

RACE DAY INFO – Peak Performance Vertical K

1 August 2023

START TIMES Åre torg/Åre main square

Women	18:00
Men	18:20

NOTE: In the event of a rush of last-minute entries in the days preceding the Peak Performance Vertical K, the men's field will be split up into various waves, including a men's ELITE start wave and more recreational waves between 18:25–18:30

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

To collect your race number or enter on the day:

Tuesday 1/8 15:00-17:45 **Åre torg/Åre main square**, race office located next to the start line.

Collect your race number at least **30 min** before your start time.

OBLIGATORY EQUIPMENT

PeakPerformance 

The following kit list is to ensure the safety of all runners and is therefore obligatory during the entire race. Kit inspections may take place at the end of the race and any missing items will result in a 15 minute time penalty/item.

OBLIGATORY KIT

- First aid kit
- Windproof jacket
- An additional long-sleeved thermal top
- Hat/buff, gloves
- Windproof trousers (weather-dependent – notification by SMS on the day before the race)

Provided by race staff before the competition:

- Start number and timing chip



BAG DROP

You will receive a numbered sticker when you collect your start number – stick this onto a bag with the clothes you would like to have after the race, drop it in the designated spot at the start, and it will be transported up to the top of the cable car.

Bags will be available for collection at the Kabinbanan top station.

RULES

- Runners must follow the marked Vertical K route to the summit via Hummelplåtan. Deviations from this route are forbidden.
- Any “rubbish” (such as paper, wrappers, bottles etc.) must be carried with you until the next checkpoint or the finish. Littering may lead to disqualification.
- If you decide to quit the race, you need to inform the next staffed checkpoint.
- Support is not allowed along the route. Runners must carry their own drinks/gels/etc. if they so wish.
- The race organisers cannot guarantee your personal safety; entry is at your own risk. In the event of a serious injury, the race organisers will ensure that you are evacuated from the mountain as quickly as possible. However, weather and ground conditions can affect access on the mountainside, which is why it is very important that all participants carry the obligatory equipment.
- The use of poles is not allowed.

PRIZE CEREMONY Åre torg/Åre main square

- 20:40** Cash prizes for the 1st–3rd M/F in the Peak Performance Vertical K
- 20:50** Prize draw for all Peak Performance Vertical K participants

POST-RACE FOOD

After you have returned to Åre torg (by cable car), all participants will be supplied with food and a drink before the prize ceremony.

SPECTATORS & ATHLETES – CABLE CAR TIMINGS

The Kabinbanan (cable car) will open especially for the Peak Performance Vertical K with regular services between 17:00 and 20:30 for participants, spectators, and the general public. Participants may travel down for free after the race – just show your race number. Spectators can buy tickets to ride up to the top from the Kabinbanan's lower station in Åre.

TIPS FOR SPECTATORS

A super spectator-friendly race, here are our top tips for where to best to shout 'Heja, heja' on the trail or up at the top:

1. Take the cable car to the top and follow the flags along the final part of the route. A rocky, technical section, you have to walk around 900 metres in distance to the summit with a climb of approx 150 vertical metres. **BaseCamp** (located at the cable car station) will be open especially for the event, serving food and drink while spectators wait for the athletes to pass.
2. Drive up to Fjällgården then walk directly up Fjällgårdsbacken for approx. 150 vertical metres until you spot the Vertical K race route on your left. Heading up towards Hummelplåtan below the VM-6 ski slopes, this is the steepest and most spectacular section of the race.
3. Cheer the athletes on at the start in Åre Torg and listen to our live commentary. You can also follow the race through live timing (linked on fjallmaraton.se), on our Facebook profile, and – if technology is on our side – there will be a live stream from the summit.