

DATE

Saturday august 22nd 2020

CATEGORIES

Men 42 k Men 21 k Men 10 k
Ladies 42 k Ladies 21 k Ladies 10 k

ARENA

The arena is situated at Experiumtorget in Lindvallen.

PARKING

Free parking at Experium, Lindvallen.

START

Masstart in the arena for all categories. Starttimes as follows:

21 k Ladies + Men	09:00
10 k Ladies + Men	09:20
42 k Ladies + Men	09:40

FINISH

The finish is situated at the arena. The finish closes at 17:00.

COMPETITION OFFICE

Place and opening times for competition office will be published later.

NUMBER-BIBS AND TIMEKEEPING-CHIP

You get the number-bibs and timekeeping-chip at the competition office. Number-bib must be worn on the front of your shirt.

CLOTHES/EQUIPMENT

Bagheera Fjällmaraton Sälen has no restrictions for clothes or equipment during the race. We strongly recommend carrying a wind-jacket throughout the race. The weather conditions in Sälen can change quickly and not enough clothes can lead to danger.

CHANGING FACILITIES

Free entrance to the showers at Experium. Participants are also offered a discounted price at Experium's Adventure Pool or Sauna World upon presentation of their race number bib at the entrance.

WC

Inside the Experium building.

BAG AND CLOTHE STORAGE

During the race you can place bags and warm-up clothes in the house "Majkens sylta" at the arena. The bags will be overseen by the organisers, but all storage will be at your own risk. The organizers are not responsible for lost valuables.

PRIZE GIVING CEREMONY

All competitors will get a special Bagheera Fjällmaraton Sälen-medal. There will be an award ceremony with prizes for the top 5 competitors in each class as soon as possible after finish.

ENTRY

Entry is made online via the website www.fjallmaratonsalen.se/english

Entry fees	42 km	21 km	10 km
22 aug 2019 - 31 dec 2019	895 kr	745 kr	495 kr
1 jan 2020 - 31 may 2020	995 kr	845 kr	595 kr
1 jun 2020 - 19 aug 2020	1195 kr	1045 kr	795 kr
Competition office	1395 kr	1245 kr	895 kr

Entry fee includes:

- Energy and Drink stations along the course
- Electronic timekeeping
- Free entrance to Experium with sauna and shower after the race
- Bagheera Fjällmaraton Sälen competitor t-shirt
- Bagheera Fjällmaraton Sälen Medal
- Goodiebag

CHANGING YOUR ENTRY

It is possible to give your entry away. Do it online via the website www.fjallmaratonsalen.se/anmalan A fee is charged due to the dates entry prices.

COURSE

The course goes through varying terrain above the tree line, down in the chalet area, along hiking trails and forest roads. The track is well marked with streamers and signs. Runnability varies greatly from easily run roads to rocky trails.

Please Note:

The hiking trails above the tree line are partly rocky and footbridges are also covering parts of the course. These footbridges can be slippery when wet.

Be careful!

ENERGYSTATIONS

10 k

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextröse	Raisins Salt
Station 1 – 5,5 Km Stensjön	●	●	●	●	●

21 k

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextröse	Raisins Salt
Station 1 – 5,5 k Högfjällshotellet	●	●	●	●	●
Station 2 – 10,8 k Storfjällsgraven	●	●	●	●	●
Station 3 – 13,9 k Hemfjällsstugan	●	●	●	●	●
Station 4 – 16,3 k Stensjön	●	●	●	●	●

42 k

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextröse	Raisins Salt
Station 1 – 5,5 k Högfjällshotellet	●	●	●	●	●
Station 2 – 9,8 k Östfjällsstugan	●	●	●	●	●
Station 3 – 17,0 k Högfjällshotellet	●	●	●	●	●
Station 4 – 22,4 k Storfjällsgraven	●	●	●	●	●
Station 5 – 25,5 k Hemfjällstugan	●	●	●	●	●
Station 6 – 31,4 k Hemfjällstugan	●	●	●	●	●
Station 7 – 37,6 k Stensjön	●	●	●	●	●

Cold drinks = Water & Sports drink

Warm drinks = Coffee & Blueberry soup

At the finish you will be served water, sports drink and snacks.

FOOD/FOOD SHOPPING

Friday night 18:00–21:00 there will be a pasta buffet.

Place and price will be published later.

Saturday morning 06:00–08:00 Sport-breakfast at Experium. Price: 150 SEK.

Saturday night 19:00– the popular "Fjällmaraton Banquet" will be held with live-entertainment. Price: Adult 359 SEK, 8–12 years 135 SEK, 4–7 years 105 SEK, 0–3 years for free. Entry online when entering the race.

ICA Lindvallen supermarket have extended opening hours during the Friday evening and will stay open until 21:00 to facilitate late arriving guests. During the rest of the weekend the shop will be open from 08:00-20:00.

CONTACT

Questions? Send us an E-mail at info@fjallmaratonsalen.se.