

PETROPAVLOVSK KAMCHATSKY 20/04/2014



AVACHA SKI MARATHON

INVITATION



CROSS-COUNTRY
SKIING MARATHONS
OF RUSSIA

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PETROPAVLOVSK KAMCHATSKY



Petropavlovsk-Kamchatsky , Russia

At a corner of huge [Russia](#), at the very edge of the world, the [Kamchatka](#) Peninsula juts 1,500 kilometers into the Pacific. Some see [Petropavlovsk](#) as a necessary evil, a hub to [Russia](#)'s most beautiful scenery, others focus on the setting, one of the world's most beautiful - facing [Avacha Bay](#) and looking out at two giant volcanoes and a long line of snow-capped mountains. Petropavlovsk is the one of Russia's oldest towns in the [Far East](#) shares the same parallels as [Manchester](#) and [Dublin](#). Athletes are finding [whole worlds to explore](#) inside the city's borders.

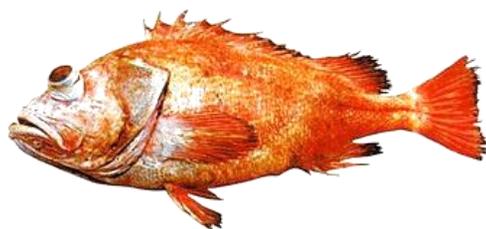


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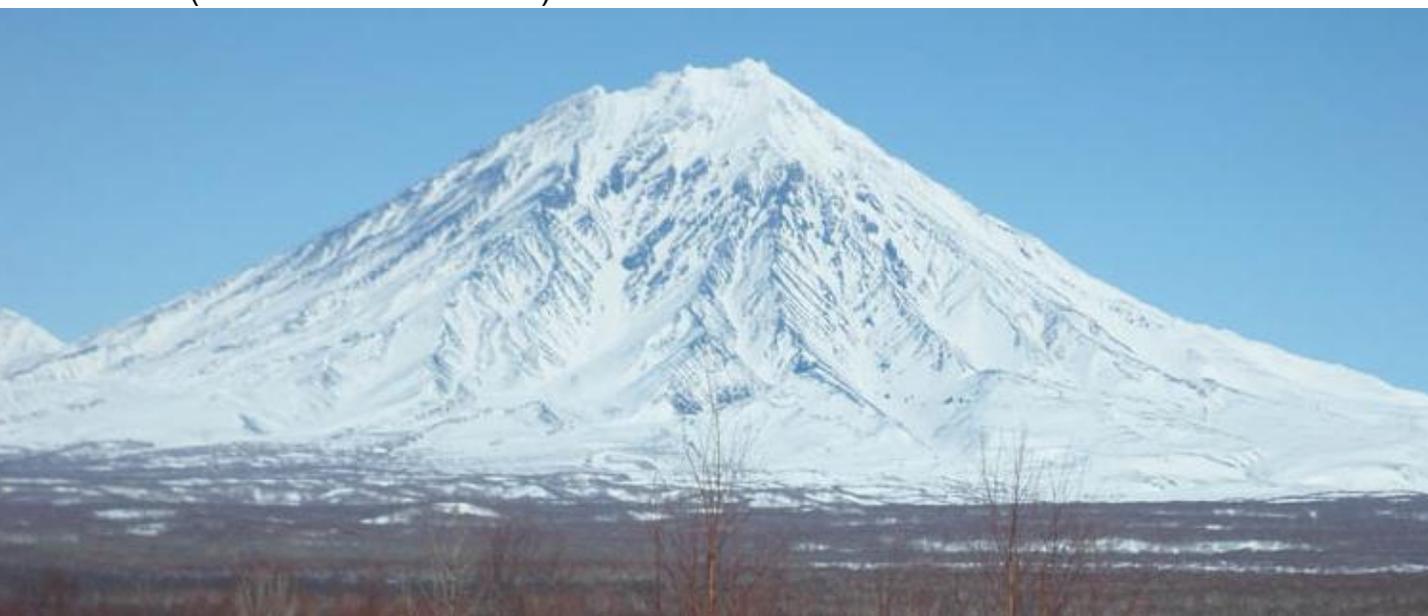


AVACHA SKI

The idea to organize Avacha Ski Marathon proposed by the famous master of cross-country skiing sport Vasily Kochkin in 1984.

