

ATHLETE'S GUIDE



JUNIOR CHALLENGE 2023





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WELCOME

Welcome to CHALLENGE TURKU 2023!

We are happy to have you with us and wish you the most enjoyable event.
This athlete's guide provides you with important information for your and all racers' safety.

Heikki Jaatinen
Event Director, Challenge Turku

SCHEDULE – JUNIOR CHALLENGE

FRIDAY 28. JULY

16:00–21:00 Registration, Race office open (Turku Conservatory, Linnankatu 60, 20100 Turku)

SATURDAY 29. JULY

9:00–21:00 Race office open

Junior Challenge

9:00-11:30 Registration at the Race office

9:00-11:30 Bike check-in

11:45 Junior Challenge start

Junior Challenge (Child + Adult)

9:00-10:30 Registration at the Race office

9:00-10:45 Bike check-in

11:00 Lapsi + Vanhempi start

Important locations



Race Centre:	Varvintori Square
Race Office:	Turku Conservatory
Swim start:	Aura River, 150m from the Transition Area
Transition Zone:	Varvintori Square
Finnish:	Varvintori Square

BEFORE THE RACE

Registration

Registration and race packet pickup is from Varvintori Race Centre on Friday and Saturday.

Operating hours are:

Friday 28th July, 16-21

Saturday 29th July, 9-11:30

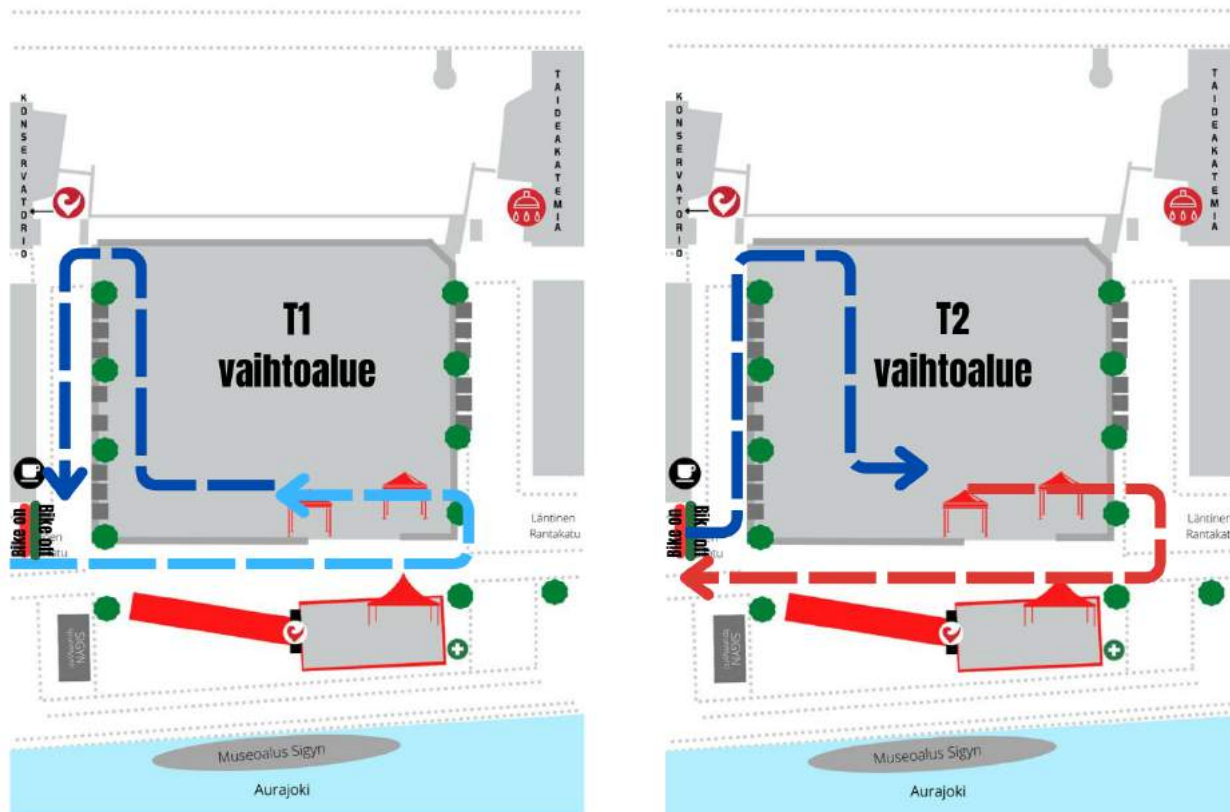
The registration packet contains a race number, timing-chip, stickers for your bike and helmet, and a swim cap.

We recommend that you attach the race number to a race belt or use a rubber band and safety pins around your waist to carry your race number. You should wear the race number at your back while biking and rotate it to your front when running. The race number must not be folded or cut; it must be worn as it is. For your safety, please write the name and phone number of your caretaker on the back of the race number.

