



Fin5



ORIENTEERING WEEK

Imatra • Ruokolahti
12.–17.7.2010



SAIMAA 'S NATURE AND FORESTS – ORIENTEERING AND HOLIDAY

We have a pleasure to welcome you to the Fin5 Orienteering week 2010. The Fin5 Orienteering week will take place in the Imatra-Ruokolahti area in the heart of South-Carelia, the south-eastern county of Finland. The region is famous for its large forest areas, Lake Saimaa, the River Vuoksi and Imatrankoski Rapids. Make your Fin5 Orienteering week an unforgettable experience by enjoying orienteering in various and challenging terrains and having a holiday feeling in the middle of a friendly and cosy Carelian culture.

The Saimaa region is a unique area with many details from the ice age still visible. It has been appreciated as one of the candidates for World's Heritage Sites. Labyrinth-like lakes and rivers surrounded by hills and numerous small rocky islands are typical to the region. If you are lucky, you can catch a glimpse of the Seal of Saimaa, a rare species, as only 250 individuals are still living in the Saimaa region.

The history of Finland has been modified several times around the Imatra-Ruokolahti region. The landmarks of ancient borders are still visible very close to the Fin5 competition area. The Border Museum in Imatra and many other historical sights give you a wider understanding of the Finnish history between East and West. The existing border which is in Imatra, is also the border between the European Union and Russia.

Its impressive to hear the roars and see the Imatrankoski Rapids run freely during the shows.



Location

Fin5 Orienteering week's Event Center will be in the middle of Imatra city. The Event Center consists of a sports hall and neighbouring major schools, all these situated along the River Vuoksi and surrounded by beautiful park forests. All services and facilities are just within a few minutes walking distance. In the Event Center there will be classroom accommodation available.

The Competition Center will be in Jukajärvi village in Ruokolahti, some 50 km from the Event Center. The Competition Center will remain in the same place during the whole week. All activities in the Competition Center are centralized to a small area. The distances are short, e.g. from car parking to finish area it's no more than 500 m. There will be bus transportation from the Event Center to the Competition Center.

Terrain

We want to offer you rich and challenging terrains. The competition area consists of large forest areas almost totally missing any buildings. Main trees are pine and spruce and runnability and visibility vary from good to moderate. There are numerous 30-60 m hills but also marshes and flat areas in between. During the week you will visit places like Pitkäpäänkangas, Härköjankangas and Puputinsuo.

Diversity of the terrains will give an excellent opportunity for the course setters to plan courses for different target groups. Elite orienteers will encounter demanding orienteering tasks as well as challenging physical competitions, the courses varying from middle to long distance. For those who like to take it easier we will offer pleasant courses which require less physical stress but still offer challenges in orienteering. A special focus will be on children's and beginners' categories to ensure successful experiences and learning in orienteering.

The 2nd competition day for H21 and D21 runners on 14th of July will be a sprint distance race in the middle of Imatra city. The course will take the elite competitors around the Imatrankoski Rapids, the old castle hotel Valtionhotelli and the Promenade of Imatra. After the elite race there will be an open race for everyone to participate.

Program

Fin5 Orienteering week 2010 takes place during 12-17 July 2010. The official event days last from Monday to Saturday. After the 2nd day there is a rest day on Wednesday 14th of July.

The program of the week

Sunday 11.7. Arrival. Event Center open. Imatra.

Monday 12.7. 1st Event day, middle distance. Jukajärvi

Tuesday 13.7. 2nd Event day, long distance. Jukajärvi

Wednesday 14.7. Rest day. H21E and D21E sprint distance competition in Imatra

Thursday 15.7. 3rd Event day, long distance. Jukajärvi

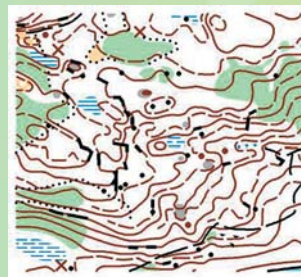
Friday 16.7. 4th Event day, middle distance. Jukajärvi

Saturday 17.7. 5th Event day, long distance. Jukajärvi



1. competition. Middle distance

A short middle distance competition. Demanding orienteering in slopes with many details.



2. competition. Long distance

Full length long distance competition. A lot of route choices and change of orienteering tempo in terrains with several rocky hills and rich with details.



