

## **Participant information Saturday March 23rd 2024**

Opening hours race office in Liernehallen:

Friday: 15.00-20.00 hrs

Saturday: 09.00-20.00 hrs

Sunday: 08.00-12.00 hrs

Opening hours race office in Gäddede (Kansli):

Friday: 14.00-20.00 hrs

Saturday: 14.30-19.00 hrs

Number bibs for the race on Saturday are available for collection at the starting area from 09.00.

### **Accommodation:**

Accommodation at Stortangen school and Liernehallen. Breakfast and evening snack available for purchase at Liernehallen.

### **Transportation:**

Free shuttle bus from Saga, Sagavägen 5, Gäddede, to the starting area:

10.00

10.30

11.00

After the race the first bus will depart at 14.00 and the last one at 15.00.

### **Luggage:**

Free transportation of luggage from start to the finishing area. Attach address tags on bags/backpack with clothes. Hand in to luggage van. Provided plastic bags for coveralls or similar will be collected from the starting area and transported to the finishing area in Gäddede.

**Parking:** 70 kr

Vipps: 801552

Swish: 123 051 4646

Please follow the instructions of the parking wardens!

### **Starting times:**

Mass start 11.30: All competing classes. H/D 15-16, H/D 17-20, H/D 70.

Mass start 11.40: Womens and mens non-competing classes.

Mass start 12.00: Class without timing 12 and 17 kms.

### **Tracking chips:**

Tracking chips in all classes, to be attached on ankle.

### **Track etiquette:**

The race runs in classic technique. There are several control points along the track. The rules of the Norwegian skiing association applies. All overtaking must take place in the left track.

### **Pole posts:**

There are pole posts just after start and by the drinks station at Muruhatten. The poles are to be returned along with your number bib.

**Aid stations:**

There are staff from Red Cross with communication and snow mobiles several places along the track. There will be a patrol following after the last participant on the track. The race doctor can be contacted through the Red Cross staff. If you come across injured participants, please notify nearest aid warden with start number and location.

**Drinks stations:**

On the 17 kms track: After approximately 3, 6 and 11 kms.

On the 12 kms track: After approximately 3 and 6 kms.

Drinks: ENERVIT sports drink, water. On the last drinks station there is also Coke and sandwiches available.

Those who exit the race, must notify the nearest aid station, drinks station or race officials.

**Waste zones:**

We encourage all participants to dispose of waste in the designated waste zones only. These zones are 100 m before to 100 m after the drinks stations and are sign posted.

**Finishing**

Prizes: Everyone finishing their 1st to 10th year will receive a medal or diploma. 15th, 20th, 25th, ... years will receive a trophy. The prizes must be collected at the prize window next to the luggage pick up. In the non-competing classes there will be a draw for silver cutlery to 1/5 of the participants. This happens immediately after crossing the finish line.

**Food:**

All participants will receive food at the Frostviks school.

**Showers:**

There are showers in the sports hall at the Frostviks school.

**Award ceremony:**

The award ceremony takes place in Gäddede church at 15.00. 1/3 in all the competing classes will be awarded. Personal attendance is required to receive an award. Information on who will be awarded will be available at the result board in the finishing area.

**Results:**

The results can be found on the board by the entrance to the finishing area.

Phone numbers:

Race office Nordli: +47 95 02 93 32

Race office Gäddede: +46 72 217 16 44

**GOOD LUCK IN FLYKTINGERENNET!**