Please remember to attach the race number stickers on your bike and on your helmet before entering the bike check-in. Do it as follows:



Transition area (T1 and T2)



Transition area is located in Varvintori Square. There is an area marked for the Junior Challenge athletes.

Please, bring your cycling and running accessories ready to the transition area before the race. Find your number on the bike rack and put your items in a box which is given by organisers.

Bike check-in time for the Junior Challenge is on Saturday 29 July 9.00-11.30.

In the bike check we will focus on:

- You have number stickers, which are given in the registration packet, on your bike and helmet.
- In addition, we will check your brakes and that your helmet is unbroken and the strap is tight. Put your helmet on when you arrive at the bike check.

After the bike check, put your bike on the bike rack. The volunteers will assign you to find your own place. All athletes are placed based on their race number. There is a separate transition area for the Child+adult category where even the smallest bikes can easily be fitted.

- Bottles, helmets and shoes can be attached to the bike.
- Items which are not attached to the bike have to be in the box and the ground area around must be completely clear of all items before leaving for the race.
- If necessary, you can leave your warm up clothes in the Garage in Varvintori Square and pick them after the race.

We recommend that you familiarise yourself with the Transition Area before the race in order to make sure that you recognize where to enter and exit the Transition Area at the T1 and T2.

Remember the timing chip! The timing chip must be placed on your right ankle during the entire race. No chip = no time.

RACE COURSES

SWIM

You must be at the swim start area at least 15 minutes prior to your start.

The swim starts from the water. The volunteers will guide you. **DO NOT JUMP TO THE WATER!**

The swim consists of one (1) loop with marking buoys always on your right side. In the Child + adult category the loop is 50m and in Junior Challenge 150m. There are kayaks and sup boards in the water during the swim to secure the safety of the swimmers.



