

FNLD | 20 GRVL | 23



RIDER GUIDE

JUNE 10, 2023 — LAHTI, FINLAND



TM



FNL D GRVL is a new world-class gravel cycling experience held on the happiest gravel roads in the world. The combination of the quiet gravel roads and surrounding a traditional sporting city makes Lahti, Finland an unmatched European venue for a world class bike race. FNL D GRVL will be remembered for beauty, challenge and an amazing overall weekend experience for racers and their families visiting Finland.

Table of Contents

- 2 Welcome Letter
- 3 Lahti Information
- 4 Contact Information
- 5 Event Staff
- 8 Scavenger Hunt
- 9 Event Schedule
- 10 Wednesday Schedule
- 11 Thursday Schedule
- 12 Friday Schedule
- 13 Saturday Schedule
- 14 Sunday Schedule
- 16 Course and Maps
- 18 Support & Aid Stations
- 19 Medical Plan
- 20 Tech Support
- 21 Rules and Regulations
- 25 FAQs
- 27 Spectating
- 30 Awards
- 32 Sponsors

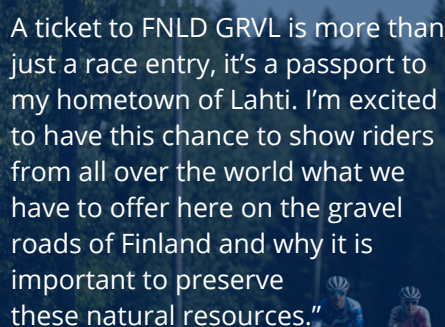


STAY CONNECTED THROUGHOUT THE EVENT



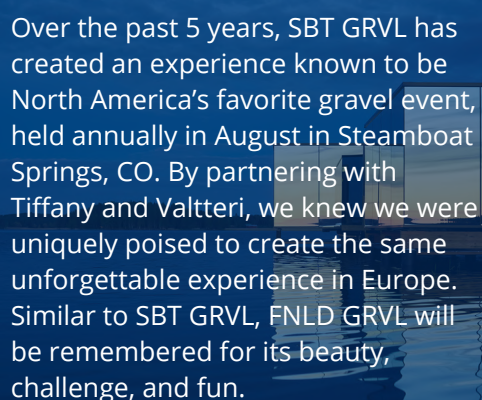
WELCOME TO LAHTI!

We are thrilled to welcome international gravel racers to the inaugural FNLD GRVL to experience the happiest gravel on earth. The mission of FNLD GRVL is to be Europe's best gravel event, while enriching the lives of all involved. The entire FNLD GRVL team is dedicated to creating an unforgettable experience for riders, spectators, volunteers, partners and sponsors.



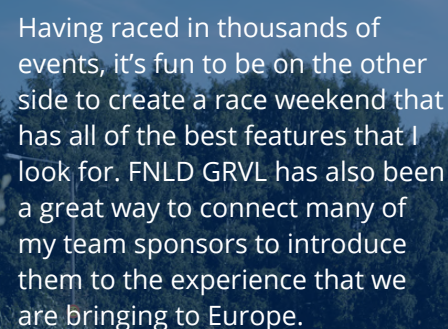
A ticket to FNLD GRVL is more than just a race entry, it's a passport to my hometown of Lahti. I'm excited to have this chance to show riders from all over the world what we have to offer here on the gravel roads of Finland and why it is important to preserve these natural resources."

—Valtteri Bottas



Over the past 5 years, SBT GRVL has created an experience known to be North America's favorite gravel event, held annually in August in Steamboat Springs, CO. By partnering with Tiffany and Valtteri, we knew we were uniquely poised to create the same unforgettable experience in Europe. Similar to SBT GRVL, FNLD GRVL will be remembered for its beauty, challenge, and fun.

—Amy Charity



Having raced in thousands of events, it's fun to be on the other side to create a race weekend that has all of the best features that I look for. FNLD GRVL has also been a great way to connect many of my team sponsors to introduce them to the experience that we are bringing to Europe.

—Tiffany Cromwell

In its first year, FNLD GRVL has attracted cyclists from 27 countries, aged 17 to 73 and brings the Lahti and international gravel cycling communities together for a weekend of camaraderie. Wherever you arrive from, FNLD GRVL is a great way for riders, fans, friends & family to experience the Lahti region by bike.

Whether you're racing the 40 km Green Forest route, the 77 km Blue Lakes route or the 177 km Black Midnight Sun route, you will be enthusiastically greeted by fans, volunteers and community members on the Finnish gravel roads.

Take time to soak in the scenery on the course, the deep forests and endless lakes, enjoy the on-course fun provided by many of our sponsors including Canyon, Schwalbe, Strava and SRAM. Look out for the Giro Photo Booth on the finish line, and relish the post race meal. Celebrate your accomplishment at the Post Race Party and enjoy music in the Lahti Harbor.

Thank you for being part of our international gravel community!

Valtteri Bottas
Tiffany Cromwell
Amy Charity

#VISITLAHTI



We are excited to welcome all of our athletes to Lahti for our inaugural FNLD GRVL event on June 10, 2023. Sports have always been a major part of the city's identity, with year round outdoor activities, healthy food, fresh air and the world's purest water. It's no wonder that Finland has been ranked "the happiest country in the world" by the World Happiness Report for the past five years in a row.

As a pioneer in environmentalism, Lahti became the first Finnish city to be appointed the European Green Capital in 2021 and will become completely carbon neutral in 2025. Our residents and businesses are truly leading the way in urban sustainable living and continue to look for ways to reduce our global footprint.

Lahti is conveniently located less than an hour's drive, or train ride, from Helsinki-Vantaa Airport, which provides our city of 120,000 global accessibility. With Lahti's transport hub, venues, restaurants, shopping streets and many hotels all close at hand, our city offers visitors an urban core surrounded on all sides by pristine lakes, forests and hundreds of kilometers of rural gravel roads.

