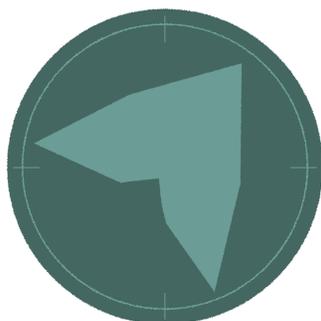




RACEMANUAL 2018

FLØRLITRAPPENE OPP



RACEMANUAL 2018

INTRO	01
RACE INFORMATION	02
REGISTRATION	03
PRACTICAL INFORMATION	04
SAFETY	05- 06

FLØRLITRAPPENE OPP

INTRO

Flørli is a vacate settlement along the south side of Lysefjorden with 13 housing houses. Those who previously lived on the site were power workers in Flørli.

Maximum there were 30 children at Flørli school and the village had a postoffice and a shop. The school was closed in 1970 and the shop in 1981. Flørli was vacated in 1999 due to automation of power plant operations. Today, some of the houses are sold as vacation cabins and there are rifts about the buildings located in the middle of this tourist pearl. Today there are three permanent residents at Flørli. In 1999, the new power station opens at Flørli, far into the mountain. The old The power station and the stairs are no open for new activities. Flørli has its own art exhibition and in december 2016, there was made a TV program about thos wonderful place.

- Flørlitrappene has become the biggest attraction in Lysefjorden
- Only boat can get you there
- A big pier for smallboats
- There is an cafe in the old power station
- A pub is placed in the old schoolhouse.

The race starts at Flørli pier at 12.00. Then continue up the "world's longest wooden staircase" with 4444 steps. The staircase is 1470 meters tall and has an increase of 741 meters. Along the stairs, the pipes used for power generation were previously located. On the way up there are several rest areas that can benefit from tight leg muscles and quick breath. Next to the stairs there are waier and wooden railings that you can conncet to.

The staircase is up to 50 degrees steep and under you the individual seats will be 4-5 meters. They are numbered wood sign for every 500 steps. At the top of the staircase there will be a drink / food station and a split time, while you can enjoying the spectacular view over Flørlibygda far down there and see Lysefjorden in panorama view.

Further you follow the gravel road towards Stora Flørvatnet (3km.), Here is the highest point of the race at about 829 m.o.h. At Stora Flørvatnet, the road divides and you turn right and follow the gravel road towards Flørli. After about 1km, run off the gravel road and follow the tourist trail. The path goes alternately on mountain, rock, forest and marsh down towards the Fløyrlistølen with a fantastic view down to the fjord. From Fløyrlistølen it goes steeply down towards Flørli kai with the finish mark on the pier. The race will be well marked with pennants and lashes marked with Lysefjord Running. The race will have an split time on the top of the Flørlitrappers after about 1.5km.

NB! Think about the security.

If you quit the race, it is important that you give immediately inform the race manager (Willy Steinskog Tlf.926 10143).

You individual is responsible for walking back to start / destination or places after own wish.

NB! It is not permissible to use spike shoes in the stairs.

Regards
Willy Steinskog
Race Manager

RACE INFORMATION

Date: June 23 2018

Distance: 10,4 km

Highets attitude: 829 m.o.h

Terrain: 4444 steps(world's longest wooden staircase) - further on gravel road, terrain and path

Start: Kl.12:00 Flørli quay. Seeding with 20.sek. interval between each runner.

Split time: On the top of Flørlitrappene 741m.o.h (1.470km)

Finish: Flørli quay

Drink stations: On the top of Flørlitrappene.

There will be 1 splitt time during the race. At about 1.47km. The race has a max time of 4 hours.

Runners who do not arrive within 4 houers will not have a registered end time. If you quit the race, it's important that you tell the race manager, or one in the crew.

The individual is responsible for returning to the start / destination or places of your choice.

Everyone who signs up in the race will be awarded by a medal when they finish at Flørli. 1.2.3. prize in Women's and men's class.

REGISTRATION

Earlybird prize kr. 580,-

Earlybird price only applies to tickets purchased before 30.03.18 - 23.59

Ordinary prize kr. 700,-

Tickets purchased after 30.03.2018.
Ticket sale closes 22.06.18 at. 18.00

Covers

- Planning / preparation and organization, etc.
- Food station in the finish area - drinking station at the top of the stairs.
- Timing and split time
- Prize for woman and men. 1.2.3 place
- Hot tub on the dock
- Nice medals for all who finish the race.

Updates will come.

