



2022
SULKAVA

24h SM Rogaining

BULLETIN 1.

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Rogaining Finnish Championships 2022

The Rogaining Finnish Championships of 2022 will be held in Sulkava on Partalansaari, hosted by the Finnish Rogaining Federation (Rogaining Finland ry) and the Northern Adventure Team. The event will also serve as a prelude to the European Championships in Finland in 2023.

Preliminary schedule of the event

Friday 29.7.2022

15.00 The competition center opens; camping at the race center starts

20.00 The competition center closes

22.00 Silence in the tents

Saturday 30.7.2022

07:00 The competition center opens

09.00 Distribution of maps for 24h-series

12.00 24-hour series start

13.00 2h and 4h map distribution

14.00 2h and 4h series start

16.00 2h series finish

18.00 4h series finish

16.00 Hash House opens

20.00 8h series map distribution

22.00 8h series start

06.00 8h series finish

12.00 24-hour series finish

13:00 Hash House closes

14.00 Prize ceremony

17.00 The competition center closes and camping at the competition center ends

We reserve the right to make small schedule changes.

The competition Center

Event center is the former Kaartilankoski village school in Partulkansaari, Sulkava municipality, i.e., the current Kaartilankoski village house. Address is Auvilantie 39, 58720 Sulkava.

<https://asiointi.maanmittauslaitos.fi/karttapaikka/?>

[lang=en&share=customMarker&n=6842993.727837867&e=573451.5169770217&title=Kaartilankosken%20Kyl%C3%A4talo&desc=&zoom=11&layers=%22:100%7D%5D](https://asiointi.maanmittauslaitos.fi/karttapaikka/?lang=en&share=customMarker&n=6842993.727837867&e=573451.5169770217&title=Kaartilankosken%20Kyl%C3%A4talo&desc=&zoom=11&layers=%22:100%7D%5D)

Accommodation

We recommend that the competitors arrive in Sulkava on Friday and stay either in the immediate vicinity of the competition center in tents or rent comfortable cottage accommodation at

www.visitsulkava.fi.

If you are not attending the race:

There are many things to see and do in Sulkava. For example, we recommend exploring the Oravareit by paddling, the Sarsuinmäki artillery battery, Kivikirkko, or the Vilkaharju nature trail.

Competition

Competition area is Partalansaari, with a total area of approximately 170 km². Partalansaari is surrounded by Lepistöselkä on the east, Enonvesi on the northwest and Haapaselkä on the southwest. There are more than 80 lakes and ponds inside the island, the largest of which are Lake Kulkemusjärvi and Saajuu. The island's road connections to the mainland run north through the bridge over Hakovirta to the center of Sulkava municipality and south across Kietäväsalmi by ferry to Viljakansaari and further to the main road 62 southeast of Puumala church village. On the island, on the Sulkava side, are the villages of Auvila in the southeast, Kaartilankoski in the north and Karjulanmäki in the west. The villages of Keriniemi and Kietävälä belong to Puumala. The island has about 400 permanent residents. In addition, the island has a lot of cottage settlements, especially during the summer. Crossing waterways is only allowed from "wading places" marked on the map.

Rules

The competition follows the rules of the International Rogaining Federation (IRF). Exceptions and additions announced by the organizer will be published in the final competition instructions.

Official language

The official language of the competition is Finnish.

Prohibited areas

Prohibited areas are marked on the map. The island has a lot of cottage settlements. The courtyards of the cottages must be left alone, even if they are not specifically marked as prohibited areas. The island also has a lot of traditional farms focused on agriculture and forestry, through the courtyard of which there is a village road, the use of these roads is allowed.

Competition

Competition terrain is a diverse forest and lake landscape in southern Savonia, with many forest roads, both old and new. There are more than 80 lakes and ponds on the island. They provide a nice addition to route planning and allow for refreshment during the race. The island's forests are very diverse, as the island has been used for forestry throughout history, and the age of the forests varies from clear-cutting to up to 150 years old. There aren't a lot of single-track trails. Most of the tracks in the woods are made by tractors or forest machines and their runability & drivability vary from excellent to slightly slower. The island has a lot of beautiful rocks, some of which are bigger than a house, which can be found on the map and some of them can be admired by competitors. In the terrain, competitors can also meet animals belonging to the Finnish wilderness forest, which, however, will quickly run away from competitors.

Races

On foot:

24 hours for real Rogaining enthusiasts (official SM 2022)

8 hours (men, women and mixed) series

4 hours (men, women and mixed) series

2 hours (men, women and mixed) Series

MTB:

8 hours (men, women and mixed) series

4 hours (men, women and mixed) series

Competition classes

In accordance with the international rules of the sport, the 24-hour series includes the following classes

MO Men open

WO Women open

XO Mixed open

MY Men under 23

WY Women under 23

XY Mixed under 23

MV Men 40+

WV Women 40+

XV Mixed 40+

MSV Men 55+

WSV Women 55+

XSW Mixed 55+

MUV Men 65+

WUV Women 65+

XUW Mixed 65+

Championship Medals

Championship medals are awarded to the top three in the official Rogaining Federation 24h Championship series.