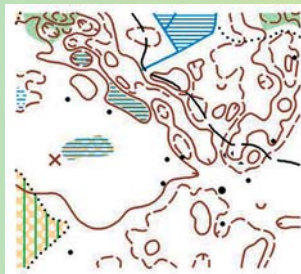
3. competition. Long distance

Steep slopes and varied terrain type. The total climbing gives also physical challenges especially to elite runners.



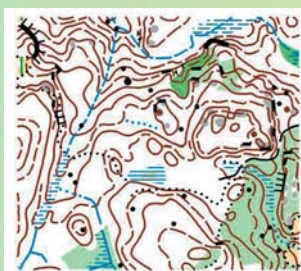
4. competition. Middle distance

Possibility to keep good speed in fast and open terrain. In the end of the courses demanding orienteering until the last control.



5. competition. Long distance

Terrain of the last day consists of forests of different age, forest ponds, marshes and slopes with small cliffs. Demanding route choices and demanding controls in slopes.





Elite runners and skilled orienteerers

For elite runners and those who compete actively in different age categories we offer physical challenges and demanding orienteering. You have to be able to adjust your orienteering skills and concentration to the demands of different days and courses. Some day you can enjoy orienteering in a fast terrain keeping good speed, the other day you will encounter exhausting uphill and more technical demands. You will need good route choice skills but also more precise orienteering skills in slopes and covered terrain parts. The winners of the Orienteering week must adjust their mental and physical capacity to last the whole week.

The extra speciality for H21E and D21E will be the city sprint distance competition in beautiful and unique surroundings of Imatrakoski Rapids, in the middle of Imatra city. This will be the qualification race of Finnish national team to WOC and will take place on Wednesday, the rest day.

And if you prefer to concentrate on training more than competing seriously, the Fin5 offers an excellent opportunity for this, too.

Fin5 Open classes

Fin5 2010 will offer both traditional activities and something new for Open classes. Traditionally you can freely choose the difficulty and length of the course as well as the start time. There will be five different courses with varied difficulties and lengths every day. The starts will be set to the same direction as the starts of other categories which means easiness and flexibility for families to enjoy the week.

The first of the novelties is an Open race on Thursday, the 3rd Event day. It will be a mass start for a course about 15 km long, duration 2-3 hours. This is especially planned for those who like to meet extreme physical challenges or have a good endurance training. It's guaranteed that the course will pass over the highest hills and through the largest marshes.

The second novelty is the courses planned for Nordic walkers and runners. In these courses the orienteering is easy and is based on simple route choices on the road network of the area. You can perform the route alone or with your friends. With the map it's easier and much more interesting. Enjoy the inspiring experience in the middle of a forest nature.

The third novelty is that you can participate in an orienteering course for beginners where you will learn orienteering. You don't need to have earlier experience. First you will be taught the basics of orienteering and will go the forest in small groups with a trainer. In the end of the week you can perform an individual skill test. Just come and join the group!

So, why not create an active holiday! At the same time you can see and feel the warm and cosy atmosphere of a big international orienteering event.



Kuva: Jyrki Saarivaara

Children and juniors

For children and juniors there will be a lot of activities and places worth visiting during the Fin5 2010.

When planning the children's and junior's courses the most important goal has been to ensure successful orienteering experiences. The courses for the youngest age categories will be in the easiest and safest areas near the Competition Centre. For experienced juniors we give the possibility to test their skills in more challenging terrains with more demanding orienteering. The starts of the children's and juniors' courses will be set to the same direction with other starts. This helps parents and caretakers and creates a feeling of safety for children.



HIPPO Child care and HIPPO Open Course

During the Fin5 2010 the Child care is named 'HIPPO-Muksula' which offers guided activities for the children over 1 year of age. The patrons of both the Child care and the Children's Open Course 'Rastiralli' are Henri and Hanna HIPPO who will guarantee interesting activities and exciting surprises for the youngest participants.

In the Competition Centre there will be many exciting presentations which are somehow connected to the forest e.g. a forest harvester, a harvester simulator and many others.

In addition to orienteering children always enjoy swimming in pure waters, rowing a boat on a lake and fishing. The river Vuoksi, Lake Saimaa and numerous smaller lakes give perfect opportunities for these activities. Or you can visit the Imatra Spa, Waterpark of Punkaharju, Olavinlinna Castle, Finnish Forest Museum and Retretti Art Centre, just a few to mention.