FNLD GRVL will be based at the Lahti Sports Centre, which offers plenty of opportunities to enjoy outdoor activities – it is an impressive venue defined by its massive ski jumps and constructed specifically for major international sports events, but is also the launching point for over 100 km of nature trails for cross-country skiing, hiking, trail running and off road cycling. During the summer months, visitors can enjoy the wonderful view from the observation deck at the top of the Lahti Ski Jump tower and dip into the outdoor swimming pool.

Varied terrain and splendid lake views make the scenery of Lahti Region an exceptional cycling destination. The area of Salpausselkä UNESCO Global Geopark consists of seemingly endless unpaved roads, making it the perfect destination for an international gravel race . Fresh air, endless sun, and pure water define the Finnish Lakeland—the largest freshwater region in Europe and home to many of Finland's 187,888 lakes. The FNLD GRVL courses allow you to explore this amazing landscape created by the ice age and water by bike as you make your journey on any one of our three courses ranging from 40km to 177km.

Nauti ajostasi!

Sincerely the Visit Lahti team

CONTACT INFORMATION

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EVENT STAFF



VALTTERI BOTTAS

Founder/ Partner

While Valtteri travels the world racing for Alfa Romeo F1 Team ORLEN, he calls Lahti—the host site of FNLD GRVL—his hometown. He began racing at the age of 6 and has 10 F1 wins and nearly 70 podiums, including being part of 5 Constructors Championships. When not behind the wheel, Valtteri is an avid cyclist with a number of gravel race podiums to his name, and looks forward to creating Europe’s best gravel experience.



AMY CHARITY

Founder/ Partner

A Colorado native, at the age of 34, Amy left the financial industry to pursue her passion and a career in professional bike racing. Amy raced all over the world and at the highest level of the sport. She was a member of the US National Team, holds a national title in the Team Time Trial and raced in the World Championships. Amy owns and co-founded SBT GRVL, a gravel cycling event in Steamboat Springs, CO.

Favorite Finnish Dish: korvapuusti



TIFFANY CROMWELL

Partner

Born and raised in Adelaide, Australia, Tiffany Cromwell is a current member of the Canyon-SRAM professional cycling team and an Olympic athlete with two-decades of racing experience. As a partner with Bottas, as well as FNLD GRVL, Tiffany can be found atop podiums at the world’s biggest road and gravel races or alongside Valtteri on training rides before and after F1 events around the globe.

EVENT STAFF



MICAH RICE

Operations Director

Micah lives in Colorado Springs, CO. He moved to Colorado in 2009 to oversee the national events department for USA Cycling and between 2009 and 2017 oversaw over 100 National Championships, several Olympic Trials, and two World Championships for the governing body. Since then, he has been hard at work on other high-profile events such as North American events for Haute Route and the Pikes Peak APEX presented by RockShox. He currently is the Vice President of Event Strategy & Operations for Tourism Strategies and consults on events around the country.

Favorite Lahti Restaraunt: Taivaanranta, and try their reindeer appetizer.

Favorite Lake: Mytjäinen Beach, a short walk or ride from downtown.



RYAN STEERS

Director of Marketing

Ryan grew up in Virginia but after graduating from USC in 2007, he's now officially more Angeleno than Virginian. From one-handed 'Gram shots at OTR rides and events, to developing and coordinating marketing strategies, this formerly competitive gravel and mountain bike racer now enjoys riding for the SBT GRVL & FNLD GRVL team.

Favorite Finnish Dish: I can't wait to try reindeer. Don't tell my kids.

Favorite Lake: Do any have monsters in them? That one.



KALLE KOTIRANTA

Operations Manager

A native of Lahti, Kalle knows the gravel roads around Lahti inside and out. A sports multitasker, he's influenced many athletes, events, sports and organizations over the years and we're excited to have him on the team, on the ground in Lahti and on the gravel.

Favorite Finnish Dish: Fried vendace (muikku), reindeer, rye bread and karelian pie

Favorite Lake: Lake Nuija in Mäntyharju (our cottage), In Lahti Kymijärvi

Finnish greeting: Moi!

EVENT STAFF



EMILY COCKS

Athlete Services

Emily grew up in Michigan as a competitive swimmer, swimming for the University of Michigan through college. After graduating she moved to Chicago, got an office job as a Litigation Paralegal and found her way back to competing—this time in triathlons. She raced professionally for 7 years (while being a swim and triathlon coach) until retiring from racing at the end of 2016. Emily loves to run the trails every day with her two German Shorthaired Pointers, Winston and Rocco, and continues to coach for Tower 26.

Favorite section of the FNLD GRVL course: My plan is to run most, if not all, of the Forest route.



SAMI KAJANDER

Course Manager

Sami has lived in Lahti over 20 years, he is an avid cyclist and a geospatial engineer by trade. Geographic data and routing are close to his heart, so when he heads out for a ride, he never gets lost.

Favorite Lake: Lake Päijänne

Finnish greeting: Moro!



JENNA NAKARI

Production and Volunteer Coordinator

A native of Lahti, Villähde (the same “village” with Valtteri Bottas), Jenna has been involved in many event productions with different responsibilities from winter sports and motor sports to cultural events. Jenna looks forward to coordinating the amazing volunteers to take part in FNLD GRVL. She loves the hectic atmosphere of big events and she balances that energy with quiet time with family and friends as much as possible.

Favorite Lake: "Peukkuniemi" a small lake cove that can be reached within a few minutes' by walk. The spot is located at Lake Kymijärvi.

Strava Scavenger Hunt

Official Rules and Directions

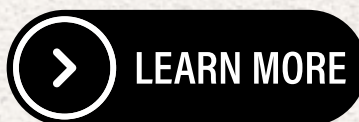
Riders have from 09.00 Thursday 08.06 to 17.00 Friday to complete the Strava Scavenger Hunt challenge. To complete the challenge, riders must:

1) Take a picture of the following items during a ride(s) around Lahti, and upload the images attached to their Strava ride.

