

## **Date and address**

The 10th of September 2022  
Kaisaniemi park, Helsinki

## **Get your number bib and time chip**

Your start kit with your personal number headband and time chip can be collected at the start area in the Kaisaniemi park, Helsinki at race day from 9 AM (09:00). Get your start kit at least 45 min to your start to get your things in order. Bring your valid ID. Each person must get his or her own starting kit personally or with a signed power of attorney. The time chip (that is in the kit) should be attached to your right foot ankle and the headband around your head. If you are not sure how to, ask us and we will show you how.

## **Signed up to our races 2020 or 2021**

If you are in a race that was postponed 2020-2021 your registration was automatically transferred to the new date 2022, so no action from you is needed. If you want to see your start time again you can find it here: <https://raceid.com/en/races/7827/startlist>

## **Race office and information**

If any questions at the race our race office will be open. It is located beside the number bib tents.

## **Time chip**

The time chip (that is in the kit) should be attached to your right foot ankle. If you are not sure how to, ask us and we will show you how.

## **Wardrobe**

There is a manned wardrobe at location where you can leave a bag. We do not take responsibility for valuables. Your wardrobe number is the same as the number on your start headband.

## **Dressing rooms**

We have tents for changing of clothes.

## **How warm is the water**

During spring time (April and May) the water temperature in the Nordic countries is normally 7-9 degrees Celsius. In June it can be as low as 12 degrees and during July and August the temperature often climbs to 18-20 degrees Celsius. During September it generally falls to 15-18 degrees. Bring dry clothes for change. You will get soaked.

## **Shop Tough Viking products**

We have a store located at the start where you can buy the official Tough Viking Helsinki 2022 race t-shirt, hoodies, the Tough Viking OCR shoes from Merrell, Tough Viking Björn Borg clothes and many more products. You can also buy race gloves here with the best grip for the race. The store is open from 9 AM at race day.

## **Water stations**

There are three water stations. Two at the track and one at the finish.

## **Medic**

There is medic at the start, finish and around the track.

## **If you cant complete an obstacle = run penalty laps**

This is five (5) full rounds around two red cones beside the obstacle. This will be monitored so do all your laps.

## **Transportation and parking**

We recommend that you use the public transportation system as parking spaces are generally scarce. The start area is located very close to the Helsinki central station.

## **How do I find the way around the track**

This will be very clear and you will just follow the Tough Viking tape around the track.

## **Read more here:**

<https://toughviking.se/faq/>

<https://toughviking.se/terms/>

<https://toughviking.se/race-preparations/>