

INVITATION STOCKHOLM ROGAINING 2009!

Competition Center	Hash House, approximately 15 km from Stockholm city. The exact place will be revealed in PM the week before the competition. Possible to go by train or bus to Hash House.
Classes	Men, Women, Mixed, Men's veterans, Women's veterans, mixed veterans and juniors - same for the bike category. Veterans are those born in 1959 or earlier. If the classes are too small, we may amalgamate them
Participants per team	2-5 participants per team. The team must be within seeing and hearing distance all race. At punching the maximum allowed distance between team mates is 20 m, for bikers 30m.
Start and finish	Team envelopes will be handed out at Hash House from 10.00. The map will be handed out at 1100, start at 1200 and finish at 1800 for runners, 16.00 for bike, and 1500nfor juniors. Lamp is recommended for those who intend to stay out longer than 3-4 hours!
Controls	C:a 30
Points	Between 11 and 103 points per control.
Aim	To collect as many points as you can in 6 hours, 4 hours for BIKE and 3 for juniors. Teams who score the same number of points will be differentiated by their finishing time., i.e. first back gets the better placing. If you finish after 18.00 or 15.00 for BIKE, you will lose 20 points for every minute or part minute.
Punching	SI- units. One SI card per team. You can borrow SI cards if you don't have one of your own.
Refreshments	The drinks points on the course and in the Hash house with have water and sports drink. Drinks points will be out in the terrain from 12.30. There will also be drinks, bananas, raisins at the Hash House. Simple food after the race is included in the fee, served after the competition in the Hash House. We sell energy product (gel, bars and sports drink) in the club house at discount – make sure to buy some before the race!
Map	Scale 1:25 000
Shower	Indoors
Prizes	Prizes to the leading teams from our sponsors.
Entry fee	SEK 250 per athlete, including dinner.
Entry	Per e-mail to: rogaine2009@live.se . State name, class, team name, SI-card number. By the latest 7/11. Late entry (+150%)per person at the latest 12/11. On site if enough maps. Entry is definitive when entry fee has been payed. Details for payment is provied by e-mail.
Information	Jonny Bergman, jonny.bergman@teliasonera.com ,
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Welcome to Stockholm Rogaining 2009!



**OK RAVINEN
NACKA**