



INVITATION FOR



KICK THE LIMITS 1.- 4. March 2018

Open Championship for people with intellectually disability

ALPINE and CROSS-COUNTRY

"Kick The Limits" is an open championship for people with intellectually disability in the alpine and cross country skiing, where our Nordic neighbors Denmark, Sweden and Finland are invited.

This is a weekend of competitions in alpine and cross-country skiing with a high factor of social gathering.

Event venue: [Furutangen](#), Osen in Hedmark

about 45 km from Rena and about 180 km from Gardermoen Airport Oslo.

The alpine hills and the cross-country stadium are located in the same area, just a few minutes walk away.

Accommodation / Dining:

Cabins with 4-8 beds (2 persons per bedroom) in the same area as the competitions.

Osensjøen Adventure - hotel about 10 km from the stadium area

Main cooperation partner:



FURUTANGEN

Sponsor:



There will be lunch buffets and dinner buffets in the stadium area for all participants.
Party dinner on Saturday.

For more detailed information about prices etc. see our web pages under the tab «Overnatting». Link to the form for reservation of accommodation you will also find there.

Transportation:

Need for transportation to/from Rena or Gardermoen? Contact Jan; jan@furutangen.no

Team Leader / Information Meetings:

Information meetings will be held in advance of the competition in the stadium.

Competition Program: Both alpine and Cross-country have 3 competitions

Cross-country skiing; Sprint, Distance 1, 3 or 5 km and relay 1x3 km

Alpine; Parallel slalom, slalom and grand slaom.

For more detailed information about the competition program and classes, see our websites.

Registration:

For accommodation - own sign up link, deadline 15.12.17 and 15.01.18 (differenced fee)

Competitions: Entry deadline 15.01.18

Norwegian participants do this via "Min Idrett"

Foreign participants – Find registration form on our website.

Start fee: is according to the Norwegian Ski Federation.

Girls / boys: NOK 100 per competition

Junior / senior: NOK 115 per competition

Athletes older than 13 years must hold a ski license. The single license for each competition can be paid at the race office .

Contact info before the event;

General questions, <mailto:anne.kroken@skiforbundet.no>

Questions regarding accommodation and transport, <mailto:jan@furutangen.no>

Questions regarding registration to the competitions, janolav.andersen@skiforbundet.no

See our website; [Kick the limits 2018](#) for more information about the event - this page will be continuously updated.

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