



Welcome to the 48<sup>th</sup> EFNS



8<sup>th</sup> - 12<sup>th</sup> February 2016

Always updated: [www.efns.no](http://www.efns.no)

# HOLMENKOLLEN 2016



europaan foorster's kompetisjon i nordisk skiing



**Statskog**  
vi gir deg naturen



**SKOGKURS**  
Skogbrukets Kursinstitutt



**NORGES SKOGEIERFORBUND**



SKOGSELSKAPET



Oslo kommune



**MOELVEN**



Dear European sports- and forestry-friends!

We are sincerely looking forward to welcome you to one of the world's most famous arenas for Nordic skiing.

Furthermore, we will be proud to show you our forestry, which has had a huge impact on skiing in our country. Modern times has changed the lifestyle of most Norwegians, but it is only a few decades ago when it was a must for successful cross-country skiers to exercise through heavy manual work in the forest.

This was a pattern shared among several nations.

EFNS was in its time built upon the strong connection between forestry, hunting and skiing.

Based on these common values, a strong network has evolved through EFNS in Europe.

EFNS has become a meeting-point for forestry and skiing, where the participants have different levels of ambition in their athletic achievements, but still find common interest in building a network within European forestry.

Norway hosted EFNS in Lillehammer back in 1996, shortly after the winter Olympics in 1994, which was an extra inspiration for the competitors.

Shortly after we have left the stadium in Holmenkollen, Norway will be hosting the world championship in biathlon in the very same tracks as we will be using during EFNS. We hope this will give our participants an extra motivation in the EFNS competition.

For this year's EFNS, we have put together an athletic and professional program that we hope will give a good offer on the completion arena, as well as an insight to Norwegian forestry and what forestry means to Norway.

We wish all competitors and their companions a very warm welcome to Oslo and Holmenkollen for the 48th EFNS in February 2016.

Best Regards  
*for EFNS Norge*  
Nils Aakre

# 48. EFNS Holmenkollen, Oslo

## **Organizer**

EFNS NORGE

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## **Board**

Pål Vidar Sollie, LMD, President

Erik Lahnstein, NSF

Arnhild Holstad, Statskog

Jon Karl Kristiansen, Oslo Kommune

Nils Aakre, EFNS Norge

Thomas Husum, NSF, Secretary

## **Organisation Committee**

Nils Aakre, EFNS Norge, Chairman

Ivar Ekanger, LMD

Trond Lohre, Det norske Skogselskap

Tore Molteberg, Det norske Skogselskap

Trond Enkerud, Oslo Kommune

Sjur Haanshus, Skogkurs

Thomas Husum, NSF

## **Teknisk arrangør**

TRY Biathlon Verrein

# Program

## **Sunday February 7.**

Arrival of participants

Competition offices open 12.00 am-8.00 pm in Scandic Solli.

Distribution of packages to all participants

## **Monday February 8.**

Competition office 8.00 am-11.00 am and 5.00 pm-8.00 pm in Scandic Solli

9.00 am Start all excursions

5.00 pm Latest return all excursions

6.00 pm Official opening of EFNS 2016 in the Oslo City Hall

***Personal invitation must be presented in the Oslo City Hall***

## **Tuesday February 9.**

Competition office 8.00 am-11.00 am and 5.00 pm-8.00 pm in Scandic Solli

9.00 am Start all excursions

5.00 pm Latest return all excursions

7.00 pm Team-leaders meeting, annual meeting EFNS committee in Scandic Solli

## **Wednesday February 10.**

Competition office opens at 8.00 am in Holmenkollen

From 9.00 am Official training with test-shooting

12.00 am Official training closes

1.00 pm Start individual race, free-style with shooting

## **Thursday February 11.**

Competition office 8.00 am in Holmenkollen and 6.00 pm-8.00 pm in Scandic Solli.

9.00 am Start individual race, Classic with shooting

8.00 pm Registration deadline for Relay Races (efns@skogselskapet.no)

## **Friday February 12.**

Competition office opens at 7.00 am in Holmenkollen

7.00 am Pick-up starting numbers for Relay Races at competition office.

9.00 am Start Relay Races men 2x classic, 2x freestyle

9.05 am Start Relay Races women 1x classic, 2x freestyle

1.00 pm International After Ski in the Holmenkollen arena

4.00 pm After Ski closes

7.00 pm Banquet with prize ceremony in Gamle Logen, Grev Wedels plass 2

## **Saturday February 13.**

Competition offices open 9.00 am-11.00 am

Pick-up equipment

Possible participation in Holmenkollmarsjen cross-country skiing in Oslo.

