



FINLINE 2007 – INSTRUCTIONS FOR PARTICIPANTS

Here is some information about the accommodations and the schedule of the FinLine 2007. You will find more info on our website, too. For example, there is a good list of what to pack with you.

Information is subject to change. All significant changes will be announced by email and also in English on Street Gliders' message board at www.katukiitajat.fi/english/taulu. All participants have received the credentials for the message board by email. You can also use the message board for asking FinLine-related questions from other participants. Although the most of the conversations are in Finnish, you are always welcome to write your messages in English.

The most up-to-date version of this instruction letter can be found on the official FinLine web site www.katukiitajat.fi/english/finline.

Participants

| | | | |
|-----|--------------|----------|------------------|
| 1. | Chervyakova | Elena | RUS |
| 2. | Eklund | Ronald | SWE |
| 3. | Ericsson | Tommy | SWE |
| 4. | Groen | Bart | NED |
| 5. | Halonen | Pekka | FIN |
| 6. | Häyrynen | Ilpo | FIN |
| 7. | livarinen | Johanna | FIN |
| 8. | Joutsenvirta | Raija | FIN |
| 9. | Kariuki | Edmond | KEN (late entry) |
| 10. | Kolgurin | Alexey | RUS |
| 11. | Leskinen | Juha | FIN |
| 12. | Lumme | Merja | FIN |
| 13. | Mäkelä | Jouni | FIN |
| 14. | Mitlenko | Elena | RUS |
| 15. | Nautscher | Angelica | GER |
| 16. | Nikitin | Gennady | RUS |

Katukiitäjät ry

<http://www.katukiitajat.fi/>
info@katukiitajat.fi

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| | | | |
|-----|--------------|-----------|------------------|
| 17. | Nikkel | Peter | NED |
| 18. | Op het Veld | Veronique | NED |
| 19. | Penou | Xavier | FRA (late entry) |
| 20. | Schiffer | Dirk | GER |
| 21. | Sjöblom | Bo | FIN |
| 22. | Tuominen | Panu | FIN |
| 23. | Vähäkangas | Mika | SWE |
| 24. | van der Werf | Wout | NED |
| 25. | Vatka | Anne | FIN |
| 26. | Wagner | Sean | USA |
| 27. | Yegorov | Andrei | RUS |

If you cannot find your name in the list above, your membership fee or FinLine registration fee has not been registered properly. If you know that you have done these payments, please contact the organizers immediately by phone, tel. +358 50 5151681. Otherwise there is no place reserved for you in the event.

If you must cancel your attendance at this phase, please still inform us before the starting day. This way we can know that you are not coming with us!

Service team

✉ Bus driver, Kirsi Borg

Skating route and timetable

We will meet at Mariankatu 26, Helsinki on Monday morning 2nd July at 8.00 a.m. You can search for address "Mariankatu 26, Helsinki" for example on www.map24.com to see the meeting point on a map. Be on time. Because late cancellations are always possible, we cannot wait for participants who are late.

We will arrive at Vaalimaa after noon. You should take the things you need for the first skating day in the bus, so that we can start skating as soon as possible after arriving to the destination. We have not reserved time for example for assembling your skates before the start.

Date Program (subject to change)

Mon 2.7. Bus trip from Helsinki to Vaalimaa

Skating Vaalimaa (Virolahti) – 65 km via Virojoki–Hamina museum

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| | Kotka | | road |
|----------|--|---------------|--------------------------------------|
| Tue 3.7. | Skating Kotka–Kuusankoski | 62 km | via Myllykoski |
| Wed 4.7. | Skating Kuusankoski– Vääksy (Asikkala) | 76 km | |
| Thu 5.7. | Skating Vääksy (Asikkala) – Luhanka | 94 km | via Pulkkilanharju ridge |
| Fri 6.7. | Skating Luhanka–Kangasniemi | 66 km | |
| Sat 7.7. | Skating Kangasniemi–Mikkeli | 54 km | + farewell party in the evening |
| Sun 8.7. | Leaving the city of Mikkeli at 13 (1 p.m.) | | + optional city skate in the morning |
| | <i>Total skating distance</i> | <i>416 km</i> | <i>+ extras</i> |

Day-trip kilometers are indicative distances from place to place. Deviations because of the exact location of the accommodations are not taken into account.

We try to start skating at 9–10 a.m. so that we will arrive at the destination at 3–5 p.m. Exact day schedule varies due to the situation and weather. A typical FinLine day schedule can be seen at www.katukiitajat.fi/english/finline/pohjelma.htm.

Return trip from Mikkeli to Helsinki starts on Sunday 8.7. about 1 p.m. We will be back in Helsinki before the evening.

Skating groups

The skating groups will be formed in the natural way. Group of around five skaters is ideal. Groups of more than six amateurs have usually problems to skate at constant speed. Too large groups are also dangerous in downhill.

All groups will depart from Vaalimaa approximately at the same time. After eight kilometers of bike path we will collect all skaters and the service bus together in the Virojoki village. This allows easy changing of groups before starting skating on the roadway.

Every day the faster groups will wait (if the weather allows) for the slower ones before reaching the destination. This ensures that all groups will find the way to the accommodation.