- The road sign of Valtteri Bottas' hometown
- A caffeinated selfie at Kahiwa Coffee Roasters
- A can of official FNLD GRVL beer at Ant Brew
- A close up view of the Lahti ski jumps
- Pedaling to the top of Radio Tower Hill
- A selfie next to the Lahden Polkupyörähuolto bike shop
- Lakefront at Iso Tiilijärvi Beach. Swimming optional, but recommended.
- Your bike in front of the 52 windows of Ristinkirkko
- The Valtteri Bottas Limited Edition Canyon Grail in the wild (hint, make friends with Canyon at the expo).
- Revving it up at the Finnish Motorcycle Museum

2) Share an Instagram post featuring an image(s) from their scavenger hunt with #fnldgrvl and tag @strava & @fnldgrvl.

3) Complete the form in the link below and submit their ride information to have the chance of winning an exceptional prize to witness the biggest cycling race in the world.





Day	Activity	Start	Finish	Location
Wednesday				
	"Local's" Shake-out Ride Hosted by Lahden Pyöräilijät & Henttala Development Team	18.00	19.45	Downtown Lahti/Monthly Farmers Market
Thursday				
	Strava Scavenger Hunt	09.00	17.00	Sports Center
	Meetup & Portraits w/ Molly Cameron	09.30	10.45	Sports Center
	Canyon WMN's Ride hosted by Tiffany Cromwell (open to all)	11.00	12.30	Sports Center
	Expo and Packet Pickup	14.00	18.00	Sports Center
	Strava Social Ride	14.00	15.30	Sports Center
	Kid's Race Hosted by Lahden Pyöräilijät	17.00	18.00	Sports Center
	Lahden Cycling Club Ride	18.00	19.45	Sports Center
Friday				
	Strava Scavenger Hunt	09.00	17.00	Sports Center
	Castelli Shake-out Ride	09.00	10.30	Castelli Booth/Sports Center
	Expo and Packet Pickup	10.00	16.00	Sports Center
	Free Community Yoga Session	10.45	11.45	Fellman's Park
	Pro Rider Panel & Press Conference	13.00	14.00	Sports Center
	Castelli Happy Hour	13.00	14.00	Castelli Expo Booth
	Race Briefing & Questions	14.00	14.45	Sports Center Stage
	Zipp Shake Down Ride	15.00	16.30	Sports Center
Saturday				
	77k Lakes Course Start	08.00		Harbor
	177km Midnight Sun Start	09.00	19.30	Harbor
	40km Forest Start	09.05		Harbor
	Post race meal	12.00	19.30	Sports Center
	Limited Expo & Bike Wash	10.00	19.30	Sports Center/Finish
	Food Trucks Start Serving	19.30		Harbor
	Awards	20.00	20.45	Harbor
	Epic Finnish Afterparty w/ DJ, Live Music, Sauna, Hot Tubs... and more	20.45	24.00	Harbor
Sunday				
	Suunto Hangover Ride	10.00	12.00	Kahiwa Coffee
	Adventure Ride Options	On Own	Probably Never	Wherever the road leads

SCHEDULE



WEDNESDAY JUNE 7

EVENT	START	END	LOCATION
LOCAL PRE-EVENT SHAKEOUT RIDE HOSTED BY LAHDEN PYÖRÄILIJÄT & HENTTALA DEVELOPMENT TEAM	18:00	19:45	DOWNTOWN LAHTI — MONTHLY MARKET



SCHEDULE

THURSDAY JUNE 8

EVENT	START	END	LOCATION
STRAVA SCAVENGER HUNT	9:00	17:00	SPORTS CENTER
MEETUP & PORTRAITS W/ MOLLY CAMERON	9:30	10:45	SPORTS CENTER
CANYON WMN'S RIDE HOSTED BY TIFFANY CROMWELL (OPEN TO ALL)	11:00	12:30	SPORTS CENTER
EXPO AND PACKET PICKUP	14:00	18:00	SPORTS CENTER
SOCIAL RIDE	14:00	15:30	SPORTS CENTER
KIDS' RACE HOSTED BY LAHDEN PYÖRÄILIJÄT	17:00	18:00	TRACK — SPORTS CENTER
LAHDEN CYCLING CLUB RIDE	18:00	19:45	SPORTS CENTER



WHAT GRAVEL TYPE ARE YOU?

Whichever terrain you choose, the Schwalbe G-One series has the right tire for every rider.

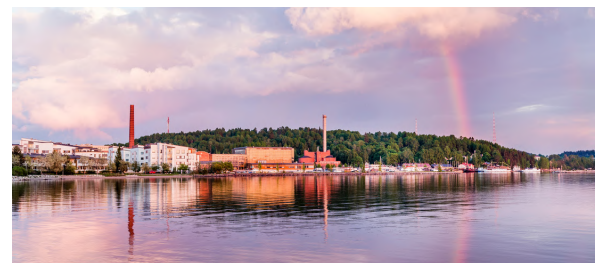
With the G-One RS, Cynthia Frazier managed to take the win at Across Andes

All gravel styles at [schwalbe.com/gravel-your-style/](https://www.schwalbe.com/gravel-your-style/)

SCHEDULE

FRIDAY JUNE 9

EVENT	START	END	LOCATION
STRAVA SCAVENGER HUNT	9:00	17:00	SPORTS CENTER
CASTELLI SHAKE OUT RIDE	9:00	10:30	CASTELLI EXPO BOOTH — SPORTS CENTER
EXPO AND PACKET PICKUP	10:00	16:00	SPORTS CENTER
FREE COMMUNITY YOGA	10:45	11:45	SPORTS CENTER
CASTELLI HAPPY HOUR	13:00	14:00	CASTELLI EXPO BOOTH — SPORTS CENTER
PRO PANEL & PRESS CONFERENCE	13:00	14:00	SPORTS CENTER
STAGE RACE BRIEFING & QUESTIONS	14:00	14:45	SPORTS CENTER
ZIPP SHAKE DOWN RIDE	15:00	16:30	SPORTS CENTER



