



# FJÄLLMARATON

ÅREFJÄLLEN 25 JUL - 1 AUG 2020

## INFO - KVARTSMARATON

1 August 2020

### START TIMES Edsåsdalen, Köja

Kvartsmaraton 09:00, 11:00, 13:00

**Participants must specify their desired start block by midday on 31/7**

Fill in this form to select your start block and book a transfer to the start if needed:

<https://anmalmig.nu/anmalan/a5b0b2d0-dcd2-42dc-b044-910be46f789e/>

### NEW FINISH ZONE FOR THE KVARTSMARATON

Given the current situation of Covid-19, we are aware of the necessity to avoid large gatherings of people, including supporters and friends who may want to spectate at the finish zone. For this reason, we are shortening the Kvartsmaraton by approximately 700 metres. The revised finish line of the Kvartsmaraton will now be at the point where the trail exits onto the road just to the left of Trillevallen's Hotell. It will be clearly marked. Participants will receive a post-race food package before being asked politely to clear the finish zone and make their way up to the car park to return home in their own car, or to take one of the KIA Fjällmaraton transfers.

### RACE BIBS

To avoid gatherings and eradicate queues for bib numbers, you will be able to collect your race bib, timing chip, map and cup (for use at the feed zones as well as finish zone) in Edsåsdalen.

*You will receive an SMS on Friday with your start number. To speed up the process, supply the staff with the sms as well as your full name when collecting your race number.*

You can also check your start number on the start list that will be published at 13:00 on Friday, click the following link:

<https://anmalmig.nu/anmalda/9d54c1a7-41e9-4d83-bcd0-fdec13ae334f/>

## REUSABLE CUP

When collecting your race pack, all participants will receive a cup to be used at the drinks stations. A number of years ago we made a conscious decision to eliminate paper cups from the event due to environmental issues. Bring this foldable cup along the race to make sure you keep hydrated at the stations. This use of this specific cup is not obligatory; you can use any cup of your choosing.

## BUS TRANSFER TO THE START

To book a bus transfer to the start, use the same form that you have used to reserve your start block.

### TIPS FOR BOOKING YOUR BUS TRANSFER

#### – I want my car at the finish of the race

Drive to Trillevallen and park at the large car park by Ripan. There will be a bus stop next to the car park. After finishing the race, there is a walk of approximately 1 km from the finish zone to the car park that we expect you to complete on foot. At this year's edition, we want to minimise unnecessary car-pooling.

#### – I want a bus transfer directly to the start from where I'm staying

We offer a transfer services from Åre train station and Undersåker train station at your expense. For those who have booked accommodation at Vålådalen's Fjällstation, Edsåsdalen or Copperhills Mountain Lodge, the transfer is included in your package; confirm with the staff at your lodgings that they will provide a transfer at the right time for your given start time.

## POST-RACE TRANSFER / KIA FJÄLLTRANSFER

KIA Fjälltransfer is our concept of free transfers in KIA's range of electric cars to all locations in the vicinity, as well as a route to Åre. You'll find the KIA Fjälltransfer near the finish zone in Trillevallen. There are no set departure times; transfers will depart when full for the respective destinations.

*Mindful of the fact that numbers need to be kept at a minimum, it is extra important at this edition of the race that participants leave the finish zone and make their way to the car park or the KIA Fjälltransfer zone as soon as possible. Post-race food will be distributed after crossing the line for participants to eat after they have left the zone — Be aware that the traditional post-race festivities are not possible due to current circumstances. **Supporters and spectators are not permitted.***

### Post-race kit

When you collect your race number you will receive a sticker with your race number on it to be placed on your bag of clothing to change after the race; these bags will be transported to the finish in Trillevallen.

***Drop these bags at the designated spot at the start and these will be transported by the race organisers to the finish zone.***

For those arriving by train on the morning of the race, put your sticker with your start number on your own bag and this will be transferred from the start to the finish.

# OBLIGATORISK UTRUSTNING

Kvartsmaraton, Välliste Runt, Salomon 27K, Öppet Fjäll, KIA Fjällmaraton, Bydalsfjällen 22K & 50K

## Obligatorisk utrustning

- Mobiltelefon med säkerhetsnumret 070-238 30 56
- Ryggsäck eller midjeväska
- Vindtät jacka
- En extra långärmad underställströja
- Mössa (Buff® är godkänt) och vantar
- Första förband
- Magnetisk kompass
- Behållare för minst en ½ liter vätska
- Visselpipa
- Vindtäta byxor  
(kan bli aktuellt beroende på väder, besked ges dagen innan start)

## Erhålles inför tävlingen:

- Två nummerlappar
- Karta
- Kåsa för vätskestationer



*Forgotten anything? Don't panic! Hansons butik in Åre's main square has all of the obligatory equipment available for any last-minute purchases.*

## RULES

- All litter, including paper, bottles etc., must be carried until you reach the nearest control station or the finish line.
- We ask that all competitors take responsibility for their own wellbeing as well as those around them. As such, we expect you to take care of an injured athlete until help arrives.
- If a runner wishes to pull out of an event, it is necessary to inform the nearest control station.
- Support is not essential. External support is only permitted at the three food/drink stations, but not along the route.
- All participants must be aware of the inherent risks when competing in an off-road running event like this. Participants must possess the requisite experience to partake in such an event. Any seriously injured athletes will be escorted to safety as quickly as possible by the event's designated first-aid staff, however, the weather and terrain conditions can affect the

speed with which a rescue can be carried out. As such, it is essential that athletes adhere to the obligatory kit list.

## SHOWERS & TOILETS

No public access to shower facilities this year.

Portaloos will be available around the finish zone as well as the feed zones.

## POST-RACE BANQUET – VIDEO – PHOTOS

All organised post-race festivities have been withdrawn from this year's programme.

## PRIZE CEREMONY

This year's edition will conclude with a livestream of the prize ceremony in which the top 5 female and male athletes will be awarded their prize money from the Spartan Trail World Championships. *More information on timings of the live stream will be provided shortly*

## LAYOUT OF TRILLEVALLEN & FINISH ZONE

