

## Have you never been on the Vindelälvsdraget before?

No problem! Read this, check out the website, the Facebook page, the event via Facebook and get in touch with a friend who you know is usually there or with us in the organizing team and we will try to answer your questions or guide you in the right direction. Everything in **bold** in this document is a link on the website. Here we go!



The Vindelälvsdraget is 320 kilometers long and starts on Friday week 11 in Ammarnäs. The first day is 8-9 distances and ends in Sorsele. Day 2 starts in Sorsele on Saturday and is 8-11 distances and ends in Björksele. Day 3 starts in Björksele on Sunday and is 9-12 distances long. I write, for example, 8-9 depending on whether you want to use optional switch, so a long distance is divided into two shorter ones and you get an extra time of 5 or 10 minutes. To sum this up, you need 8-12 participants to complete the day's sections. If there are 8 participants, you can do one section each on Friday and Saturday, but then need to do two sections on Sunday. If you are going to do two sections, there should be 2-4 sections in between in order to have time by car to get down to the next start. If there are 8 skiers and each has to do their own section, some people need to be able to go for longer distances, see track specification.

The next step to understand how this is done is to read the documents we put on the website:

- **Competition information**
- **Rules**
- **Section description**

After that, you and your team members can reason about who will do which distance. If it seems overwhelming to participate all three days, teams that have never participated before have the opportunity to try participating only on Saturday between Sorsele and Björksele. When you've come this far, it's time to file a **Registration!** Do it via the website as soon as possible. Both the registration and the last day for payment have a deadline at the beginning of February, see the registration page.

Now it is time to appoint slightly different roles in the team to distribute the tasks.

- Team leader
- Communicator – create team chat; needed for all info, also during the competition who is where.
- Vaccination controller – check certificates at least one month in advance, see rules on how to report it.
- Accommodation manager – in good time, see tips on the website link **Service** or in the facebook event.
- Logistics manager - who goes where.

Then you find out a little more about how to drive to get to the different switches. Here are links to Google Maps both for the trail and for how to drive between the switches depending on whether you are going via a voluntary change or not.

- **Vindelälvsdraget on Google Maps**

- **Drive this way**
- **Important times during the competition**
- **Switching times**

It is enough with two crews per car, both need driving licences. Plan who rides with whom so that the other has 2-4 stretches in between so that it has time to start.

A helper is needed at the start, which is a mass start every day. The helper must stand to the left and remain completely still until all teams have passed. There is also a need for someone to receive incoming dogs in the switch when the participant runs/skates on through the passage and leaves the bid roll to the next skier. Get help from other participants at the switch if no team member is there.

It is good to have some extra coffee in the car, but feel free to support local associations and buy coffee where it is sold. It is also usually extra good.

The dogs must of course be healthy and fit for the challenge - as well as all team members! It is good to have an extra dog in case someone needs to rest for a day.

### Week 10

Copies of vaccination certificates together with dog registration are submitted. The form is available on the website.

Preliminary **Team Lineup** must be submitted via form on the website. Only changes can then be sent in the same way during the race week but before the start!

### Week 11 Thursday

In the evening, Team **registration** takes place in Sorsele, see **Important times** on the website. You will then receive number tags to be worn on your stomach and back as far as possible. Show late received vaccination certificates for the dogs.

During the evening, the team gathers to wax the skis, talk about strategy, send in any changes to the **Team lineup** and send in **Speaker text** about the participants who start for the day and the one who finish the last distance.

### Friday

Start patrol is sent in good time to Ammarnäs. The start is at 10:00, alternatively 09:59 if it is broadcast live on the radio. Check driving times in advance. Always enter the starting line from the back. Other participants position themselves along the course and are ready for their section. Keep track of where you can eat and find a toilet after the course according to **Service** on the website. Not so many places to eat this day.

Keep an eye on whether you need to participate in the restarts in Jeribäcken at 1:00 p.m and Nedre N Örnäs at 3:00 p.m. The restarts are for all teams that have not made it to the restart switch at the specified time. When everyone has run their distance, everyone gathers as soon as they can at the finish area to cheer on the last participant in the team for the day. Be sure to cheer for everyone else too! Prize ceremony with entertainment takes place every evening and you don't want to miss this; the prizes are drawn by lottery! See link on website; **Important times during the competition.**

Get together during the evening and evaluate the day, check the logistics, send any late changes to the **Team Lineup** via the website and **Speaker text** for day 2. Keep track of how

you will drive day 2 because cars can travel on both sides of the river. Links for Google Maps are available for each driving distance on the website; **Drive this way**.

### Saturday

Send the starting patrol to the start in Sorsele (yesterday's finish line). Always enter the starting line from the back. Other participants position themselves along the course and are ready for their section. Keep track of where you can eat and find a toilet after the course according to the **Service** link on the website. Many good places to eat this day. Keep an eye on the restarts in Torviksele at 1:00 p.m. and Vindelgransele at 3:00 p.m.

When everyone has run their distance, everyone gathers as soon as they can at the finish area to cheer on the last participant in the team for the day. Be sure to cheer for everyone else too! Prize ceremony tonight again and subsequent pub with music to mingle and socialize with the other teams.

As usual evaluation and adjustment for the last day.

### Sunday

Send the start patrol to the downhill start in Björksele! Everyone goes relaxed mixed with snow angels following the river towards the goal at Kärleksudden in Hällnäs. Remember to keep track of whether you need to join the restarts in Siksele at 1:00 p.m., Ekorrssele at 3:00 p.m. and Strycksele at 3:00 p.m.

Prize ceremony takes place at 5 pm at Folkets Hus in Hällnäs. Then the winner is announced for all three days and medals are awarded to all participants.

### Remember!

Current information is posted on the Vindelälvsdraget Official Facebook page. Keep an eye out there both before, during and after the competition!

The neck line, for those of you who skies with two dogs, must be designed so that it can come off in the event of an accident. Bring a lot of extra dog socks and make sure the dogs have practiced wearing dog socks before. Have warm cover clothes to take off before the start and make sure incoming participant know what to bring and which car to drive from there!

Clean your accommodation properly and feel free to sweep away dog urine from the yard outside. Don't forget to take a team photo and also look at the website where the Vindelälvsdraget posts all the photos taken by the photographer. The pictures will be posted in the coming weeks.

Contact details for the Vindelälvsdraget can be found on the website.

In the **Event** on Facebook, everyone has the opportunity to write questions and leave tips. Have super fun and make the most of it! It will be a memory for life and we look forward to you coming again to the Vindelälvsdraget!

