

# NORDMARKA FOREST MARATHON



## PM Nordmarka Forest Marathon June 20, 2009

Welcome to the 16th Nordmarka Forest Marathon. Following is some practical information. See also the site map below.

### Late registration and bib pickup

Start envelope with bib and chip etc, can be picked up at the site (see site map) at **race day 08:15 – 10:00**, or at Oslo Sportslager (Torggata 20) **Thursday 18th and Friday 19th 16:00 – 17:00**.

Late registration is accepted at the above mentioned sites and times (NOK 600).

Participants who paid before March 1 receive a free T-shirt along with the start number. Participants who have not paid the registration fee, is assumed to do this when picking up the start envelope (see site map).

Participants starting at 09:00 has a red circle around their start number. (Participants in the Norwegian Railway Championship in Marathon has green circle around their start numbers.)

### Time registration

Electronic timing is used. A timing chip is enclosed in the start number envelope.

**Please strap the chip around your right ankle, pointing out.**

**The badge is to be returned immediately after finish.**

**Penalty for not returning the chip is NOK 450.**

### First aid

The station staff and the cyclist cycling behind the last runner (tel 984 76 518) carry a cell phone. The organizer takes no responsibility for injuries during the race. All participants are assumed healthy and without injuries at start. All food/drinking stations are equipped with vaseline and sports tape. Station 3, 4, 5, 6 and 7 are equipped with Compeed. At station 1, 6 and at finish there is basic first aid equipment. Medical personnel are located at one location along the course and in the start/finish area.

### Dressing room and shower

Participants may use the dressing rooms and showers located at the start number distribution (see map). Don't leave valuables here. See below.

It is also possible to take a bath in the nearby lake, Sognsvann.

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## The course

Start and finish is at the same location. The course is 42 195 m, and verified by KONDIS in 2004. The course is marked with ribbons, and with markings for each kilometer. The course mainly follows forest roads, with minor exceptions. The ground is soft, but firm.

The course starts and finishes along the same track. No other tracks in and out are allowed.

## Food and drinking

There are 8 checkpoints with food and/or drinking along the course in addition to the finish. At the drinking stations, water and XL-1 (two tastes) is served. At the food stations bananas and raisins are also served. At checkpoint 6, white bread with jam is served. At checkpoint 6 and 8 Coca-Cola is also served. The checkpoints are announced 200 m in advance. Wet sponges are available at all checkpoints.

**NB:** The stations are staffed according to the time schedule below. Runners starting at 09:00 who, contrary to the rules, are running faster than 6 hours (9 min/km) are not guaranteed full service.

## Safe keeping of valuables

A free safe keeping service for valuables is available. The valuables are deposited beside the start number distribution and collected near the prize tent (see site map).

## Start

Common start at 11:00 outside the secretariat. Participants in the joggers class (and men older than 70 years and women older than 60 years in the competing classes) who assume to spend more than 6 hours may start at 09:00.

Attendance no later than 15 minutes before start.

## Prizes

A participant prize is given to everyone who completes the race. 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> year prizes are available to those who are entitled.

A spurt/sprint prize is given to the first man and woman at Kikutstua (free bed and breakfast at Kikutstua for two persons). Extra prize is given to the first man and woman to finish (only if starting at 11:00).

Prizes are given to the first ¼ of the starting runners in each class, minimum 3 prizes in each class. The prizes are given continuously after finish.

Sponsored prizes from ASICS, KONDIS and the Norwegian Touring Association (DNT) are drawn among all starting participants (with special attention to the joggers class). Check the list of "lucky numbers" after finish.

Prizes will not be sent in posterity.

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## Results

Results are published in the finish area continuously (see site map). For the joggers classes the results are sorted alphabetically. For the other classes, by result. Complete results are published at [www.skogsmaraton.no](http://www.skogsmaraton.no) after the race is closed.

Results in paper may be sent domestically when specified at the late registration (NOK 10).

Split times at four places will be available.

## Beverages

Beverages are sold from the kiosk during and after the race (see site map).

## T-shirts

At the prize tent, T-shirts can be bought as long as the stock holds. NOK 150,- (participants only).

## Control and finishing

All participants must cross the finishing line. The chip is to be delivered to the personnel immediately after finishing.

There will be a manned control at the turning point (19,4 km).

