



## DATE

Saturday September 3rd, 2021.

## CATEGORIES

Men 42 km      Men 21 km      Men 10 km  
Ladies 42 km      Ladies 21 km      Ladies 10 km

## ARENA

Situated at Experiumtorget in Lindvallen.

## START

Masstart in the arena for all categories. Start times as follows:

21 km Ladies + Men      08:40      Starting-group 1  
21 km Ladies + Men      09:00      Starting-group 2  
10 km Ladies + Men      09:20  
42 km Ladies + Men      09:40

## FINISH

Situated at the arena and closes at 17:00.

## COMPETITION OFFICE

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

## NUMBER BIBS AND TIMEKEEPING CHIP

You get the number bib and timekeeping chip at the competition office. Number bib must be worn in the front of your body.

## CLOTHES/EQUIPMENT

Bagheera Fjällmaraton Sälen has no restrictions for clothes or equipment during the race. Keep in mind that the weather conditions in Sälen can change quickly. We strongly recommend carrying a wind-jacket throughout the race.

## CHANGING FACILITIES & TOILETS

Free entrance to toilets and showers with sauna in Experium building.

## BAG AND CLOTHES STORAGE

During the race you can place bags and warm-up clothes in the house "Majkens sylta" at the arena. Your bags will be overseen by the organisers, however you leave them in the storage at your own risk. 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 top 5 competitors in each class as soon as possible after the finish.

## ENTRY

Entry is made online via the website [www.fjallmaratonsalen.se/english](http://www.fjallmaratonsalen.se/english)

Entry fees	42 km	21 km	10 km
4 sep 2021 - 31 dec 2021	945 kr	795 kr	545 kr
1 jan 2022 - 31 may 2022	1045 kr	895 kr	645 kr
1 jun 2022 - 1 sep 2022	1245 kr	1095 kr	845 kr
Competition office	1445 kr	1295 kr	945 kr

## Entry fee includes:

- Refreshment stations along the course
- Electronic timekeeping
- Bagheera Fjällmaraton Sälen competitor t-shirt
- Bagheera Fjällmaraton Sälen medal
- Goodie bag
- Entry to the expo-area

## CHANGING YOUR ENTRY

It is possible to change the name or category of your entry. You can do it online via the website [www.fjallmaratonsalen.se/anmalan](http://www.fjallmaratonsalen.se/anmalan). A fee for a change is the difference between the original entry fee and the actual entry fee on the day of the change.

## COURSES

Courses meet diverse terrain from hiking trails above the tree line to forest roads and paths leading through the chalet area at the Sälen mountains base. Runnability varies greatly from easily runnable roads to narrow rocky trails. Tracks are well marked with stripes and signs.

## Please Note:

Hiking trails above the tree line are rocky and are partly covered by footbridges. Keep in mind that these footbridges are slippery when wet. **Be careful!**

## REFRESHMENT STATIONS

### 10 km

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextrose	Raisins Salt
Station 1 – 5,6 km Stensjön	●	●	●	●	●

### 21 km

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextrose	Raisins Salt
Station 1 – 5,9 km Högfjällshotellet	●	●	●	●	●
Station 2 – 11,3 km Storfjällsgraven	●	●	●	●	●
Station 3 – 14,4 km Hemfjällsstugan	●	●	●	●	●
Station 4 – 16,8 km Stensjön	●	●	●	●	●

### 42 km

	Cold drinks	Warm drinks	Chips Candy Bananas	Buns Pickles Dextrose	Raisins Salt
Station 1 – 5,5 km Högfjällshotellet	●	●	●	●	●
Station 2 – 10,4 km Östfjällsstugan	●	●	●	●	●
Station 3 – 17,7 km Högfjällshotellet	●	●	●	●	●
Station 4 – 23,1 km Storfjällsgraven	●	●	●	●	●
Station 5 – 26,2 km Hemfjällstugan	●	●	●	●	●
Station 6 – 31,4 km Hemfjällstangen	●	●	●	●	●
Station 7 – 37,8 km Stensjön	●	●	●	●	●

Cold drinks = Water & Sports drink

Warm drinks = Coffee & Blueberry soup

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

## ENERGYPACKAGE, FOOD & BANQUET

Sign up for food and energypackage when making your entry.

## EXPO-AREA

During the weekend for Bagheera Fjällmaraton Sälen there will be an expo-area for selling exhibitors within sports, outdoor activities and wildlife. Participants are allowed into the expo-area upon presentation of their race number bib at the entrance.

## CONTACT

Questions? Send us an E-mail at [info@fjallmaratonsalen.se](mailto:info@fjallmaratonsalen.se).

More detailed information will be presented on Bagheera Fjällmaraton Sälen social media platforms later on.