Kamchatka ski club «Avacha ski track» was created by the group of cross-country skiing and biathlon veterans of sport in 1994. The main clubs objective is to lead the organization of Avacha ski marathon and to attract to the start the everyone amateur of skiing who does weekly ski the so called «Lygnya zdorvja» (ski trak of health).

The race takes place in the closed proximity to the location of an active Avacha Volcano (2470 meters altitude).



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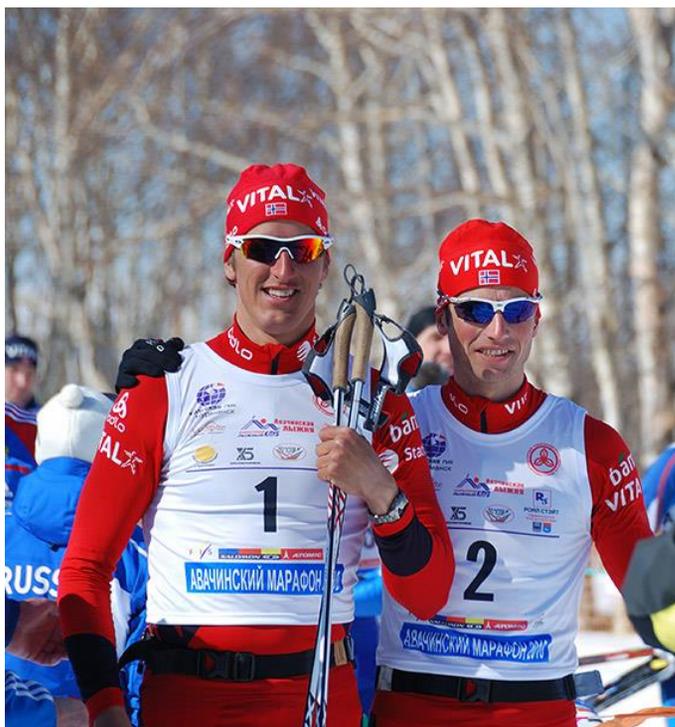
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AVACHA SKI

Since 1996 many Russian and worldwide cross-country skiing and biathlon stars taken part in Avacha Ski. Such as – A. Prokurov, L. Lazytina, O. Danilova, N. Gavrylyuk, P. Rostovtsev, S. Chepikov, V. Vilisov, J. Mae, O. Zavyalova, I. Chernousov , A. Os, L. Berger, A. Legkov, Y.Kovalchuk and many others.

In 2002 Avacha Ski entered the list of top-10 marathons of Russia and became the RUSSIALOPPET member



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AVACHA SKI

The 3rd April weekend is a very successful race date since the winter season is already end in the most parts of Russia but Kamchatka still has snow level up to 1 m.

During this time the day temperature ranges from 1 ° C to +5 ° C allowing skiing fans to get sunbath and wearing swimming suits during the training and competition.

Avacha Ski is very attractive to thousands spectators. There are entertainment program, working outlets and barbecue grills at the stadium that makes real skiing festival atmosphere.

The total prize fund is about 1 MLN Rubles and goes to absolute men, women, boys, girls and to the podium of each age–gender category.



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PETROPAVLOVSK KAMCHATSKY



ORGANIZING COMMITTEE



Russialoppet
Cross-Country Marathons of Russia
www.russialoppet.ru



Kamchatka Ski Club «Avacha Ski»
www.kamchatkaloppet.ru

683031 Russia

Petropavlovsk-Kamchatsky
9 Tushkanova str., room 43.