- Registration opens at Dec 4th 2017 at. 18:00 (CET)
- By registration, you must acknowledge that you have read and understood the race manual.
- The registration will be finally confirmed by the payment of the starting fee.
- The registration is binding and it is not possible to sell / overtake space already allocated.
- There is no refund for illness, injury, cancellation, etc.
- Age limit: 15 years by June 23th 2018

Waiting lists will be set up. Upon sign-off, the first member of the waiting list will be contacted.

PRACTICAL INFORMATION

There is no road connection to Flørli - it is necessary to use a tourist ferry or a ferry boat (only tourist holiday on Saturday)

From Sandnes it will take about 30 minutes and about 40 minutes from Stavanger to Lauvvik quay. On the quay there is available parking space.

Tour or return to / from Flørli
www.thefjords.no

By bus to Lauvik
www.kolumbus.no

Accommodation

Apartments in detached houses: There are four similar apartments for 8 people and one for 6 persons - a total of 38 beds. Booking for accommodation, etc.:
www.florli.no/accomodation

-Flørli Tourist Lodge Stavanger
Tourist Association (self-service):
27 beds

- Accommodation in own tent, lawn at the pier.

RACEDAY

Registration / start number / individual preparation: 11: 00-11: 50

Location of rear / equipment - clothing

Kl.12:00 START (from Flørli quay)

Warm-up exercises

Interval start 20.sec.mellom each runner

Split time : on the top of Flørli trappene

Drinking station on the top of the stairs / in the finish area

After the race:

- Prize ceremony - 1.2.3th place i men's / women's class.
- Simple food (free) for the participants.
- Dinner can be bought at Flørli cafe
- Large hot tub on the pier
- There is great emphasis on high quality and well-being both before, during and after the race, with a good social framework
- After Run at the pier / schoolpub / hall
- We recommend as many as possible to book accommodation at Flørli (see separate point of accommodation)

SAFETY

BETTER RUNNING EXPERIENCE WITH CORRECT EQUIPMENT

Participants must make sure to bring food and drink if desired (streams / water during the course). At the food station and in the finish area there are juices, nutrition drinks, bananas, chocolate and more.

At the finish area, the runners is served with simple barbecue food. On top of the stairs, Coca Cola and water is given.

SUMMARY

Food, clothes, mobile phone for use during the race (no coverage throughout the course).

In a race like this, the weather may changed suddenly and it could be necessary for the runners to be prepared for bad weather. We recommend a win / waterproof jacket to wear on the mountain.

Information provided before, during and after the race will be in Norwegian.

SAFETY

If there is a situation that requires external assistance, use the official emergency numbers, as well as contact with the race manager on the given mobile phone (Willy Steinskog tel. +46 926 10143).

All individual is responsible for his or her own safety during the course and for sufficient prepared to complete the race. There will be forbidden zones against passing other runner in some parts of stairs (steepest parties). Read the race description carefully and follow the information given on the race facebook and info before starting. Nevertheless, it is important that the individual participant prepares well, follows marking / signage and uses own assessment ability in the course of the current situation. This way the security will be safeguarded in the best possible way. There will be present healthcare personnel in the start / finish area.

NB! The starting number **MUST** be clearly visible throughout the race.

CANCELLATION

In case of cancellation of our event prior to the day of the event, the organizer can retain 50% of the fees to cover expenses. In case of cancellation of the race due to sudden weather / climatic conditions or other force majeure, the organizer retains the starting quota.

INSURANCE

All participants who sign up for Flørlitrappene Opp must know about the different hazards and risks that this entails. Organizer can not be held liable for any kind of damage that should occur in connection with the event.

Damage is meant here:

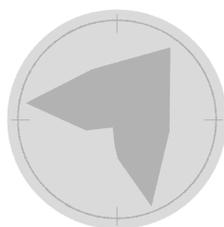
- Damage to person
- Damage to things.

Organizer has no responsibility for theft. By signing up, you confirm that I have not or have had any diseases that may cause acute seizures and I confirm that I am not affected by alcohol or other drugs during the event. As a participant, you must be aware that you are **not** insured by the organizer Lysefjord Running if an accident / injury should occur during the event.

PERSONAL INFORMATION AND USE OF PERSONAL PHOTOS AND SITUATION PICTURES

By signing up for our event, you agree that your name and image will be published in start and result lists, which will also be posted on web in searchable form, so that previous years results can also be found. These lists may also contain information about age, classes and club membership.

Personal data and results will be stored in our database in accordance with the provisions of The Personal Data Act. Registration signifies consent that situation pictures of you are posted on our websites and facebook after the event. Such images will be included in our photo archive and could be subject to similar reuse, such as periodicals and publications. Images can also be used in commercial context. The images are used for newspapers, magazines and other third parties. For resale of images, the buyer is responsible for the use in accordance with the relevant regulations.



LYSEFJORD RUNNING

WWW.LYSEFJORDRUNNING.COM