Service bus operation and services

The service bus will stop on route every 15 to 20 km. At service stops you can fill up your drink bottle. There will be at least both water and sport drink available. Also available is first aid kit. Spare bearings and wheels are for sale.

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Safety first

- ☞ According to the Finnish law skater is a pedestrian. Where no pedestrian zone is available, use the left side of road, bicycles coming towards us will be passed from left and other pedestrians will be overtaken from right. On pedestrian routes use either side.
- ☞ Skating alone is not allowed!
- ☞ First in group warns others when skating on side of car lane from tractors (traktori), bicycles (polkupyörä), crossroads (risteys), bypassing heavy trucks (rekka), holes (kuoppa, reikä), rocks (kiviä), sand, (hiekkaa), cracks in asphalt (railo), manholes (viemärinkansi). Everyone in the group shall repeat the warning so that it is ensured that everyone hears the message.
- ☞ Unnecessary overtakes and moves in sideways are prohibited.
- ☞ In downhill the group will "blindly" follow the group leader by grabbing lightly the skater in front from his/her hips.
- ☞ If you do not have experience in skating downhill in a "train", or if you do not want to join the train, hang back in the group and leave **plenty** (hundreds of meters) of gap before following the others. You cannot quit the "train" during the downhill!

Accommodations

Please do not book in to the hotel before the receptionist has received the official room list. The roommates will be mixed though the whole journey as much as possible. If you really need to change your room for any reason, please discuss first with the organizers before contacting the hotel reception.

Below you can find the places and the prices for accommodations. There might be some changes in the schedule. Everybody pays their share on the spot by the following morning, but preferably in the evening to avoid long queues in the morning.

2.-3.7. KOTKA

Accommodation + sauna + dinner + breakfast, price: 40 €
Sauna at 18–21

Sokos Hotel Seurahuone, Kotka
Osuskauppa Ympyrä
Keskuskatu 21
48100 Kotka
Tel.: +358 20 123 4666
Fax.: +358 5 350 0450
www.sokshotels.fi

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3.-4.7. KUUSANKOSKI

Accommodation + sauna + dinner + breakfast, price: 32 €

Hotelli Sommelo
Pallokentäntie 2
45700 Kuusankoski
Tel.: +358 5 740 701
www.sommelo.com

4.-5.7. VÄÄKSY

Accommodation + sauna + dinner + breakfast, price: 43,50 €
Swimming pool

Finnish Lake Hotels Oy
HOTELLI TALLUKKA
www.tallukka.fi

5.-6.7. LUHANKA

Accommodation + sauna + dinner + breakfast, price: 40 €
Gravel road: 2 km

Marja- ja matkailutila Salvia
Aino ja Immo Mönkölä
Rantakyläntie 225
19910 Tammijärvi
Tel.: +358 14 877077
www.salvia.fi

6.-7.7. KANGASNIEMI

Accommodation + sauna + dinner + breakfast, price: 40 €
Ice swimming pool

Leppäniemen Lomakartano Oy
Telkonlahdentie 103
51200 Kangasniemi
Tel.: +358 15 437 711
GSM: +358 400 290 765
Fax.: +358 15 437 711
www.leppaniemi.tk



7.-8.7. MIKKELI

Accommodation + sauna + breakfast, price 33 €
Sauna at 16–21, large swimming pool

Cumulus Mikkeli
Mikonkatu 9
50100 Mikkeli
Tel.: +358 15 20 511
www.cumulus.fi

Prices are indicative. Inform Anne for any cancellations and special diets as soon as possible, tel. +358 50 5151681.

Gear

Official FinLine 2007 T-shirt for skating will be handed out in the bus to Vaalimaa. Some useful things to take with you:

- ✂ inline skates
- ✂ **helmet (compulsory)**
- ✂ other protective gear
- ✂ bottle belt + drink bottle ½ liters etc.
- ✂ socks
- ✂ underwear
- ✂ a pair of shorts for skating and another pair for free-time
- ✂ pajamas
- ✂ a few extra T-shirts
- ✂ sportswear for skating in cold/rainy weather
- ✂ free-time footwear
- ✂ simple social evening dress (jeans etc. or something like that)
- ✂ skate service tools as one thinks necessary (cleaning liquids, lubricants, brush, rags...)
- ✂ a set of spare bearings (and wheels)
- ✂ sports tape + artificial skin
- ✂ sun lotion
- ✂ personal toilet bag + medicines

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- ✍ swimsuit + towel
- ✍ money (Euros, see note below) or credit card (VISA, MasterCard...) + pocket money (Note the prices of the accommodations mentioned above; you will also need some money for your personal refreshments and goodies etc.)
- ✍ GSM phone? + camera?
- ✍ + other personal items

More tips for FinLine packing may be found from Panu's baggage checklist
www.katukiitajat.fi/english/finline/tavarat.htm.

Guidebooks

If you are interested, you can read and print out the tourist material provided by the cities and places we are going to visit. The web addresses are easy: www.virolahti.fi, www.kotka.fi, www.kuusankoski.fi, www.asikkala.fi, www.luhanka.fi, www.kangasniemi.fi, and www.mikkeli.fi.

Finally, check that your insurance protection is extensive, helmet has been packed, and you are in a good mood for your FinLine experience.

See you in Helsinki on Monday morning!

With best wishes,
Street Gliders