

JOTUNHEIMEN RUNDT

4. og 5. juli 2008 START: LÆRDAL OG LOM MÅL: SOGDAL

The tour office in Lærdal

The tour office in Lærdal opens Friday 4. July at 15:00. Note that the tour office (rittkontor) has had to be moved to the "Ungdomshuset", towards the village centre. Follow the signposts.

Tour office and start area in Lærdal



Starting times in Lærdal

18:00 is starting point for those who intend to use more than 24 hours on the tour. It is important that this group sticks to this time schedule, if not they may risk coming to the feeding stations before they are set up.

The other groups start at 21:00, 21:05 and 21:10 according to the anticipated time they intend to use, as specified in the registration form.

Feeding stations:

From startign point	Name of place	Distance to next station	Serving (food and drinks)
81 km	Øye skule	64 km	Bread and butter, fruit, drinks
145 km	Fagernes	38 km	Bread and butter, fruit, drinks
183 km	Beitostølen	69 km	Bread and butter, hot soups, fruit, drinks
252 km	Lemonsjøen	41 km	Bread and butter, fruit, drinks
293 km	Lom	50 km	Dinner (varm casserole with rice), + Bread and butter, and drinks
343 km	Sognefjellet	42 km	Waffles, bread and butter, fruit, drinks
385 km	Dale skule, Luster	45 km	Waffles, bread and butter, fruit, drinks
FINISH	Sogndal sentrum		Grill plate

Drinks at the feeding stations include sports drink, fruit syrup and water, coffee + tea, mineral water (coke) and waterar.

In Lom there are mattresses for those who feel the need for a rest.



Tour office and start area in Lom



The tour office in Lom opens at 10:00. The office is located in the primary school, Loar Skule, just next to the old church in Lom.

Starting times in Lom

In Lom all groups start at 13:00.

Communications

There are mobile phones available at all the feeding stations and in all the service cars along the track. If you need to get in touch with one of the service cars or the tour manager, here are some phone numbers:

Tour manager, Stig Vattekar	tlf 97 18 99 95
Medical doctor (urgency)	tlf 113
Service car 1, Eikeseth:	tlf 91 86 07 84
Service car 2, Husum:	tlf 90 52 01 23

Tour regulations

As a participant you have to obey the rules set by the Norwegian Cycling Association. Traffic regulations have to be followed. All bikes have to be equipped with a white light in front and a red light at the rear.

If you have to break off the tour, you must notify the tour manager (phone 97 71 99 95) as soon as possible, or you may make contact with the personell at a feeding station or a service car.

Note: Support cars are not allowed. If you have helpers along the track, you can only receive food and drink when you are off your bike and outside the road markings. Violation of these rules may result in a time penalty or disqualification.

Timing points

Your passing times will be registered in Lom and at the feeding station at Sognefjellshytta. It is possible to get information on passing times in the finish area in Sogndal.

Bus transport between Lærdal and Sogndal

Ordinary bus route:

Lærdal – Sogndal: Friday 4. July at 21:05
Sogndal – Lærdal: Saturday 5. July at 14:30
Sogndal – Lærdal Sunday 6. July at 11:30

Extra buses from Sogndal to Lærdal

Friday 4. July at 16:00 (from the bus station).
Bike transport (loading) starts at 14:00.

Saturday 5. July at 17:00 and 20:30

Sunday 6. July at 10:30 from the finish area in Sogndal heading for Lærdal (Ungdomshuset)

The buses will charge you for standard fares. You will also have to pay for your bike.

Bus transport between Sogndal and Lom

There will be an extra bus Saturday morning at 08:15 in Sogndal heading for Lom. This will be a special bus with extra luggage capacity for bike transport. The ordinary bus route leaves Sogndal at 08:25, but without the capacity for bike transport.

Transport of bikes from Sogndal to Lærdal before start

In connection with the extra bus for Lærdal on Friday at 16:00, it is possible to have your bike transported to Lærdal. The bikes can be deposited at the bus station from 14:00 onwards.

Bike service

There will be some basic service equipment at the start area before start and at all the feeding stations. There will also be two service cars following the race all along the track.



Some advice before you start

Be well supplied with drink, it can be a long trip to the next feeding station. We advise you to bring two bottles on your bike. Check the weather forecast (www.yr.no) and be prepared for low temperatures over the mountain passes during the night. We strongly advise you to bring a wind proof jacket, or a rainproof if rain is to be expected. You can send clothes etc. to the feeding stations from the start area in Lærdal before start. Bags etc must be tagged with your start number and name of the feeding station.

You should bring with you a pump and spare tube or puncture repair kit. Make sure that all parts are well greased and oiled. A good advice for a long ride like this is to wear a fairly new pair of cycling shorts with a good padding. A chamois cream will also prevent soreness in your private parts.

Transport of equipment and clothes,

Luggage will be transported from Lærdal to Sogndal, a lorry marked "Sogndal" will be stationed in Lærdal from 17:00. There will be personell on the lorry sorting the luggage after start number.

Clothes and other necessities may be transported from Lærdal to all the feeding stations. All bags will have to be marked with start number and name of the feeding station where you want your depot.

At the feeding station you find your deposited bag and put the bag in the pile marked "Sogndal", it will then be transported to the finish area.

We wish you a really enjoyable and fantastic tour!