# The competitions

## Competition Rules

The competitions are operated according to the EFNS' rules and guidelines.

## Authorisation for participant

People with the following occupation are authorised to participate:

- Retirees or employees of forestry, wood or wood processing enterprise
- Forestry students, forest wardens and people with an education in forestry
- Forest owners and workers
- Family members of the above mentioned people
- Guests (sponsors and partners) with a special invitation

## Categories

There are women and men categories according to the age groups

<i>Students and youths</i>	<i>D 13, H 13</i>	<i>1998 and under</i>
<i>Women/Men</i>	<i>D 19, H 19</i>	<i>1986-1997</i>
<i>Women/Men</i>	<i>D 31, H 31</i>	<i>1976-1985</i>
<i>Women/Men</i>	<i>D 41, H 41</i>	<i>1966-1975</i>
<i>Women/Men</i>	<i>D 51, H 51</i>	<i>1956-1965</i>
<i>Women/Men</i>	<i>D 61, H 61</i>	<i>1946-1955</i>
<i>Women/Men</i>	<i>D 71, H 71</i>	<i>1936-1945</i>
<i>Women/Men</i>	<i>D 81, H 81</i>	<i>1935 and over</i>
<i>Disabled</i>	<i>D / V, H / V</i>	<i>alle</i>
<i>Guests</i>	<i>D / G, H / G</i>	<i>alle</i>

## Single Competitions

There is one single competition in free technique and one in classic technique.

<i>Students and youths</i>	<i>5 km without shooting</i>
<i>Women D 13-D 81</i>	<i>5 km with shooting</i>
<i>Men H 19-H 71</i>	<i>10 km with shooting</i>
<i>Men H 81</i>	<i>5 km with shooting</i>
<i>Disabled</i>	<i>5 km without shooting</i>
<i>Guests</i>	<i>5 km with shooting</i>

## Shooting

After 1 lap: 5 shots with 50 meter distance, standing. For each failed shot, the participants has to run a penalty lap of 150 meter.

## Time penalty

The participants receive a time penalty of 2 minutes for each not fired shot respectively for each not run penalty lap.

## Disqualification

Skate skiing in the classic technique competition will cause disqualification.

## Protesting

Protests must be handed in within 15 minutes after the results are published.  
Protest must be submitted in writing form. Protest fee 50 Euro.

**Practice fair play. Go on the right side and pass others on the left side.**

## At the Stadium: Security comes first

All shooters are responsible for their own shot  
The weapon is given to the participant only when he/she is steady and secure  
The weapon must always point towards the targets  
Each participant has 5 shots to be fired  
Links guns are on track 1,2,3

## Awarding

A minimum of 3 participants must be registered in a category in order to receive an independent award category. If there are less than 3 in one category, they will compete with the better category.

## Relay races

All relay races are without shooting sessions. The course will be the same as in the single competitions.

<i>Students &amp; Youths</i>	<i>D13/D16 , H13/H16:</i>	<i>3 x 3,5 km (1 KT + 2 FT)</i>
<i>Women</i>	<i>D19 - D81:</i>	<i>3 x 3,5 km (1 KT + 2 FT)</i>
<i>Men</i>	<i>H 19 - H 81:</i>	<i>4 x 7 km (2 KT + 2 FT)</i>
<i>Disabled</i>	<i>DV / HV:</i>	<i>3 x 3,5 km (1 KT + 2 FT)</i>

## Age groups in relay

The relay races are divided into two classes - one for participants over 50 years and one for those under 50.

