





# Stavanger OK til Jukola eller 10mila 2020? (English text: see next page)

																																																																																																																
Når	13.-14. juni 2020 (+ reisedager 12. og 15. juni)	2.-3. mai 2020 (+ reisedag 1. mai = fridag)																																																																																																														
Hvor	Rovaniemi i nord-Finland – nord for polarsirkelen!	Upplands bro, 30 km. NV for Stockholm																																																																																																														
Reisemåte	Enten fly via Helsinki, eller Fly til enten Tromsø, Alta eller Luleå og leiebil derfra. Total reisetid hver vei ca. 10-12 timer.	Fly til Stockholm og tog/buss derfra. Reisetid 4-5 timer.																																																																																																														
Konkurranser	Damestafett – 4 etapper Herrestafett – 7 etapper	Ungdomsstafett – 4 etapper Damestafett – 5 etapper Herrestafett – 10 etapper Individuelle klasser (7 ulike lengder/vanskelighetsgrader)																																																																																																														
Etapper	<p><b>Damestafetten</b> (start 13/6 kl. 14:00):</p> <table border="1" data-bbox="268 981 582 1149"> <thead> <tr> <th>Et.</th> <th>Lengde*</th> <th>stigning</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>7,3 km</td> <td>70 m</td> </tr> <tr> <td>2</td> <td>5,4 km</td> <td>50 m</td> </tr> <tr> <td>3</td> <td>9,1 km</td> <td>110 m</td> </tr> <tr> <td>4</td> <td>8,5 km</td> <td>90 m</td> </tr> </tbody> </table> <p><b>Herrestafetten</b> (start 13/6 kl. 23:00):</p> <table border="1" data-bbox="268 1216 766 1489"> <thead> <tr> <th>Et.</th> <th>Lengde*/lysforhold</th> <th>stigning</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>12,9 km dag</td> <td>230 m</td> </tr> <tr> <td>2</td> <td>12,9 km dag/skumring</td> <td>230 m</td> </tr> <tr> <td>3</td> <td>16,6 km skumring/dag</td> <td>300 m</td> </tr> <tr> <td>4</td> <td>9,1 km dag</td> <td>120 m</td> </tr> <tr> <td>5</td> <td>8,9 km dag</td> <td>120 m</td> </tr> <tr> <td>6</td> <td>11,0 km dag</td> <td>180 m</td> </tr> <tr> <td>7</td> <td>16,4 km dag</td> <td>280 m</td> </tr> </tbody> </table> <p>* Alle løypelengder inkluderer ca. 1200 m merket løype.</p>	Et.	Lengde*	stigning	1	7,3 km	70 m	2	5,4 km	50 m	3	9,1 km	110 m	4	8,5 km	90 m	Et.	Lengde*/lysforhold	stigning	1	12,9 km dag	230 m	2	12,9 km dag/skumring	230 m	3	16,6 km skumring/dag	300 m	4	9,1 km dag	120 m	5	8,9 km dag	120 m	6	11,0 km dag	180 m	7	16,4 km dag	280 m	<p><b>Ungdomsstafetten</b> (alder tom. 16 år):</p> <table border="1" data-bbox="874 723 1505 891"> <thead> <tr> <th>Et.</th> <th>Lengde*</th> <th>Gafling</th> <th>Vanskelighetsgrad</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3,5 km</td> <td>Ja</td> <td>Middels</td> </tr> <tr> <td>2</td> <td>3,5 km</td> <td>Ja</td> <td>Middels, tillatt med 2 løpere</td> </tr> <tr> <td>3</td> <td>2,8 km</td> <td>Nei</td> <td>Lett, tillatt med 2 løpere</td> </tr> <tr> <td>4</td> <td>4,0 km</td> <td>Ja</td> <td>Middels</td> </tr> </tbody> </table> <p>Minst to av etappene må løpes av jenter</p> <p><b>Damestafetten:</b></p> <table border="1" data-bbox="874 958 1185 1160"> <thead> <tr> <th>Et.</th> <th>Lengde*</th> <th>Gafling</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>7,0 km</td> <td>Ja</td> </tr> <tr> <td>2</td> <td>7,0 km</td> <td>Ja</td> </tr> <tr> <td>3</td> <td>10,1 km</td> <td>Nei</td> </tr> <tr> <td>4</td> <td>5,6 km</td> <td>Ja</td> </tr> <tr> <td>5</td> <td>9,4 km</td> <td>Ja</td> </tr> </tbody> </table> <p><b>Herrestafetten:</b></p> <table border="1" data-bbox="874 1193 1369 1574"> <thead> <tr> <th>Et.</th> <th>Lengde*/lysforhold</th> <th>Gafling</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>11,0 km natt</td> <td>Ja</td> </tr> <tr> <td>2</td> <td>10,0 km natt</td> <td>Ja</td> </tr> <tr> <td>3</td> <td>7,6 km natt</td> <td>Ja</td> </tr> <tr> <td>4</td> <td>9,3 km natt</td> <td>Ja</td> </tr> <tr> <td>5</td> <td>17,4 km natt/gryning</td> <td>Nei</td> </tr> <tr> <td>6</td> <td>8,7 km gryning/dag</td> <td>Ja</td> </tr> <tr> <td>7</td> <td>9,3 km, dag</td> <td>Ja</td> </tr> <tr> <td>8</td> <td>11,0 km, dag</td> <td>Ja</td> </tr> <tr> <td>9</td> <td>12,5 km, dag</td> <td>Ja</td> </tr> <tr> <td>10</td> <td>14,3 km, dag</td> <td>Ja</td> </tr> </tbody> </table> <p>* Alle løypelengder inkluderer ca. 1000 m merket løype.</p>	Et.	Lengde*	Gafling	Vanskelighetsgrad	1	3,5 km	Ja	Middels	2	3,5 km	Ja	Middels, tillatt med 2 løpere	3	2,8 km	Nei	Lett, tillatt med 2 løpere	4	4,0 km	Ja	Middels	Et.	Lengde*	Gafling	1	7,0 km	Ja	2	7,0 km	Ja	3	10,1 km	Nei	4	5,6 km	Ja	5	9,4 km	Ja	Et.	Lengde*/lysforhold	Gafling	1	11,0 km natt	Ja	2	10,0 km natt	Ja	3	7,6 km natt	Ja	4	9,3 km natt	Ja	5	17,4 km natt/gryning	Nei	6	8,7 km gryning/dag	Ja	7	9,3 km, dag	Ja	8	11,0 km, dag	Ja	9	12,5 km, dag	Ja	10	14,3 km, dag	Ja
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For og mot	Jukola har vi gjort to ganger før – kjent og kjært(?) + Lappland/nord for polarsirkelen blir garantert spesielt og spektakulært. Midnattsol! - Lang reise og dyrere - Behov for 2 fridager fra skole/jobb + Jukola er en massemonstring og breddestafett med typisk 2000 lag på start + Jukola er i midten av juni og vi har bedre tid til å komme i form. Været er muligens også bedre.	Nytt og spennende(?) + Ungdomsklasser og tilbud om individuelle klasser gjør denne turen tilgjengelig for flere av klubbens løpere. + Enkel reise og logistikk + 1. mai er fridag, dvs. ikke behov for fri fra skole/jobb - Voksenstafettene har færre lag enn Jukola og mer elitepreg - Behov for flere nattløpere i herrestafetten.																																																																																																														

