



## **46. EFNS in Joensuu/ Kontiolahti - Finnland**

### **ORGANISATION**

Project organisation	Kontiolahti Sport Club
Schirmherr / Patron	Pentti Hyttinen, Region Mayor, Region of North Karelia
Council	Esa Etelätalo, Karelia University of Applied Sciences
OK Vorschitzender, Chairman	Karelia Expert
Unterbringung, Accomodation	Raimo Hulmi, Kontiolahti Sport Club
Wettkampsleiter, Competition Chief	Asko Puhakka, Karelia University of Applied Sciences
Marketing	

Ansprechpartner / Information:

Esa Etelätalo, [esa.etelatalo@karelia.fi](mailto:esa.etelatalo@karelia.fi)  
Raimo Hulmi, [raimo.hulmi@kolumbus.fi](mailto:raimo.hulmi@kolumbus.fi)

### **PROGRAMM 17.03.2014 - 22.03.2014**

Mo / Mon 17.03.	Ankunft / Arrival
Di / Tue 18.03.	Exkursionen / Excursions 19.00 Eröffnungsfeier / Opening ceremonies in Joensuu 20.00 Mannschaftsführersitzung / Team captains Meeting
Mi / Wed 19.03.	09.00 – 12.30 Training 14.00 Wettkampf freie Technik/ Competition free technique
Do / Thu 20.03	08.30 Wettkampf klassische Technik/ Competition classic technique 19.00 EFNS Mitgliederversammlung, EFNS meeting
Fr / Fri 21.03.	09.00 Staffel / Relay Fest der Nationen / Come-together of the nations 19.00 Siegerehrung, Abschlussfeier, Abendessen, Tanz/ Award ceremony, closing party, dinner, dancing
Sa / Sat 22.03	Abreise/Departure <i>ODER alternativ:</i> Pogostalauflauf / Pogosta Ski Race in Ilomantsi (siehe Anhang / see attached information below)

## **WETTKAMPBESTIMMUNGEN**

Die Wettkämpfe werden entsprechend den Wettkampfbestimmungen der EFNS durchgeführt.

Teilnahmeberechtigt sind:

- Angestellte von Forstunternehmen/ Holzunternehmen/ Holzverarbeitung
- Angestellte von Forstunternehmen/ Holzunternehmen/ Holzverarbeitung im Ruhestand
- Forststudenten und Forstschüler
- Waldbesitzer
- Förster
- Personen, die eine abgeschlossene Forstausbildung vorweisen können
- Waldarbeiter

Außerdem sind zur Teilnahme Mitarbeiter des Holzverarbeitenden Gewerbe berechtigt und herzlich willkommen, d.h. insbesondere

- Mitarbeiter von Sägewerken
- Mitarbeiter von Zimmereien und Schreinereien
- Mitarbeiter von Pelletsproduktionen
- Mitarbeiter von Holzbau-Betrieben

Außerdem sind zur Teilnahme Familienmitglieder aller zuvor genannten Personengruppen berechtigt.

Bitte beachten Sie, dass Sie auch nur teilnehmen können, wenn Sie Ihren ständigen Wohnsitz in einem europäischen Land haben.

Für Sponsoren bieten wir die Möglichkeit, in einer Gästeklasse zu starten.

### **Wettkämpfe (Einzelwettkämpfe)**

Klassische Technik (KT) & Freie Technik (FT)

Damen D13 - D 71	5 km
Herren H 13	5 km
Herren H 16	5 km
Herren H 19 - H 71	10 km
Herren H 81	5 km
Versehrte	5 km
D13, H13, D16, H16, Versehrte ohne Schießen	

#### **Schießen:**

Nach der 1. Runde:

5 Schuss, 50 Meter, stehend angestrichen. Für jeden Fehlschuss ist eine Strafrunde mit 150 Meter zu laufen

#### **Zeitstrafen:**

Jeder nicht abgegebene Schuss bzw. jede nicht gelaufene Strafrunde ergibt eine Zeitstrafe von 2 Minuten

**Disqualifiziert** wird, wer im klassischen Wettkampf die Freie Technik läuft.

**Klasseneinteilung** Einzellauf, Damen und Herren, Jahrgänge  
**Classification** single run, ladies and Men, year of birth

