

# RUKA (FIN)

28.11- 01.12.2019

## Competition Programme: Ruka Tour

Date	Format	Hill/Course	SJ/XC
Fri, 29.11.	Ind. Gundersen	HS 142, 2.5 km lap	1 jump / 5 km
Sat, 30.11.	Ind. Gundersen	HS 142, 2.5 km lap	1 jump / 10 km
Sun, 01.12.	Ind. Gundersen	HS 142, 2.5 km lap	1 jump / 10 km

## Event Programme (LOC time = CET + 1h)

Date	Competition	Trainings	Meetings	Other
Wed, 27.11.				Arrival of teams
Thu, 28.11.	17:00 SJ HS 142 PCR/Qualification	12:30 - 13:30 XC Official training  15:00 SJ HS 142 Official training	10:00 TCM Main Media Centre  19:30 Athletes' Meeting Main Media Centre	
Fri, 29.11.	12:00 SJ HS 142 Ind. Gundersen  16:00 XC 5 km Ind. Gundersen	10:45 SJ HS 142 Trial Round		<b>After the race</b> Winner presentation at the venue  18:00 Prize Giving Ceremony Top 3 + National team 3
Sat, 30.11.	09:30 SJ HS 142 Ind. Gundersen  15:00 XC 10 km Ind. Gundersen	08:45 SJ HS 142 Trial Round		<b>After the race</b> Winner presentation at the venue
Sun, 01.12.	10:10 SJ HS 142 Ind. Gundersen  15:00 XC 10 km Ind. Gundersen	09:10 SJ HS 142 Trial Round		<b>After the race</b> Winner presentation at the venue

## Deadlines

Preliminary Entries	Final Numbers + Wax Trucks	Final Entries
17/10/2019	17/10/2019	28/11/2019 at 10:00

## Spectator Information

Ticket Pre-sale

Ticketmaster  
+358 600 10 800 (1,98 € min+Inc)  
<http://www.ticketmaster.fi>

VIP Ticket Pre-sale

Kuusamon Erä-Veikot  
+358 400 706433  
<http://seppo.linjakumpu@rukanordic.com>

Ticket Prices pre-sale

Day Ticket: Fri 20 €, Sat 28,00 €,  
Sun 20,00 €, Weekend Ticket: 49 €  
VIP Ticket, Fri 140 €, Sat 160 €, Sun 120 €

---

VIP Ticket

Access to VIP Restaurant "Sudenpesä"

Spectator Parking

Parking hall Ruka  
Parking areas near stadium

Catering

Different food and beverage stalls are  
available at the stadium area

## Organising Committee

General Secretary

Seppo Linjakumpu  
+358 400 706 433  
[seppo.linjakumpu@nordicopening.com](mailto:seppo.linjakumpu@nordicopening.com)

Race Office

Päivi Laihola  
+358 8 8181 122  
[kev@rukanordic.com](mailto:kev@rukanordic.com)

Chief of Competition

Tapio Nurmela  
+358 40 1617 764  
[tapio.nurmela@gmail.com](mailto:tapio.nurmela@gmail.com)

Accommodation Office

Mia Oinas  
+358 306 502 535  
[rukanordic@lomarengas.fi](mailto:rukanordic@lomarengas.fi)

Financial Office

Laura Hämäläinen  
+358 45 263 1211  
[laura.hamalainen@hiihtoliitto.fi](mailto:laura.hamalainen@hiihtoliitto.fi)

Transportation Office

Seppo Linjakumpu  
+358 400 706 433  
[kev@rukanordic.com](mailto:kev@rukanordic.com)

Wax Cabins

Seppo Linjakumpu  
+358 400 706 433  
[kev@rukanordic.com](mailto:kev@rukanordic.com)

# Team Information

## 1. Accreditation

- Requests for additional accreditation must be sent via the FIS Online System or to the OC Secretariat at [kev@rukanordic.com](mailto:kev@rukanordic.com).
- All accreditation cards can be picked up at: Accreditation Office in Hotel Scandic Rukahovi, near the reception.  
**Opening times:** daily from 09:00 to 19:00.
- **FIS Family tickets:** Athletes can request FIS Family Tickets (max 2 per competing athlete for each competition) from the organisers using this link: <https://docs.google.com/spreadsheets/d/13n33QIUIGReSE2Cd7tkpm043uvhAaJ0UEAasXk--z2c/edit?usp=sharing>

## 2. Race Office

- The Race Office is located at Hotel Scandic Congress Centre  
**Opening times:** daily from 09:00 to 19:00.
- Sub-Race Offices located in the SJ and XC compounds;  
**Opening times:** Fri - Sun from 10:00 to 15:00.

