



# FJÄLLMARATON

ÅREFJÄLLEN 29 JUL - 5 AUG 2023

## SALOMON 27K

### RACE DAY INFO Salomon 27K & Ottsjö 12K, 30 July 2023

#### START TIMES

Salomon 27K, Trillevallen 09:00 (Please arrive in good time)  
Ottsjö 12K, Ottsjö 13:00

#### 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:

#### Salomon 27K

Saturday 29/7 13:00-14:00 Ottsjö Fjällmaraton Center  
15:00-16:00 Köja, Edsåsdalen  
17:30-20:30 Åre Torg/Åre's main square

Sunday 30/7 07:00-08:45 Trillevallens Högfjällshotell

#### Ottsjö 12K

Saturday 29/7 13:00-14:00 Ottsjö Fjällmaraton Center  
15:00-16:00 Edsåsdalen  
17:30-20:30 Åre Torg

Sunday 30/7 11:00-12.45 Ottsjö Fjällmaraton Centre

## BUS TRANSFER TO THE START

Bus transfers must be booked using the link below and cost 150:- SEK.

**Book your transfer by 16.00 Saturday 29 July:**

**S27K:** <https://dinkurs.se/86472>

**12K:** <https://dinkurs.se/86477>

### Salomon 27K 30 July 2022, start 09.00 Trillevallen

|                           |       |
|---------------------------|-------|
| Åre train station         | 07:30 |
| ICA Björnänge             | 07:45 |
| Undersåkers train station | 08:05 |
| Ottsjö ICA                | 08:15 |

### Ottsjö 12K 30 July, start 13:00 Ottsjö

|                           |       |
|---------------------------|-------|
| Åre train station         | 10:30 |
| ICA Björnänge             | 10:45 |
| Undersåkers train station | 10:55 |
| Trillevallen              | 11:20 |

### Tips for those coming by car:

#### Salomon 27K

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 our volunteers and park in the designated spots to minimise disruption to landowners, the 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, a shuttle down to the Fjällmaraton arena and a transfer back to your car after the race.

## POST-RACE TRANSFERS

**Kia Fjälltransfer** refers to our concept of free transfers in Kia range of electric cars to cars parked in the vicinity as well as to the car park in Trillevallen. There are no set departure times; transfers will depart when full.

### **Bus transfer to Åre / Undersåker**

There will also be a bus transfer service departing every 30 minutes throughout the afternoon from the finish zone to Undersåker/Åre. Look for the signposted bus stop **BUSSTRANSFER FJÄLLMARATON**.

## REUSABLE CUP FOR FEED STATIONS

When collecting your race pack, all participants receive a cup to be used at the feed stations. We do not have any single-use cups at our feed stations, so it is wise to 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 choosing.)

## 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.***

## RULES

- Runners must follow the waymarked route on the Salomon 27K / Ottsjö 12 km race routes.
- 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..

# OBLIGATORY EQUIPMENT

**salomon 27K**

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/Buff 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



# 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/Buff and gloves
- First aid bandage

## Provided by race

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



Forgotten anything? 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

## CUT-OFF TIMES

There are no cut-off times in the **Salomon 27K** or the **Ottsjö 12K**.

## POST-RACE FOOD

Athletes in the Salomon 27K and the Ottsjö 12K will be served some simple food in the food tent at the finish in Ottsjö. One of your race numbers will suffice as your food 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.

## PRIZE MONEY & GOLDEN TICKETS

We're proud to be part of the prestigious Golden Trail Series for the third year in a row. This means the first three men and women in the Salomon 27K will all win a free trip to the Golden Trail Nordic final to race the Fyri Trail on 16 September in Hemsedal. Travel, accommodation, food and race entry will be provided. If you race well there, you'll win another golden ticket to compete in the Golden Trail Series global final in Italy in October.



### Prize money Salomon 27K 2023

|                    |       |
|--------------------|-------|
| Overall winner M/F | 1000€ |
| Winner U23 M/F     | 350€  |

The prize ceremony will take place at 12:30 in the finish arena.

## ÖVERSIKTSKARTA TRILLEVALLEN



## ÖVERSIKTSKARTA OTTSJÖ



# ÖVERSIKTSKARTA FJÄLLMARATON CENTER