Hva mener du?

[Klikk her for å delta i en uformell spørreundersøkelse](#)

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When	13.-14. June 2020 (+ travel days 12. and 15. June)	2.-3. May 2020 (+ travel 1. May = day off)																																																																																																														
Where	Rovaniemi, northern Finland, above the arctic circle!	Upplands bro, 30 km. NW of Stockholm																																																																																																														
How to get there	Either flight via Helsinki, or flight to either Tromsø, Alta or Luleå and rental car. Total travel time each way approximately 10-12 hours.	Flight to Stockholm and train/bus from there. Travel time 4-5 hours.																																																																																																														
Competitions	Women's relay – 4 legs Men's relay – 7 legs	Youth relay – 4 legs Women's relay – 5 legs Men's relay – 10 legs Individual classes (7 different courses to choose from)																																																																																																														
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Terrain	<a href="#">Lapland – open pine forest, fast terrain, medium height differences.</a> See video: <a href="https://www.youtube.com/watch?v=RB3AwL5UaZQ">https://www.youtube.com/watch?v=RB3AwL5UaZQ</a>	<a href="#">Stockholm terrain, relatively flat and fast. Many paths (Military rehearsal area).</a> See video: <a href="https://www.facebook.com/10mila.se/videos/446506832671105/">https://www.facebook.com/10mila.se/videos/446506832671105/</a>																																																																																																														
Pros and cons	<p>Jukola is well known to us + Lapland/above the arctic circle will be special and spectacular. Midnight sun! - Long and more expensive travel - 2 days off from school/work is necessary + Jukola is a mass event, 2000 teams participate in each relay + Jukola is in the middle of June; we have better time to get in shape; the weather may also be better</p>	<p>New and exciting (?) + Youth relay and individual classes make this trip available to a broader group of participants. + Simple travel and logistics. + 1. May is public holiday, i.e. no need to take days off for the travel - The adult relays have fewer participants than Jukola and is more of an elite event - More night runners needed for men's relay</p>																																																																																																														

What do you think?

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