

# Vasaloppet 2010

7 March, Sälen—Mora, 90 km



## START ENVELOPE

You must collect the envelope, which contains your bib and memo for the race from the tent, at the Vasaloppet start in Sälen:

Thursday	4 March	3 p.m.—6 p.m.
Friday	5 March	9 a.m.—8 p.m.
Saturday	6 March	8 a.m.—9 p.m.
Sunday	7 March	5 a.m.—8 a.m.

If you have ordered your envelope in Mora, you can collect it in the exhibition hall "Vasaloppsmässan" near the Vasaloppet finish in Mora, at the following times.

Thursday	4 March	10 a.m.—6 p.m.
Friday	5 March	10 a.m.—6 p.m.
Saturday	6 March	10 a.m.—6 p.m.

If you have not collected your envelope in time, it will be taken to the Start, where you can collect it from the tent.

## SEEDING

The first figure in your start number indicates your group. If you have been seeded, all information is saved on the chip. The chip will be checked at the start group entrance. No seeding changings during Sunday morning.

## SUBSTITUTIONS (NAME CHANGES)

Substitutions are allowed and can be made when number bibs are collected, but at latest Saturday 6 p.m. A change fee of 200 SEK is charged. The appropriate start group will be according to previous results.

## BUS FROM MORA TO SÄLEN, PRICE 200 SEK

You can go by bus from Mora to Sälen. Tickets can be bought in the tent in Sälen and Mora where you fetch the start bib, at the Stranden school, at the Vasalopp-

pet secretariat in Sälen and Mora, at the Tourist office in Mora, or on the bus (if there is still room). All buses from Mora to Sälen leave from Stranden School.

Saturday	6 March	at 4 p.m. and at 7 p.m.
Sunday	7 March	4:30 a.m.—5 a.m. Please be there in good time. 2 p.m.—9:30 p.m.

## PRIVATE BUSES

All club and private buses that have set down competitors at the Start must go via Malung to get to Mora, and then park at the specially provided bus park.

## CLASSES

The Vasaloppet is divided into two classified competitions, men (H19) and women (D19), which start simultaneously at 8 a.m.

## DISTANCE

90 km, start in Sälen and finish in Mora. Kilometre signs along the course.

## SKI TECHNIQUE

Only the classic technique is permitted in Vasaloppet. Use of the skating technique leads to disqualification. This will be strictly supervised all along the track. You must not take off your skis and walk on the track.

## BROADCAST INFORMATION

On the day of the race you should listen to the radio (4th station, 101 MHz) from 4 a.m. Should the race be cancelled or postponed due to unforeseen circumstances, e.g. extreme cold, then the relevant information will be broadcast. If there is no mention of Vasaloppet the race will take place as scheduled.

## DATA CHIP

In your start envelope you will find a strip to which a data chip is attached. This must be worn on the right ankle as low down as possible. No data chip—No race time/results. The data chip are expensive and must be returned directly after crossing the finishing line.

## IDENTITY STICKER

In the start envelope there is a self-adhesive label on which you must write your name, your address during your stay here and any diseases/medicines if any. Please stick this label on the back of your bib (which must NOT be removed during the race).

## MARKING OF SKIS

In your envelope you will find two self-adhesive labels with your start number which should be attached to your skis, which must be dry when you stick on the labels. Elite skiers must also have a special mark painted on their skis, just before the start. It is absolutely forbidden to change skis during the race. Those who have finished the race with unmarked skis will be disqualified.

## RUCKSACK/BAG—TRACKSUIT

Your rucksack/bag and any other belongings must be packed as one unit, which must be marked with the label that you will find in the start envelope. Do not forget to fill in your name and address on the label. When you arrive at the start on Sunday morning you must load your rucksack/bag onto the lorry marked with your start number. This will ensure that your rucksack/bag goes to the right changing room in Mora.

## MAIN SPONSORS



VASALOPPET

The plastic sack in the start envelope is for your track suit. Check that the number on the sack is the same as your start number. The track suit will be transported to your changing room in Mora.

#### SIMULTANEOUS START

The race starts at 8.00 a.m. at Berga, about 6 km south of Sälen. From 6.00 a.m. you can check in. You must be at your start place by 7.45 a.m. at the latest. Make sure you have plenty of time!

#### CHECKPOINTS, MEDICAL SERVICE, SKI WAX

There are seven checkpoints with refreshments, ski wax facilities and medical service. There is also medical service in the starting area (open from 5 a.m.), at the finish and at the changing rooms in Mora.

#### TIME RESTRICTIONS

Competitors who have not passed checkpoint:

Smågan	11 km	by 10.30 a.m.
Mångsbodarna	24 km	12.15 p.m.
Risberg	35 km	01.30 p.m.
Evertsberg	47 km	03.00 p.m.
Oxberg	62 km	04.30 p.m.
Hökberg	0 km	05.40 p.m.
Eldris	81 km	07.00 p.m.

must break off the race, for safety reasons.