Open hours: 10:00–18:00 (+11 GMT; +8 Moscow)

Tel.: +7 914 781 80 33

Email: mirona.v@rambler.ru



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PETROPAVLOVSK KAMCHATSKY



TECHNICAL OFFICIALS

FIS Technical Delegate

Russialoppet President and CEO

Race Director

Chief of Competition

Race Secretary

Niklas TURKU (FIN)

Georgy KADYKOV (RUS)

Alexander MIROSHNICHENKO (RUS)

Viktor MARIKOV (RUS)

Dmitry BORODIN (RUS)



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COMPETITION PROGRAM

20 APRIL 2014

START 10:30

AVACHA SKI 60 km FT	Men and Women aged 18
AVACHA SKI-HALF 30 km FT	Men and Women any age
AVACHA SKI-JUNIOR 30 km FT	Boys and Girls 15-17 years old

CEREMONY 14:30



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LOCATION

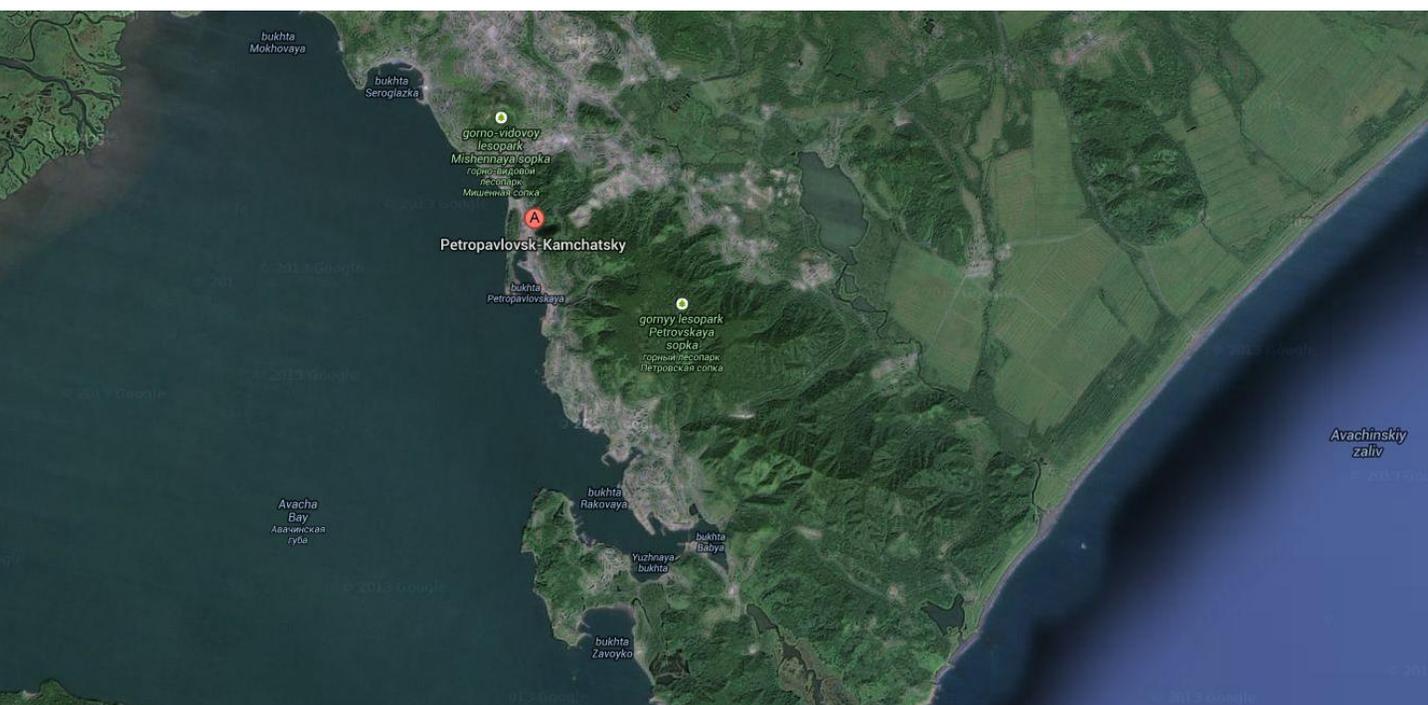


Ski Base «Lesnaya»

