



6.9.2025

EUROPEAN MASTERS ATHLETICS MARATHON CHAMPIONSHIP

JYVÄSKYLÄ

ENTRY BOOK

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6.9.2025 JYVÄSKYLÄ

**EUROPEAN
MASTERS
ATHLETICS
MARATHON
CHAMPIONSHIP**

WELCOME TO THE EVENT!



Dear Friends,

It is with immense joy and excitement that I invite you to the beautiful city of Jyväskylä for the third edition of the European Masters Athletics Marathon Championship (EMAMRC) scheduled for 6th September 2025.

Jyväskylä offers the ideal setting for this prestigious event: perfect climate for a marathon, rich tradition and great international experience in sports, a passionate community, and a beautiful course along the lake Jyvasjärvi (Rantaraitti), a lakeside route voted Finland's most beautiful.

Jyväskylä is ready to host athletes and spectators from across Europe and beyond.

The championship will take place in the same weekend of the traditional Finlandia marathon, with thousands of enthusiastic runners on the different courses scheduled.

A dedicated team is working tirelessly to make this event unforgettable.

See you soon.

VALENTINA FEDJUSCHINA

EMA President



"Toivotamme teidät
tervetulleeksi Jyväskylään!"

Welcome to Jyväskylä, the Capital of Sport!

Jyväskylä has in its city strategy expressed a strong will to be Finland's Capital of Sport. This means that we are consciously working towards offering the best expertise and conditions for the physical activity of our residents and athlete guests.

Wide-ranging development is being carried out in Jyväskylä in order that every resident could have the opportunity to practice sports in their local environment. We have a comprehensive physical activity strategy, which identifies the roles of different actors and the possibilities for advancing an active lifestyle in our city. The conditions for training and recreation are being developed in the long-term, so that we can offer the best conditions for physical activity in the country.

Our most popular sports facility is Rantaraitti, located in the city centre and built around Lake Jyväsjärvi. Rantaraitti is a pedestrian and bicycle route, which also serves as the route for the EM marathon and has been called one of the most beautiful marathon routes in the world.

Jyväskylä is one of Finland's most popular university and education cities, as it offers study opportunities in a wide range of disciplines. We have around 40 000 students in our city, which means that nearly every one in three of us is a student. Youthfulness is evident in our vibrant cityscape. As the Capital of Sports and as a student city, we offer the opportunity to combine studies, elite sports, and training in our compact city.



TIMO KOIVISTO
Mayor of Jyväskylä

See you in Jyväskylä, Finland at the EMAMRC 2025
- European Masters Marathon.

Welcome to Jyväskylä for Running and Enjoyment!

The Masters Athletes' European Marathon Championship (EMAMRC) will take place in Jyväskylä on September 6, 2025. The competition will be held alongside the traditional Finlandia Marathon on the scenic Rantaraitti trail in Jyväskylä. The start and finish areas are located at Lutakonaukio, a square near the city center designed for major events. The competition hub will be adjacent to the square at Jyväskylä Pavilion.

The route circles the beautiful and natural surroundings of Lake Jyväsjärvi. It is wide enough, free from major hills or tricky corners, making it a highly runnable and fast course. The temperature in early September in Finland is also ideal for marathon running.

Hosting EMAMRC alongside the Finlandia Marathon ensures a high-quality environment, seamless organization, excellent services, and an encouraging atmosphere. For those accompanying the marathon runners, there are also opportunities to participate in the Finlandia Five or Valonkymppi runs on Friday, or the Half Marathon on Saturday.

Finland's nature, with its thousands of lakes, is stunning in early September, and the beginning of autumn foliage adds vibrant colors to the landscape. International competitors will surely experience the unique northern charm. Jyväskylä offers an incredible combination of pure nature and urban experiences both during and beyond the race.

There is a wide range of accommodation options near the event center, with prices very competitive by European standards. Traveling from Finland's capital, Helsinki, to Jyväskylä is convenient and takes about three hours by train or bus, with picturesque views along the way. There are also approximately three daily flights between Helsinki and Jyväskylä.

Let's meet in the heart of Finland!

Event organizers:



Central Finland
Sport Federation



Jyväskylä Athletics Club JKU

Welcome to the Capital of Sport in Finland, Jyväskylä

City of Jyväskylä is known from its education, wellbeing, clean nature, and safe cozy atmosphere. Jyväskylä is an active city of sports and events.

Jyväskylä (population 150 000) is located in the middle of Lakeland Finland and is part of the largest unbroken lake district in the Europe.