## 3. Accommodation

- Booking according the FIS Rules via FIS Online registration system
- The OC offers following accommodation (full board included):
  - \*\*\* Scandic Rukahovi next to the venue: 110 € per person in double room, 145 € single (FULLY BOOKED)
  - \*\*\* Apartments (RukaTonttu, RukaSuites, AurinkoRinne, RukaVillage, Scandic apartments) next to the venue: 110 € per person (minimum number of persons)
  - \*\*\* Holiday Club Kuusamon Tropiikki in Kuusamo, 20 min drive from venue (2 km skiing track beside the hotel, shuttle service available) 100 € per person in double room, 135 € single.
- Additional information about accommodation will be given to the teams after receiving the preliminary entries and accommodation requests
- Limited amount of accommodation available next to venue, mainly for quota. For outside of the quota also self-catering holiday cottages/apartments at Ruka area also possible on request.
- Additional accommodation outside of the quota: 115 € per person in double room or apartment in Ruka; 110 € per person at HC Kuusamon Tropiikki, additional single rooms outside of the quota: 160 €
- **Lunch Service:** To reduce food waste, please inform the OC where you plan to take your lunch. List your preferences (with Nation, "NC" and the amount of people eating) here:  
<https://docs.google.com/spreadsheets/d/1rxNbAraHFXPtqMvzcSAQ4IL5uELTujasAG5nNf54x-l/edit?usp=sharing>

## 4. Transport

- **Official airport:** Kuusamo and Oulu. The organizing committee will arrange transportation between the airports and the hotels. 1 transport (from and to the airport) free of charge.
- Prices for additional transport  
230 € for Kuusamo airport (up to 15 persons =230 €, 16-50 p.=290 €)

- 680 € for Oulu airport (up to 15 persons = 680 €, 6-50 p.=830 €)
- 630 € for Rovaniemi airport (up to 15 persons = 630 €, 6-50 p.=780 €)
- **Shuttle service:** No shuttle service between hotels and venues (walking distance) Shuttle service available from HC Kuusamon Tropiikki.

## 5. Payments

- **Accommodation costs:** Persons from the pay lists will be paid by the OC directly. For additional rooms, the teams need to pay directly in the Accommodation Office. Cash and credit cards accepted.
- **Carrying costs/Reimbursement:**  
Expenses sheets will be received in financial office during the race weekend or by e-mail: [finance@hiihtoliitto.fi](mailto:finance@hiihtoliitto.fi)  
All payments will be done by electronically by bank transfer.

## 6. Waxing Facilities

- **Wax cabins:** available from 18/11/2019 at 12:00.
- **Waxing trucks:** teams arriving with trucks must inform the OC until **17/10/2019** with exact measurements of the truck and details of the needs  
To do so, **please fill out this form** (NC is on the second page, rider below)  
[https://docs.google.com/spreadsheets/d/1DHfXxlDyLXQ90ODhkGLt5HIA7\\_Uf7BK9PRn1QKb188/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1DHfXxlDyLXQ90ODhkGLt5HIA7_Uf7BK9PRn1QKb188/edit?usp=sharing)
- The **keys** to the cabins are available at the competition office. The deposit is 100 €/team. Keys return to Ski Cafe/Service Area on the day of departure.
- **Parking cards** can be picked up at the Race Office together with the keys.

## 7. Regulations of radio equipment/Radio Frequencies:

- The import, export and the operation of radio equipment in Finland is regulated by national law. Permits for the use of radio transmission equipment must be requested according to national specifications.
- Each user of a radio transmitter subject to license must obtain a license granted by the Finnish Transport and Communications Agency TRAFICOM. TRAFICOM assigns the frequencies to be used. It is prohibited to use any other frequencies than the ones mentioned in the license.
- **The radio license application can be completed via the link below and it must be submitted to TRAFICOM by October 25<sup>th</sup> 2019.**
- <https://www.traficom.fi/en/contact-form-event-organizers>
- More information from Mr. Markku Laasonen +358 295 390 454 / [markku.laasonen@traficom.fi](mailto:markku.laasonen@traficom.fi)  
For license-exempted equipment, please see TRAFICOM Regulation 15 on collective frequencies for license-exempt radio transmitters and on their use:
- <https://www.finlex.fi/fi/viranomaiset/normi/480001/44836>
- <https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

## 8. Visa Regulations

- Remember that citizens of some countries will need visa for visiting Finland. Please check with your embassy if you need a visa for Finland.
- For an official letter of invitation, please send a request to [kev@rukanordic.com](mailto:kev@rukanordic.com).

