

English summary of this newsletter can be downloaded from
<http://www.kondis.no/Romerike/index.php?aid=68905&k>

To all registrered for Kristins Runde 2009!

5 days left

It's 5 days left until Kristin's Runde. The weatherforecast looks promising:

<http://www.yr.no/sted/Norge/Oppland/Jevnaker/Trantjern/langtidsvarsel.html>

Everybody is well prepared – and participants as well as organizers are looking forward to the race.

81,9 km – good conditions

After an updated control measuring we see that the trail is 81,9 km including the hill up/down from Trantjern Gård. The trail is not particularly wet nor dry, and with today's weatherforecast, we are looking at very good running conditions.

Map and description of the track

An updated description and a scanned map of the track is attached, and can also be found on this webpage:

<http://www.kondis.no/Romerike/index.php?aid=68905&k>

When you arrive at Trantjern Gård, you will receive:

- An A3-sized map in a plastic cover
- Double sided description of the track in plastic wrapper
- Bib number and drop-bag tags in plastic wrapper

32 registered – 23 starting?

Pr 22 June we had 32 registered participants, but a total of 9 runners have from different reasons revoked their registration. An updated list can be found at:

http://kondis.oslonett.no/Romerike/Innbydelsler/KR_2009_Paameldte.pdf

Find your way

Find-your-way-map is attached (can also be found on the webpage). Please note that the road from Mylla can not be followed by car. The only way is via county road 35 as shown on the three maps.

Toll fee is NOK 40,- can only be paid in cash!

Transportation

For those who have requested transporation, the organisation looks like this:

- Bengt (+46 70 936 09 52) and Daniel (+46 70 642 47 23) will be picked up at Oslo Central Station by Marit (+47 905 33 438), train arrived Friday 14:36, departure Sunday 15:49.
- Bruno (913 74 483) will be picked up by Marit at Oslo Central Station or Grua Station
- Niclas (+46 70 291 77 93) will be picked up at Gardermoen airport by Olav (+47 901 72 776), arrives friday 10:45, departure sunday 15:00.
- Mikko (+47 468 29 719) will be picked up in Oslo by Jon Harald (+47 971 23 727) Saturday morning

All must personally arrange the precise time and place you meet.

Lodging and eating

About half of the participants will sleep over in rooms on Trantjern Gård, in addition to some who bring their own tents. The soon to be 100 years old Trantjern Gård is under restauration, but no works are ongoing at the moment. The rooms are simple but nice, with shower and toilets on the corridor. For room arrangements see tables below. Please contact us if you request any change.

2. Kristins Runde Lørdag 27.juni 2009



81,9 km



- Helgehaugen 705 moh - Lamannshaugen 701 moh - Svarttjernshøgda 717 moh - Ringkollen 701 moh -

Included in the price is breakfast, a packed lunch and dinner. Some who do not sleep at Trantjern Gård have ordered dinner – and especially the day of the race a lot of us will dine together.

If anyone – who have not previously ordered – wishes to stay at Trantjern Gård, please send a message by thursday night the latest.

Room arrangements:

4-bed room	FRI+SAT	Oddvar	Røsten
4-bed room	FRI+SAT	Olav	Engen
4-bed room	SAT	Gunnar	Fæhn
4-bed room		?	

4-bed room	FRI+SAT	Bruno	Pålsson
4-bed room	SAT	Mikko	Luusalo
4-bed room		?	
4-bed room		?	

2-bed room	FRI+SAT	Amalija	Kovacic
2-bed room	FRI+SAT	Arne	Halvorsen

2-bed room	FRI+SAT	Bengt	Johnsson
2-bed room	FRI+SAT	Niklas	Grip

2-bed room	FRI+SAT	Marit	Berg Bjerknes
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2-bed room	FRI+SAT	Per	Lind
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The shower capacity is limited, thus it will be convenient if as many as possible takes the walk to Mylla for a refreshing bath after the race. Those who have not ordered indoor housing can not count on being able to shower, in that case you have to speak with the staff.

Other servering

At finish we serve mineral water and snacks in the party tent outside Trantjern gård. Kiosk goods will also be sold, and other food can be ordered on request - any time of the day – both for those who stay at Trantjern Gård and others.

Schedule

FRIDAY

14:00+ Checkin for those staying at Trantjern Gård
19:00 Dinner

SATURDAY:

05:30-06:30 Breakfast
06:00-06:45 Maps, bib numbers and map + descriptions will be handed out
06:45 Last instructions and final call
07:00 Start
15:00 Runners start arriving finish
20:00 Dinner and awards (belt-buckles)*

SØNDAG:

08:00-09:00 Breakfast

**Those leaving early will receive their belt buckle at finish*

PM – race information:

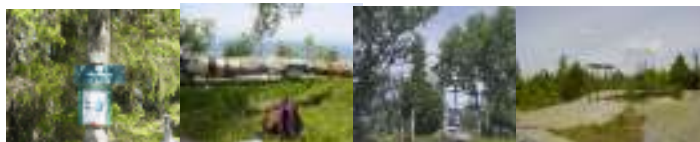
This is unfortunately not ready before late tomorrow night. Will be sent by email and will be published on our website. Here will information about accompanying bikers, drop-bags, tagging, timer chips and such. It is important that you have read this before start of the race.

Best regards,



Olav

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