“The big little city” accurately describes Jyväskylä. It has the advantages of a small town, such as comfort, safety and short distances, but offers a broad variety of services. All services like hotels and restaurants, are within walking distance from marathon venue, Rantaraitti.

Jyväskylä is known as the Capital of Sport in Finland, with numerous sporting events and endless opportunities for exercise. There are several hiking trails in the area, such as the Laajavuori nature trails and the popular jogging route, Jyväsjärvi Rantaraitti, which circles the beautiful lake. The Rantaraitti is also the venue for the EMA European Marathon Championships.



What other fun things can you do in Jyväskylä?

Jyväskylä is an active cultural city, especially known as the hometown of the world-famous architect Alvar Aalto. There are a total of 29 buildings designed by Alvar Aalto in the Jyväskylä area, and the Aalto2 Museum is well worth a visit. There are also several other museums in the city. In summer, cruise ships take you around some of Jyväskylä's most beautiful lakescapes. Jyväskylä is also a sauna town, with excellent sauna facilities, for example at [Sataman Viilu](#), or at [Savutuvan Apaja](#).

How do I get to Jyväskylä?

International participants should arrive in Finland at Helsinki-Vantaa or Tampere airport. For information on a wide range of international flights to Helsinki-Vantaa airport, check [more information from here](#). Both airports have good train and bus connections to Jyväskylä. From Helsinki-Vantaa International Airport, there are two connections a day to Jyväskylä and the flight takes about 50 minutes. Jyväskylä Airport is located a 20-minute drive from the city centre. By train or bus, the journey from Helsinki to Jyväskylä takes about 3h 30 minutes. Buses and trains to Jyväskylä arrive several times a day, with an average of 19 trains a day. Both arrive at Jyväskylä Matkakeskus, which is located right in the city centre.

Where to stay?

In Jyväskylä there are 11 hotels and numerous Airbnb and hostel options. In total, there are around 1500 hotel rooms in the city, also at affordable prices. All hotels in Jyväskylä are in an excellent location in the city centre, within walking distance of to the competition venue, Rantaraitti.



More information about Jyväskylä [visitjyvaskyla.fi/en](https://www.visitjyvaskyla.fi/en).
Web pages are translated to eight languages.



GENERAL INFO

SCHEDULE

- **Opening Ceremony (Lutakonaukio):**
Friday, September 5, at 7:45 PM
Before the Valon Kymppi race
- **Bib Pickup / Participation Confirmation (Jyväskylä Pavilion):**
Friday, September 5, from 2:00 PM to 8:00 PM
Saturday, September 6, from 8:30 AM to 10:00 AM
- **Start Times (Lutakonaukio):**
EMA Marathon: Saturday September 6 at 11:00 AM
Finlandia Marathon: Saturday September 6 at 11:00 AM
- **Award Ceremonies (Jyväskylä Pavilion):**
Starting at 2:30 PM and continuing until 7:30 PM
(Approximately 40 award presentations)

AWARDS

The top three runners in each age group will be awarded a medal.

PARTICIPATION FEES

Entry fee: 75 € (included service and administrative costs)

The price includes:

- A participant guide sent via email
- Comprehensive aid services on the route and at the finish
- An officially measured course, electronic timing, and results service
- Changing and storage facilities at Jyväskylä Pavilion
- Shower facilities at the AaltoAlvari aquatic center
- A participant medal
- Music and other entertainment along the route and at the finish line

Cancellation policy: 10 €
(total refund in case of withdraw before the registration deadline)

REGISTRATION

[REGISTER HERE](#)

Registration closes on Monday, August 11, at 12:00 midnight.

INQUIRIES

jouni.vatanen@kesli.fi
markku.koistinen@jku.fi

TEAM COMPETITION

- In the team competition, medals will be awarded to the top three teams in each age category.
- Teams consist of three members, with their times added together. The team competition results are determined by the sum of the times of the first three athletes from each country, provided they are in the same age category.
- If there are three or more runners in the same age category (Natural Team), no team registration is required, as the team is automatically formed by the results of the top three runners.
- If a team consists of athletes from three different age categories (Composed Team), the team will be placed in the category of the youngest member of the team. In this case, team registration is mandatory.
- If there is a Natural Team in one category, it cannot be formed Composed Team.
- A runner can participate in only one team.
- If two teams have the same score, the better is the one whose first competitor has a better result.
- Team registration must be done by the Team Leaders at the Event Center in Jyväskylä Pavilion on Friday, September 5 by 6:00 PM

NON-EMA PARTICIPANTS

Participation is allowed.

If successful, athletes will receive a certificate for their performance, but will not be awarded a European Championship medal.