## 9. Prize Money and Taxes

- Prize Money will be transferred electronically.
- Each athlete is responsible to inform the OC of their account and personal data, please fill out the Prize Money form on
- **Taxes:** Income tax for European and non-European citizens is 15%, income tax for US citizens is 0%
- If requested, the OC will provide the athletes with a receipt of taxes paid accompanying the prize money.

## 10. Media & Communications

<http://www.rukanordic.com>

<https://www.facebook.com/rukanordic>

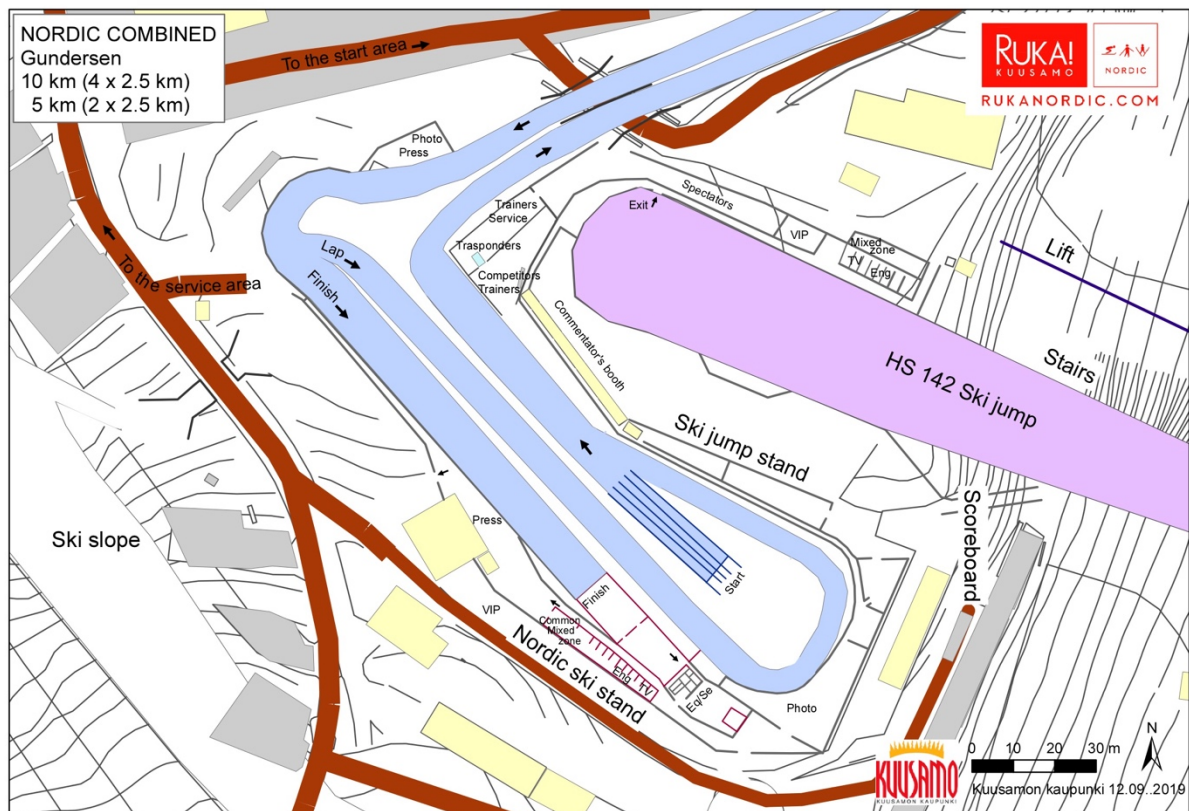
<https://twitter.com/RukaNordic>

<https://www.instagram.com/rukanordic/>

<https://www.youtube.com/channel/UCDPTQrgtBt33Fj7Y4gz0Etw/videos>

#rukanordic

## 11. Maps





10 km: Nordic combined, (4 x 2.5 km)  
5 km: Nordic combined, (2 x 2.5 km)

Kuusamo 2019  
Ruka Finland  
Kilparata Race course 2.5 km  
Kartta 1:10 000  
Profili 1:50 000/1:5 000

