**47th Jakob Marathon 20.7.2023**

**Information on the competition**

Office The office will be open in the black cabin at the Central Stadium from 11 am to 4.30 pm, on Thursday 20.07. You can come and pick up your race numbers during the whole day, but an hour before your own race at the latest.

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 course for half of the race. The Marathon and the Half-Marathon are **officially 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

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 More info about this later.

Refreshment stations The refreshment stations will be placed about approximately every

4 kilometres. Sports drink (see-through cups) and water (white cups) will be served. Our staff will wear gloves. 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 if 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 A medal will be given to everyone that finishes the run.

Distribution of prizes The winners of Marathon will be receiving a laurel-wreath. The 3 best in each category will receive a small price.

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.