



Le Grand 2011 – News Letter 2

2011-05-20

This newsletter contains information about the course, logistics and will highlight some additional equipment requirements.

The course

The prologue will be approx. 1h 45 min and will be held close to the registration.

Stage	Discipline	Start	Finish
Prologue	Inline 2,5 km Trek 2 km MTB 8,1 km Inline 2 km XC Skiing 5 km	START	START
SS1	MTB 24 km	START	TA-1 (Box 1)
SS2	Trek 17 km	TA-1 (Box 1)	TA-2 (Canoes)
SS3	Paddling 13 km	TA-2 (Canoes)	TA-3, inline bag
SS4	Trek 15 km Inlines 5 km	TA-3	TA-1 (Box 1)
SS5	MTB 100 km	TA-1 (Box 1)	TA-4
	Rope 1 km	TA-4	TA-4
SS6	MTB 60 km	TA-4	TA-3 (Canoes)
SS7	Paddling 28 km Trek 4 km	TA-2 (Canoes)	Finish

Total: ~ 286 km (Best route)

The paddling section will contain several shorter lift and three longer lift, approx. 1 km each. All lifts are marked with lift zones. It's only allowed to lift in marked areas.

Equipment

International teams who have rent Canoes from the organization will also have canoe trolleys / carts. SWE/NOR teams who attend to paddle canoes will need to bring there own canoe trolleys / carts. The canoe fee is set to 500 sek.

Inline poles are forbidden.





Timings and Logistic

- 2 of June 12.00-15.00 Kayak / canoe drop open at TA-2. Teams can except from Kayak / canoe / lifejacket / paddles leave supplies for SS3, SS4 and SS7. Be aware that you need to transport the supplies in the kayaks / canoes. The organization transport rented canoes to TA-2, but we recommend the teams to prepare the canoes themselves.
- 2 of June 13.00 – 15.59 Registration at Hostel Valbergsängen
- 2 of June 16.00 Pre race meeting at Hostel Valbergsängen
- 2 of June 17.00 Box 1 for transportation to TA-1
Life jacket´s/paddles to TA-2 (if not placed by teams themselves at TA-2)
Handed over to the organization at Hostel Valbergsängen. In the team bags you will have two signs to attach to the box and life jacket´s / paddles.
- 2 of June 17.30 The teams at the start (VALBERGET 500 m N of the Hostel) with mandatory equipment for Inline, trekking and MTB. The tems have placed there XC Skiing equipment at the tunnel (further brifed at the pre race meeting).
- 2 of June 18.00 The race starts with inline (pace car).
After the second inline stage during the prologue teams will pack there inline in the inline bag (org will transport it to TA-3).
After the XC Skiing teams will pack there ski equipment in plastic bags (remember it's -3 in the tunnel).

Don't forget to arrange your accommodation, XC Skis and if needed book canoes.

See you in TORSBY to enjoy some VÄRMLÄNDS countryside!

