

Race information for Sunday 3 April, 2022

Opening hours race office Nordli

Friday	15.00–20.00
Saturday	09.00–20.00
Sunday	08.00–12.00

Opening hours race office Gäddede

Friday	14.00–20.00
Saturday	14.30–19.00

Start numbers for Sunday must be picked up in the start area from 09.00.

Akkommodation

Overnight stay at Stortangen skole and Liernehallen, Nordli.

Food can be purchased at Liernehallen.

Everyone is encouraged to clean their rooms on departure.

Transport

Free bus trip from Gäddede to the start area in Nordli. Departure from the bus terminal, Storgatan 20, at 09.00.

Return from the bus terminal in Gäddede, Storgatan 20, to Liernehallen, Nordli. Earliest departure at 14.00. Thereafter, departures when needed. Last departure at 17.00.

Free parking

Follow the parking attendants' instructions.

Start time

OBS! Joint start for all classes at 11.00.

Chips

Skiers in all classes must wear a chip attached to the ankle.

Code of conduct

Flyktingerennet is a classic technique race. Checks are made along the track. The Norwegian Ski Association's regulations apply to all skiers. Keep to the right, overtake on the left. A false start results in automatic disqualification. This applies to every start group.

Pole stations

Spare poles will be available shortly after start, and at all drink stations but not at Torpet about 11 km before the finishline. Return the poles with your start number.

Medical service

There is staff from the Red Cross with snow mobiles along the track. The last skier will be followed by a track patrol. Staff from the Red Cross will help establish contact with the doctor. If you discover an injured skier, please notify staff about location and start number as soon as possible.

Drink stations

7 km (Kvelifjellet), 19 km (Nymyran), 29 km (Grenserøysa), 34 km (Torpet), 38 km (Muruhaten)

Drinks: ENERVIT Sport drink and water. At drink station 3 and 5 they also serve sandwiches, coffee and Coca Cola.

Time limit

Skiers who have not passed Torpet (32 km) at 15.15 will not be allowed to finish the race.

If you are forced to drop out, you must inform the Red cross, staff at a drink station or the race office.

Finish

Awards: All who complete the race receive a participation medal or a diploma for year 1–10. For the years 15, 20, 25 etc., skiers receive a trophy. These awards are collected in the awards stall. This year, skiers in the open class can get lucky and win a silver spoon. Prizes are drawn among all who have finished the race.

Food: All skiers will be served food in Frostviksskolan.

Showers: Showers are available adjacent to the gym in Frostviksskolan.

Prize ceremony

The prize ceremony takes place in the finish area at 14.45. 1/3 of all skiers in the competing classes will receive an award, provided they turn up in person. Awards for place 6 onwards are to be collected in the awards stall.

Results board

Result lists will be posted at the entry to the finish area.

Phone numbers

Race office Nordli: + 47 95 02 93 32

Race office Gäddede: + 46 72 217 16 44

We wish you all a wonderful weekend with Flyktingerennet!

The Flyktingerennet Race Committee