Schüler D13, H13	1999 und jünger/ younger
Jug./youth 16, D 16, H 16,	1996-1998
Damen, Herren / Ladies, Men D 19, H 19	1984-1995
Damen, Herren / Ladies, Men D 31, H 31	1974-1983
Damen, Herren / Ladies, Men D 41, H 41	1964-1973
Damen, Herren / Ladies, Men D 51, H 51	1954-1963
Damen, Herren / Ladies, Men D 61, H 61	1944-1953
Damen, Herren / Ladies, Men D 71, H 71	1934-1943
Damen, Herren / Ladies, Men D --, H 81	1924-1933
Versehrte/disabled, D/V, H/V, alle/all	
Gäste/guests, D/G, H/G, alle/all	

**Staffelwettkämpfe** ohne Schießen/ **Relay races** without shooting:

D13, H13 3 x 5 km, (1 KT + 2 FT)  
Damen und Juniorinnen/Ladies and Juniors, D 19 - D41 3 x 5 km, (1 KT + 2 FT)  
Damen über 51/Ladies over 51, 3 x 5 km, (1 KT + 2 FT)  
Damen und Herren, Ladies and Men, D 16, H 16, 3 x 5 km, (1 KT + 2 FT)  
Versehrte/disabled, DV/HV, 3 x 5 km, (1 KT + 2 FT)  
Herren und Junioren/Men and Juniors, H 19 - H 41 4 x 7 km, (2 KT + 2 FT)  
Herren über 51/Men over 51, H 51 4 x 7 km, (2 KT + 2 FT)

## **ANMELDUNG**

Ausschliesslich über die EFNS Webseite [www.efns.eu](http://www.efns.eu)  
Meldeschluss 1. März.2014

**Nachmeldung sind möglich bis**

10. März 2014 mit Nachmeldegebühr (zusätzlich 15 €)

## **REGISTRATION**

Exclusively on the efns-web site [www.efns.eu](http://www.efns.eu)

Closing date 1st March 2014

Late registration: 10<sup>th</sup> March 2014: additional late registration fee 15 €

## **GEBÜHREN / FEES**

Wettkampf / Competition

37 € Erwachsene / Adults

20 € Begleitpersonen, Junioren / Travelling Partners, Junior

Office Gebühr / Office fee

10 € ( Allgemeine organisatorische Kosten, general organisational costs)

### **NEU:**

**Teilnehmer mit Geburtsjahr 1989 und jünger sind von Wettkampf und Office-Gebühren befreit**

Abschlussfeier / Closing Party

- 20 € / Dinner included)

Exkursionen / Excursions

- *in Kürze: Exkursionsprogramm / coming soon: Excursion program*

## **Zahlung / Payment**

Nordea

IBAN FI 5210403000309629

SWIFT/BIC

NDEAFIHH

## **Wettkampf Jury / Competition Jury**

Kaltenbach Siegfried      Vorsitzender, Chairman EFNS , technischer Delegierter,  
Technical Delegate

Hulmi Raimo      Wettkampfsleiter, Competition Chief

Tikka Pia      Wettkampf Sekretär, Competition Secretary

2 Vertreter der Mannschaften, Representatives of Teams Captains

Ihr obliegt die Entscheidung über die Ergebnisse der Wettkämpfe.

The jury has final responsibility for all decisions concerning the results

## **HAFTUNGSAUSSCHLUSS**

Der/die TeilnehmerIn verzichtet mit der Abgabe der Meldung zu EFNS auf die Geltendmachung von Ansprüchen jeder Art gegenüber dem Internationalen Komitee für Europäische Forstliche Nordische Skiwettkämpfe ( IK-EFNS) sowie gegenüber dem Veranstalter von EFNS ( lokale OK ). Der Haftungsausschluss bezieht sich auf Personen- und Sachschäden, die auf Fahrlässigkeit jeden Grades zurückzuführen sind und auf den Zeitraum zwischen Antritt der Reise zu EFNS, die Wettkampfwoche und endet mit der Reisetätigkeit. Der /die TeilnehmerIn führt im eigenen Interesse den Nachweis einer bestehenden Haftpflicht- und Unfallversicherung und ist im Besitz eines aktuellen Gesundheitszeugnisses, das die körperliche Befähigung zur Teilnahme an Wettkämpfen bestätigt. Unabhängig von dieser Nachweispflicht stellt der/die TeilnehmerIn das IK-EFNS und das lokale OK von jeglicher Haftung der Veranstalter gegenüber Dritten wegen durch Verschulden des /der TeilnehmerIn erlittenen Personen, Sach- oder Vermögensschäden einschliesslich anfallender Prozesskosten für die Abwehr von Ansprüchen Dritter frei. Das OK selbst weist verbindlich das Vorliegen einer Haftpflicht- und Unfallversicherung für seine Mitglieder, seine Helfer und für Zuschauer an den EFNS nach.

