



Race information

Karlstad 18 of September 2015

Karlstad Multisport is charged to give you a true Adventure Racing adventure and experienced beyond the every day life.

In the last DRAFT race information latter we would once again like to highlight the possible good and bad weather conditions. Prepare for temperatures below zero, strong winds and heavy rain. Take the "winter cycling" shoes, warm hat/jacket and proper protected gloves.

During the last week we needed to change the course, and unfortunately cancel the class 3-4 rafting due to we weren't given the permit we needed. This stage will be replaced by 2.5 km adventure swimming in class 1-1,5 rapids and give you a challenging but also joyful section.

Race schedule

Friday 25 of September

- 14.00-16.00 Kayak drop at TA 4 opens, [Höljes Camping](#)
- 14.00 Accommodation could be assigned
- 16.00 Registration opens www.spishyllan.se
Dinner (not included in the fee) www.spishyllan.se
- 18.10 Pre race meeting www.spishyllan.se
- 19.30 Bike and bike protection blanket handed in to the organisation
- 20.00 Prologue (approx. 1 hour of inline, running and rope activities). The teams will start one by one (as in cross country skiing) with a gap of 5 minutes to avoid queue on the rope sections.

Accommodation included in the fee

- 23.00 Box A, Box B, Box C and Box D handed in to the organisation.

Saturday 26 of September

(No organised breakfast by the organisation)

- 06.55 Latest time to sign in on the buss
- 07.00 Buss departs to the start from Branäs
- 09.50 GPS handed over to the teams
- 10.00 Start of the race





27 of September

- 05.45 Earliest time to depart from TA5 (*only paddle rapids in "day light"*)
- 09.05 Winning team cross the finish line
Finnish buffet the entire day
- 13.00 TA5 and the paddle section close (teams will bike to the finish)
- 16.00 The finish closes

Accommodation

- Each team shall send your arrival / departure plan to erik@karlstadmultiporsport.se NLT 20 of September.
- Bring own towels and blankets
- Cleaning not included

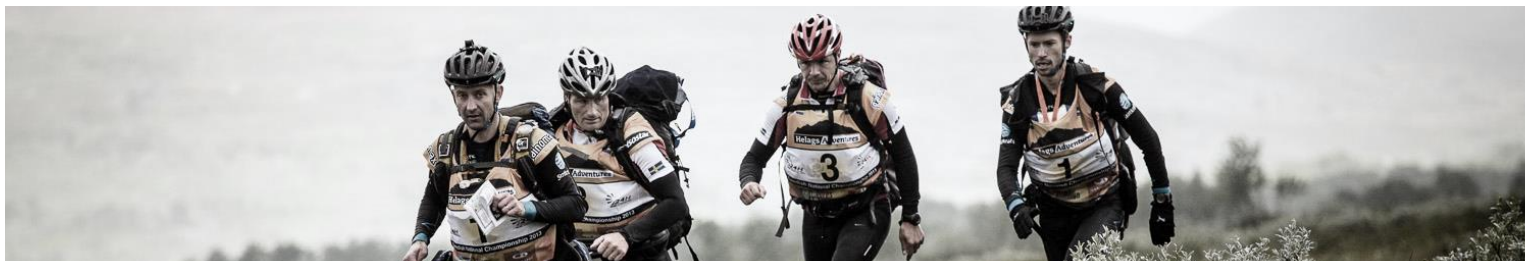
Food and last supplies

The Branäs resort is in a "refurbishment" mode and cant serv food. It's a great super market in Sysseleback for last shopping on Friday and on section 7 ☺.

Friday dinner, (not included in the fee) at the registration 16.00-18.00

You will be served food by our own chef, Olof Solberg when you cross the finish line!





Corse description

The entire idea of LeGrand Tour is to give a feeling of an Adventure Race in only 24 hours. Therefor the course is designed to challenge the teams both physical and mentally. Based upon our experiences as race organizer, we can't underline enough that the teams must come well psychological prepared!

