



FJÄLLMARATON

ÅREFJÄLLEN 29 JUL - 5 AUG 2023

OTTSJÖ 8K ICA ÅRE



RACE DAY INFO - OTTSJÖ 8K ICA ÅRE

31 July 2025

START TIMES Ottsjö

Walkers' start (optional, 90 minutes-plus)	17:30
Start group 1 (sub 50 minutes)	18:00
Start group 2 (50–75 min)	18:10
Start group 3 (75–90 min)	18:20
Prize draw for all participants	20:10

RACE NUMBERS

You do not need to show identification to collect your start number.
Where and when to collect your number:

Thursday 31/7 15:00-17:45 **Ottsjö**, Fjällmaraton Centre

Entries can be made ONLINE all day up until 17:30.

Plan ahead when it comes to collecting your race number – try to be early in case there's a rush of late entries.

DRINKS STATION

At approximately 4 km, runners will pass a hydration station with water and Umara drinks.

Tips for those coming by car to Ottsjö

Drive into Ottsjö and follow the directions given by Trillevallen Sportklubb, 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. Please follow the instructions given by our volunteers and park in the designated spots to minimize disruption to landowners, the emergency services and residents.

RULES

- Runners must follow the waymarked route..
- All litter, including gel wrappers, bottles etc., must be carried unless you reach the nearest checkpoint or the finish line.
- If an athlete wishes to pull out of the event, you have to inform the nearest staffed checkpoint.
- Poles are not allowed.

OBLIGATORY KIT

OBLIGATORY EQUIPMENT

OTTSJÖ 8K ICAÅRE Supermarket

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
- Windproof jacket
- First aid bandage
- Trail shoes with good grip

Provided by race

- One race numbers
- Reusable cup for feed stations
- Timing chip



SHOWERS & TOILETS

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

PRIZE CEREMONY

20:10 All participants who complete the Ottsjö 8K route will be entered into a live prize draw.

The prize pot totals a grand 100,000 SEK and includes a vast number of prizes that will be distributed at random amongst the participants.

ALL-DAY FOOD

Undersåkers Charkuteriefabrik will be spending the entire day in Ottsjö with a delicious barbeque on the go. Expect local meat and plant-based alternatives.

Majas Skafferi will be selling coffee, fika and sandwiches.

ALL-DAY ACTIVITIES - 100K & 8K

Our aim is to create a festival atmosphere around the finish area in Ottsjö for the entirety of Thursday. We'll be hosting a range of side activities for spectators of the 100K, families, and the general public.

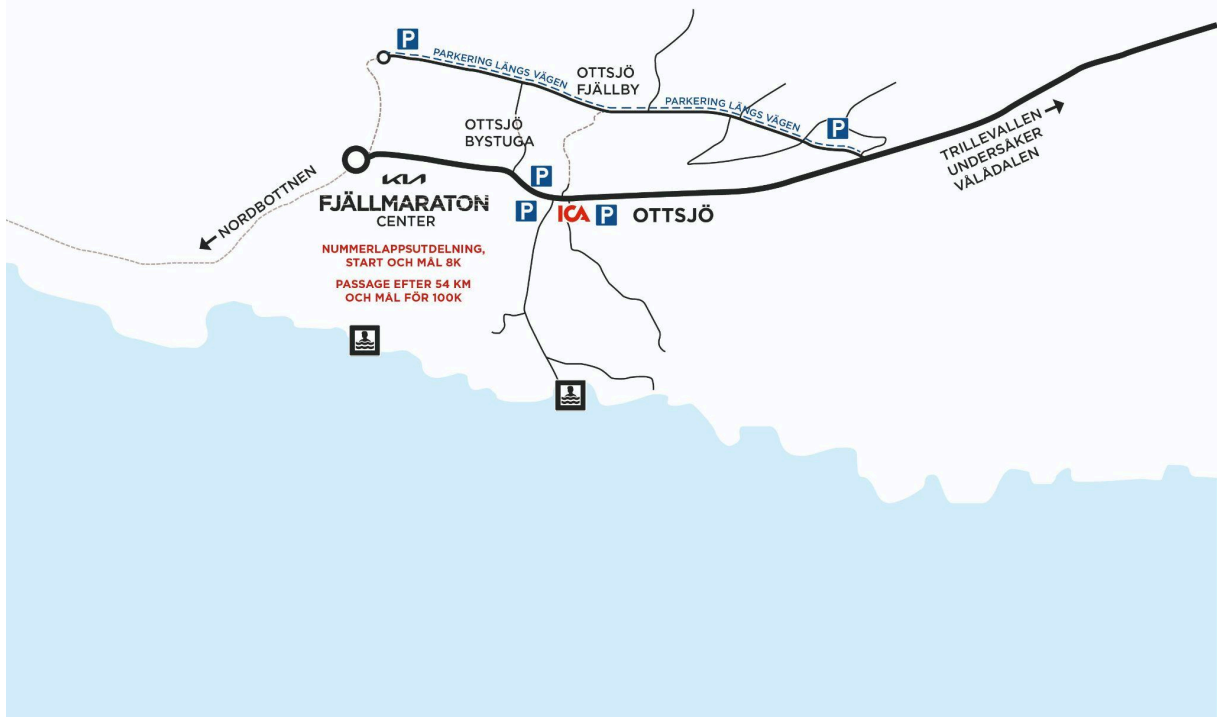
As the date draws closer, we'll present a more definite schedule of workshops, clinics, and activities. Here's a rough outline:

- 05:00 Start 100K, Fångåmon
- 06:45 - 07.00 100K leaders pass Vålådalen
- 09:00 - 11:00 Kia Coffee Morning, free coffee from the EV9 in the finish area, Ottsjö
- 09.30 - 10.00 100K leaders run through Ottsjö (53 km into the race)
- 11.00 - 15.00 Lunch and fika, served by Undersåkers Charkuteriefabrik and Majas Skafferi
- 17:00 AGO Sprinten qualification rounds
- 17:30 - 18.20 Start 8K ICA Åre**
- 20:00 AGO Sprinten elimination rounds
- 20:30 Prize ceremony 100K
- 20:40 Prize draw for all participants of the Ottsjö 8K**
- 21:15 AGO Sprinten Final
- 24:00 Final finishers of the 100K expected

All day:

Vivo OFF TRAIL for adults and children with Vivobarefoot test shoes.

ÖVERSIKTSKARTA OTTSJÖ



ÖVERSIKTSKARTA FJÄLLMARATON CENTER

