



Venla/Jukola rehearsal 2018 – Individual race

- Date:** Sunday 10:th June 2018
- First start 10.30 – Runners get the map at the “finish” and run 100 m to start point.
- Entry:** <https://eventor.orientering.se/Events/Show/22563>
- Place:** Skattungbyn forest <https://goo.gl/maps/gkpfWTMdsVG2>
- Outdoor, no tents provided by organizer. Simple organisation, no drinks/food. See map on next page or go together from Vasaloppets hus at 09.15
- Map:** Skattungbyn, 1:10'000, 5m
- Courses:** Women 6.3km, Men 8.8km
- 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 you 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 of the tracker and return it at the place you picked it up. There will be some GPSvests provided but please bring you own if you have one. (Please as back up take your own time)
- The race will be live on <http://www.tractrac.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. No SI-Unit. You need to touch (but not take down) the flags.
- Warm-up:** Warm-up area is on the west 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 race (so spread the event please)

IFK Mora OK will have lång KM 6. June and a Venla/Jukola relay race 8 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!



