

The 34rd Helsinki City Marathon will be organized on Saturday August 16, 2014

Helsinki City Marathon (HCM) gathers about 6000 runners from all around the world to Helsinki every year. The start of the run is close to the Helsinki Olympic Stadium, on the Mäntymäentie-street in front of the statue of a great Finnish Olympic runner, Paavo Nurmi at 3 PM. Helsinki City Marathon is a one-start-event. 42,195 meters long route goes around Helsinki finishing inside the historical Helsinki Olympic Stadium.

A marathon alongside of the sea and in the parks

The route of the Helsinki City Marathon is strongly influenced by the sea and the parks. Almost half of the course follows the coast line of the Baltic Sea, and the course going through nice parks will guarantee you an unforgettable marathon experience.

Refreshment stations

There are fifteen refreshment points along the route at which water and sports drink will be served. Also, at some of the refreshment points pickles and bananas will be offered for the participants. In addition, a variety of snacks and refreshments will be available at post-race service in the Olympic Stadium.

ChampionChip-timing and intermediate times

Helsinki City Marathon will use ChampionChip system for timing. The chip makes it possible for the runner to be able to get also the actual running time that the runner has spent from crossing the start carpet to crossing the finish line. In addition, every runner will get three official intermediate times.

Medal and T-shirt

Every participant will get a Helsinki City Marathon T-shirt. In addition, every runner crossing the finish line will receive a Helsinki City Marathon medal. A race diploma can be downloaded from the result website after the race.



A stylish and classy HCM 30-year-medal for every finisher at 2010 HCM.

Age limit

The age limit for the Helsinki City Marathon is 18 years. Everyone who is at least 18 years old, or will turn 18 during the year of the run, has the right to participate.

Course record

Men: 2.12.47 Martin Fiz Spain, 1993

Women: 2.36.14 Albina Galimova Russia, 1991

Helsinki City Marathon in short

Included in the entry fee

- Participation to the biggest marathon running event in Finland
- Technical Asics running t-shirt
- Refreshment points for use along the route and in finish
- Pace makers to help you keep a steady pace
- Medal for every finisher
- Diploma with finishing times
- Chip-timing
- Result service with intermediate times
- Transfer service for runners who have cancelled the race
- First aid on the route and after the finish
- Photoservice by MaratonFoto
- Free entry to the Swimming Stadium after the race

HCM in numbers

- 42,195 metres
- 37,975 steps
- over 6,400 runners
- over 55 nationalities
- 40 percent first-time-runners
- 33 percent have participated HCM over 3 times
- 900 volunteers
- 16 refreshment points
- 15,000 litres of sports drink
- 30,000 litres of water
- 13,500 bananas
- 250,000 drinking cups
- 50,000 bystanders along the route
- 25 million spent kilocalories
- 1,930 traffic cones
- 570 traffic pillars
- 410 buckets
- 130 tables at the refreshment points
- 60 own extra traffic signs
- 185 traffic controllers
- 50 policemen

- 1 You - exceeding yourself!

History of the Helsinki City Marathon

Helsinki City Marathon is organized by Finnish Athletics (FA), the national athletics federation of Finland, and local athletics clubs Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat, and Viipurin Urheilijat.

Get to know the history of the Helsinki City Marathon event and see also the development of the participants number along the past years. Here you can also see every medal that has been given to the finishers each year. The picture in the medal is a building or another attraction along the route, which changes every year.

HELSINKI CITY MARATHON ENTRY FEES 2014

Pre-entry:	Oct 1st - Dec 31th, 2013	59 EUR
Normal entry 1:	Jan 1st - Feb 15th, 2014	69 EUR
Normal entry 2:	Feb 16th - Apr 30th, 2014	77 EUR
Normal entry 3:	May 1st - Jul 10th, 2014	82 EUR
Late entry:	Jul 11th - Jul 31th, 2014	90 EUR

NOTICE! Late entry is possible only through the online-registration via HCR web page

Entry fees are non-refundable.

REGISTRATION INFORMATION:

[Private person](#) // [Company](#)

REGISTRATION:

The registration for HCM is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system.

