

## NEWSLETTER 4/2018

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### Linkit

[www.kokkolacityrun.fi](http://www.kokkolacityrun.fi)  
[www.facebook.com/KokkolaCityRun](https://www.facebook.com/KokkolaCityRun)  
[www.kepli.fi](http://www.kepli.fi)  
[www.kepli.ingo.fi](http://www.kepli.ingo.fi)  
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Keski-Pohjanmaan Liikunta ry

### THIS YEAR 10 KM JA 21 KM ARE UNOFFICIAL

Last year we changed the route and series. New route got a good feedback and we will continue with the same route. The series are 6 km with and without timekeeping, 10 km and 21 km with time. Last year we made an official measurement for 10 km and 21 km routes. There will be a small change to the City Run route. City of Kokkola got a huge donation by which city will built a park for children and youngsters. The park will locate near the school of Hollihaka. Because of the building site, we have to make a little change for the route. Even the change is small the official measurement should be done again. Because of this and the changes to come in the near future, we will make the official measurement later. At the latest on year 2020. If there are no more changes, the runners will run official route already next spring.

### START TIMES

Like before the runners who will run the 21 km, will go first. The start time is 6 pm. Exception for the info before, the 6.15 pm start time is time for the 10 km runners. 6.25 pm will leave participants for the 6 km. The runners with the time will be in the front line. By this schedule, we will try to avoid the peaks on the route. Please come to the market square in good time. There is good program on the stage. The timetable will informed later on.

### KCR DAY IN PRISMA KOKKOLA ON SATURDAY 28.4.

On Saturday 28.4. from noon until 6 pm., KCR will conquer sports department in Prisma Kokkola. By showing, the S- card the participation fee for KCR is 45 euros (normal prize 55 euros). Please notice we will only accept cash payment or payment by tyky/tyhy/sport bills. You can test your compressive and effort force. Two p.m. there is a stretching moment between shopping. You can also win a free ticket for KCR or in body

measurement. You can familiarize with the newest running shoes. There are Lenz running socks presentation and you can taste Leader food supplements. Welcome!

## **WINN E-VAN FOR A WEEK!**

Centria-polytechnics Vaste-project offers e-van for a week use for one lucky City Run participant. Nissan e-NV 200 is a handy car by which you move a cargo or people. E-car is quiet and moves fast. Moreover, the most important thing, traveling by e-car you save the nature. You will find charging points across the Finland. In Kokkola, there are five points: in Centria polytechnics and from Motonet yard.

The Vaste E-Van is in the market square during the event. Signing up at the latest on first of May you will participate automatically to the draw. The winner will be publish on 18<sup>th</sup> of May on the event evening. In addition, we will inform the winner personally. You can use the week June-July when it is best time for you.

Read more: [www.centria.fi/vaste](http://www.centria.fi/vaste) and like Vaste on Facebook: [www.facebook.com/vaste.hanke](https://www.facebook.com/vaste.hanke)

## **KCR RESTAURANT 2018 CAMPAING**

This year starting times are closer to each other. Because of new schedule there is more time spent the evening with your co-runners at the good food and drinks. Showing the number label in certain restaurants you will have different kinds of discounts. You recognize the restaurants from KCR posters on the doors. We recommend reserving the table beforehand. KCR restaurants are Sigrid's, Rock' n Roll Diner, Roja, Seurahuone, Kilta Bar and Wanha Lyhty. Rock' n Roll Diner is the official After Run restaurant. You can read more about the discounts from the webpage <http://www.kokkolacityrun.fi/4299/kcr-ravintolat-2018>

## **CHANGES**

Distance and timekeeping you can change at no charge until first of May. From second of May we will charge 20 euros per change. Notify us of changes through email at [toimisto@kepli.fi](mailto:toimisto@kepli.fi). Several changes at the same time per group we will handle as one change. If the reason for the change is health issues, the change is free.