

FJÄLLMARATON

VINTER

20 APRIL 2024

RACE INFO - Fjällmaraton VINTER

20 – 04 – 2024

START TIMES Ottsjö

START Vinter 43K	08:00
START Vinter 22K	08:00
START Vinter 12K	09:00
Dinner, Ottsjö Wärdshus	18:00
Prize Ceremony	19:30

RACE NUMBERS

Collect your race entry here:

Friday 19/4 **16:00 - 20:00** Ottsjö, Fjällmaraton Centre

Saturday 20/4 **07:00 - 09:00** Ottsjö, Fjällmaraton Centre

Late entries will be accepted online until 19:30 on Friday 19/4.

Entries also accepted on the day.

ID is not required to collect race numbers.

FEED STATIONS

Feed station with Umara sport drink, blueberry juice, bouillon, bars.

43K - 11.7 km, 19.3 km, 24.2 km, 30.7 km, plus food at the finish line.

22K - 11.7 km, 19.3 km, plus food at the finish line.

12K - 6.6 km plus food at the finish line.

TIPS FOR THOSE COMING BY CAR TO OTTSJÖ

Drive all the way into the village of Ottsjö along the main road. Park at the designated P area at Ottsjö Ledcentral Väst.

From these parking spaces, you're 200 metres from Fjällmaraton Center, where the start and finish are located.

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 clothes for after the race.

Drop this bag at the designated spot at the start and these will be available at the finish zone.

OBLIGATORY KIT

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.

- Mobile telephone with safety number 0046 0702383056 saved – Backpack or hip pack – Windproof jacket – A spare long-sleeve thermal top/base layer – Hat and gloves – Shell gloves – First aid bandage – Magnetic compass – Contain for min. 500 ml fluid – Whistle – Emergency blanket – Wind trousers – Additional jacket in down or primaloft.

Provided by Fjällmaraton: two race numbers, map, cup, timing chip.

OBLIGATORISK UTRUSTNING

FJÄLLMARATON
VINTER

Utrustningen är till för deltagarnas säkerhet och skall därför medföras under hela loppet. Slumpvisa kontroller kommer att ske efter målgång. Avsaknad av utrustning bestraffas med tidstillägg, 15 min/sak.

Obligatorisk utrustning

- Mobiltelefon med sparad säkerhetsnummer 070-238 30 56
- Ryggsäck eller midjeväska
- Vindtät jacka
- En extra långärmad underställströja
- Mössa och vantar
- Skalhandskar
- Första förband (kompress och gasbinda)
- Magnetisk kompass
- Behållare för minst ½ liter vätska
- Visselpipa
- Räddningsfilt
- Vindbyxor
- Extra förstärkningsjacka i dun eller primaloft

Erhålls inför tävlingen

- Två nummerlappar
- Karta
- Kåsa för vätskestationer
- Tidtagningschip



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CUT-OFF TIMES

Vinter 43K	Ottsjö loop 24.2km	12:00
Vinter 22K	N/A	
Vinter 12K	N/A	

RULES

- Participants must follow the designated, marked route (signposted with Fjällmaraton arrows and orange flags). You are not allowed to detour from this course.
- 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.

SHOWERS & TOILETS

No public showers, but the lake of Ottsjö is approximately 700 metres away for a dip. Toilets will be available in the start and the finish zone.

The hotel – Ottsjö Wårdshus – has showers, sauna, and hot tubs available. For non-residents at the hotel, you may use these for a small fee.

POST-RACE YOGA

There will be a 60 minute yoga class at Ottsjö Wårdshus at 15:00 costing 150 KR per person.

PRIZE CEREMONY

19:30 Prize ceremony for leaders and prize draw amongst all participants.

ÖVERSIKTSKARTA OTTSJÖ