Prologue			
Start	Branäs	Distance	5,2 km
Finish	Branäs	Discipline	Inline, trekking, rope
Misc	<p>Interval start with 5 min spacing, first team 20.00. AR-class teams starts first.</p> <ol style="list-style-type: none"> 1. Inline 1,5 km 2. Trekking 1,7 km 3. Rope 4. Trekking 1,8 km <p>Mandatory personal and team equipment shall be carried Mandatory to inline from start to CP 1. What you bring out, shall be carried the whole stage back to finish.</p> <p>Climbing equipment for team of 4 persons</p> <ul style="list-style-type: none"> • Two team members will ascend and descend • Two team members will only descend <p>All team members: Helmet, gloves and harness CE approved</p> <p>Two team members: 1xfigure 8 + prussic + 2xcarbines or 1x Grigri + 1xcarbine</p> <p>Two team members : 1xfigure 8 + prussic + 3xcarbines + 2x60 cm sling or 1x Grigri + 3xcarbine +2x60 cm sling</p> <p>Climbing equipment for team of 2 persons</p> <ul style="list-style-type: none"> • One team members will ascend and descend • One team members will only descend <p>All team members: Helmet, gloves and harness CE approved</p> <p>One team member: 1xfigure 8 + prussic + 2xcarbines or 1x Grigri + 1xcarbine</p> <p>One team member : 1xfigure 8 + prussic + 3xcarbines + 2x60 cm sling or 1x Grigri + 3xcarbine +2x60 cm sli</p>		





Logistics

Bag A -> TA1	(Handed in latest Friday 23.00)
Bag B -> TA2	(Handed in latest Friday 23.00)
Bag C -> TA3 -> TA5	(Handed in latest Friday 23.00)
Inline -> Prologue -> TA 1	(Handed in latest Friday 23.00)
Bikes -> TA3	(Handed in latest Friday 19.30)

Stage 1			
Start	Secret	Distance	27,5 km
Finish	TA 1	Discipline	Trekking / mountaineering/
Misc	GPS tracker will be handed out on arrival to the start location. Don't plan to take the "light" see through / rain through clothes. Elevation meter is strongly recommended.		

Stage 2			
Start	TA 1	Distance	18 km
Finish	TA2	Discipline	Inlines
Misc	At TA1 – Bag A (100 liter). Poles shall be attached together and marked with team number. On arrival to TA 2, the inline shall be attached together with a strap and the poles shall be attached together with another strap. Bag A will go from TA 1 -> Finish		

Stage 3			
Start	TA 2	Distance	2,5 km
Finish	TA 3	Discipline	Adventure swimming, class 1.4
Misc:	At TA 2 – Bag B (max 2x 75 litre) Equipment for adventure swimming: <ul style="list-style-type: none"> • 4 x Air madresses, team pump is optional • Wet-suit (long arms and long legs is recommended) Helmets, gloves, life jacket, shoes. Paddle jacket or Gore-Tex jacket is recommended. Bag B and inlines+poles will go from TA2->Finish		





Stage 4			
Start	TA 3	Distance	74 km
Finish	TA 4	Discipline	MTB
Misc:	AT ta 3, Bag C (max 2x75 litre) MTB stage along rivers, over two mountains and ends up on another one, more than 1700 positive elevation meters to be covered. Don't forget to bring running shoes for stage 5 and energy all the way to TA5. Bag C will go to TA5		

Stage 5			
Start	TA4	Distance	14,7 km
Finish	TA 4	Discipline	Special navigation
Misc:	Unsupported TA		

Stage 6			
Start	TA 4	Distance	74 km
Finish	TA 5	Discipline	MTB
Misc:	Light and fast, a huge downhill starts the stage when passing mid stage, the climbs start again and you need to cross the famous Värmland woods, sometimes on foot.		

Stage 7			
Start	TA 5	Distance	36 km
Finish	Branäs	Discipline	Paddling, up to calss 2 rappidss
Misc:	Bag D 100 liter and Bag C (from TA3) - You are not allowed to prep your kayaks / canoes with energy and water prior the race. We recommend to have warm clothes in Bag D if you are cough in the dark zone. Dark Zone until 05:45. The race time will be stopped upon arrival to TA 5. 05:45-06:45: Team starts based upon the arrival time and the time difference in the prologue. 06:45 teams cough by dark-zone and are more than one hour behind the leader starts 13:00 Section close, teams will continue to bike to the finish		





Rules

This is the rules valid for LGT 2015.

