance also when overtaking.



Touch only one water cup. To avoid congestion do not stop at the first table at water stations, there are plenty of tables and cups further ahead.



Avoid using the bag drop service if possible. When visiting the bag drop, remember to keep a safe distance to other runners and staff members.



For hygiene reasons please pay by card only.

LET'S MAKE A SAFE EVENT TOGETHER

THIS IS WHAT THE ORGANIZER WILL DO TO MAKE A SAFE EVENT



All event staff will attend only if they are not having any flu symptoms and will wear masks, gloves and visors where needed.

EXPO



The number of people inside the Olympic Stadium will be limited and runners may have to queue outside. Event staff will notify the runners to keep safe distance if needed.

EXPO



The timetable of race office and Expo is extended and rush hours are informed on the event website. Minimarathon race office will open exceptionally already on Thursday at 5 PM - 8 PM. Risk group can pick up their running package on Thursday evening.

EXPO



There will be several hand sanitizer stations around the event area.

EXPO



Post-registration and the year 2021 registration will be outdoors in a tent near the Expos' entry.

EXPO



Cleaning will be enhanced. The Expo area is half outdoor, with excellent ventilation.

START



There will not be an organized warm-up this year, the runners are advised to warm up before the race by themselves.

START



Runners will be divided into smaller starting corrals according to their target times. The starting corrals are divided by start time and colors: blue, white and yellow.

SPECIAL ROUTE ARRANGEMENTS



The refreshment stations are made longer & each runner will pick up a drink from the table. The pickles for the marathon runners are provided from a cup. Additional trash cans are added along the route for face masks.

SPECIAL ROUTE ARRANGEMENTS



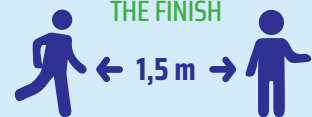
The wider route enables more space between runners.

SPECIAL ROUTE ARRANGEMENTS



In order to enable more space between runners there will be no pacemakers.

THE FINISH



The winners are not congratulated with handshakes and runners will pick up their medals from a table themselves. The amount of refreshment lanes is doubled and water will be served in bottles.

BAG DROP



In order to enable a safe distance between runners, the bag drop is divided to two locations at the event area. The amount of safety announcements are added in order to remind the runners to keep a safe distance to others.

ADDITIONAL ACTIVITIES



The official after party will not be organized. There will be only a very limited number of showers. If possible, shower at home. Runners may change clothes at the Swimming Stadium.



There will be more card payment machines at the event area. Contactless payment is recommended.