All competitors must leave the food stations to continue the race at the latest 10 minutes after the time limit for arrival has expired. In extreme weather conditions the competition organizers reserve the right to change these time limits. If you are late to the checkpoints, medical staff will take care of your chip and transportation will be arranged to Mora.

#### IF YOU HAVE TO ABANDON THE RACE

The chip must be given to an official at a checkpoint if you have to abandon the race. The medical service units are allowed to take any competitor out of the race if they suspect injury, illness or fatigue.

#### RESCUE SERVICE

Medical service units in radio contact with ambulance and doctors patrol the course and are available at the checkpoints. A rear-patrol, i.e. a snow-mobile with a sledge and medical equipment, follows the race all the way.

#### FINISH

Your finishing and intermediate times will be registered automatically by the data chip. The chip must be returned directly after crossing the finish line. Please follow the stewards' instructions. Competitors will be debited 200 SEK if the data chip are not returned to the organizers. The finish will be closed at 8.15 p.m. After this time no competitors can have their chip registered.

#### MEDAL OF ACHIEVEMENT, MEN AND WOMEN CLASSES

The Vasaloppet medal of achievement is given immediately after finishing to every competitor who has completed the race in a time which does not exceed that of the winner + 50%.

#### DEPOSITING OF SKIS

When you have taken your skis off, please go to the Stranden School, not far from the finish. There you must deposit your skis, for which you will get a receipt. This receipt is valid for dinner after you have changed. We will be responsible for the skis until 9.00 p.m.



#### CHANGING

Showers, changing facilities and food are available at the following places:

##### Prästholmen Arena (transport by bus)

Changing for start numbers	Colour of the plastic bag
1—350	Blue
501—510	Yellow
2 000—2 499	Blue
3 000—3 799	Green
6 000—6 999	Green
7 000—7 999	Blue
11 000—11 999	Blue
12 000—12 999	Green
14 000—14 999	Green
16 000—17 099	Blue
17 100—18 999	Yellow
19 001—19 399	Blue

##### St. Michael's School (transport by bus)

Changing for start numbers	Colour of the plastic bag
1 000—1 299	Red
4 000—4 999	Red
5 000—5 999	Grey
8 000—8 999	Red
9 000—9 999	Red
10 000—10 999	Grey
13 000—13 999	Red
15 000—15 999	Red

There are buses all the time to St Michael's School and Prästholmen. Follow your colour marking and you will not go wrong. At the changing place you will find your sack of clothes in the right position according to its number, provided it has been transported by us (and we strongly recommend that you do in fact let us take care of this). After shower/changing and food, you can go by bus back to Stranden School.

#### LOST AND FOUND

We cannot accept responsibility for the loss of skis or other possessions. Mark everything with your name and address. If anything is missing, please tell Lost and Found at the Stranden School in Mora until 9.00 p.m.

#### RESULT LISTS, PROTESTS

Result lists for the 50 best men and the 6 best women will be posted at the Vasaloppet secretariat. Protests against these top placings must be lodged not later than 15 minutes after the lists have been posted. Other protests must be lodged with the organizers by 15 March 2010. Preliminary results can be purchased at Vasaloppet's secretariat the Monday after the race. There are complete result lists at [www.vasaloppet.se](http://www.vasaloppet.se).

#### PRIZES—MEDALS—DIPLOMA—CHART WITH INTERMEDIATE TIMES

The 50 best men and the 6 best women will receive prizes at a ceremony close to the Finish at 4 p.m. Every competitor who has completed the race gets a diploma in the Stranden school, in FM Matssons arena open until 9.00 p.m., or in the exhibition hall "Vasaloppsmässan" near to the finish in Mora, open until 6 p.m., after changing. A chart with individual intermediate times can be purchased at the same time for 50 SEK. You can also buy frames there for 120 SEK. Any competitor who has completed Vasaloppet for the 10th, 20th, 30th, 40th and 50th year can order a special medal/plaquette, free of charge, from the Vasaloppet secretariat.

#### PASSPORT

Stamps for En Svensk Klassiker and the Worldloppet passports can be obtained at the Vasaloppet secretariat or at the information desk in Stranden School.

#### COMPETITION RULES

International Ski Federation competition rules apply.

#### INSURANCE

Competitors are insured by the organizers for the duration of the race.

#### STRANDEN SCHOOL INFORMATION OPEN

Sunday	7/3	noon—9.00 p.m.
Monday	8/3	7 a.m.—12 p.m.

#### SOUVENIRS

A full range of Vasaloppet souvenirs can be purchased in the Vasaloppet Museum in Mora, and also where number bibs are collected in both Sälen and Mora.

#### Vasaloppet Mora:

Vasaloppets Hus, 792 32 Mora,  
Tel. + 46 (0)250-392 00 Fax +46(0)250-392 50,

#### Vasaloppet Sälen:

Vasaloppsstarten, 780 68 Transtrand,  
Tel. +46 (0)280-59 30 60, Fax +46(0)280-59 30 61,

e-mail: [info@vasaloppet.se](mailto:info@vasaloppet.se)

[www.vasaloppet.se](http://www.vasaloppet.se)

**Welcome to the 86<sup>th</sup> Vasaloppet!**