Ski-biathlon Complex V. Fatyanova

50 Northeast Highway
Petropavlovsk-Kamchatsky

www.ski-base.ru



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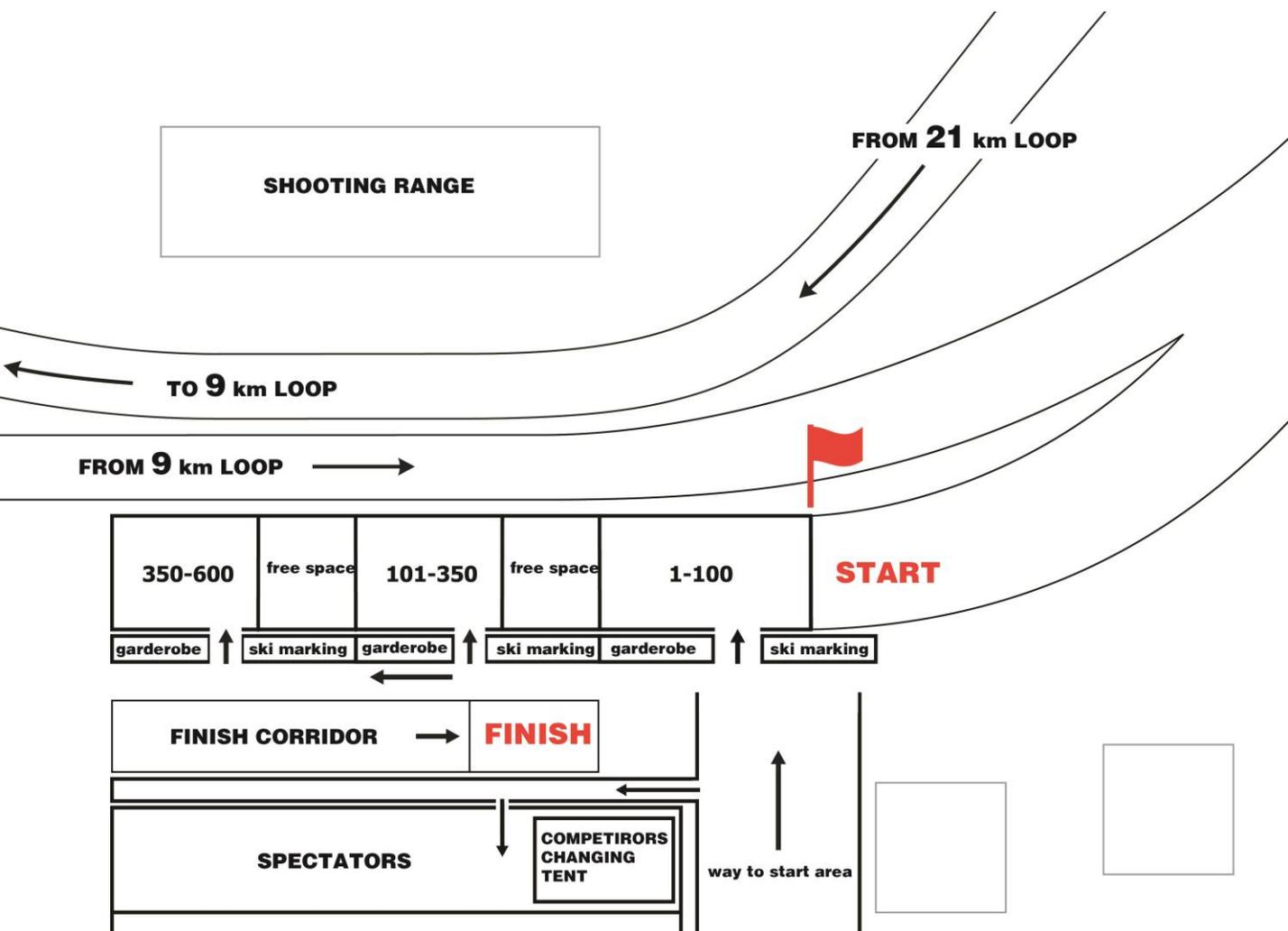
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STADIUM



