



*The organisers reserve the right to alter any elements.*

Get news and updates on [ecotrailoslo.com](http://ecotrailoslo.com) and [facebook.com/ecotrailoslo](https://facebook.com/ecotrailoslo)

**By participating in Ecotrail Oslo you are accepting the following:**

- You are participating at your own risk.
- Our drink station policy and nature friendly rules as described on the Ecotrail web platform.
- Give the volunteers a smile, respect the nature and support your fellow runners.

**MANDATORY EQUIPMENT AND NUTRITION**

- A cup, bottle or soft flask. Mandatory for all distances except 10 km.
- Minimum 0,5 litre with liquids +nutrition. Mandatory for 31 km, 50 km and 80 km.
- Mobile and proof of identy. Mandatory for 50 km and 80 km.

**PHOTOS**

Please note that any pictures from the race (it could be a photo of you) may be used by us for marketing purposes. If you do not agree, please inform us. This year, the German company Sportograf will have a team of 10 photographers. Remember to smile, it gives you energy!

## RESULTS

- Complete results with all intermediate times will be announced on our web site and in social media. Results published by [www.eqtiming.no](http://www.eqtiming.no)

## PRIZES AND FINISHER SHIRTS

- The 3 fastest runners in each class (men/women) on the 10, 21, 31, 50 and 80 km will get a wooden statuette/Ecotrail Oslo-logo.
- Everyone who finishes within the time limits will get a finisher medal.
- All runners who finishes will get a finisher t-shirt.
- Awards ceremony conducted continuously in the finisher area.

*Sincerely,*

**Marit Karlsen, manager**

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