Medals are also awarded in the 8h MTB series.

2h and 4h series merchandise prizes will be raffled.

Teams

A team consists of 2-5 people who move together during the competition in accordance with the rules of the Finnish Rogaining Association. At checkpoints, all team members must stamp within 60 seconds of each other.

Team mandatory equipment in ALL (2h, 4h, 8h and 24h) series

The team must have at least

- 1 backpack where the team carries the team's mandatory equipment
- A phone (closed & packed to be waterproof)

- First-aid kit with band-aids, a so-called ankle tape roll, bandage needs, and a "kyypakkaus" (can be found in Finnish pharmacies, helps with snakebites). In addition, we recommend a blister patch.

Personal mandatory equipment in the 8h and 24h series:

water bottle
food
whistle
emergency blanket
waterproof jacket
hat or similar sun protection

Personal mandatory equipment in the 2h and 4h series:

water bottle
food
whistle
hat or similar sun protection

MTB series in addition to the previous ones:

Helmet (must be worn during the entirety of the race)
head and rear light on the bike (8h MTB series)

Insurance

The organizers do not have insurance against accidents and equipment damage, all competitors compete with their own risk.

First Aid

Each team carries a small first-aid bag for first aid needs. The competition center has a first aid point. There are no first aid points in the terrain.

If a competitor is seriously injured during a performance, the team will call the emergency number 112. We recommend that you download the 112 application to your phone.

In the event of a minor but interrupted injury, the team will contact the race center's emergency number (the number can be found on the race map). You should also save the number on your mobile phone.

Map and scale

The first map of the island was made around 1915. The rogaining special map made for this event will be used in the competition. The base material of the map is based on the free map material of the National Land Survey of Finland. The description of forest density is not perfect on the map. The distance between the contours on the map is 5 meters. Auxiliary curves are also used in a few places to describe the stunning shapes of the terrain.

The competition map has been completed in 2022. The scale of the competition map is 1: 25000. The size of the map is about 80x80cm.

NOTE! The 2h & 4h series have their own map with a size of A3.

Controls

There are many controls in the terrain. Each control has a orienteering control flag and a stamping device.

The Championship competition (24h and 8h) uses a Sport Ident (SI) stamping device and an SI-stick lent to the teams by the organizers.

2h & 4h series use cell phone stamping. More detailed instructions on mobile phone stamping will be published in Bulletin 2.

Map cover

A 70x50cm plastic map cover (similar as normally used in orienteering competitions) will be distributed to the competitors

Water crossing

Crossing is only allowed in "wading places" designated by the organizers.

GPS devices / multifunction clocks

The use of clocks or similar devices that display GPS or map data is prohibited during rogaining navigation. If the Athlete wishes to carry a wrist computer that records the route, it will be enclosed in an envelope during the competition. If a team has a Garmin (watch) that supports the sport: Adventure Racing, its use is allowed during the race. If you use Adventure Racing mode, you must notify the race director 2 days before the race.

Phone

Phone is mandatory equipment but should be turned off during the competition. The phone should only be opened in an emergency for assistance.

Equipment

It is forbidden to leave any equipment or food in the terrain, even for a part of the race.

Littering

It is forbidden to leave any trash in the terrain. For example, we recommend a small so-called fruit bag for empty gel bags, in which it is easy to temporarily put the rubbish in the backpack. In connection with the drinking controls, there are large garbage bags in which rubbish can be left during the race.

Water points

Several water points are marked on the map. A more detailed description of them will be published in the competition instructions.

Toilets

The competition center has toilets.

Washing

The competition center has a lake for water washing. The use of detergents is prohibited in accordance with the ecological values of competition.

Dining after the race

Available at the competition center

Hash House (maintenance during the night)

Serves the competitors from 4pm in the courtyard of the Village House. Lunch at Hash House is provided by K-Market Wiljami and NOSHT in the center of Sulkava. The catering will be published in Bulletin 2.

Photography

A professional photographer and a videographer are likely to be a part of the event. Images are used to market upcoming events and sports. Photos and video will also be available for everyone to see. By participating in the event, you consent to the publication of images and video.

Communication

Northern Adventure Team has its own Instagram account @northernadventureteam which is worth following. In addition, the organizers have an Instagram account @SulkavaOutdoor and a hashtag # SulkavaRogainingSM2022. We hope all competitors will actively use the tags below when posting pictures of training and preparing for the competition. We will reward the best poster separately during the event.

Event organizer

Northern Adventure ry

Race Director

Harri Hollo harri@multisport.fi GSM 0407440900

Map and controls

Lauri Hollo & Jerry Aunula

Bulletin 2

published on July 15th.

