



Venla/Jukola rehearsal 2018

- Date:** Friday, 8. June 2018 Start women: 19:00
Start men: 22:00
- Entry:** <https://eventor.orientering.se/Events/Show/22561>
- Place:** Skattungbyn forest, Parking: [61.203671, 14.799825](#)
Outdoor, no tents provided by organizer. Simple organisation, no drinks/food.
- Map:** Skattungbyn, 1:10'000, 5m
- Courses:** Women 6.9km, Men 8km
- 2-leg-relay:** First leg runners have mass start. They come back to a spectator control and arena passage after a short (ca. 5min) loop and hand over to the second leg runner. At the same time, they continue their course without stopping at the arena. Second leg runners run their course normally. Winner is the team, which first has both runners in the finish (both legs have the same length).
- GPS tracking:** All runners will get a GPS tracker. Since GPS will be the only time keeping system, it is important that you pick up your GPS according to the list, which will be by the GPS units, around 30min before the start. Also turn on your GPS at that time - if you don't know how to use the tracker, ask experienced runners. Double check if your unit is turned on. After your race, turn off the tracker and return it at the place you picked it up. There will be some GPS-vests provided but please bring your own if you have one.
- The race will be live on <http://www.tracrac.com/web/club-page/50/IFK%20Mora/> - here you can also find the link to 2D rerun for analyses after the race.
- Controls:** There will be small flags and reflex at the controls. No SI-Unit. **You need to touch (but not take down) the flags.** If there is a sprint in the end, the first one, who touches the finish flag, wins.
- Warm-up:** Warm-up area is on the east side of the main road - see warm up map on the next page. Make sure you are in the start area at least 5min before the start.
- Other:** Everyone is welcome to participate in the relay (so spread the event please) and we try to fill up teams if you are not already two runners. Last year we did a similar exercise for 10mila with many top-runners from Göteborg participating and it was great fun/quality: [men course](#), [women course](#)
- IFK Mora OK will have lång KM 6. June and a Venla/Jukola test race 10. June in Skattungbyn. In addition, we will do other relevant trainings for Venla/Jukola between 6.-12. June. Register on eventor or contact Raffael Huber Svensson if you like to participate in any of these events.
- Insurance:** All runners participate on their own risk.
- Contact:** Raffael Huber Svensson, raffael.huber@ifkmora.se

Welcome to Skattungbyn, the Swedish version of Lathi!

