



FJÄLLMARATON

ÅREFJÄLLEN 29 JUL - 5 AUG 2023

RACE DAY INFO - Kia Fjällmaraton 45K & Ottsjö 12K, 5 Aug 2023

START TIMES

Kia Fjällmaraton 45K, Trillevallen	09:00	(Please arrive well ahead of time)
Ottsjö 12K, Ottsjö	10:30	

RACE NUMBERS

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

Where and when to collect your number or put in a last-minute entry:

Kia Fjällmaraton

Friday 4/8	14:00-16:00	Ottsjö Fjällmaraton Centre
	17:30-20:30	Åre Torg/Åre's main square
Saturday 5/8	07:00-08:30	Trillevallens högfjällshotell

Ottsjö 12K

Friday 4/8	14:00-16:00	Ottsjö Fjällmaraton Centre
	17:30-20:30	Åre Torg/Åre's main square
Saturday 5/8	09:15-10:15	Start Ottsjö, Fjällmaraton Centre

BUS TRANSFER TO THE START & AFTER THE RACE

Bus transfers must be booked using the below link and cost 150:- SEK. Athletes staying in race-related accommodation in Edsåsdalen have their own transfers – check with the reception to book this.

Book your transfer by 18:00 Friday 4 August:

Kia 45K: <https://dinkurs.se/86476>

12K: <https://dinkurs.se/86478>

Bus transfer timetable:

Kia Fjällmaraton 45K 5 August 2023, start 09.00 Trillevallen

Åre train station	07:40
ICA Björnänge	07:55
Undersåkers train station	08:05

Ottsjö Fjällmaraton Centre & Ottsjöbua 07:50 / 07:55

Ottsjö 12K 5 August 2023, start 10:30 Ottsjö

Åre train station	08:45
ICA Björnänge	09:00
Undersåkers train station	09:10
Trillevallen hotel	09:30

Tips for those coming by car

Kia Fjällmaraton 45K

Drive all the way up through Trillevallen until you reach the large car park at the bottom of the ski slopes. Trillevallen Sportklubb will be on hand to direct you to a parking space. Your contribution of 50:- SEK includes the parking service and a transfer back to your car after the race.

Please follow the instructions given by the volunteers and park in the designated spaces in order to ensure minimal disruption to land owners, emergency services, and residents.

Ottsjö 12K

Drive to Ottsjö and follow the instructions given by Trillevallens Sportklubb members, who will direct you to a parking space. Your contribution of 50:- SEK includes the parking service and a transfer back to your car after the race with the KIA Fjälltransfer.

TRANSFERS AFTER THE FINISH

Kia Fjälltransfer refers to our concept of free transfers in Kia's range of electric cars to cars parked in Ottsjö and Trillevalen. There are no set departure times; transfers will depart when full.

There will also be a Kia Fjälltransfer bus service departing at the following times from the finish zone to Undersåker/Åre:

Ottsjö – Undersåker / Åre

14:00

15:30

17:00

18:30

REUSABLE CUP FOR FEED STATIONS

When collecting your race pack, all participants receive a cup to be used at the feed stations as we have eliminated single-use cups from the event due to environmental issues. Bring this foldable cup along to the race to make sure you keep hydrated at the stations. (Note: the use of this specific cup is not mandatory; you can use any cup of your choice.)

POST-RACE KIT

Your post-race kit refers to the non-race clothing you turn up to the race in and want to have back at the finish—don't confuse this section with your obligatory equipment. When you collect your race number you will receive a sticker with your race number on it. Stick this number on your own bag containing clean clothes for after the race.

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

POST-RACE FOOD

Athletes in the Kia Fjällmaraton and the Ottsjö 12K will be served simple food in the food tent at the finish in Ottsjö. Each athlete has two race numbers; one of these will serve as your meal voucher.

Spectators and supporters will be able to purchase food in the finish arena.

SHOWERS & TOILETS

There's a prime bathing spot in Ottsjö lake located around 700 metres from the finish. Toilets will be available in both the start and the finish zones.

RULES

- Runners must follow the marked route. Deviations from this route are forbidden.
- All participants must be aware of the inherent risks when competing in an off-road running event like this. 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.
- All litter, including gel wrappers, bottles etc., must be carried until you reach the nearest checkpoint 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 an athlete wishes to pull out of the event, you have to inform the nearest staffed checkpoint.
- While support is not essential, it is permitted at feed stations. Athletes may not receive support along the route.