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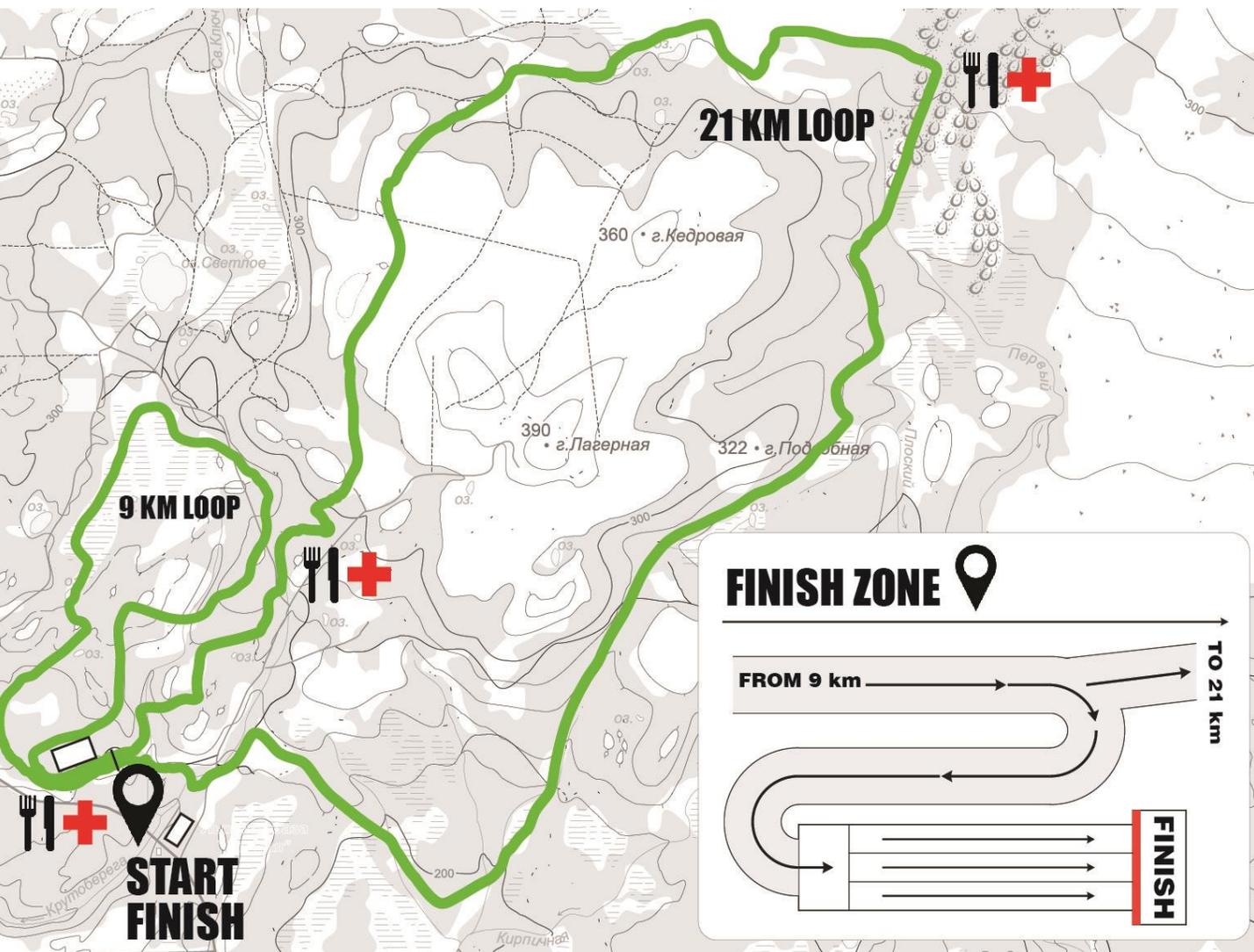
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SKI COURSE