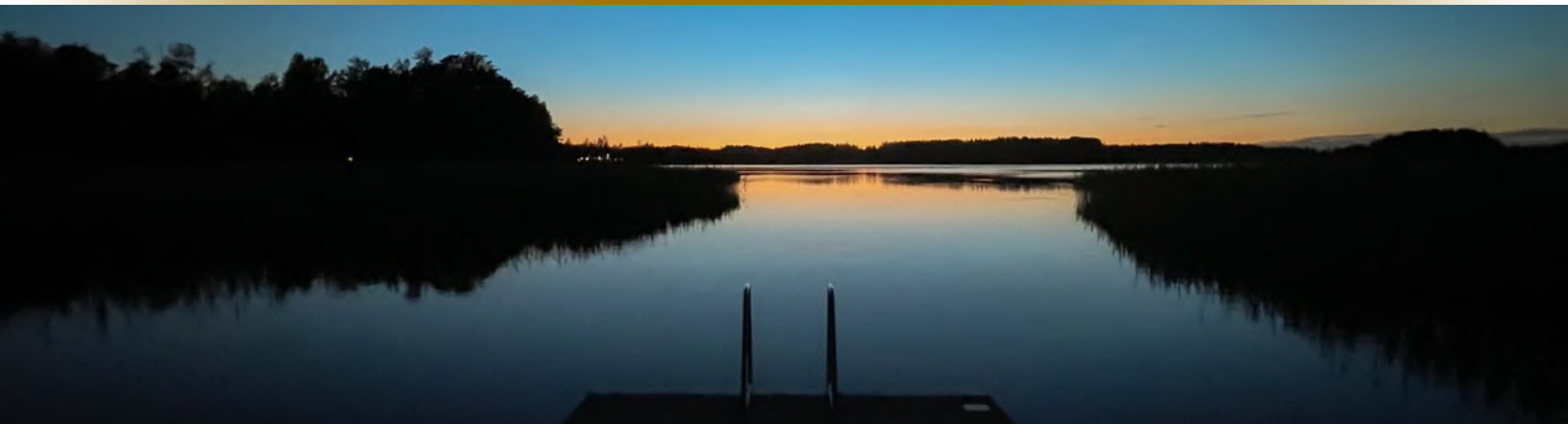
SCHEDULE



SATURDAY JUNE 10 RACE DAY

EVENT	START	END	LOCATION
77K LAKES COURSE START	8:00		HARBOR
177KM MIDNIGHT SUN START	9:00	19:30	HARBOR
40KM FOREST START	9:05		HARBOR
POST RACE MEAL	12:00	19:30	SPORTS CENTER
LIMITED EXPO AND BIKE WASH AT FINISH LINE	10:00	19:30	SPORTS CENTER
FOOD TRUCKS START SERVING	19:30		HARBOR
AWARDS	20:00	20:45	SPORTS CENTER
EPIC FINNISH AFTER PARTY W/ DJ, LIVE MUSIC, SAUNA, HOT TUBS, & MORE	20:45	24:00	HARBOR

SCHEDULE



SUNDAY JUNE 11

EVENT	START	END	LOCATION
SUUNTO HANGOVER RIDE	10:00	12:00	KAHIWA COFFEE
ADVENTURE RIDE OPTIONS	ON YOUR OWN	PROBABLY NEVER	WHEREVER THE ROAD LEADS





SBT GRVL
AUGUST 20, 2023
STEAMBOAT SPRINGS, COLORADO



[> LEARN MORE](#)



POWERED BY
Thomson



PRT TRAVEL
SEPTEMBER 20-23, 2023
ALGARVE, PORTUGAL



[> LEARN MORE](#)

FNLD GRVL COURSES:

MIDNIGHT SUN

Join us for our 177k ride that will see all the sights. Double track, wide open gravel roads, and even some farmland singletrack.

LAKES ROUTE

Our mid-distance ride at 77k.

FOREST ROUTE

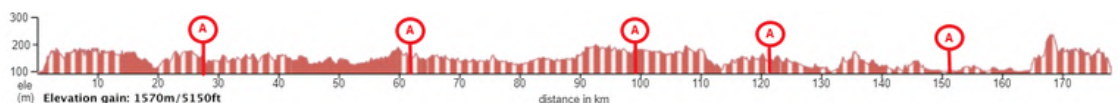
Enjoy our 40k short course and still have time and energy to cheer on others!



