

START

Staggered starts by class at Broke in Settesdal from 07:30 to 09:15.

Buses will take your luggage to the finish at Sinnes. Your luggage is not insured by "Sesilami".

The race office will be at Rysstad (south of Brokke) the day before the start. On the race day office will be situated at the starting area.

FINISH RACE

At Sinnes in Sirdal. The buses will wait for you here with your luggage. Showers and a cafeteria are available.

COURSE

The course is 53 km long. The race starts at 570m above sea level and the highest point is 1,050m. The total ascent is about 650m - 700m..

START TIMES

Please see the program for updated information (in norwegian only)

STYLE OF RACE / TECHNIQUE

Classic as far as Anghelleren and then freestyle to the finish (about 10 km), i.e. both classic and skating are possible / allowed.

REGISTRATION, ENTRANCE FEE AND INSURANCE

For registration, please use the form on <http://www.sesilami.no/pamelding> (in norwegian only)

The entrance fee including insurance.

The entrance fee is non-refundable.

Address for Sesilami:
Sesilami Sira-Kvina kraftselskap
Postboks 38, 4441 Tonstad
NORWAY

Telephone + (47) 38 37 80 00

The entrance fee is to be transferred to bank account 3132 07 03355

Account details : Sesilami v/ Odd Bjorn Elve, P.b. 38, 4441 Tonstad, Norway

Address of bank: SR-Bank Sirdal, 4440 Tonstad, Norway

Please include your name and age as the reference on the bank transfer.

BACKPACK, CLOTHING

All participants needs a backpack of at least 3 kg. You need a little bit of food and drink, a change of clothes and something windproof. A towel could be nice if you are at Sinnes before the buses and wish to use the shower facilities. Remember! This is a high mountain track! Remember hat and gloves!!

RESERVATION

If the weather conditions are bad the race could be cancelled.

FOOD AND DRINK

During the race there are four stations (every 10 km) with something to drink (water and sportsdrink).

SKI STICK SERVICE.

You could get a new ski stick at start and every 10 km.

PRIZE, MARKS

The first time you join the Sesilami you will get a prize. After that you will get one after 3, 7, 10, 15, 20 and 25 races.

The best 1/3 in a class will get a prize aswell.

BUSES

See infomation on web-page (in norwegian only)

ACCOMMODATION

At the start in Setesdal: <http://www.setesdal.com> or e-mail post@valle-il.no

Finish in Sirdal: <http://www.sirdal.no>

Q & A

Q - How do I get to and from the race?

A – Either - Buses take skiers from a number of towns in the area to the start of the race.

From Stavanger area: <http://www.turrenklubben.no>

From Kristiansand area: Aage Johanson Sport AS are selling tickets.
<http://www.aagejohanson.no/>

After the race has started, the buses drive to the finish, to take skiers back to their pick up point after the race. Changes of clothes, ski bags etc. can be left on the bus, and collected at the end of the race. This should be paid for on the bus in cash.

Or - Buses leave Stavanger and Kristiansand, and take skiers to the basic shared accommodation offered by Valle IL ski club. (See "Accommodation".) The buses pick skiers up after the race, and take them back to Stavanger or Kristiansand.

Or - Stay in one of the hotels suggested in the "Accommodation" section, and try to arrange transport with them.

Style of race

Q - I can only do classic style so far. Is it possible to ski in classic style the whole way?

A - Yes. When it is "freestyle" then you are free to go classic or "skating".

Accommodation

Q - Where would you suggest it is best to stay before and after the race - at the start (and travel back after the race) or at the end (and travel to the start of the race on the morning of the race)?

A - before raceday there will be buses going from Stavanger and Kristiansand to the starting area where you could stay during the night. After the race the buses will wait for you with all your extra luggage (sleeping bag and extra clothing that you don't need during the race) and bring you back to Stavanger or Kristiansand. It is 300 km from Stavanger to the start and 100 km from the end of the race to Stavanger.

Q - Can I get my skis waxed before the race?

A - There is waxing service at the start of the race.

Q - How do I find out my entry number?

A - A list of all skiers is sent out shortly before the race. Along with pre-race instructions, this shows each skier's entry number. Each skier must pick up and wear a bib with the entry number printed on it.

Q - Where do I pick up my bib?

A - Either at the race office the day before the race, or at the start of the race, or arrange to collect them on the bus, if you are taking one of the buses to the race. The bib should be attached to yourself or your backpack (safety pins provided!), and should be visible at all times during the race.