Class over 50 – only for participants over 50 years

Class under 50 – available for all participants

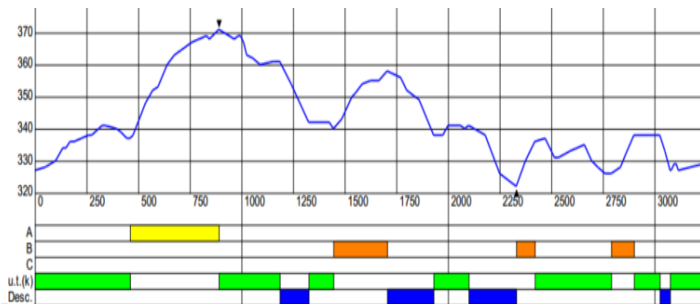
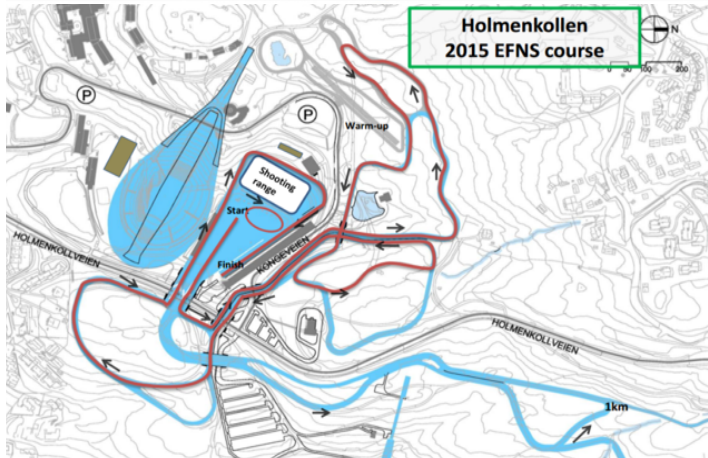
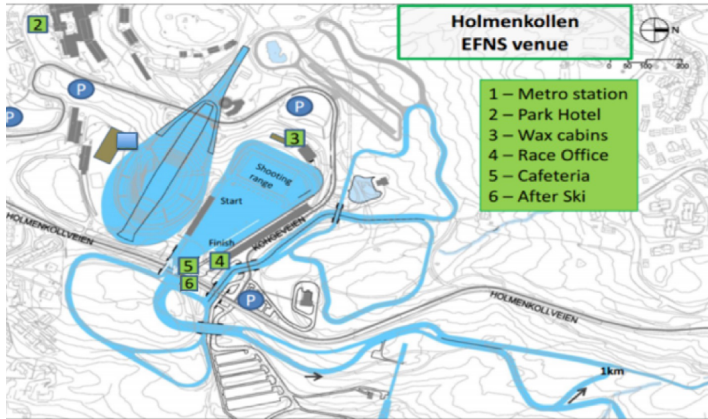
## Relay exchange

When exchanging during the relay races, it is required with body contact and it must happen within a designated area of 30 meter.

## Competition Jury

TD in EFNS Board, a member from Try Biathlon, a member from EFNS AC and two representatives from the team leaders.

# Tracks and arena



**The table displays the 3,3 km long track in Holmenkollen:**  
 Course length: 3235 m Category: E Competitio level: WC  
 Height difference: 49 m, Max. climb: 35 m, Total climb: 108 m  
 Lowest point: 332 m, Highest point: 371 m



# Transport in Oslo

We recommend using the tube (t-bane) when travelling in Oslo.

## T-bane line 1 – Frognerseteren:

Single ticket: NOK 32,- (€3)

7-day ticket: NOK 240,- (€26)

Tickets can be bought from machines at all stations or using the mobile app "Ruter Billett".

The tube stops at all stations in the city centre. It takes approximately 23 minutes from city centre to Holmenkollen.

## By bus or car:

There are parking possibilities in the areas around the hotels and at Bogstad Camping.

In Holmenkollen, the number of parking spaces are limited to only 150 cars. Buses may park nearby the Holmenkollen Arena.



# Opening ceremony

Oslo City Hall

The invitation from the City Hall must be presented at arrival.

Monday  
February 8<sup>th</sup>  
6:00 PM

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**Bogstad Camping**

Bus or Car

➡ ● 9 km. / 15 min.



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**Anker Hotell**

➡ Ⓣ 700 m. / 9 min.

Ⓣ ➡ ● 5 min.

or

🚶 1,7 km. / 21 min.



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**Scandic  
Edderkoppen**

🚶 700 m. / 9 min.

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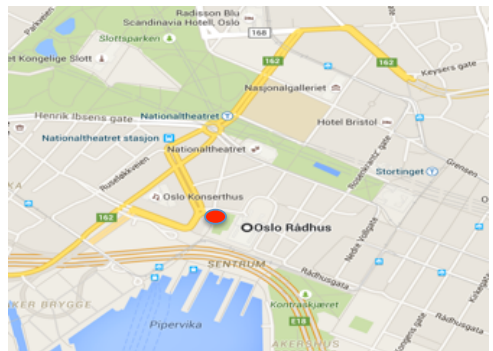
**Smarthotel**

🚶 700 m. / 9 min.

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**Scandic Solli**

🚶 900 m. / 13 min.



# Banquet with prize ceremony

Gamle Logen

Grev Wedels Plass 2, Oslo

Friday  
February 12<sup>th</sup>  
7:00 PM

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**Bogstad Camping**

Bus or car

  11 km. /18 min.



