



Welcome to Lillehammer Troll Ski Marathon 2011

<u>Start areas:</u>	95 km	Venabygdsfjellet	at 08.00
	45 km	Gopollen	at 11.00
	20 km	Lisetra	at 12.30

Skiers in the non-competitive class can start approximately one hour earlier.

Disciplin / what to wear

The race will be in classical technique. All skiers have to be dressed for eventually bad weather during the race. **It is our requirement that all skiers are wearing a backpack with food/ drinks and some clothes.** The competitors are requested to put on some sunlotion and wear sunglasses. Remember to bring along skiwax!

Closing times

There will be following closing times: Øksendalen at 11.00, Gopollen at 13.30, Lisetra at 15.45 and Pellestova at 16.30. Skiers who approach these areas after the closing time, will be stopped and provided transportation to Sjusjøen after the last skier has passed. **Skiers who go out of the race between checkpoints, call 41 20 32 82 immediately.**

We have e-cards timing. If you don't return the e-card after the race is finish, you have to pay for them.

Transportation to start areas

The organization offers buses from Sjusjøen Høyfjellshotell by Håkons Hall (about 20 minutes after leaving Sjusjøen) to the start areas. If you don't have paid by your application, you can buy a ticket on the bus.

Time of departure from Sjusjøen Høyfjellshotell to:

- Venabygdsfjellet	friday	april 9	at 06.45 pm	NOK 1750,-
- Venabygdsfjellet	saturday	april 10	at 05.00 am	NOK 175,-
- Gopollen	saturday	april 10	at 07.45 am	NOK 175,-
- Lisetra	saturday	april 10	at 10.30 am	NOK 120,-

Transportation from Sjusjøen after the race

From the Sjusjøen Høyfjellshotell buses will leave to return skiers to the start areas (175 NOK).

From Sjusjøen to Lillehammer (50 NOK).

There will be provided transportation for those skiers who will not be able to finish the race. This transportation will be from Gopollen and Lisetra to Sjusjøen, after the last skier has passed.

Luggage

There will be provided transportation of the skiers luggage from the starting areas to Sjusjøen. This transportation will be at the skiers own responsibility. Deliver your luggage at the starting area. The luggage has to be labeled with your starting number. You will get a label for your luggage when you pick up your starting number.

Awards ceremony

There will be given awards after the race at Sjusjøen. Diplomas will be awarded to participants who complete the race.

Dinner

Dinner will be served at Sjusjøen Høyfjellshotell for competitors (competing on time) of the distances of 95 and 45 km. You will receive a food-ticket along with your starting number. Bring this ticket as a payment for your dinner.

We wish you a nice race in the mountains, and welcome to Sjusjøen!

*Turi Elise Kaus
Leader of the race committee*