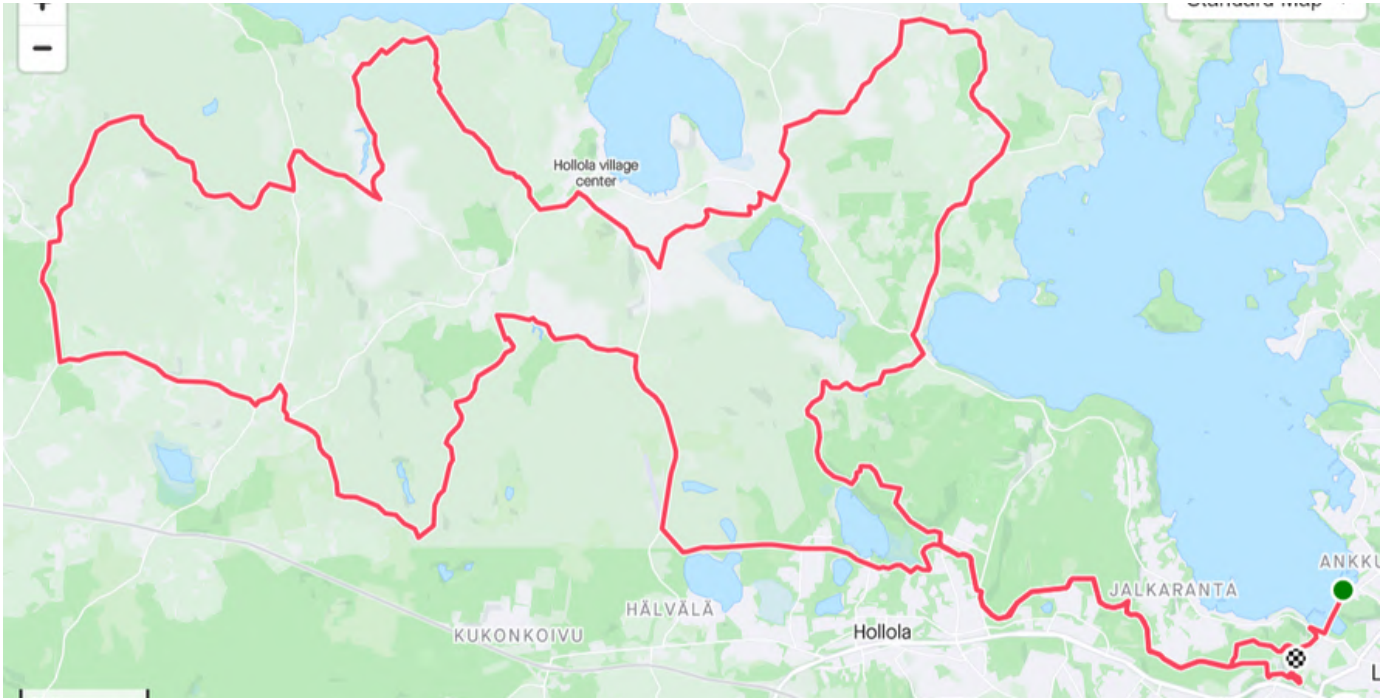
MIDNIGHT SUN

distance: 177.67 km

elevation: 2100m

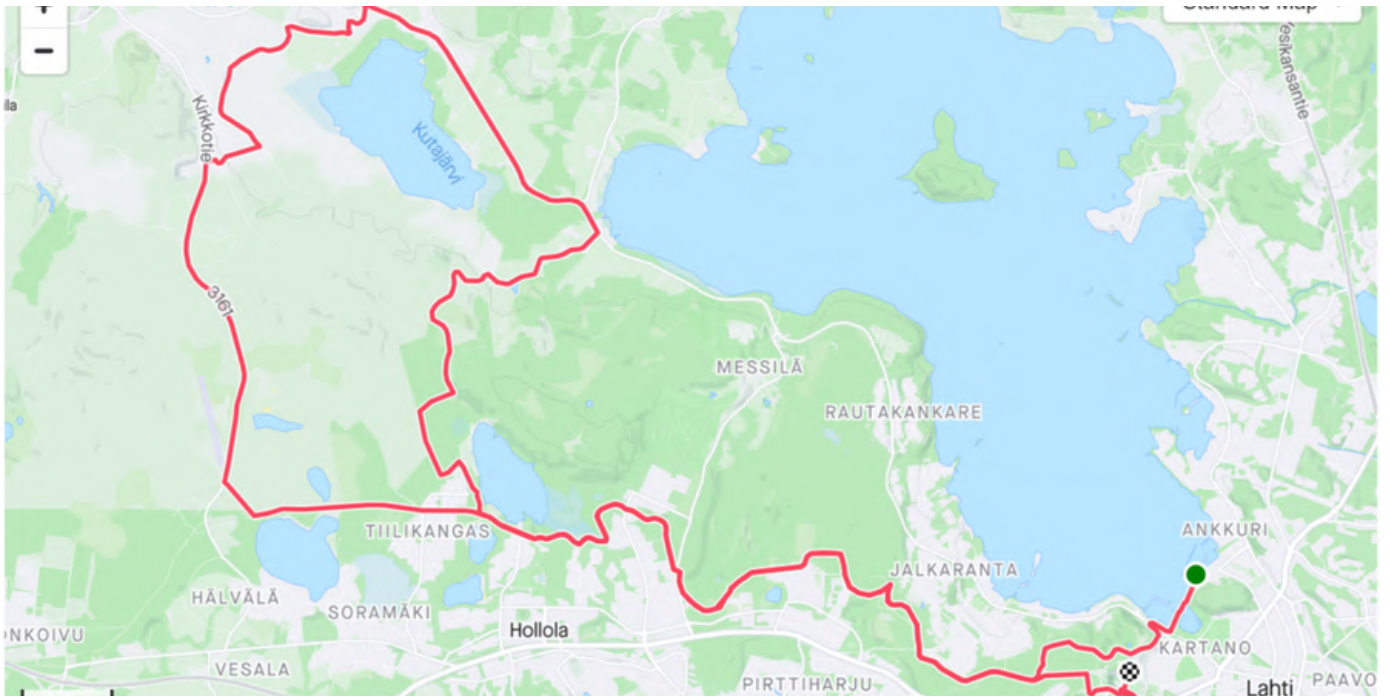
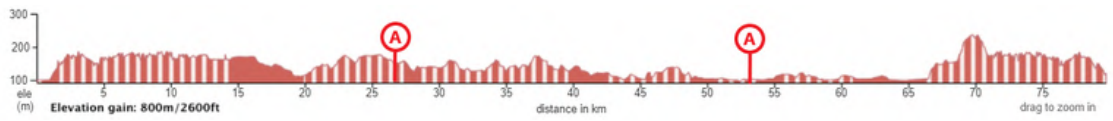


COURSE + MAPS



LAKES ROUTE

distance: 77 km
elevation: 1031m



FOREST ROUTE

distance: 41.5 km
elevation: 524m



WHAT TO EXPECT

One of FNLD GRVL's core values is fairness, and that applies to our aid stations. As all of you know, there is NO outside assistance allowed, and that includes receiving food or drink from anyone besides our volunteers at the aid stations. We have a fantastic partnership with Maurten, who will be providing a variety of energy chews and gels and hydration products. Their product is also certified free from gluten and common allergens.

In addition to the Maurten product, we will have other standard aid station items like bananas, snack mix, soda, and additional sweet and salty items. We will have TONS of water! If you have certain allergies or dietary restrictions, we suggest that you carry your snacks of choice with you.

Be sure to thank our aid station volunteers and sponsors when you see them out there! Many of our sponsors have extra goodies if you want to hang out. Those partners include Castelli, Schwalbe, Canyon, SRAM and our local bike shop partner, Lahden Polkyupkora, who will have neutral support at all the aid stations. In addition, Schwalbe will have tires and tubes available at the KM 27 aid station.

All aid stations will have medical personnel and portable toilets.

