



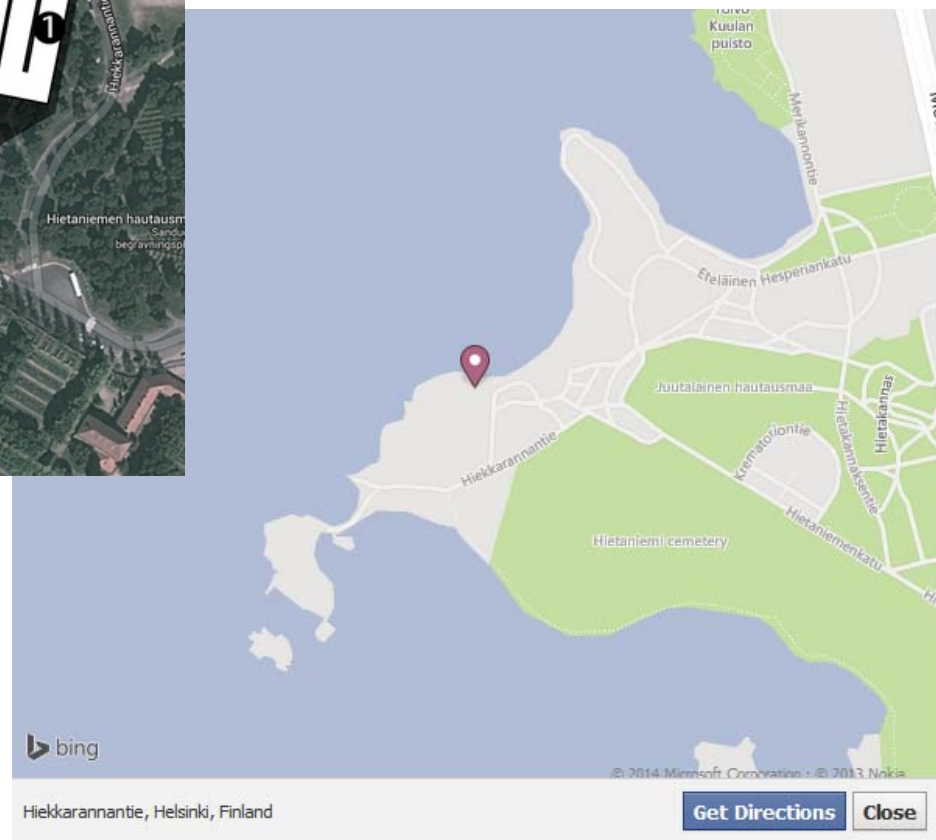
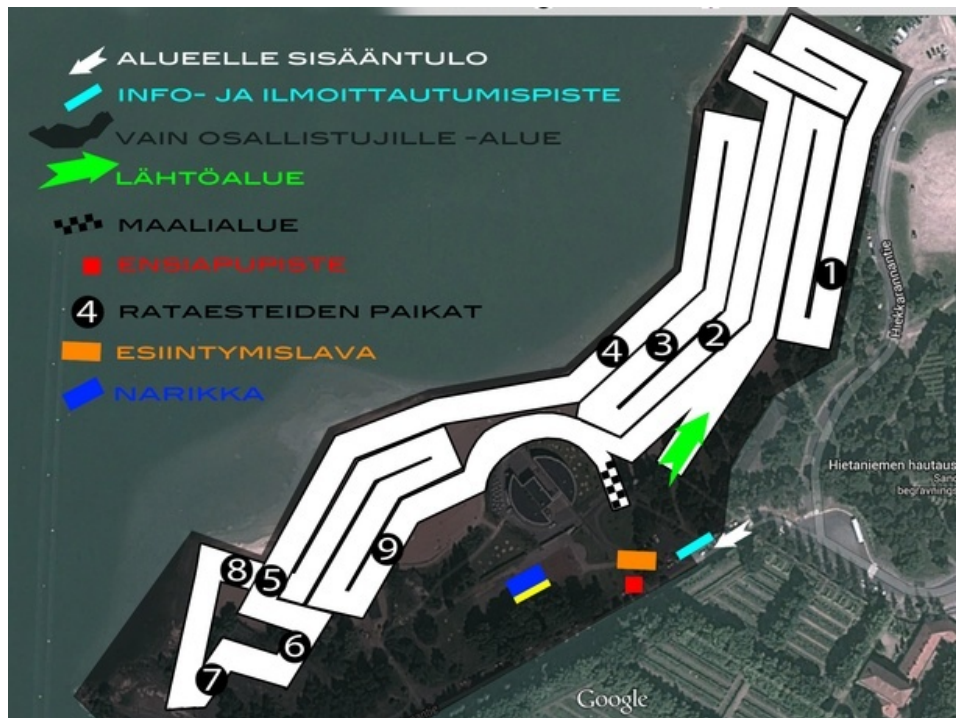
SNOWRUNFEST

8.2.2014

**Important Info to Warriors
ladies team**

BASIC info:

