

FJÄLLMARATON NATT

RACE INFO - Fjällmaraton NATT

23 – 08 – 2025

START TIME Ottsjö

Transfer on foot* to start	03:30
START Fjällmaraton NATT	04:00
Breakfast serving begins	07:00
Dinner – Ottsjö Wärdshus	18:00
Prize ceremony & prize draw	19:30

*Cars aren't allowed to drive down the gravel track to the finish. Participants are welcome to meet outside the Fjällmaraton centre at 3:30 to walk together to the start, but you can jog down at any pace you like.

RACE NUMBERS

Collect your race entry here:

Friday 22/8 **18:00 - 20:00** Ottsjö, Fjällmaraton Centre

Saturday 23/8 **03:00 - 03:30** Ottsjö, Fjällmaraton Centre

Late entries will be accepted until 03:30 on race day.

ID is not required to collect race numbers.

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.)

FEED STATIONS

Ottfjällets Vindskydd 12.5km

Umara sports drink, water, Umara bars

Östra Våldalen 25km

Umara sports drink, water, Umara bars, buns, coffee, bouillon, sweets

Ridvadet beach entry 30m

Coca-cola

Ridvadet beach exit 30.7km

Umara sports drink, water, blueberry soup, coffee, bouillon, chocolate balls

The finish in Ottsjö 33.8km

Breakfast buffet with Majas Skaffereri

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.

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/Buff and gloves – First aid bandage – Magnetic compass – Contain for min. 500 ml fluid – Whistle – Wind trousers – Head torch

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

OBLIGATORISK UTRUSTNING

FJÄLLMARATON NATT

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 sparat säkerhetsnummer 070-238 30 56
- Rygsäck eller midjeväska
- Vindtät jacka
- En extra långärmad underställströja
- Mössa (Buff är godkänt) och vantar
- Första förband (kompress och gasbinda)
- Magnetisk kompass
- Behållare för minst ½ liter vätska
- Visselpipa
- Pannlampa
- Vindbyxor
- (kan bli aktuellt beroende på väder, besked ges dagen innan start)

Erhålles inför tävlingen

- Två nummerlappar
- Karta
- Kåsa för vätskestationer
- Tidtagningschip



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.

DINNER

18:00 Ottsjö Wårdshus Book a spot directly with the hotel. Everyone is welcome!

PRIZE CEREMONY

19:30 Prize ceremony for first man and woman
Prize draw amongst all participants present at the dinner.

ÖVERSIKTSKARTA OTTSJÖ