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**Anker Hotell**



1,5 km. /18 min.



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**Scandic  
Edderkoppen**



1,3 km. /16 min.

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**Smarthotel**



1,3 km. /16 min.

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**Scandic Solli**



1,6 km. /19 min.



# Excursions



All excursions take place Monday 7th and Tuesday 8th. If not enough participants sign up for a specific excursion, it may be cancelled. In case there are too many participants, the first ones to sign up will be those who get to participate. The others will be informed and given the opportunity to switch to another.

## **Excursion 1: Forestry research and education – Campus Ås**

Monday 8.2

Departure from Scandic Solli Hotel at 9 am, returning at 3 pm. Food will be served during the excursion.

The Norwegian University of life sciences and The Norwegian Institute of Bioeconomy Research. We will make a guided trip on campus where exciting building projects are in progress and/or finished.

Once we're inside we will be given a presentation on the forestry-related education in Norway and the challenges we are facing for the future. Further on there will be presentations on on-going research-projects related to forestry.

Campus Ås is situated 35 km south of Oslo, approx. 40 minutes by bus.

## **Excursion 2: Sawmilling – the backbone of Norwegian forestry sector, Bergene-Holm Haslestad Bruk**

Monday 8.2

Departure from Scandic Solli Hotel at 9 am, returning at 5 pm. Food will be served during the excursion.

During this excursion we will visit a modern Norwegian sawmill and planing factory. There will be a presentation on the state of the art for the Norwegian sawmilling industry and the industry's challenges in the future: Log-supply, roundwood qualities and market situation.

After visiting the sawmill, we will move on to the Norwegian Mining Museum in Kongsberg. Kongsberg used to be a major mining society, producing silver.

We will be given a presentation on the close relationship between forestry and mining in Norway.

### Excursion 3, Guided cross-country skiing in Oslo's deep forests

Monday 8.2 and Tuesday 9.2

We are excited to show you the municipality of Oslo's efforts to create an arena for recreation, outdoor-life and sports activities in the forests surrounding the city. How do we create attractive outdoor arenas through active forest management?

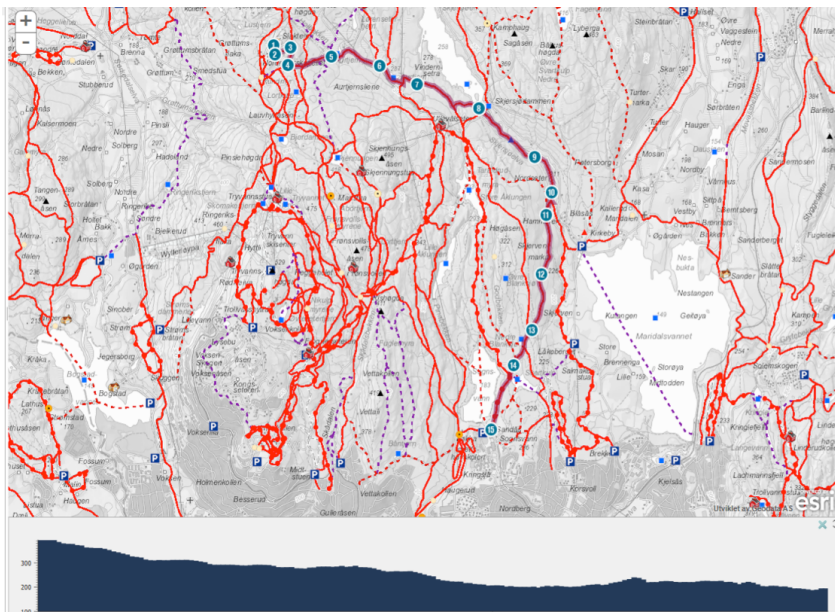
After being served an outdoor lunch hosted by the municipality of Oslo, the participants will return to the city skiing through some of Norway's most popular areas for cross-country skiing. Guides will be present on all routes.

Remember to bring warm clothes and equipment for cross-country skiing. The number of participants will be limited to 80 participants per day.

Departure by bus from Scandic Solli Hotel at 9 am, return depending on the participants.

