



Course setters statement

The Mountain biking orienteering Finnish Championships in sprint and long distance will be competing next weekend in Espoo. The race location is Vanttila-Latokasken-Kantokaski suburbs and Espoo central park. Race area is a traditional neighborhood and forests, which is important and loved by Espoo residents. In the woods, the track masters have quite often admired the happy jumps of deer as well.

The versatility of the trail network, from fast-paced airport bananas to rocky and rhizome, even hike&bike grooves, offers a wide variety of route choices. You should make your own route choices to suit your own skills so that orienteering and biking become smooth.

The sprint competition is held in two different types of terrain, in a park/forest area and in an industrial area. As the industrial area is not a typical sprint terrain in Finland, it is worth paying attention to your own route choices because good performance requires constant orienteering work and attention. Most important is the smooth implementation of the selected route selection is essential. An important part of the performance is also the consideration of other competitors as well as outdoor enthusiasts because there are a lot of outdoor enthusiasts in the area.

In long-distance race, it is essential to choose the right trails for your own biking technique because the tracks have large scales of speed differences. If the forecast is right and we will have a lot of rain to the delight of competitors, it will make the rocks, roots and trails really slippery. The speciality of long-distance is that you will have many map changes, because our route designers want to keep last part of the race as a surprise

We, the route designers and all those who took part in organizing the race, wish luck to every competitor, good route choices and above all, a safe journey to Espoo. In addition, a traditional bike bell might be good to add to your equipments.