AID STATION	MIDNIGHT SUN COURSE (177K)	LAKES COURSE (77K)	FOREST COURSE (40K)
HATSINA (SCHWALBE)	KM 27	KM 27	
TUULIMYLLY (SRAM)	KM 62		
VAPPULANTIE (LAHDEN CYCLING CLUB)	KM 99		
REIVILÄNTIE (CASTELLI)	KM 121		
PYHÄNIEMI (CANYON)	KM 151	KM 53	KM 22
TOTAL FOR EACH COURSE	5	2	1



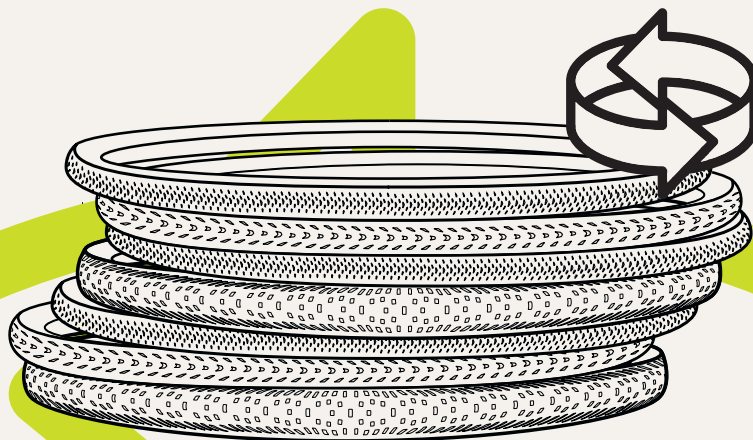
EVENT SAFETY + MEDICAL PLAN

One of our promises at FNLD GRVL is to “invest in the rider,” and nowhere is that more evident than in our medical and communications plan. We will not get into the nuts and bolts of our plan (that might just put you to sleep), but here are a few highlights we want you to be aware of as you ride “The Happiest Gravel Roads on Earth”.

- Racing Rescue Finland will have EMTs and Paramedics out on course on motorcycles and ambulances roaming the course looking for those who need help. We will also have medical supplies and help at each aid station.
- We have a dedicated course staff that is out there with one goal—to keep all riders on course and get them back to Lahti safely. This includes sweep van drivers, safety moto drivers, around 50 course marshals, traffic coordinators and fixed-point staff along the course.
- We will have a dedicated first aid tent at the finish line. Feel free to come by for any reason at all.
- Our overarching communication plan will be invisible to most of you, but we have a network of two-way radios, cell phones and emergency radios that will create a plan to allow us to jump into action if necessary.

NEW!
**WE RECYCLE
USED BICYCLE TIRES.**

SCHWALBE



Schwalbe is the first manufacturer in the world, that takes back used bicycle tires and recycles them.
ALL INFOS: [SCHWALBE.COM/RECYCLING-SYSTEM](https://www.schwalbe.com/recycling-system)



TECHNICAL SUPPORT ON RACE DAY

We know that many gravel races require that you always take care of your own mechanical support, but in our effort to level the playing field and not allow outside support, we hope to provide you with the help you need to finish your ride. Fully stocked aid stations are one way we help, but we also have several local bike shops that will be at the aid stations to help you if you need it. Technical support should be available at each aid station thanks to Lahden Polkupyörähuolto Oy.

In addition, Schwalbe will also be at our first aid station at 27km into the race to provide tires and tubes should you have a puncture. We suggest you carry the tools to fix a flat or two as well as some basic wrenches, but in a catastrophic mechanical situation we should be able to help you finish, even if it isn't that PR you are expecting.

After you are done, we will have a bike wash available if you want to scrub down your ride before it heads home.

Lastly, any tires or tubes that you need to get rid of post race can be dropped off at the Schwalbe tent near the finish line. They can get those recycled for you as sustainability is a big part of their ethos and Finland's as well.



XPLR

Roll with it.

ZIPP SMOOTHES YOUR RIDE WITH A PURPOSE-BUILT GRAVEL WHEELSET

The 101 XPLR arms gravel cyclists with more control and durability over harsh terrain, providing a smooth ride quality that helps reduce rider fatigue.

ZIPP



HAVE FUN! BE SAFE! RIDE SMART!

Riders must wear a helmet at ALL times while on the bike.

Follow the rules of the road. The roads are OPEN to vehicle traffic, so treat them as such! You do not want to take your chances mixing it up with a car. These rules include, but are not limited to:

Follow the centerline rule. Keep your bike on the APPROPRIATE side of the road. In Finland, that is the RIGHT side of the line. If you are visiting from another country for the race, make sure you are set on that before the gun goes off (and also, welcome to Lahti!).

Ride as far right as safely possible. Most of the paved sections have a shoulder, but if not, stay as close to the right as possible. Again, no one wants to mix it up with a vehicle.

On the gravel roads, please stay on your "side of the road". We realize that there is no line down the center but use your best judgement. This is especially important when going around blind corners. That car/tractor/reindeer/competitor is going to expect you to maintain your line on your OWN side of the road.

There will be **stop signs with no traffic control**. Treat them as such.

If you are reported violating road rules, you will be disqualified (some due process may be involved).

No direct outside support on the course (Friends, Family, Sponsors). Our Aid Stations will be fully stocked and our volunteers ready to assist you. Riders accepting support from a source not available to all riders will be disqualified.

Please let your loved ones know we don't want more vehicles on the roads. Refer to the spectating information below for recommended race viewing locations (we know that there will be plenty of people that want to come heckle, er...cheer for you!).

RULES + REGULATIONS

We know that you ride your bike a LOT. That is why you are here, right? Treat this race the same as being out for a ride.

Just because it is a "RACE" doesn't mean that there is a magical safety bubble around you. We mentioned that the roads are OPEN, didn't we? **Pass with care!** Do NOT pass in blind corners, let someone know that you are going to pass them (especially on the paved sections) and pass on the left. This should mean that the cyclist you are passing is staying as far RIGHT as possible.