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SKI PROFILE



SQUEEZY®
SPORTS
NUTRITION



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WEATHER CONDITIONS

Average temperature – 3°C до + 5°C

Organizer reserves the right to reduce the distance in case of bad weather

	Monday March 17			Tuesday March 18				Wednesday March 19				Thursday March 20				Friday March 21				Saturday March 22		
Local time	06	12	18	00	06	12	18	00	06	12	18	00	06	12	18	00	06	12	18	00	06	12
Cloudiness %																						
Precipitation mm	*					*	*	*	*													
Temperature °C	-6	-6	-3	-5	-7	-4	-3	-5	-9	-7	-5	-7	-10	-7	-4	-7	-10	-7	-3	-7	-8	-6
Pressure mm	748	750	749	751	751	751	750	752	753	754	752	753	752	753	752	755	757	760	760	762	761	758
Humidity %	58	45	37	46	48	46	40	44	44	45	31	46	43	45	34	37	43	48	35	43	48	50
Wind m/s	3 NW	8 NW	6 W	4 W	3 W	7 W	7 W	4 W	3 NW	6 NW	3 SW	2 NE	4 N	5 NW	3 W	3 NW	2 NW	6 NW	5 W	1 N	5 NE	7 N
Sun rise / set	07:34	19:32		07:32	19:34			07:29	19:36			07:27	19:38			07:25	19:40			07:22	19:41	
Moon rise / set	20:17	07:25		21:26	07:47			22:37	08:12			23:47	08:40			-	09:13			00:58	09:53	
phase																						



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REGISTRATION & ENTRY FEE

Preliminary registration DL – 07/04/2014

Please send applications by email mirona.v@rambler.ru

Registration and start bib distribution provided at the Race Office

In period 14–19/04/2014 until 18.00

ENTRY FEE

the entry fee has to be paid before the competition in amount of

Avacha Ski 60 km FT	1000 RUR
Avacha Ski–Half 30 km FT	500 RUR
Avacha Ski–Junior 30 km FT	150 RUR



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ACCOMMODATION

Non-resident athletes and coaches during the competition can be accommodated on preferential terms after sending the application request to Organizing Committee "Avacha ski marathon"

«Geyser» Hotel

10 Toporkova str.

Petropavlovsk–Kamchatsky

Tel. +7 (4152) 22 82 29

www.geyser-hotel.ru

kam-geyser@yandex.ru



«Petropavlovsk» Hotel

31A, Karl Marks Av.

Petropavlovsk–Kamchatsky

Tel. +7 (4152) 25–25–25

www.petropavlovsk-hotel.ru

hotel@hotel.petropavlovsk.ru



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INSURANCE

All competitors must have life insurance (§ 24.3.2 Competition Rules) or fill out an application at the site start.

STARTING PROCEDURES

Each sportsman who finished among the first 100 participants in Avacha Ski 2013 as well as in past stages of Russialoppet 2014 is entitled to a place in the starting corridor elite group of 1–100.

The starting position is appointed by the organizer and can not be changed

DISQUALIFICATION

Participants who begin the moving before the starter signal will be disqualified. Participants who violate the rules passing the marked distance will be disqualified



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SKI WAXING

At «Cycling Ski World» store

12 Tushkanova str.

Petropavlovsk–Kamchatsky

Tel. +7 415 2 262056

Preparing skis made by phone appointment

FEEDING STATIONS

Feeding station organized at points

11\41km, 17\47km, 31km, 23\53 km

Every feeding station propose the «SQUEEZY» isotonic drink arranged by the partner of Avacha ski marathon NPO "VITA".

