

Lidingöstafetten (Relay) Friday 25th September

Lidingö Stavgång (Nordic Walking) Friday 25th September

Lidingöloppet Saturday 26th September

Lilla Lidingöloppet (Junior events) Sunday 27th September

Lidingö Tjejlopp (Ladies events) Sunday 27th September



START CONFIRMATION

Proof of your start is on the back page of the 'Lidingölopp Information' leaflet (in Swedish), with your printed name. Take it with you to the number bib distribution. You will also find the start time on the back page of the leaflet.

NUMBER BIBS

Your number bib with name label for clothing, is to be collected at LidingövalLEN sports ground in during the following times: Friday 25th September 12am-9pm, Saturday 26th September 8am-3pm, Sunday 27th September 8 am-1:30pm. The number bib must be collected no later than 1 hour before the relevant start. No bibs will be distributed at the start!

START GROUPS AND SEEDING

Competitors are seeded according to results from the previous year, or an estimated running time related to presented results from other competitions. If you want to change your starting group you have the possibility to do so at the number bib distribution at a 100 SEK fee.

CHANGE OF NAME

A change within the same class is permitted at the

number bib distribution. This can be done at a 100 SEK fee. Proof of start (see 'Start Confirmation') of the registered competitor must be presented.

SPORTS EXHIBITION

The exhibition will take place together with the number bib distribution area at LidingövalLEN sports ground. There will be souvenir and sports shops, cafeteria, etc.

TIMING CHIP

All competitors running, except the participators in Knatteloppet (under 7 years old) and Nordic walking, have a timing chip. You attach the chip to your shoe. The chip will register the competitor's time at each fifth kilometre mark and at the finish. All the split times will be printed on your diploma. You will be charged 100 SEK if you do not return the chip after finishing the race.

SMS-SERVICE

You can order your or someone else's split times and finish time to your cell phone. All you have to do is send an SMS to 72456 with the text: LL<dash><starting number>, for example LL 12345. Each order costs 25 SEK.



FREE BUS TRANSPORT, CAR & CARAVAN PARKING
On Friday, Saturday and Sunday there are free buses from the Ropsten subway station, going to the number bibs distribution area at LidingövalLEN sports ground. The buses run during the following times: Friday 25th 2pm-9pm, Saturday 26th 8am-7pm and Sunday 27th 8am-4pm. Car drivers are to follow signs and instructions. Please note that there will also be parking available at Ropsten. Caravans may be parked at Högsätra sports hall.

ACCOMMODATION

Free accommodation for groups is available at the following places: Bodal-, Hersby-, and Källängen School and Danica (Högsätra) Sports hall. The accommodation can be used from 5pm on Friday 25th September until Sunday 27th September. Breakfast is served at Hersby- and Källängen school, Saturday and Sunday 6.30am-10.00 am. Price is 50 SEK.

FIRST AID/EMERGENCY CARE

Telephone number to First Aid: S:t Annagården 08-636 56 31. There will be doctors available for advice at the starts during Saturday. There will also be doctors at the finish area Friday-Sunday. Nurses will be available at the start locations, the refreshment stations, and the finish. During the last 10km of the courses there will be physiotherapists at every second kilometre mark.

CHANGING

If it is possible, come to Lidingö dressed in your competition clothing. After the race we recommend changing at the finish area. There will be showers available behind the finish. There are also showers at places of accommodation, and at LidingövalLEN sports ground.

SALES

T-shirts, souvenirs, etc. will be available at the sports exhibition and in the finish area. You may also order via <http://www.lidingoloppet.se/store> (address in Scandinavia).

PASTA PARTY

The pasta party will take place at Hersby School and Källängen School, both about 1km from LidingövalLEN sports ground. Open Friday 25th September 6 pm-9pm. The pasta dinner costs 50 SEK for competitors (on presentation of the number bib). Friends and family are welcome too.

DEPOSIT FOR VALUABLES

Valuables may be deposited at the places of accommodation and in the finish area. During Saturday there is also the possibility to deposit valuables at LidingövalLEN sports ground.

WARM-UP CLOTHES

Your warm up clothes will be transported from Kol-

torp to Grönsta. Your warm up clothes must be put into the plastic bag provided. After closing the bag attach the label that you have previously received, please feel free to increase your safety by adding any other information into the bag. Do not put any valuables inside this bag or leave other types of bags except the plastic one in the trailer.

COURSE MARKINGS

The course is marked with red and white tape, with blue and white 'Lidingöloppet' signs, and with kilometre marking posts. See also the map in the paper; 'Tävlingsinformation'.

NUMBER BIB

The number bib should be worn on the chest of each competitor, placed so that it is clearly visible at the front of your shirt and in the specified markings.

ABORTING THE RUN

If you do not finish the race, please notify an official at the nearest checkpoint, or at the information stand at the finish area. The official will remove the timing chip from the competitor.

MAXIMUM TIME

The course is closed for the 30 km race at the following locations and respective times:

15 km – Fågelöudde 15:50
20 km – Grönsta 16:40
25.5 km – Sticklinge 17:30

FINISH

The top competitors in each class will finish in a specific lane (lying furthest to the right) in the finish area. Other competitors may use any of the other finishing lanes.

RESULTS

Results will be displayed in the finish area and on the internet at www.lidingoloppet.se. All competitors completing the race will have the 'Results Magazine' sent to their address.

DIPLOMAS

All competitors completing the race will get a diploma with their name, time and position (except Nordic Walking classes). This will be sent to your specified address.

PRIZES

Prizegiving ceremony will take place on the stage behind the finish for the six best in the Mens' 30 km and the Womens' 10 km, and for the three best in all other classes. All other competitors will receive medals just after the finish line.

GRÖNSTA EVENT CENTER

In the finish area there will be entertainment, prizegiving ceremonies, sponsor presentations, food and beverages.

Arrangörer:



Sponsorer:



HERBALIFE. RUNNERS