## **DISCLAIMER**

After submitting their registration forms, competitors waive their right to claim any indemnity of any kind from the International Committee for European Forest Nordic Skiing Competitions (IK-EFNS) and the organisers of the EFNS ( Local Organising Committee). The disclaimer concerns injury to persons or damage to property caused by any degree of negligence and also to the period beginning with the journey to the EFNS, continuing during the week of the competitions and ending with the home journey. In their own interest competitors must show that are in possession of existing insurance cover for third-party liability and accident as well as a current health certificate, which confirms the physical ability to participate in competitions. Regardless of the obligation to provide proof of possession of the above documents, competitors exempt the IK-EFNS and the Local Organising Committee from any liability on the part of the organisers towards third parties on account of persons suffering material damage or financial loss, including legal costs for the defence against third-party claims, attributable to the competitors. The organising committee itself is in a position to demonstrate the possession of a binding third-party liability an accident insurance for its members, its helpers and the spectators at the EFNS.

## **WIE REIST MAN NACH JOENSUU / HOW TO TRAVEL TO JOENSUU**

**Zug / Train:** täglich 6 Züge von Helsinki nach Joensuu; 4 St 20 Min. / daily 6 connection from Helsinki to Joensuu, 4 h 20 Minutes

**Flüge / by plain:** Montag 17.03. von Helsinki nach Joensuu 5 Flüge ; eine Stunde Flugzeit,  
Samstag 22.03 zwei Flüge von Joensuu nach Helsinki, Sonntag 23.03 drei Flüge  
Monday 17.03 von Helsinki to Joensuu 5 flights, Saturday 22.03 two flights from Joensuu to Helsinki, Sunday 23.03 three flights to Helsinki

## **UNTERBRINGUNG / ACCOMODATION**

### **European forester's competition in Nordic skiing (EFNS) 17-23 March 2014 Kontiolahti, Finland**

Accommodation arrangements are supposed to book through Karelia Expert Tourist Service Ltd via email: [arja.hukkanen@kareliaexpert.fi](mailto:arja.hukkanen@kareliaexpert.fi). Reservations will be made in order of arrival.

Accommodation quotas are valid till 31.12.2013. After that, if there are rooms available on the daily price but the price offer won't be valid anymore.

Charge of cancellations after 1.1.2014 consists of reservation charges and the cancellation charges of the accommodation. All cancellations have to be made in written by email. Changes in participants can be made free of charge.

Karelia Expert Tourist Service will invoice all accommodation in advance month before the event at the latest. List of competitors has to be send before January 15<sup>th</sup> 2014.

Price of extra bed is 25-30 € depending on the accommodation.

### **Cumulus Joensuu**

Kirkkokatu 20  
80100 Joensuu  
Finland

[http://www.cumulus.fi/hotellit/joensuu/en\\_GB/joensuu/](http://www.cumulus.fi/hotellit/joensuu/en_GB/joensuu/)

Room prices per night:

single: 140 €  
double: 160 €  
room for 3: 190 €

Cumulus Joensuu is a modern, Finnish city hotel right in the centre of Joensuu, 10 minutes walk to the University, Joensuu Arena and railway station. In addition to its

single and double rooms it will have ten superior rooms and two saunas for guests. Every room has its own air-conditioning. Room price includes breakfast.

