**Jakob Marathon 23.7.2020**

**Information on the competition**

Office will be open in the black cabin at the Central Stadium from 9.00 am to 4.30 pm, on Thursday 23.07.

Starting point At the Central Stadium in Pietarsaari

Finish The finishing point for every distance will be at the Central Stadium in

 Pietarsaari

Competition courses Every race will follow the Round Course. A whole Marathon is four rounds, a half-marathon two rounds. The Jaakon Vartti (10.55 km) is one

round. The Jaakon Vitonen (5 km) will follow the same round for half of the race. The Marathon and the Half-Marathon are control measured.

Note! After 20.15 you cannot continue on the final lap for Marathon (at 31.7 km).

Categories Everyone who is running either the Half-Marathon or the Marathon will

 also take part in open category.

Starting times Jaakon-Marathon white race number at 4.00 pm

 Half-Marathon yellow race number at 4.10 pm

Jaakon-Vartti blue race number at 4.20 pm

 Jaakon-Vitonen green race number at 4.30 pm

Jakob Marathon starts at 4 pm. The race will use interval starts if needed, with maximum 50 persons starting at one time. The intervals will be a few minutes in between. These starting times are thus preliminary.

Championchip There will be chip timing at the race. The chip is attached to the race number. Note! All the numbers must be returned after the course.

Dressing rooms Dressing rooms and showers are not in use during this year’s race, due to the current situation.

Refreshment stations The refreshment stations will be placed about approximately every

4 kilometres. There will be served sports drink (see-through cups) and water (white cups). Our staff will wear gloves and hand the drinks to the participants. Raisins and pickled cucumber will be handed out during the final round of Marathon. The organizer will take care of delivery of the runners’ own drinks to the stations when they are provided at the office before 3 pm.

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To drop out If you drop out from race you will need to inform about it at the office

 at the Central Stadium. The race number needs to be returned.

Insurance Lähitapiola. The organizer has got liability insurance, provided by Lähitapiola. The participant will be running at own risk.

Medals To everyone that finishes will be given a medal after finishing the race.

Distribution of prizes All participants will have a chance on winning some prices. No cups for the winners will be dealt during this year’s race do to the current situation, except for the winners of Marathon that will be receiving a laurel-wreath, and the medalists in the District Championship that will receive their medals.

Result services The complete result can be seen on the internet site:

www.oid-friidrott.com or [www.drott.fi](http://www.drott.fi), after the race. Complete results sheets can be ordered at the price of 5 euros.