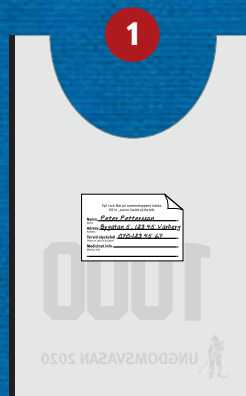


## THE BAG CONTAINS

- 1. Start number.** The start number should be worn, and clearly visible, when you enter the start pen. The start number may not be removed during the race.
- 2. Chip with velcro strap.** Thread one velcro strap through the chip and attach to your right ankle. The chip is linked to your start number so make sure you don't mix up your chip with anyone else's. No chip = no time keeping. Do not expose the chip to cold temperatures before the race. The chip must be returned after the finish; any participant who doesn't return their chip will be charged 300 SEK.
- 3. ID-tag (sticker).** Fill in your information and attach the sticker to the inside of your start number.

A white singlet with a red circle labeled '3' at the top. In the center, there is a rectangular form titled 'ID-ETIKETT'. The form contains the following text: 'Fyll i och fäst på nummerlappens insida. Fill in - put on the inside of the bib.' followed by fields for 'Namn', 'Adress', 'Tel vid olycksfall', and 'Medicinsk info'. Below these fields, there is a section for 'Vid allvarlig olycka eller sjukdom ring 112. In case of emergency call 112.' with a list of instructions: '- Vid hjärtstopp, påbörja hjärtmassage. Invänta hjälp.', '- Vid cirkulationspåverkan. Invänta hjälp.', and '- Vid kontakt 020-392 90. Valsluppets radiocentral vid lindriga skador'. The form also includes the text 'Invänta svar och kom överens om åtgärder.'