

Runners info Kristins Runde 2009

Please also see the two previous newsletters.

This letter and additional info can be found at Kristins Rundes homepage:

<http://www.kondis.no/Romerike/index.php?aid=68905&k>

On the day of the race you will receive map in a plastic cover, course description, bib number, tag for drop-bag and chip for time registration.

Map/course description:

Please make sure to study the map in advance. There are a lot of details, mainly to keep you updated on the distance you have covered.

Upwards to all the five peaks you will be running the same trail 1-2 km up and down.

It will make it possible for you to see your closest competitors.

You'll be facing the steepest and longest hills on your way up the peaks, but the gravel roads will also be an undulating course, so save your energy for later challenges.

As a bonus you will pass beautiful surroundings, including lakes and typical norwegian scenery.

If you're lucky you might also run into domestic animals, like sheep.

See note on traffic further down this page.

Marking:

Most of Kristins Runde follows gravel roads/jeep roads and trail with blue marking.

Up to Helgehaugen, Lamannshaugen and Ringkollen you will find additional marking with red and white tape – these are noted in the course description. It's also a few extra markings close to the peaks Svarttjernshøgda and Oppkuven to ensure that you take the right trail back.

On the gravel roads you will find white arrows on the ground marking the right way out of the crossroads.(assuming they are not exposed to damage). If you are in doubt, just follow the course description.

A MTB 6-days race will be in our area (point 1-2) and on the road to Ringkollen (point 13-15 and 19-28). This bike race has about 150 competitors. Their course marking consist of hvite signs with arrows. Don't pay attention to these, even though they mark the correct direction for certain parts of the course.

Check your map, course description and the white arrows on the ground. NB! At point 15(=19) the MTB track goes left, while you are heading right towards Svarttjernshøgda before you're returning to the same point (now called 19).

We expect the leading bicycles to pass the slower runners just before Ringkollen. The bicyklers are informed about our race.

Start:

The start is at 07:00. You should be at the starting line 06:45 to get the last information updates.

Time registration

We will registrate your total running time, which is the official finishing time.

You will also be carrying a chip, which enables us to registrate your time on the five peaks and two additional points along the course. This will ensure that you cover the total distance, and give you 7 split time

2. Kristins Runde Lørdag 27.juni 2009



81,9 km



- Helgehaugen 705 moh - Lamannshaugen 701 moh - Svarttjernshøgda 717 moh - Ringkollen 701 moh - Oppkuven 704 moh -

registrations along the route. The chip can be fastened either to a finger or on your clothes with a safety pin. You can also carry it in your backpack (just make sure you bring the chip to the registration point on the peak in case you leave your backpack at the foot of the hill)

Prosedure:

(will be repeated before the start and at the finishing line)

1. The chip shall be set to zero at the starting unit.
2. On the five peaks and by Sandungen gård and Rajebråten (see map and course description) you must place the chip on corresponding unit placed at the marking point.
3. At the finishing line you shall place the chip on the time registration unit, which will registrate your total finishing time.
4. Further on the chip will be placed in a reading unit, which enables us to see your time registrations along the route, in addition to your total finishing time.
5. Your split time to the first peak and your total finishing time will have the minutes from zero set to actual start included. This will be adjusted later.

Self support:

You have to bring everything you will be needing during the race, including food and beverages.

This also goes for equipment like extra clothing, first aid kit and other necessities.

Please note that there are limited possibilities to refill water during the first hours of the race, creeks may be dry, but in that case you can take water from the lakes.

Other than cheering, you're not allowed to receive any assistance along the course, except from the organizers at the service point and support from your fellow runners. If further assistance is necessary, you will be considered DNF.

Drop-bags:

You will have some support though. We will establish a service point close to Ringkollen after 29,2 km (+32,4 km). You will be able to refill water, and you will find your drop-bag here.

Please note that we only have water here, anything else you may need (food, energy drinks, clothes and such) should be in your drop-bag with your label on.

When you have passed the service point for the second time (before/after Ringkollen) your drop-bag will be brought back to the start/finishing area.

Littering:

Paper, empty bottles and such, must be brought to the service point at Ringkollen or to the finishing line. Please make sure you don't leave any trash along the course.

Safety:

All runners should bring their cell phone. Please check the board in the starting area and make sure we have your correct phone number.

Telephone number to race headquarter should be on the speed dial on your phone:

KR1: 918 30 557 + back-up number KR2: 402 44 034

The person guarding this phone will arrange with doctors, transport or guiding if you are lost.

Our capacity to transport injured runners are strictly limited, and we have restrictions on car-driving on the roads in the forest. Therefore, some waiting time and walking may be necessary. In certain areas the cell phone will not work. You may have to walk for a while to get connection. In case of limited connection, SMS is recommended. Emergence number 113 is restricted to emergency calls only.

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We will have three assistants along the course with bicycles. One among the front runners (Bjørn 408 56 163), in the middle of the group (Arne 908 28 319) and as a sweeper Gunnar 922 60 706. Kristins Runde have been run many times during the last ten years. Only once a runner have needed transport home from Ringkollen. Surprisingly, this runner was the stongest one ever to try this course. In 2008 all 27 runners finished without major problems or any kind of injury.

Traffic:

On the roads in the starting area and on the road to Tverrsjøstallen (point 15/17) you may meet a car or two. Along the lake Øyungen there may also be a few cars (point 25 – 35). The place you will most likely meet some cars is on the short asphalt road where the service point is located (point 27 - 28). Except for these places it is unlikely the you will meet any cars, and on the last 25km you will probably not see a single one.

Running at your own risk: Runners participate at their own risk as stated on the registration form.

Finish:

The cut off time at finish is 16 hours. That means we will close at 23:00.

Please observe the gate 30 meters before you finish. This gate is important to keep the animals outside the farm. A small opening will make it possible for you to pass, but please don't make it wider!

There are no dressing room in the finishing area and the capacity for runner who would like a shower is limited to those staying over night at the farm. All runners are encouraged to take the short walk down to lake Mylla for a refreshing wash/swim after the race, the weather forecast is very good.

Awards:

A belt buckle will be handed out to all finishers. The ceremony will take place during the dinner at 20:00, but runners who have to leave early will receive theirs before leaving. Those who finish the race after the ceremony will recieve their belt buckle as they reach the finish.



For futher questions, please contact Olav on phone number +47 901 72 776 or mail oengen@broadpark.no



Olav Engen

PS: Only cash payment is possible if shopping at Trantjern Gård

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