If you have to terminate the race, give a notice to the staff at the checkpoints, at the turning point control, to the personnel in the finishing area, or to our bicyclist who cycles behind the last person.

## Maximal time

The finish closes at 18:00. Our bicyclist will cycle behind the last participant. Participants who are not able to complete is granted transport back to the finishing area as soon as the race is completed.

## Contact person on race day

Stein Log, tel. (+47) 916 56 387

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## Nominal race timings

Km	Start 09:00 9 min/km	Start 09:00 13 min/km	Start 11:00 4 min/km	Start 11:00 9 min/km	
<b>0</b>	<b>09:00</b>	<b>09:00</b>	<b>11:00</b>	<b>11:00</b>	<b>Start</b>
1	09:09	09:13	11:04	11:09	
2	09:18	09:26	11:08	11:18	
3	09:27	09:39	11:12	11:27	
4	09:36	09:52	11:16	11:36	
5	09:45	10:05	11:20	11:45	
<b>6,0</b>	<b>09:54</b>	<b>10:18</b>	<b>11:24</b>	<b>11:54</b>	<b>Checkpoint 1 - Skjersjødammen</b>
7	10:03	10:31	11:28	12:03	
8	10:12	10:44	11:32	12:12	
9	10:21	10:57	11:36	12:21	
10	10:30	11:10	11:40	12:30	
11	10:39	11:23	11:44	12:39	
<b>11,7</b>	<b>10:48</b>	<b>11:36</b>	<b>11:48</b>	<b>12:48</b>	<b>Checkpoint 2 – Bjørnholt</b>
13	10:57	11:49	11:52	12:57	
14	11:06	12:02	11:56	13:06	
15	11:15	12:15	12:00	13:15	
16	11:24	12:28	12:04	13:24	
<b>16,8</b>	<b>11:33</b>	<b>12:41</b>	<b>12:08</b>	<b>13:33</b>	<b>Checkpoint 3a – Hakkloa-N</b>
18	11:42	12:54	12:12	13:42	
19	11:51	13:07	12:16	13:51	
<b>19,4</b>	<b>11:55</b>	<b>13:12</b>	<b>12:18</b>	<b>13:55</b>	<b>Turning point</b>
20	12:00	13:20	12:20	14:00	
21	12:09	13:33	12:24	14:09	
<b>22,1</b>	<b>12:18</b>	<b>13:46</b>	<b>12:28</b>	<b>14:18</b>	<b>Checkpoint 3b – Hakkloa-S</b>
23	12:27	13:59	12:32	14:27	
<b>24,0</b>	<b>12:36</b>	<b>14:12</b>	<b>12:36</b>	<b>14:36</b>	<b>Checkpoint 4 - Kikut</b>
25	12:45	14:25	12:40	14:45	
26	12:54	14:38	12:44	14:54	
27	13:03	14:51	12:48	15:03	
28	13:12	15:04	12:52	15:12	
<b>28,9</b>	<b>13:21</b>	<b>15:17</b>	<b>12:56</b>	<b>15:21</b>	<b>Checkpoint 5 – Sakariashytta</b>
30	13:30	15:30	13:00	15:30	
31	13:39	15:43	13:04	15:39	
<b>31,7</b>	<b>13:48</b>	<b>15:56</b>	<b>13:08</b>	<b>15:48</b>	<b>Checkpoint 6 – Kopperhaughytta</b>
33	13:57	16:09	13:12	15:57	
34	14:06	16:22	13:16	16:06	
<b>34,5</b>	<b>14:15</b>	<b>16:35</b>	<b>13:20</b>	<b>16:15</b>	<b>Checkpoint 7 – Lørenseter</b>
36	14:24	16:00	13:24	16:24	
37	14:33	17:01	13:28	16:33	
<b>38,0</b>	<b>14:42</b>	<b>17:14</b>	<b>13:32</b>	<b>16:42</b>	<b>Checkpoint 8 – Lille Åklungen</b>
39	14:51	17:27	13:36	16:51	
40	15:00	17:40	13:40	17:00	
41	15:09	17:53	13:44	17:09	
<b>42,2</b>	<b>15:18</b>	<b>18:06</b>	<b>13:48</b>	<b>17:18</b>	<b>FINISH</b>

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## Site Map