CATEGORIES

Women

W35	W60	W85
W40	W65	W90
W45	W70	W95
W50	W75	
W55	W80	

Men

M35	M60	M85
M40	M65	M90
M45	M70	M95
M50	M75	
M55	M80	

PROTESTS AND APPEALS

- Protest concerning the result or conduct of an event shall be made within 60 minutes of the official announcement of the result of that event.
- Any protest shall be made orally to the Referee by an athlete, by someone acting on behalf or by an official representative of a team.
- Any appeal must be submitted in writing to the Jury of Appeal, along with the amount of € 100 (one hundred euros) in the TIC.
- The money will be returned if the appeal is accepted.

EVENT VENUE

Jyväskylä Pavilion – Trade and Congress Center

Bib pickup, changing rooms, and gear storage will be located at Jyväskylä Pavilion, which is situated near the Jyväskylä city center.

Jyväskylä Pavilion is one of Finland's largest event centers, hosting nearly 700 events annually. It also serves as the event hub for the Finnish round of the World Rally Championship.





ROUTE

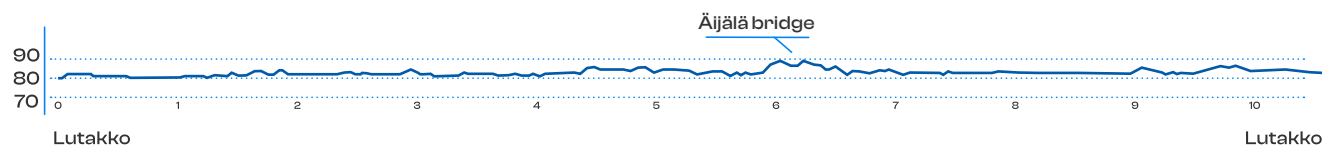
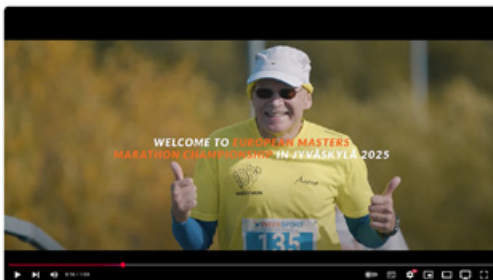
ROUTE

The EMA Marathon route circles Lake Jyväsjärvi along a pedestrian and cycling path. The route is scenic, flat, and sheltered from the wind, with no sharp turns.

Lutakonaukio

The start and finish areas are located at Lutakonaukio, which is right next to Jyväskylä Pavilion.

[Watch a video of the route here](#)





ACCOMMODATION

Solo Sokos Hotel Paviljonki

Solo Sokos Hotel Paviljonki is located in a stunning location right next to Jyväskylä's harbor services, the travel center, and the European Marathon Championship event area. Our hotel has been repeatedly awarded for its quality and customer service.

Prices per night:

- €135 for a single Solo room
- €145 for a double Solo room
- €150 for a single Solo Up room
- €160 for a double Solo Up room
- €165 for a single Supreme Solo room
- €175 for a double Supreme Solo room
- €335 for an Ultimate Solo room (suite, for single or double occupancy)

The prices include:

- Buffet breakfast
- Sauna
- Use of the hotel gym
- Value-added tax (VAT)

Reservations:

- Use the reservation code **BMARATHON25**. (Note: the code must start with the letter B on the website.)
- Each customer makes and pays for their own reservation.

Booking methods:

- On the website: www.sokoshotels.fi
- Sokos Hotels Jyväskylä sales office:
- Phone: +358 20 1234 640
- Email: sales.jyvaskyla@sokoshotels.fi

Important information:

- Unreserved rooms will automatically be released on July 18, 2025, at 6:00 PM Finnish time.
- All bookings must be confirmed with a credit card or paid at the time of booking.
- Free cancellation is possible up to 7 days before arrival.

Recommendation:

It is preferred to make the reservation on the website. For security reasons, credit card details should not be sent via email.



Hotelli Verso

Hotel Verso is a private, family-owned hotel located in the center of Jyväskylä.

With the reservation code **MARATHON**, you get a 15% discount off our daily rates.

The price includes:

- Verso's unique Finnish breakfast
- Free Wi-Fi
- Guest saunas

Reservations can be made through our website, with the link below. You can also book by calling our reception at (+358 14 333 999) or by emailing info@hotelliverso.fi.

Reservation link:

[Click here to make a reservation](#)

Please note, the code is valid until August 15, 2025.

Group bookings (over 10 rooms) should be made through our sales service at 014 333 911 or by emailing myynti@yopuuyhtio.fi.

Please note that there is a limited number of rooms available at the special rate.