Arctic Nutrition Raceoffers

Enjoy natural and

LONG-LASTING ENERGY

Flow is an innovative product, made from natural ingredients. The triple effect of this new kind of energy drink is based on the combined effect of these ingredients.

Flow: Ingredients

SEABUCKTHORN

Sea buckthorn is the most nutritious of our wild berries. It is rich in Vitamin C and Vitamin E, dietary fibre and essential fatty acids.

GUARANA

The antioxidant-rich guarana gives a real kick to your day, and plenty of energy for sports, for example. Also supports weight management.

NETTLE

The nettle is our best-known wild leafy green vegetable, a truly powerful herb. It is packed with nutrients.

NO ADDED SUGAR
VEGAN
MILK-FREE
DOES NOT CONTAIN TAURINE
GLUTEN-FREE



Instant & Long
Experience Flow's amazing effects on your well-being immediately, and also enjoy its long-term benefits!

Product information / EN / 2022

NATURAL Flow

TRIPLE EFFECT ENERGY DRINK

Sea buckthorn energy drink concentrate
Single-serve sachet 7 x 20 g

NUTRITION INFORMATION	100 g	Portion 20 g
Energy	175 kJ	35 kJ
Energy	41 kcal	8 kcal
Fat	0.5	0.1
incl.saturated	0.1	0.0
Carbohydrates	8.7	1.7
incl.sugars	3.5	0.7
Fibre	0.6	0.1
Protein	0.2	0.0
Salt	0.0	0.0

Contains natural sugars.

Ingredients: Water, starch, sea buckthorn juice concentrate (sea buckthorn content 23 %), guarana extract (natural caffeine), acidity regulator (citric acid), flavour, nettle extract, sweetener (steviol glycosides).

Instructions: Mix 1 single-serve sachet (20 g) of the concentrate with 1.5 dl of water

Recommended daily dosage: 2 servings.

Store in a dry place at room temperature.

Made in Finland.

Contains sweetener. High caffeine content (87 mg / 100 ml²). Not recommended for children, people who are pregnant, breastfeeding or sensitive to caffeine.
²Product made according to the instructions.



Arctic quality guarantee

STRAIGHT FROM NATURE

We use ingredients straight from nature, such as berries and fruit.

JUST THE ESSENTIALS

Our products only contain the most nutritious parts of the ingredients.

ADVANCED TECHNOLOGY

We protect the ingredients during the manufacturing process, preserving the delicate nutrients.

QUALITY GUARANTEE

We manufacture our products in accordance with the international GMP and ISO quality standards.

Enjoy natural and

LONG-LASTING ENERGY

Flow is an innovative product, made from natural ingredients. The triple effect of this new kind of energy drink is based on the combined effect of these ingredients.

Flow: Ingredients

LINGONBERRY

Lingonberries are superberries in their own right, but combined with the effects of guarana and nettle, lingonberries are absolutely unbeatable! In the wild, lingonberries grow in tough conditions, storing energy and vitality.

GUARANA

The antioxidant-rich guarana gives a real kick to your day, and plenty of energy for sports, for example. Also supports weight management.

NETTLE

The nettle is our best-known wild leafy green vegetable, a truly powerful herb. It is packed with nutrients.

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Instant & Long
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Product information / EN / 2022

NATURAL Flow

TRIPLE EFFECT ENERGY DRINK

Lingonberry energy drink concentrate
Single-serve sachet 7 x 20 g

NUTRITION INFORMATION	100 g	Portion 20 g
Energy	225 kJ	45 kJ
Energy	53 kcal	11 kcal
Fat	0.1	0.0
incl.saturated	0.0	0.0
Carbohydrates	12.6	2.5
incl.sugars	3.5	0.7
Fibre	0.7	0.1
Protein	0.2	0.0
Salt	0.0	0.0

Contains natural sugars.

Ingredients: Water, lingonberry juice concentrate (lingonberry content 56 %), starch, guarana extract (natural caffeine), acidity regulator (citric acid), flavour, nettle extract, sweetener (steviol glycosides).

Instructions: Mix 1 single-serve sachet (20 g) of the concentrate with 1.5 dl of water

Recommended daily dosage: 2 servings.

Store in a dry place at room temperature.

Made in Finland.

Contains sweetener. High caffeine content (87 mg / 100 ml²). Not recommended for children, people who are pregnant, breastfeeding or sensitive to caffeine.
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SAVE
22,65 €

Promotional offer 1. *



3 + 1

Single-serve sachet 28 x 20 g

Price: 67,95 €

Amount

- 0 +

SAVE
45,30

Promotional offer 2. *



6 + 2

Single-serve sachet 56 x 20 g

Price: 135,90 €

Amount

- 0 +

SAVE
21,30 €

Promotional offer 1. *



3 + 1

Single-serve sachet 28 x 20 g

Price: 63,90 €

Amount

- 0 +

SAVE
42,60 €

Promotional offer 2. *



6 + 2

Single-serve sachet 56 x 20 g

Price: 127,80 €

Amount

- 0 +