### **Original Sokos Hotel Kimmel**

Itäranta 1

80100 Joensuu

Finland

<http://www.sokoshotels.fi/en/hotels/joensuu/kimmel/>

Room prices per night:

economy single: 80 €

economy double: 95 €

standard single: 90 €

standard double: 105 €

superior single: 105 €

superior double: 125 €

Original Sokos Hotel Kimmel is a quality hotel located in the beautiful Sirkkala park on the shore of River Pielisjoki, a few minutes walk away from the merry Karelian atmosphere of the Joensuu marketplace. Hotel rooms are pleasant and spacious and the hotel hosts a great variety of restaurant services and 11 bright meeting rooms. Room price includes breakfast. Half board 18,50 € and full board 32 €.

### **Original Sokos Hotel Vaakuna**

Torikatu 20

80100 Joensuu

Finland

<http://www.sokoshotels.fi/en/hotels/joensuu/vaakuna/>

Room prices per night:

standard single: 100 €

standard double: 115 €

superior double: 135 €

Original Sokos Hotel Vaakuna is a quality hotel right in the heart of Joensuu, close to all services. In 2005 renovated rooms are spacious and cozy. Sokos Hotel Vaakuna has 3 restaurants, a bar and a night club. Guests have free sauna, hot tub and internet access. Room price includes breakfast. Half board 18,50 € and full board 32 €.

### **Hotel GreenStar**

Torikatu 16

80100 Joensuu

Finland

<http://www.greenstar.fi/en/>

Room prices per night:

single: 90 €

double: 100 €

room for 3: 110 €

Green and affordable accommodation right in the center of Joensuu. GreenStar® is a sustainable, newly built hotel concept that's both affordable and environmentally friendly. The savings in energy consumption save the customer's money too. All the bright Scandinavian-style rooms have free Wi-Fi access and private bathrooms. GreenStar's basic room is a 2+1 person hotel room. Room price includes breakfast. Room price includes breakfast.

### **Hotel Aada**

Kauppakatu 32  
80100 Joensuu  
Finland

<http://www.hotelaada.fi/engindex.htm>

Room prices per night:

single: 95 €  
double: 110 €  
room for 3: 120 €

Hotel Aada locates in the center of Joensuu, near the marketplace and shops. Hotel Aada has comfortable rooms and cozy atmosphere. Hotel Aada has 40 rooms which are located on the second and third floor of the building. On the ground floor locate two meeting rooms and the versatile restaurant where you can enjoy lunch or a la Carte. On the fourth floor of hotel there is the spacious sauna and the meeting room. Room price includes breakfast.

### **Holiday Linnunlahti**

Linnunlahdentie 1  
80110 Joensuu  
Finland

<http://www.linnunlahti.fi/en/apartment---camping/>

Prices per night:

Apartment for 1-3 persons: 151-167 €  
Apartment for 4-6 persons: 175-224 €  
+ 50 €/apartment of commission and arrangement service

Holiday Linnunlahti has 18 modern beds, each the size of 63 m<sup>2</sup>; including a bedroom for two persons, compound kitchen-living room, loft for 4 and sauna, all appropriately furnished. Each apartment is also equipped with a flat-screen TV, CD player and free Wi-Fi. Less than 5 minutes walk away from the Joensuu Arena and 15 minutes from the city centre. Room price includes breakfast. No daily cleaning or change of linen.

### **Finnhostel/ISLO**

Kalevankatu 5b  
80110 Joensuu



Finland

<http://www.islo.fi/en/islo+services/accommodation/sleep+well+in+joensuu/>

Eastern Finland Sports Institute's hostel is located close to the city centre and the Joensuu Areena. The hostel was completely renovated in 2009 and has 24 cosy and practical rooms. Finnhostel Joensuu belongs to Hostelling International Finland network. Apartment types: One-bedroom apartments include one bedroom, kitchenette, bathroom, and balcony, two-bedroom apartments includes two bedrooms, kitchen, bathroom, and balcony. Breakfast not included.

Room prices per night:

single: 60 €

double: 70 €

### **Julie**

Valimontie 3

80710 Lehmo

Finland

<http://hoteljulie.fi/main/>

Room prices per night:

double: 95 €

room for 3: 115 €

room for 4: 130 €

Hotel Julie is located at the natural surroundings of Lehmonharju. Nice views over the surrounding forest with hiking, biking and ski trails. The lake is within just few minutes walk with splendid swimming facilities and a childrens playground nearby. Hotel Julie offers accommodation in premium and basic rooms. Room price includes breakfast.