Each participant will get the coupon for the after–finish meal.

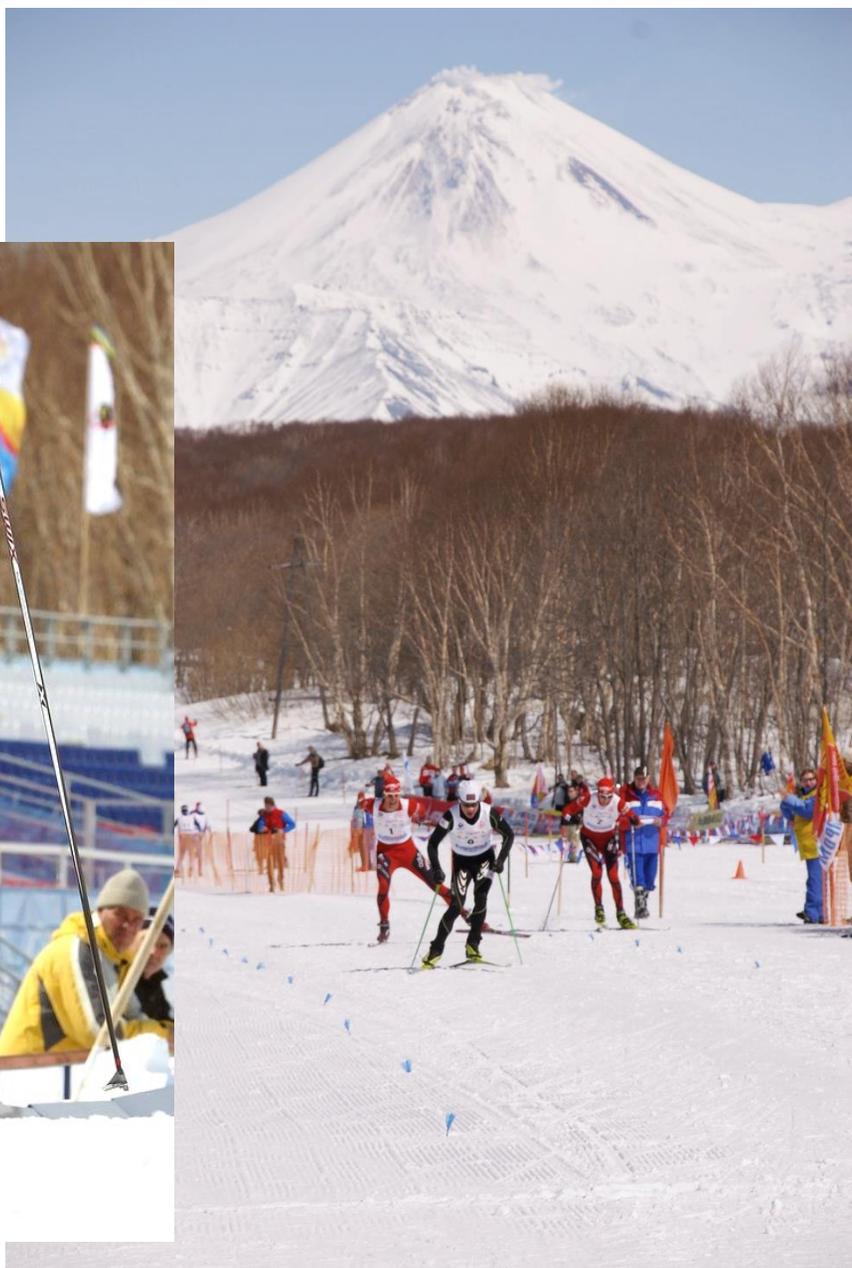


