

# PIRKAN HIIHTO



## Service points, distance from the start (Niinisalo/Hämeenkyrö), menu and closing times

The menu is lactose-free. Vegetarian and gluten-free food can be asked from the staff.

Sport drink is Squeezy.

After the closing time one must discontinue the race. The organiser transports these participants to the finish area.

At the start and at the service points there are Start- ski wax equipment to be used.

Service point	Always Fruit juice, water, sport drink. Also:	Closing time
Kuninkaanlähde (10/-)	-	
Jämi (18/-)	raisins, gurkin	
Varpee (25/-)	raisins, gurkin	
Vatula (33/-)	raisins, gurkin, blueberry soup	
Lentokenttä (44-0)	raisins, gurkin, blueberry soup	
Kyröskoski (52-7)	raisins, gurkin, meat soup, oat gruel, bread, coffee	4 p.m.
Lintuharju (58/13)	raisins	
Rökkakoski (67/22)	raisins, gurkin, coffee, sandwiches, blueberry soup, oat gruel	
Pentinmaa (74/29)	raisins, gurkin bread	6 p.m.
Topintupa (79/34)	raisins, gurkin, coffee, blueberry soup, bread	
Pikku-Ahvenisto (84/39)	Only fruit juice and water	
Teivo, maali (90/45)	Bread, fruit juice, water (no sport drink)	8 p.m.

Matti Rekola 20.10.2015

HELSINKI