- **About snowrun:**
 - Idea is to run 5km long, at least 7m wide snow running track. During the run we face obstacles such as: six-meter-high inflatable slide, black-lit crawling obstacle, climbing net, inflatable barricades, sledding hill, gladiators, etc...Theres disco lights and music on the way.
- **Address: Hiekkarannantie, 00100 Helsinki (Hietsu beach area), ask for directions, if you need some.**
- **STARTING TIME** for our run (fun group number 11) is 19:10, according to schedule.
- There is a **snowrunfest package** that everyone needs to **pick up** before the run!
- Package includes a **wristband to put in your wrist (its a ticket to the area and to after party in Tiger)**, beanie and some glowing wristbands. This package can be picked up beforehand on Friday or on Saturday.
- Teija and Lilli are going to get their own packages on Friday, so If you want them to take yours at the same time let them know! (Apparently those that pick up their package on Friday, gets a free training session in Fressi.) You can also pick up your package on Saturday, starting from 1pm or at latest 45 min before the run. Think about timing for avoiding the queue. You have to present your ID-card when getting your package.
- **We´re attending this event as a team. We will accomplish the run together by helping each other out. Everyone stays in the group together and no one is lost and drown to ballsea..**
- **Dresscode: We´re wearing our rugby game gear, except for the shoes! (see clothing and weather page for this)**
- **There is a free cloakroom (cold space) that everyone can leave one bag in. Just notice that you need to reserve enough time and patience for this! If there´s a chance to leave our valuables and other stuff to somewhere else, someones place, car etc. let us know..**
- **There´s also a cafe that you can buy food from. After the run everyone receives a small bag that includes some recovery drink and some stuff from sponsors.**
- **No own alcohol beverages! Buy beer from cafe, if you like.**



- **The route and a map of Hietu.**
- **Darkened area=area that only snowrunners can attend.**
- **We meet each other in front of entrance (white arrow) 16:40.**

Schedule:

- **COME TO HIETSU AND SNOWRUN ENTRANCE-AREA ON SATURDAY AROUND 16:40! WE GATHER UP AS A GROUP AND LEAVE OUR STUFF TO CLOAKROOM. WARM-UP STARTS AT 17:00!**
- **Those who come later: try to call us and arrange a meeting point. See the schedule where we will be at certain times. Find us in start-up area at latest 19:10. 😊**

Friday 7.2.

- **10:00-18:00 Snowrunfest package (that includes your ticket) can be picked up beforehand from Fressi (Annankatu 31-33 Helsinki) Ask Lilli or Teija, if you want them to pick up your snowrunfest-package.**

Saturday 8.2.

- **13:00 Office opens and enrollment starts**
- **16:00 Gates will be officially opened, music starts and selling points open up their doors (bring some money if you want to buy something)**
- **16:40 MEETING IN FRONT OF THE ENTRANCE GATES.**
- **17:00 Group warm-up together, by Fressi. Be there with the team!**
- **17:30 competing group starts**
- **18:00-> Fun groups starting each group at their own time**
- **18:00 Some more warming up/training sessions/games on festival stage**
- **19.10 OUR SNOWRUN (in group 11) STARTS! (check out on the runday, if there´s any changes made in this)**
- **After run: lets take group photos and hang around!**
- **21:00 Event ends in Hietsu**
- **21:00 Afterparty in Tiger. free entrance with your wristband, special offers 21-23:00. we´re going to go and check out this party together! If its no good, there´s a nice bar next door called Aussie bar.. ;)**

Clothing and Weather:

- We are dressed up as rugby players! ->Which means gameshirt on top of your other clothing, mouth guard, possible scrumcap, socks etc. BUT No rugby boots! The rules of the snowrunfest says that everyone must have shoes without any possible sharp pieces that might blow up or break their inflatable slides. So wear normal running shoes or something with flat sole.
- Everyone who is going to be in training on Thursday, will get a gameshirt for Saturday from Pinja. Those who cant make it to practice, will get a shirt from Teija on the snowrun day. Just let Teija know this beforehand so she knows how many shirts needed.
- It seems it wont be very cold, but can be wet.. According to Foreca weather forecast it will rain some sleet and temperature is around +2 degrees celcius.
- You might want to wear some waterproof clothing underneath your gameshirt, since we´re crawling on the ground... And change into something dry and warm afterwards..



LAUANTAI 8. helmikuuta			Ke To Pe La Su Ma Ti Ke To P « Perjantai Sunnuntai »
08.00		+2° ↑ 7 m/s	Pölyistä, mahdollisesti vähäistä räntäsadetta Suht. kosteus: 91% Sateen todennäköisyys klo 06-18: 98%
08.19			Aurinko nousee
11.00		+2° ↑ 7 m/s	Pölyistä, ajoittaista räntäsadetta Suht. kosteus: 97%
14.00		+2° ↑ 7 m/s	Pölyistä, runsasta räntäsadetta Suht. kosteus: 97%
16.51			Aurinko laskee Päivän pituus 8 h 32 min
17.00		+2° ↑ 7 m/s	Pölyistä, ajoittaista räntäsadetta Suht. kosteus: 94%
20.00		+3° ↑ 7 m/s	Pölyistä, mahdollisesti vähäistä räntäsadetta Suht. kosteus: 92% Sateen todennäköisyys klo 18-06: 74%
23.00		+2° ↑ 6 m/s	Melko pölyistä ja poutaa Suht. kosteus: 93%
02.00		+2° ↑ 6 m/s	Melko pölyistä ja poutaa Suht. kosteus: 93%
05.00		+1° ↑ 5 m/s	Melkein selkeää ja poutaa Suht. kosteus: 92%

Go Warriors GO!

