

Press Release August 2019

Valtteri Bottas Duathlon powered by Tunturi for the 3rd time

Valtteri Bottas Duathlon powered by Tunturi will be held on 18 August 2019 in Valtteri's home region of Nastola, Lahti for the third time. The Duathlon will take place on the sawdust track of Liikuntakeskus Pajulahti in cross-country running and cross-country biking. This year's novelty is the team duathlon, which was tested by the World Champion himself, **Mika Häkkinen** and his team last August. Mini-VBD for children under the age of 7 is also a welcome addition and each participating child will receive a medal. **Valtteri Bottas** enters the starting line at 2 pm.

Valtteri Bottas aims to improve time

After the Hungarian F1 race, Valtteri headed to his home region for a summer holiday. In addition to rest, a short summer break includes workouts and traditionally Valtteri Bottas Duathlon start.

- I'm hoping to improve last year's time (1:24:57). That is the goal. We have had a great atmosphere in Pajulahti and I am sure it will be as good or even better this year. The event is worth to visit, says Valtteri Bottas and welcomes all competitors and visitors to the event.

ISTV broadcasts the race live on its website www.is.fi/istv/

Categories and start times

- Mini Valtteri Bottas Duathlon: 200 m run for children under 7 years. Start at 11.25 am.
- Family Duathlon: 1.5 km run + 5 km Mountain Biking (MTB) + 1.5 km run. Start at noon.
- Duathlon, men, women and teams: 5 km run + 20 km MTB + 3 km run. Start at 2 p.m.

The event area has free entrance and it has a wide range of activities for the whole family. See the program: www.valtteribottasduathlon.com/en/programme/

Free bus transportation from Lahti to Pajulahti

Lehtimäki free charter transport from Lahti to Pajulahti. Departure from Marolankatu tourist stop, Lahti (near the market place) on Sun 18. August at 10 am, 11 am and 12. Return transport from the Pajulahti-Hall yard at 3 pm, 4 pm and 5 pm.

www.valtteribottasduathlon.com/en/ | www.facebook.com/valtteribottasduathlon | www.instagram.com/valtteribottasduathlon | www.twitter.com/vbduathlon

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Partners of the event: Tunturi, Mercedes-Benz, Westpro, Printscorpio, Halti, Kanresta, Ilta-Sanomat, Ovella Systems, Lehtimäki Charter, Sponsor Insight, Loiste, Dincox, Kemppe, IWC Schaffhausen, Etelä-Suomen Sanomat, Perlana and Ramudden.

The event is made possible by: Pajulahti Olympic Training Center, Nastola Regional Council, City of Lahti and Lahti Region.