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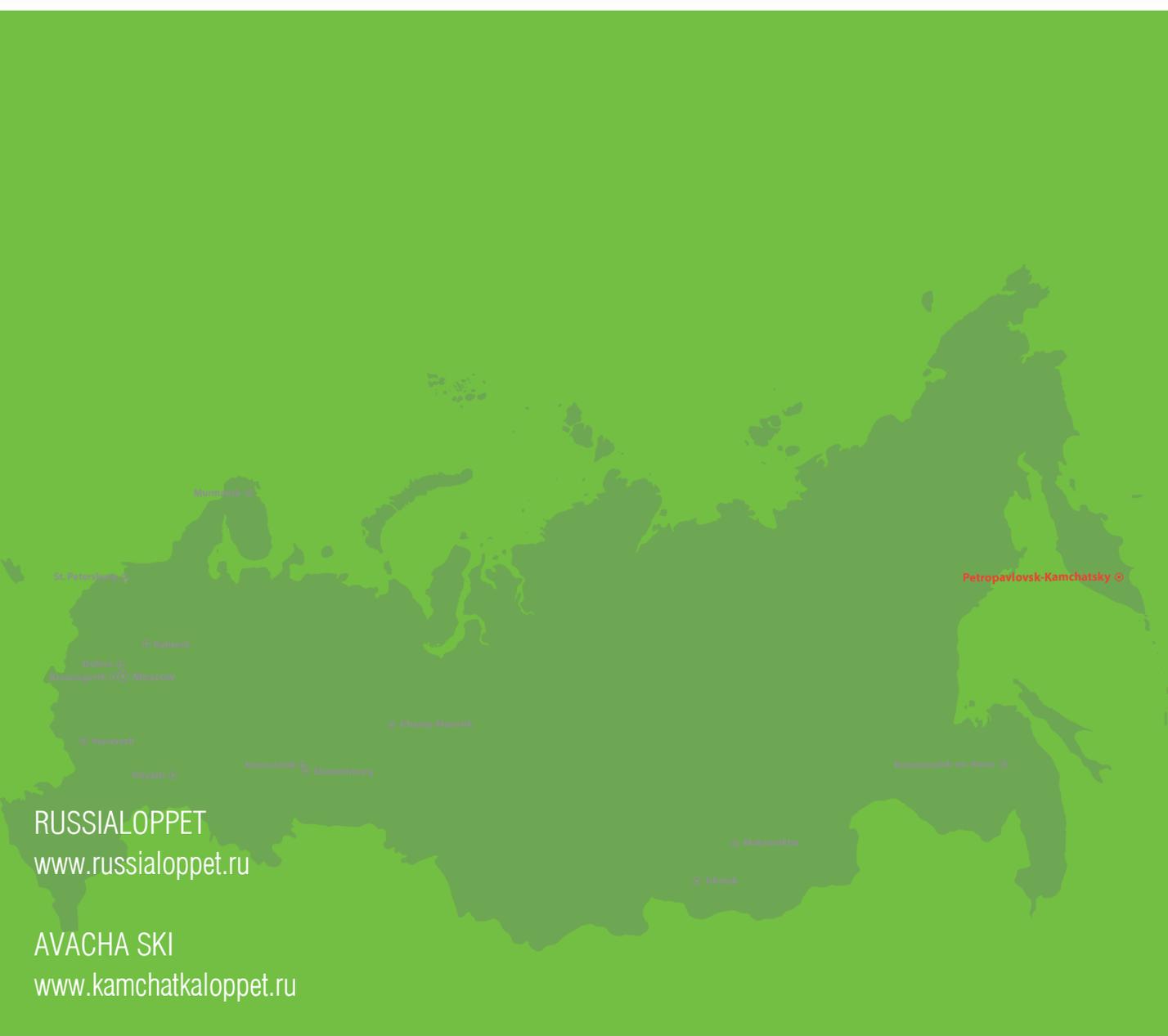


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