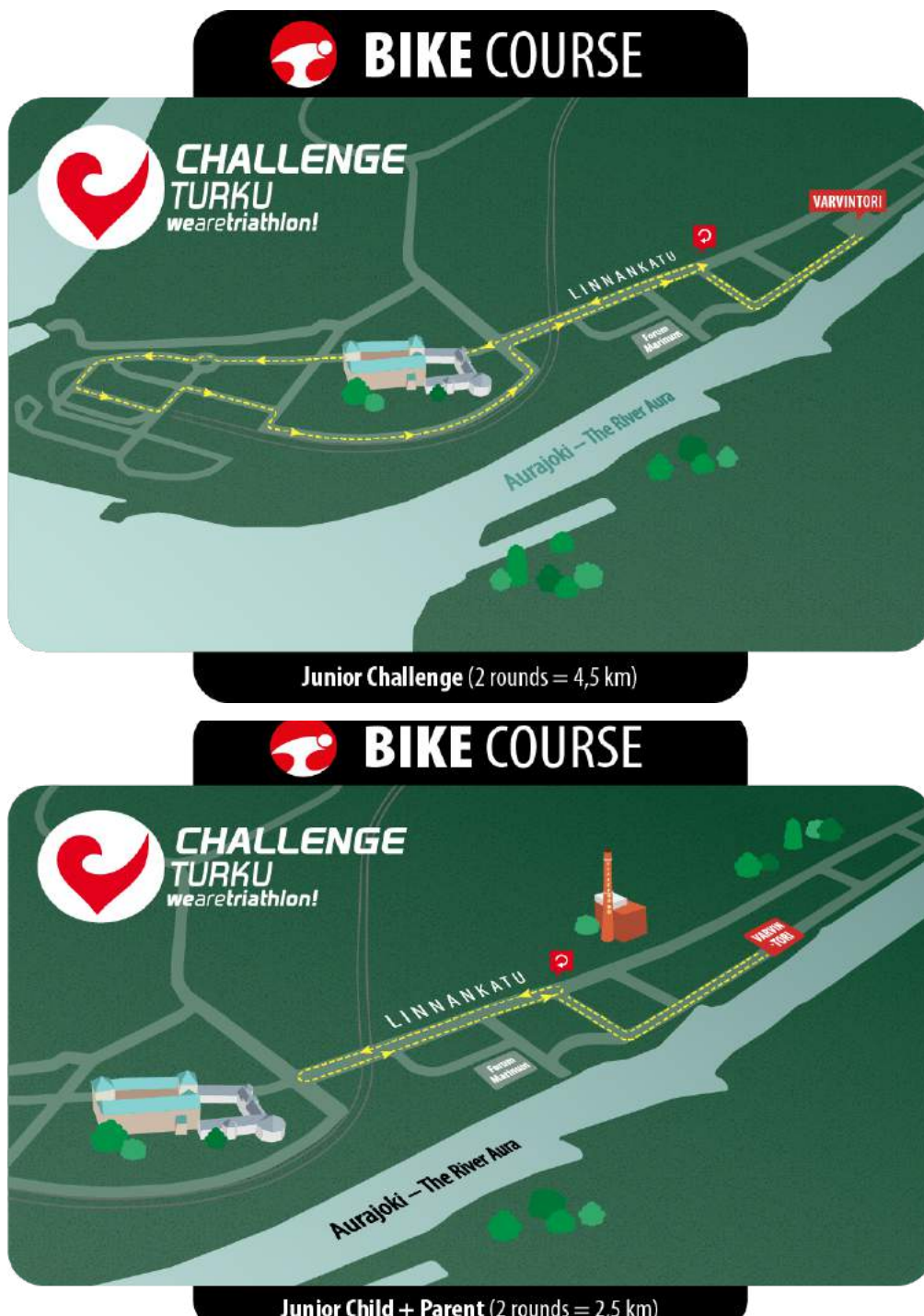
BIKE

Helmet must always be worn when the bike is moving during the race. The chinstrap of your helmet must be securely fastened before you remove your bike from the bike rack and remain fastened until you have finished the bike course and put your bike back on the rack. It is not permitted to ride your bike in the Transition Area. You can start biking only after crossing the 'start biking' line. There will be volunteers guiding you at the transition and at the 'start biking' line.

The Junior Challenge bike course consists of the 2.25 km loop which is done twice. Child + parent has a shorter loop of 1,25 km which is also done twice.

The bike course finishes upon returning to Varvintori. Run/walk your bike back to the original position on the bike rack where your number is and hang it back up on the rack. You can remove your helmet once your bike is properly racked. There will be volunteers at the dismount line to guide you.

Drafting is allowed in all junior categories. Ride the right side of the marked course. Always passing other groups from the left side.



RUN

This year, the running route will be a round trip along the banks of the Aurajoki river. Juniors run the route twice, making the length of 1.3 km. Competitors in the parent+child series run the 650 m route once.

After you finish the race there will be volunteers taking care of your timing chip. Please remember to return your chip to avoid the payment. If you decide to withdraw, return the chip immediately to the race office.



GENERAL INFORMATION

AWARDS

All junior athletes will be awarded with medals after crossing the finish line!

Contact information

General information: info@sbrfinland.com

Race Office: Sari Karimäki: +358 45 1144279 / sari.karimaki@sbrfinland.com

Event Director and security: Heikki Jaatinen: +358 40 7050615 / heikki.jaatinen@sbrfinland.com

Race Course: Kimmo Holström: +358 40 5920074 / kimmo.holmstrom@sbrfinland.com

Race Venue, rules: Leevi Hietanen: +358 50 5004266 / leevi.hietanen@sbrfinland.com

Lost and found

Lost and found items will be brought to the Race Office and will remain there until the closing of the event Sunday evening. After that, all items are kept by SBR Finland Oy for 3 months, you can make inquiries at: info@sbrfinland.com.

Medical care

First aid station is located at the Varvintori square.

Musical devices

Musical and communication devices such as iPods and mobile phones are prohibited during the race.

Parking

There are only limited parking options close to the race venue. Accordingly, we recommend that you leave the car at home/at the hotel. Harppuuna parking area (Vallihaudankatu 1) is located 800m from the transition area and it offers quite a cheap parking time for approximately 300 cars.

Photo service

You will find your photos and video from the event website and social media as soon as possible after the completion of the event.

Protests and race jury

An athlete can protest an officials' decision or against another athlete's behavior. Protests must be given to the Race Office in writing within 90 minutes of completing the race. The jury delegate will handle the protests and may call the race jury for a meeting. Members of the race jury will be announced on the notice boards at the Race Center on the race day.

Restrooms

Portable restrooms are found at several places within the race venue area.

Showers

Showers are located next to the Varvintori square and are open for the whole weekend.

Results

The results will be up on the notice boards on the Race Centre at the end of the race, and online on www.challengeturku.com.

Spectators

Please see a separate Spectator's Guide. **PLEASE NOTE that the spectators are strictly forbidden to enter the E18 highway during the bike segment on Sunday!**

Timing chip

The registration packet contains a timing chip with a Velcro band for timing during the race. The timing chip must be placed on your right ankle during the entire race. No chip = no time. Check carefully that the chip is still on your ankle after removing your wetsuit. Do not walk on the timing mats before the start of the race! After you finish the race there will be volunteers taking care of your timing chip. If you do not return your chip to the volunteers at the finish, we will charge you the cost of the timing chip of EUR 50.

Withdrawal from the race

If the athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report about the withdrawal to a volunteer and return the timing chip.

PLEASE NOTE! All participants are racing at their own risk. All athletes are responsible for knowing the race course and the race rules!

Welcome and good luck on the race day!

