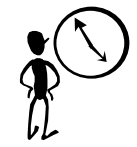



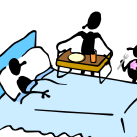


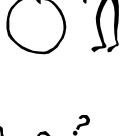




THE RECIPE FOR A SUCCESSFUL FINLINE

FinLine is some sort of “community travelling”. We are all our own tour operators. Therefore, it might be good to think for a while about these:

-  1. **Do not be late.** If you have been told a schedule, try to be ahead of it a little bit – this is the way we live in the Nordics. You might think that being occasionally late is nothing but the problem is that one of the 30 will always have this “occasional delay” and everybody must wait, every time.
-  2. **Do not stay in too fast skating group.** It is important for safety and enjoying FinLine that you are skating in a group that matches your preferences. The feelings tend to change – you are very welcome to swap groups also on the later days. If the group must wait for you repeatedly, you shall join slower group on the next service stop. It is not an offence.
-  3. **Keep the skating groups close to each other.** To make the frequent service stops possible for everybody, the skating groups shall not be scattered on too long distance. If you are in the last group, avoid unnecessary loitering. If you are skating in the front group, you may consider having an extra (swimming) stop with your group to squeeze the distances.
-  4. **Let the service team know your location.** Inform the service team if your group faces an unexpected delay or visit an off-road place for ad-hoc ice-cream/sight. If necessary, leave a visible marker (e.g., shirt) beside the road. – Make it as easy as possible for the service team to help us.
-  5. **Safety first.** At some places, we need to skate 1 m (yd) from cars and trucks driving at 100 km/h (60 mph). Stumbling *usually* does not lead to a severe accident but with bad luck the truck may be just there beside you when you fall. You have only one try – always look ahead, follow the traffic, examine possible risks, and create quick plans to handle any, even improbable, situations. FinLine is not risk-taking business – your attitude plays a role also on the safety of the others.
-  6. **Carry a heel brake pad and know how to effectively use it.** Other methods of slowing down may be suitable for 98 % of situations. However, if we face a rare situation where full braking represents a smaller risk than letting go, you may need to do full stop in a 50 km/h (30 mph) downhill in a very limited space (no space for slalom or T stop). On emergency stop, everybody is on their own: you must not push others to slow you down; everyone shall take care of their own stopping.
-  7. **Quit before it is too late.** If you feel yourself tired, consider taking a break in the service bus. An exhausted skater is more prone to stumbling and incomplete observation of traffic. When mistakes happen more and more often, the risk of another factor happening at the same time increases, possibly with severe consequences. Use extreme caution if you like to skate on a gravel road “just for a short distance” at the end of the day. Prefer walking on the roadside instead.
-  8. **Keep your baggage in order and things serviced.** To avoid being late from agreed meeting times and to be ready for schedule changes, keep your things in as good order as possible all the time. That allows you to rapidly join a surprise program or start skating in another group with a short warning time. Military training gives you a good background for this. 😊
-  9. **Do not forget to rest.** Sleeping well makes skating safer for you and the others. This does not mean that you should not join any evening program or go to a pub in the night. More important is to rest whenever you feel so, even during the lunch breaks between skating. However, be ready to continue skating when your group is about to leave.
-  10. **Be patient and help others.** Exhaustion and pre-set schedules put pressure on everybody, especially in the middle of the FinLine week. This is emphasized if the weather is bad. Try to relax and let things go. Everybody will have their own bad moment during the week.