No headphones, earbuds or operating you phone while riding. We know that the course is gorgeous. If you feel the need to pull out your phone to take photos and post to Instagram, please pull over to the right side, come to a complete stop and have at it!

No e-bikes (except for the designated e-bike race on the short course). They are AWESOME, but not for the race. Please don't make us go all UCI on you and check your bike (we just bought an X-ray machine, we don't want to have to use it). Come prepared to use single person power (except tandems). You've got this!

There are no call-ups at the start! This means that pros and amateurs will line up at the start line in the order that organically happens. The first 500 meters are neutral and the race starts on the first paved uphill. Show up early--all riders doing the same course will start together!



UNLIMITED
OMNES VIAE

R I D E
W I T H O U T
L I M I T S



CASTELLI

RULES + REGULATIONS



No aero bars! Trust us, you will want access to your brakes with the several significant dirt descents on course.

Lights are not required, and we will need to have all participants finished by dark. The sun sets late in Finland in June, so you should be fine (**see time cut off information in FAQ section**). Flashing tail lights are always helpful for vehicles who may come upon you during the race. We like being visible to traffic!

Please use the Port-a-Potties at the Aid Stations. Nature happens, but we try to leave the urinating in the ranchlands to the animals for which they are intended. This MOST DEFINITELY applies to the Start Line. We will be in town, near stores and families....and no one wants to see that! Riders that are spotted nature-ing with the animals will be disqualified.

Show your best character. Yes, we get that racing can be intense. But it is ONE day. You do not want to be forever known as "that person". Be courteous, respectful and generally act like a decent human being. We have a lot of respect for the city of Lahti and our courses do cross through private property, and we have worked hard to get permissions so that you can have an incredible day on the bike. Don't mess it up for everyone else!

Riders are expected to be prepared to deal with mechanical issues. Please bring extra tubes, a hand pump and/or CO2, tire plugs, etc. There will be some Neutral Support on the course thanks to our partners, but aim to be self-sufficient as their proximity to you is spread out.

This race is held in early June, and there was just a LOT of snow on the ground a few weeks ago. That means that our weather has the potential to be 32 degrees celsius and sunny or 0 degrees celsius and blustery. **Come prepared for any sort of weather.** Windbreaker, rain jacket, ear warmers, 3 pairs of gloves to choose from on race morning. It is okay to over pack your race bag. We won't judge. You are going to want options.

In the event of a natural disaster or weather that could be potentially dangerous to racers or volunteers (or our beloved spectators), the race will be delayed, shortened, postponed or canceled without refund.

All riders will be taking advantage of our awesome Aid Stations. That means you will have the pleasure of receiving the support of our INCREDIBLE volunteers. Make sure to give them a Thank You or a big smile and a head nod-whatever you can muster at that point!

Your jersey has pockets. Not only do they store your food, but they store your trash. **Please make sure to keep our beautiful scenery litter-free.** We would be happy to take your trash at the Aid Stations and the Finish Line. If you are seen littering during the event, we are sure we can come up with an appropriate punishment.

RULES + REGULATIONS



We LOVE spectators! Let's be honest, these are the people that make it happen. They came on an airplane with you just to watch you suffer for 10 hours and then tell you how awesome you are (don't get us wrong, we think you are awesome too!).

We would love for them to have **a copy of the Course Map** and see where we recommend setting up your cheering section. We are trying to limit traffic on the course so that we can make it as safe as possible for all participants. Please give them a big hug from us and tell them thank you for making it all worth it!

Stay on the course. This is a race. That means that everyone (in their respective distance category) must follow the same path. It is YOUR responsibility to be in the right place. Study the map, find someone who can show you how to download/upload/reload(?) the GPX files to your GPS enabled bike computer. Have some idea of where you are going.

The course will be well-marked, but sometimes things happen. Wind, vandals, rogue wildlife....**have a back-up plan.**

If you cut the race short you will be disqualified. We don't care if the reindeer misdirected you. Strava doesn't lie (well, rarely).

Listen to race officials. If a course marshal or moto marshal gives you a specific direction, you must follow it. If they tell you to stop, it is for a good reason! More than likely, your safety. We know that STOP is a very difficult direction to follow during a race, but we are sure you can make up those 15 seconds somewhere else while you are still ALIVE.

We are racing on a variety of county roads/private land. **Please treat them with respect.** Did we mention that we REALLY like riding around here and want to keep the community happy? You will be held liable for any damage or destruction you cause anywhere on the course. We will not charge you for any blood or skin you may leave out there.

If you find yourself needing to drop from the race, **please notify the nearest Aid Station.** FLND GRVL race directors reserve the right to make any last-minute course/timing changes as deemed necessary for a safe and successful race day.



CAN I SWITCH COURSES ON RACE DAY?

Yes. If you have started the Midnight Sun Route, but find yourself unable to finish the distance, you can make the turn onto the Lakes course when they separate at KM 31.7. You will then be given a finish time based on the Lakes Route if you let the official timer at the finish line know that you have changed courses—please let the timing station know at the finish that you have made the change as it will allow you to get your time quicker. Please note that if you start with the Midnight Sun Route group, you are ineligible for prizes in the Lakes course group. Same situation applies from changing from the Lakes Route to the Forest Route.

ARE THERE TIME CUT OFFS THAT I HAVE TO MEET?

There are two places where time cut offs will be enforced on the long Midnight Sun Course—there are no cut off times for the two shorter courses. Riders MUST average 18 KM per hour to the 62 KM cut off point (aid station #2). Midnight Sun course riders who don't make it to KM 62 by 12:30pm will be asked to take a shortcut to aid station #3 that will take off approximately 30 KM and leapfrog you ahead. There will be an additional cut off time at the last aid station (KM 151) and if you don't make it to that point by 5:30pm will be asked to take the green course back which will be a bit more pavement and a bit less climbing (20k back to finish line from the last aid station).

WILL THERE BE BATHROOMS AT THE START/FINISH AND AID STATIONS?

Yes! There will be bathrooms at the start at the harbor and plenty of facilities at the Sports Center at the finish line. There will also be toilets available at all Aid Stations.

WHERE DO I PARK ON RACE DAY?