The reservation code is valid until August 15, 2025.

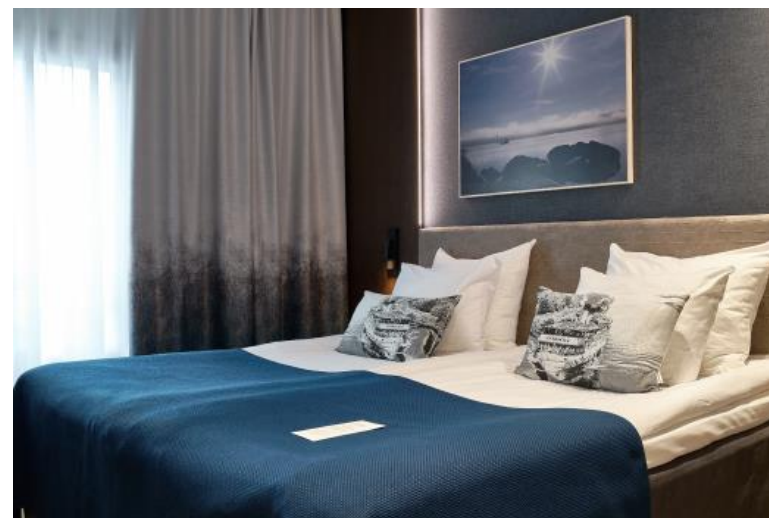
Each guest is responsible for their own accommodation costs.

Payment methods:

Cash, debit card, or credit card. For e-invoicing, arrangements must be made in advance, and the e-invoicing details must be provided to Yöpuu Yhtiö before the start date of the accommodation.

Group bookings will be invoiced in advance.

Invoicing fee: €12 per invoice, payment terms are 14 days.



Hotelli Alba

Stay comfortably by the shores of Lake Jyväsjärvi.

Welcome to Finlandia Hotel Alba, our private hotel located by the beautiful lake views in Jyväskylä! Every year, over 40,000 travelers choose us for their stay.

Our cozy hotel is situated in the Mattilanniemi area of Jyväskylä, with excellent transport connections, in a scenic location by Lake Jyväsjärvi. Nearby, you'll find the Alvar Aalto Museum, the Agora building at the University of Jyväskylä, and other faculties.

The lakeside path offers easy access to Jyväskylä's harbor in Lutakko, and the city center is just a 15-minute walk away - here, you can stay away from the hustle and bustle of the city, yet still have the city's services within reach!

Finlandia Hotel Alba warmly welcomes JKU Marathon participants to stay by the Jyväsjärvi area from September 5-7, 2025.

Prices:

- €109.00 per night: Single standard room
- €130.00 per night: Double standard room
- €100.00 per night: Single economy room
- €120.00 per night: Single superior room
- €168.00 per night: Junior suite with sauna (single occupancy)
- €190.00 per night: Junior suite with sauna (double occupancy)

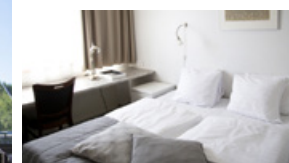
The prices include:

- Hearty breakfast buffet
- VAT (value-added tax)
- Daily free sauna session
- Free Wi-Fi
- Free parking for hotel guests

Reservations:

Prices are valid when booking directly:

- Via website: www.hotellialba.fi -> Use the campaign code MARATHON on the "Booking" page
- By email: info@hotellialba.fi
- By phone: +358 14 636 311



ALBA
HOTELLI

Jyväskylä Christian Institute

Welcome to stay at Jyväskylä Christian Institute on September 5–6, 2025!

We offer comfortable, clean, and spacious accommodation in our dormitories, located in a peaceful courtyard near the city center.

All rooms are equipped with a kitchenette and a bathroom. Free parking and Wi-Fi are available.

Breakfast and dinner options are available for a fee of €6.00 each, if there are at least 20 guests.



Room prices

(All prices include bed linen, towels, and VAT):

- Single studio: €90.00 per night
- Double studio (two separate beds): €100.00 per night
- Two-room apartment (for 2-5 people): €130.00 per night

Inquiries and bookings by email:

kokouspalvelut@jko.fi or by phone: +358 14 334 8000. Please use the subject line "Finlandia Marathon 2025" in your message.

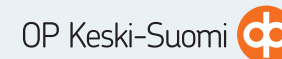
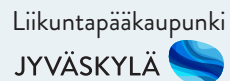


JYVÄSKYLÄ 5.-6.9.2025

FINLANDIA MARATHON



WELCOME!





"Europe's coolest city"
The Sunday Times

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