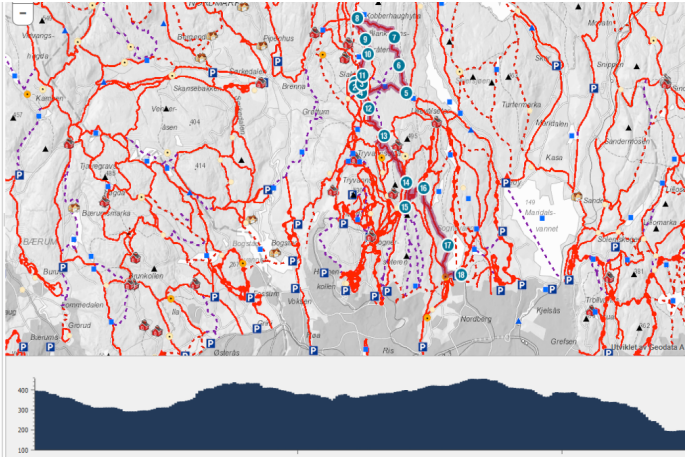
#### Alternative A: Guided cross-country skiing in Oslo's deep forests - 10,5 km:

Slagtern – Skjærssjøen – Ankerveien – Sognsvann tube station



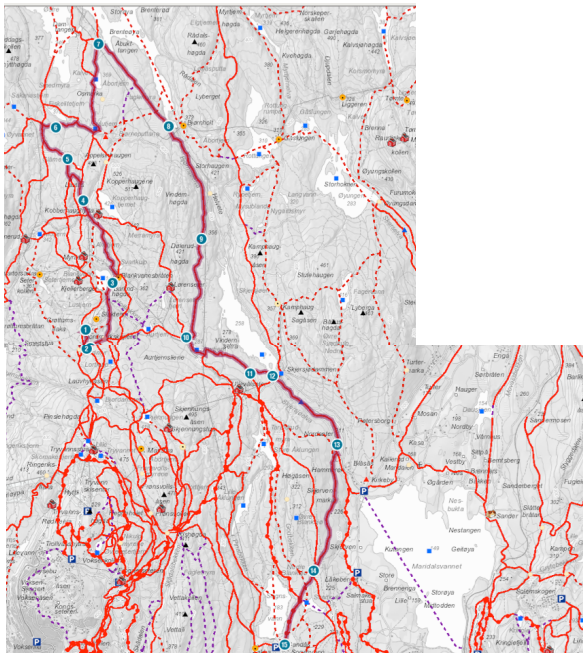
## Alternative B: Guided cross-country skiing in Oslo's deep forests - 17,5 km

Slagtern – Lørenseter – Kobberhaugen – Skjennungen – Sognsvann tube station



## Alternative C: Guided cross-country skiing in Oslo's deep forests - 25 km

Slagtern – Slagene – Kikut – Bjørnholt – Sognsvann tube station



#### **Excursion 4: A visit to Norway's largest biorefinery, Borregaard AS, Sarpsborg**

Tuesday 9.2

Departure from Scandic Solli Hotel at 9 am, returning at 5 pm.

The longest river in Norway, Glomma, has for centuries brought logs from the south-eastern parts of Norway to several industries along its banks. A few kilometres before it reaches the sea, the river forms a large waterfall that has provided energy for forest industries for several hundred years. This is where we'll find Borregaard.

Borregaard makes highly refined chemical products based on raw materials, i.e. pulpwood, from the forest. We will have been given a guided tour of the premises as well as an indoor presentation on the company's business and products, with emphasis put on research and development.

We will also make a visit to the old fortification "Fredriksten festning".

#### **Excursion 5: Wood in advanced modern constructions, Moelven AS**

Tuesday 9.2

Departure from Scandic Solli Hotel at 9 am, returning at 5 pm.

Join us on a guided tour to the number one glulam factory in Norway.

The factory has delivered the roof-construction on the large athletic arena "The Vikingship" which was used for speed-skating during the Olympic Winter Games in 1994.

Moelven has also produced the roof-beams in the terminal building at Oslo Airport, as well as several bridges, both for motorised vehicles, bicycles and pedestrians.

## **Excursion 6: Norwegian Wood Architecture, in Oslo. Guided tour related to the development of Norwegian wood architecture.**

Monday 8.2 og Tuesday 9.2

Follow us on a trip into Norwegian wood architecture from the Age of the Vikings to present time. The trip will begin at the Viking Ship Museum housing the Oseberg-ship dating from approx. 820 a.d. We will from there move on to “Norsk Folkemuseum” located nearby, with buildings dated from 1200 a.d. and onwards through the centuries.

We will observe present day architecture in the Oslo Opera House, where wood is used at large scale in several rooms. In the main hall we will learn how modern architecture has learnt from its roots in ancient Norwegian shipbuilding.

Departure from Scandic Solli Hotel at 9 a.m., the excursion will last for 3-4 hours.