



Information package for single rowing ticket buyers

Welcome to the rowing ticket trip of the Sulkava Grand Rowing Race! Three Church Boats will be heading out, to which this info letter is addressed.

Thursday, July 9 – Friday, July 10, Two-Day Adventure Rowing 70 km

The Cox will be the multiple-time winner of single rowing series, Jyrki Kasanen. He still holds the single rowing record for over 45-year-olds. Even though Jyrki is a ruthless driver of himself, this trip will be undertaken with a twinkle in the eye, enjoying the journey.

Schedule of the trip (times are estimates)

Thursday:

- **8:00 AM - 10:00 AM:** Opportunity for breakfast at the Sulkava Rowing Stadium, price 10 €/person. It is advisable to time the meal a couple of hours before the Start.
- **10:00 AM:** Gathering at the Sulkava Rowing Stadium info desk, from where we will move to the Rowers' lounge area (nextdoor the Staium, Saunacenter Lempeä) to get to know the Church Boat, check the settings and equipment, take a light practice, and find a suitable rhythm. A small rest and your own snack before the Start Line.
- **11:30 AM:** Start from the Sulkava Rowing Stadium.
- **1:30 PM:** Break spot at Varmavirta, with snacks and a sanitary break.
- **approx. 4:00 PM:** Arrival at the touring rowing destination Varviranta.
- **approx. 4:00 PM - 7:00 PM:** Camping, dining, sauna + swimming.

During the evening, voluntary program with karaoke from 8 PM to 10 PM and traditional dance music by Duo Mari&Pauli from 10 PM to midnight. Silence begins at midnight. There is also an opportunity for a self-paid evening snack. A vendace spot, sausages, pancakes, and other offerings from the cafeteria and the licensed serving area are available. It is also possible to bring your own snacks.

Everyone must have their own camping gear: a mattress, a pillow, and a sleeping bag. Equipment can be left at the cloakroom at Rower's lounge at



Lempeä upon departure, from where it will be brought to Varviranta to wait. In the same way, the equipment will also be transported back to the Sulkava Rowing Stadium / Lounge area at Lempeä when leaving on Friday.

Friday:

- **7:00 AM:** Breakfast
- **8:00 AM - 9:00 AM:** Return Start to the Sulkava Rowing Stadium.
- **approx. 12:00 PM:** Break spot Tölkkäenniemi, with snacks and a sanitary break.
- **approx. 2:30 PM:** Finish at the Sulkava Rowing Stadium.

Dining and an opportunity for sauna and swimming from the Rowers' lounge area in Sauna Center Lempeä, where diplomas and participation medals are distributed. Sauna is included for all rowers.

Cox Jyrki Kasanen, tel. +358503806116.

Friday, July 10, King's Course 60 km

The Cox will be Timo Huttunen, who has completed The Partalansaari Circuit multiple times. He is an active exerciser, a passionate follower of sports, and possesses competitiveness as well as punctuality. The target time for the journey is set at 6-6.5 hours.

Schedule of the day (times are estimates)

- **11:00 AM - 1:00 PM:** Opportunity for lunch at the Sulkava Rowing Stadium, price 13 €/person. It is advisable to time the meal approx. 3 hours before the Start.
- **1:00 PM:** Gathering at the Sulkava Rowing Stadium info desk, from where there is a non-stop bus transport to the Hakovirta Start Line area. At Hakovirta, the settings and equipment will be checked, a light practice taken, and a suitable rhythm found. A small rest and your own snack before the Start.
- **3:00 PM:** Start from Hakovirta.
- **approx. 9:00 PM:** Finish at the Sulkava Rowing Stadium.

Dining and an opportunity for sauna and swimming from the Rowers' lounge area in Lempeä Sauna & Design, where diplomas and participation medals are distributed. Extra clothes and belongings can be left in guarded storage



at Hakovirta. They will be transported free of charge to the Sulkava Rowing Stadium/cloakroom at Rower's lounge at Lempeä to wait for the finish. There are several toilets at Hakovirta.

There is one on-water service point on the way for minor refueling, and a sanitary break is taken as needed. Cox Timo Huttunen +358505175508.

Friday, July 10, experience route 25 km

The Cox will be the highly experienced rowing counselor Ekku Mannio. He knows the Lake Saimaa waterways and will pilot the Church Boat safely to the Finish Line. The goal of the journey is to find a good shared rhythm so that there is time to enjoy the magnificent scenery while Rowing.

Schedule of the day (times are estimates)

- **1:00 PM - 3:00 PM:** Opportunity for lunch at the Sulkava Rowing Stadium, price 13 €/person. It is advisable to time the meal approx. 3 hours before the Start.
- **3:00 PM:** Gathering at the Sulkava Rowing Stadium info desk, from where we will move to the Rowers' lounge area to get to know the Church Boat, check the settings and equipment, take a light practice, and find a suitable rhythm. A small rest and your own snack before the Start Line.
- **5:00 PM:** Start from the Sulkava Rowing Stadium.
- **approx. 7:30 PM - 8:00 PM:** Finish at the Sulkava Rowing Stadium.

Dining and an opportunity for sauna and swimming from the Rowers' lounge area in Lempeä Sauna & Design, where diplomas and participation medals are distributed. Extra clothes and belongings can be left in guarded storage during the Rowing at the equipment point. There is one on-water service point on the way for minor refueling, and a sanitary break is taken as needed. Cox Ekku Mannio, tel. +358407177977.

If you have any questions or you need more clarification, please contact Terhi-Maria Aurala/+358505145937/ info@suursoudut.fi

Have an enjoyable rowing day and stay in Sulkava!



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