All parking will be at the Sports Center parking lot. Please plan on parking at the finish line and then riding the 1 KM down to the harbor to the start line before your start time. When you finish, there will be food and a bike wash available. If you are staying downtown, we highly recommend riding to the start. You will have the ability to leave a bag at the finish line (inside the Sports Center) if you want!

IS THE COURSE CLOSED TO VEHICLES?

NO! YOU ARE RIDING ON OPEN ROADS! This is not a UCI road race–please remember that you are sharing the roads with cars and you may not have the right of way. Please follow the rules of the road and keep safety a top priority!

WHERE CAN MY FAMILY AND FRIENDS CHEER FOR ME ON COURSE?

In order to keep riders safe, we are trying to limit vehicle traffic on the courses. There are areas to watch in our Rider Guide on the Spectating page (next page). Watching the start and finish at the Sports Centre will be a good place to cheer as the riders head out and then finish their journey. There is also a huge hill on the other side of the Sports Centre close to the finish that will sure to have plenty of action.

WHEN ARE AWARDS AND THE POST RACE PARTY?

All awards (pro and amateur) will be at the Harbor (the place where the race started) at 8:00pm. There will be food trucks, music, hot tubs, saunas and more at the afterparty–bring your swimsuit and spend some time with your fellow racers! This is where all the action will be.



Sustainable tourism
in the Lahti region

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WHERE TO SPECTATE:

In order to keep riders safe, we are trying to limit vehicle traffic on the courses. Here are some areas that would be great options for spectating:

Start Line

The Midnight Sun (177k) riders will be starting at 9am, the Lakes route (77k) at 8am and the Forest route (40km) at 9:05am.

First uphill

A short half a kilometer uphill hike from the sportscentre will give you a great view of the riders as they head out on the course.

 [Click for map.](#)

177 km 09:03

77 km 08:03

40 km 09:08

Sykekatu

Sykekatu is a great spot to catch riders on all courses heading outbound and then on their return trip.

 [Click for map.](#)

Drive west from the sportscentre and follow the "hospital" signs. Just before the hospital turn right to Sykekatu and drive 500 m to park.

First riders going out / last riders going out

177 km 09:09 / 177 km 09:22

77 km 08:09 / 77 km 08:22

40 km 09:14 / 40 km 09:27


First riders going to finish / last riders going to finish

177 km 13:20 / 177 km 19:46

77 km 10:01 / 77 km 12:41

40 km 10:10 / 40 km 11:21

Kirkkotie bike path

 [Click here for map.](#)

There is plenty of parking space at the west side of the routes.

Drive west from the sportscentre about 9 km and turn right to Soramäentie. Then drive about 2.5 km and turn right again to Kirkkotie and continue driving for another 2.5 km. Parking spaces are on your left.


First riders / last riders:

177 km 09:23 / 9:55

77 km 08:23 / 8:55

40 km 09:30 / 10:00

Lammintie / Tuloisela Berry Farm - [website](#)


 [Click here for map.](#)

Drive west from the sportscentre about 27 km and turn right to Hämeenkoski. Then drive about 1.5 km and turn right to Asikkala and continue driving for another 11 km. Make a final right and drive for 700m to the Tuloisela Berry Farm on your left. Watch the riders roll through and then grab some fresh summer berries! (Note: spectating for 177km course only)

First riders / last riders:

177 km 10:25 / 12:26

Kurhilantie / Hilliläntie / Hillerin cafe - [website](#)

 [Click here for map.](#)

Continue from Tuloisela Berry Farm for 14.5 km and the Hillerin cafe will be on your left.


You can also drive north from the sportscentre via road 24 for 32km and turn left to Lammi.

Drive 2.7 km and the Hillerin Cafe is straight ahead. (Note: spectating for 177km course only).

First riders / last riders:

177 km 11:50 / 15:52

Kirkkotie

 [Click here for map.](#)

There is plenty of parking spaces at the grocery store + snacks at the store—spectating is hard work!


Continue from the "Kirkkotie bike path" for 5.5 km and the grocery store "Sale" is on your right. You can also drive 17 km northwest from from sportscentre road 2956 and the "Sale" is on your left. (Note: no 40km riders will pass through this point)

First riders / last riders:

177 km 12:41 18:13

77 km 09:23 11:07

Steep section of the Tiirismaa hill

 [Click here for map.](#)

There is limited parking space at Vesipojantie and more space at Arvi Hauvosentie.

Drive west from the sportscentre about 9 km and turn right to Soramäentie. Then drive about 500 m and turn right again to Tiilikankaantie and continue driving for another 2 km. Turn left to Vesipojantie and drive for 1 km and the steep section of Tiirismaa hill will be straight ahead.

Or

Drive west from the sportscentre about 6 km and turn right to Messilä. Then drive about 1.3 km and turn left to Televisiotie. Continue driving for 700 m and the parking will be straight ahead.

Walk along the FNLD GRVL route for 2.5 km. Please walk on the side of the road and be cognizant of the riders. (Note: no 40km riders will pass through this point)

First riders / last riders:

177 km 13:10 / 19:20

77 km 09:45 / 12:15

Finish line

Sportscentre

First riders / last riders:

177 km 13:30 / 20:05

77 km 10:05 / 13:00

40 km 10:15 / 11:40



MIDNIGHT SUN COURSE AWARDS

For the FNLD GRVL Midnight Sun the Pro field will be awarded Open/Female:

1st €5,000

2nd €2,000 3rd €1,500 4th €1,000 5th €500

Place awards in each age category male/female:

29 and under, 30-39, 40-49, 50-59, 60-69, 70+ and Single Speed, Non-Binary and Para Cyclists:

1st: Prize Pack | **2nd:** Prize Pack | **3rd:** Prize Pack

LAKES COURSE AWARDS

Overall Top 3 males/females for each course will be awarded Prize Packs.

Place awards in each male/female category for each course:

Under 18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+ and Single Speed, Non-Binary and Para Cyclists:

1st: Prize Pack | **2nd:** Prize Pack | **3rd:** Prize Pack

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See you in 2024!