CUT-OFF TIMES

Kia Fjällmaraton 45K

Tobaksdalen **33.5 km** **15:30**

There are no cut-off times in the **Ottsjö 12K**

PRIZE MONEY

For the fourth year in a row, we're proud to be part of the prestigious Spartan Trail World Championships, a series that covers all continents and awards points at each round to create an overall leaderboard. Prize money is also included:

Prize money Kia Fjällmaraton 45K - 2023

1st M/F	1500€
2nd M/F	750€
3rd M/F	400€

Prize ceremony will take place at 14:00 in the finish arena.

OBLIGATORY EQUIPMENT

FJÄLLMARATON

The equipment listed here is for the safety of participants and must be carried on your person throughout the entire race. Spot checks will be carried out at the finish. Any missing items will result in a time penalty of 15 minutes/item.

Obligatory Equipment

- Mobile telephone with safety number +046 070 238 30 56 saved
- Backpack or hip pack
- Windproof jacket
- A spare long-sleeved thermal top/base layer
- Hat/Buf and gloves
- First aid bandage
- Magnetic compass
- Container for min. 500 ml fluid
- Whistle
- Windproof trousers (weather dependant, you will be informed by SMS in the days leading up to race)

Provided by race

- Two race numbers
- Map
- Reusable cup for feed stations
- Timing chip



OBLIGATORY EQUIPMENT

OTTSJÖ 12K

The equipment listed here is for the safety of participants and must be carried on your person throughout the entire race. Spot checks will be carried out at the finish. Any missing items will result in a time penalty of 15 minutes/item.

Obligatory Equipment

- Mobile telephone with safety number +046 070 238 30 56 saved
- Hat/Buf and gloves
- First aid bandage

Provided by race

- Two race numbers
- Map
- Reusable cup for feed stations
- Timing chip

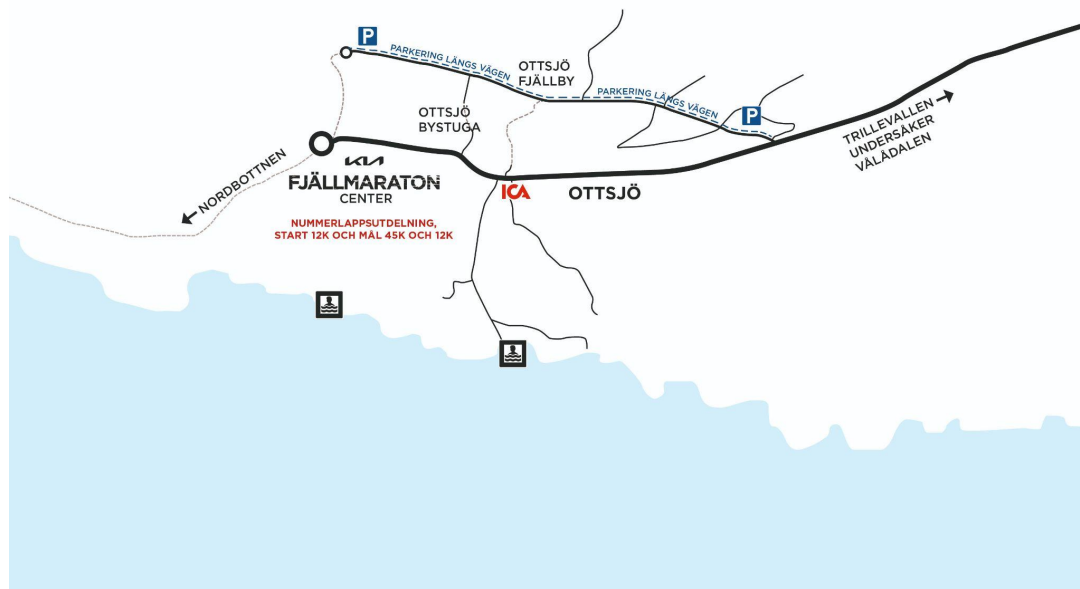


Forgotten something? Don't panic! Outdoor Buddies in Åre's main square and the Fjällmaraton Centre in Ottsjö have all the obligatory equipment available for any last-minute purchases.

ÖVERSIKTSKARTA TRILLEVALLEN



ÖVERSIKTSKARTA OTTSJÖ



ÖVERSIKTSKARTA FJÄLLMARATON CENTER