General

Good sportsmanship, common sense, respect of the nature / the public people and to help a competitor in danger is the foundation of Adventure Racing.

All participation is at your own risk.

Classes

There are two classes.

Adventure Racing Class: Official race class with co-ed teams consisting of four members. Co-ed teams mean that at least one member of the team must be of the opposite sex. Series points are only given in this class.

Open class: Optional team constitution of two to four persons. Teams with only men or only woman are allowed. A team participating in the AR class can be transferred to Open class before or during a race, should a team member become injured or retire from the race.

- All use of substances specified on the International Olympic Committee List is forbidden.
- Teams must complete the race together and within visible distance from each other at all time.
- Only maps provided by the race organizer are allowed. The team needs to navigate in side the boundaries of the map and not "shoose a route outside the map"
- Traffic rules must be followed at all times. Have respect for fellow road-users. Private property is out of bounds.

Discipline specific rules

- Biking: The bike does not need to be taken to each checkpoint.
- Kanoes / kayaks / white water swimming: Competitors shoes them selves a proper helmet and life west.
- Inlines: Poles are allowed equipment

Equipment

- All equipment that is brought out on the course must be taken back again. Failure to do so can entail a penalty from 10 minute time penalty to disqualification. The race organizer can request to see all mandatory equipment according to the equipment list during any time of the race. Failure to collaborate will entail a 1 hour time penalty. The race bib shall be worn fully visible at all times (also on top of the life jacket). Backpacks can be worn on top of the bibs.
- GPS units and similar, other than those provided by the race organizer, are forbidden during the race.

Forbidden devices

- Devices that show your position, display maps, distance travelled etc). Exemptions If a competitor wishes, for example for post race performance analysis, to carry such a device they must register it,





including any separate display devices (e.g. watches) at HQ and have them sealed in a tamper proof bag prior to the start. Officials will check the bag is intact at the finish line.

- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
Maps other than those provided by the organisers (specifically from race start to crossing the finish line).
- Firearms, night/ nocturnal vision devices.

The race jury consists of three people

- The jury can change the race course, hand out time penalties and disqualify teams.
- The jury can also hand out penalties for actions that have not specifically been forbidden by the rules of competition.
- Objections shall be written and handed out to the race jury no later than one hour after the team has crossed the finish line.
- Time penalties can either be handed out on the course or after the race.

Personal equipment

Shall be worn the whole race (in your bag or on your body).

- Survival blanket
- Warm hat
- Gloves, long fingers
- Tights or similar, long legs
- Craft / Marinowoll liner "superunderställ"
- Dune jacket, fleece or similar, long arms, min 400 gram (2x200 is ok). Why? you are in the middle of "no-ware", eg. a fracture can cause severe danger if you have low body temperature.
- Waterproof jacket – Gore-Tex style
- Waterproof pants Gore-Tex style
- Backpack (min 20 liters recommended)
- Head torch (functioning)
- Bip vest (provided by the organization)
- Water proof bag (or water prof back pack)

Personal equipment (on special sections)

Climbing equipment for team of 4 persons

- All team members: Helmet, gloves and harness CE approved
- Two team members: 1xfigure 8 + prussic + 2xcarbines
or 1x Grigri + 1xcarbine
- Two team members: 1xfigure 8 + prussic + 3xcarbines + 2x60 cm
or 1x Grigri + 3xcarbine +2x60 cm sling

One team member : 1xfigure 8 + prussic + 3xcarbines + 2x60 cm
sling

or 1x Grigri + 3xcarbine +2x60 cm sli

- Poles for inline is optional (Stage 2)
- Life jacket (Stage 3 and 7)
- Gloves (Stage 3)





- Wet suit, gloves, helmet, air-matras, for adventure swimming (Stage 3)
- Bike helmet (to be used during biking, paddling, adventure swimming, inlines and rope sections). Paddle helmet is optional
- Mountain bike, with front and rear light (the front light should be mounted directly on the bike, only headlamp is not allowed).
- [Army blanket](#) (or similar) to protect the bike during transport
- White water canoe or kayak (K1) including any types of paddles (you can use kayak paddle's in a canoe.) Spray-shirt is mandatory.
- In open class, K2 kayak is allowed, remember spray-shirts