Teams and sport clubs

The Fin5 Orienteering week offers also something new for teams and sports clubs. There will be a competition for the Best Team or Sports Club Award of the Fin5 Orienteering week 2010. More details available on our net pages <http://2010.fin5.fi/> in fall 2009.

Accommodation

Various accommodations are available around the Imatra-Ruokolahti area. There are hotels, hostels, camping areas, cottages, classrooms and private houses. We will help you find the most suitable accommodation for your needs. There will be more information on our net pages <http://2010.fin5.fi/> in fall 2009.



PUUMALA



PARIKKALA



SULKAVA



PUNKAHARJU



RAUTJÄRVI

Fin5 2010 Main sponsors

Tornator – responsible forestry expertise

Tornator Oy is, with about 600,000 hectares of forestlands, the third largest forest owner in Finland, and a responsible and expert forestry company that utilises forest resources and land property according to principles of sustainability.

Tornator's core business is wood production and the sale of cutting rights. The company also provides forest management services, sells high-quality holiday home plots and extractable soil resources, and leases rights of access to its land.

Tornator employs nearly 200 forestry professionals, mainly in eastern and southeastern Finland.

Besides the head office in Imatra, the company has 14 regional offices around Finland as well as subsidiaries in Estonia and Romania. WELCOME AS OUR CUSTOMER!



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ONE WAY THE AUTHENTIC NORDIC SPORTS BRAND



ONE WAY is a leading Authentic Nordic Sports brand from Finland. ONE WAY products are today available in 25 countries World wide.

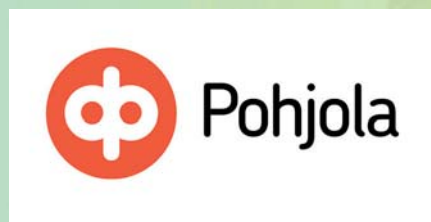
The very strong and authentic focus in Nordic Sports with all our products like ski poles, Nordic walking poles, textiles and Nordic Sports footwear has been one of the reason for the good feedback World wide.

As a Scandinavian brand we are already serving today many sports enthusiast from the orienteering sport with our products.

We believe very much in the growing and exciting sport Orienteering and have also committed our self to support and develop this sport and their products in the future.

Fin5 will become one of the most exciting and popular Orienteering event in Finland; most probably all over Scandinavia. We are proud to be partner of this event and wish to meet the orienteering scene in a beautiful area around Imatra with a unique competition.

STORAENSO



In co-operation



Innotiimi has the ability to orienteer in the environments of organisations and work communities.

During the development processes of work communities, we help to find the courses which take through the right controls to the joint targets. On the development map there are usually many good route choices. It's important to be alert, observe and evaluate.

Innotiimi's specialities are the improvement of innovation and renewability of the work communities, leadership development, steering through processes of changes, making meetings more effective and the development of teams and team work.

Innotiimi has been and still is strongly involved in orienteering. We have participated in the Jukolan Viesti relay 7 times and the development of the Orienteerer's Tendency Analysis started in Innotiimi. We continue on the chosen course towards new controls.



Feedback for development



Rajavartiolaitos
Kaakkois-Suomen rajavartiosto



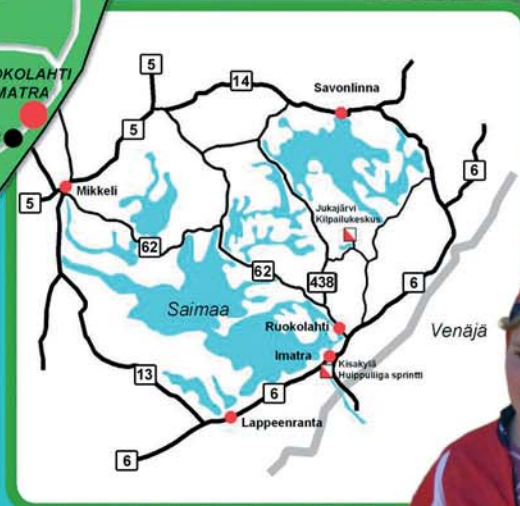
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