### **Lomakeskus Huhmari**

Huhmarisentie 43

83700 Polvijärvi

Finland

<http://www.lomakeskushuhmari.com/en>

Prices per night:

Family condo 2-4 persons: 100 -210€

Beach villa 2-4 persons: 190-275 €

Huhmari villa 3-5 persons: 230- 300 €

6-8 persons: 320-375 €

Huhmari offers several alternatives for accommodation: Pleasant family condos, practical combo-accommodation for groups, beach villas with a sauna, or Huhmari villas, also with a sauna. All of our accommodations are situated amidst a natural environment, but just a stone's throw from our other services; the restaurant, Aqua

spa, conference facilities, beach, and fitness routes. Located about 30 km from Joensuu. Room price includes breakfast.

# **POGOSTALAUFL / POGOSTA SKI RACE**

Die EFNS-Teilnehmer haben gute Möglichkeit an Pogostalaufl am Samstag 22.03.2014 und am Sonntag 23.03.2014 teilzunehmen. Die Anmeldungen richten Sie bitte direkt an die Pogostalaufl –Organisation.

Participants of EFNS have good possibility to take part in the Pogosta Ski Race on Saturday 22.03.2014 and on Sunday 23.03.2014 Please send your registration directly to the Pogostalaufl organization board.

## **Pogosta Ski Race**

**from 22 to 23 March 2014**

### **Classes**

#### Saturday 22 March - 51km (classic)

Men general	Women general
Men 40 yrs	Women 40
Men 50	Women 50
Men 60	Women 60
Men 70	

30 km for men and women, no timing

#### Sunday 23 March - 58km (free)

Men general	Women general
Men 40	Women 40
Men 50	Women 50
Men 60	
Men 70	

30 km for men and women, no timing

### **Registration**

When you pay your participation fee, please send us email [pogostanhiihto@ilu.fi](mailto:pogostanhiihto@ilu.fi), and tell us following information: the name of the skier, address, date of birth and the day you are going to ski. Please pay participation fee (prices below) to our bank account: IBAN FI 38 5072 0540 0320 69, SWIFT OKOYFIHH.

### **Entry fees**

Until 30 November 2013	50 €
1- 31 December 2013	55 €
1- 31 January 2014	60 €
1 February – 14 March 2014	65 €
Late registration in Ilomantsi	85 €

Two days ski 80 € Until 14 March

30 km race until 14.3.2014	40€
Late registration in Ilomantsi	50€

The price contains skiing, medal, serving in service stations, ski waxing service, only grip waxing (Saturday in each station and start, Sunday in start and Läävästö), first aid in each station, insurance, result service, sauna and shower Start and Finish

The start takes place on both days from Parpei Ski Centre at 9.00. Pick up your number bib package from Race Office in Ski Centre at least 1 hour before start. Race Office is open Friday 21th at 16.00 to 22.00 Saturday 22th at 6.00 to 22.00 and Sunday 23<sup>rd</sup> at 6.00 to 9.00. During the race, there are eight service and refreshment stations, where you can enjoy sport drinks, juice, warm porridge, soup, raisins, orange, coffee, sandwiches, pickled cucumbers and warm water. The refreshments vary between stations, not all the stations have all the items.

### **Result Service**

There will be display boards in the Race Centre on which the results will be continually posted on the race day. Results can also be found in Internet at [www.pogostanhihto.fi](http://www.pogostanhihto.fi). Skiers of 30 km have no timing.

### **Prizes**

Every skier will receive a participation medal (year 2014 the theme is Aspen) and the best skiers in each series will be awarded. There will also be lots of valuable prizes, which are raffled amongst all skiers.

**Welcome to Ilomantsi!**

**POGOSTAN HIIHTO  
ILOMANTSIN URHEILIJAT**  
Pogostantie 13  
82900 Ilomantsi

[www.pogostanhihto.fi](http://www.pogostanhihto.fi)  
[pogostanhihto@ilu.fi](mailto:pogostanhihto@ilu.fi)