

Participant information Sunday March 24th 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

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 in Nordli at 09.00.

After the race, the first bus will leave Saga for Liernehallen around 14.00. Buses will run consecutively as they fill up, until the last bus at 17.00.

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 time:

Mass start 11.00: All classes

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 all drinks stations. 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:

7 kms (Kvelifjellet), 19 kms (Nymyran), 29 kms (Grenserøysa), 33 kms (Torpet) and 38 kms (Muruhaten)

Drinks: ENERVIT sports drink, water. At the stations Grenserøysa and Muruhaten there is also Coke, coffee 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 pickup. 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 for all competing classes takes place in the finishing area at 14.45. 1/3 in all the competing classes will be awarded. Personal attendance is required to receive an award. Awards for 6th place and after must be collected at the prize window after the official results are ready.

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 Gåddede: +46 72 217 16 44

GOOD LUCK IN FLYKTINGERENNET!