



EUROPEAN FORESTERS' COMPETITION IN NORDIC SKIING

EUROPÄISCHE FORSTLICHE NORDISCHE SKIWETTKÄMPFE

ÖSTERSUND, SWEDEN | 7-11 MARCH 2011



efns

SVEASKOG

Östersund
TURIST & KONGRESS



ÖSTERSUNDS
KOMMUN



PARTNERS:



PERSSON INVEST PI
SKOG





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The European Foresters' Competition brings out the tiger in us!

Welcome to Östersund and a week of adventure, good food, the company of forestry colleagues and, of course, biathlon. The European Foresters' Competition in Nordic Skiing (EFNS) brings out the competitive streak in all of us, not unlike the feeling we have when doing business in our own special sector, the forestry sector. A successful biathlon competitor needs to combine physical prowess with precision – just like a forester needs to demonstrate stamina and attention to detail. This, I believe, is the reason why EFNS has seen a year by year rise in popularity. This year more than 1,000 participants will be competing for the prestigious EFNS medals.

We, who live in Östersund – myself included – are naturally proud to act as hosts for the competition in 2011. Östersund is a city bustling with life. With the mountain range as backdrop and the allure of ice-bound Lake Storsjön, Östersund provides opportunities for many winter sports activities. The frozen lake is ploughed to create tracks for long-distance skating, and the city has one of Europe's best cross-country and biathlon facilities. If you like hunting and fishing, you won't have far to go to find game. You never know, an elk – the national animal of Sweden – may be lurking behind the very next tree.

This year, EFNS is expected to attract participants from some 20 countries. Contestants will be able to practice their language skills at the ski stadium, during excursions into the forest and in the pub. Let me wind up with a phrase I expect to hear repeated many times on the close of the competition – see you next year for a fresh challenge!

Welcome to Östersund!

Gunnar Olofsson, Patron & CEO, Sveaskog AB

Organising Committee 2011

Patron, Gunnar Olofsson, Sveaskog AB

Chair, Björn Larsson, Sveaskog AB

Project manager, Lisa Engman, Biathlon Events AB

Competition manager, Sten Wadensjö, Biathlon Events AB

Tourist Coordinator, Jessica Thylin, Östersund Tourist & Congress

Excursions executive, Erik Larsson, Sveaskog AB



Organisation & co-operation partners

Sveaskog, Biathlon Events (Swedish Biathlon Federation), Municipality of Östersund and Östersund Tourist & Congress are the organisers of the 43rd EFNS competitions.

Norrskog, Persson Invest Skog, and SCA are the principal sponsors of the event. Other partners are Jämtkraft, Norske Skog, LRF, Skogma, Fyrås Trä and the Swedish Forest Agency (Skogsstyrelsen).

Programme

Sun , 6 March	Vasaloppet cross-country race
Mon, 7 March	Arrival. Excursion(half day). Opening ceremony
Tues, 8 March	Practice. <i>Team leaders' meeting</i> Forest seminar (evening)
Wed , 9 March	Individual races, Classic am. Free style pm Award ceremony (evening)
Thurs , 10 March	Excursions
Fri , 11 March	Relay (followed by traditional "come together " at ski stadium) * <i>Committee Annual General Meeting.</i> Closing dinner, Award ceremony (evening)
Sat, 12 March	Departure

*The traditional get-together at the Ski Stadium follows the relay race, with participating nations offering local food and drink.



Competitions

Competition rules

Competitors must abide by the EFNS competition rules.

The following groups are allowed to take part in the competitions:

- Individuals employed in the forest industry (officials and forestry workers), individuals with forest science qualifications, forest science students, forest industry employees and forest industry entrepreneurs.
- Families of the above (wife/husband/partner/parents/children/siblings).
- Guests by special invitation only.

Individual races – classic and freestyle

Women (D) D19-D71:	5 km (2.5 km + rifle shooting + 2.5 km)
Men (H) H19-H71:	10 km (5 km + rifle shooting + 5 km)
H81	5 km (2.5 km + rifle shooting + 2.5 km)
D16, H16	5 km (5 km)
Disabled H, D	5 km (5 km)

(No rifle shooting for D 16, H 16 and disabled participants.)

Classes

(A minimum of three participants are required in each class for a race to take place.)

<i>Men & Women</i>	<i>Juniors</i>	<i>Youth</i>	<i>Disabled participants</i>
H 21, D 21	H 19, D 19	H 16, D 16	H, D
H 31, D 31			
H 41, D 41			
H 51, D 51			
H 61, D 61			
H 71, D 71			
H 81			



Category:	Class:	Age groups:
Youth, men	H 16	1993 and younger
Youth, women	D 16	1993 and younger
Juniors, men	H 19	1991 - 1992
Juniors, women	D 19	1991 - 1992
Men, women	H 21, D 21	1981 - 1990
Men, women	H 31, D 31	1971 - 1980
Men, women	H 41, D 41	1961 - 1970
Men, women	H 51 D 51	1951 - 1960
Men, women	H 61, D 61	1941 - 1950
Men	H 71	1931 - 1940
Men	H 81	1921 - 1930
Disabled	H, D	All
Guests	HG, DG	All

Relay

Women and Juniors, 3 x 5 km (1 classic + 2 freestyle), no rifle shooting

Men and Juniors, 4 x 8 km (2 classic, 2 freestyle) no rifle shooting

Youth, 3 x 5 km (1 classic, 2 freestyle) no rifle shooting

Disabled, 3 x 5 km (1 classic + 2 freestyle) no rifle shooting

Classes

Women

Class 1: all ages

Class 2: 51 and older

Men

Class 1: all ages

Class 2: 51 and older

Youth Women

D 16 – D 18

Youth Men

H 16 – H 18

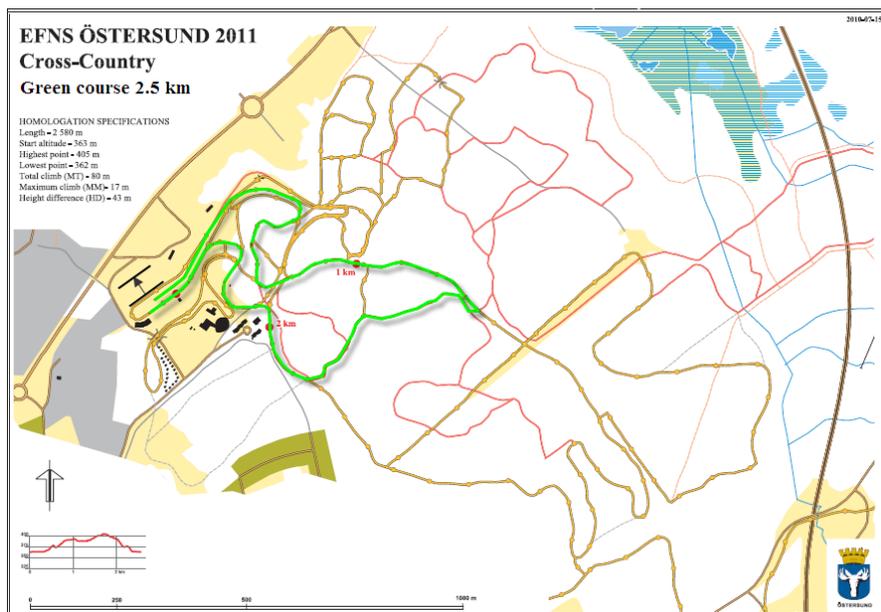
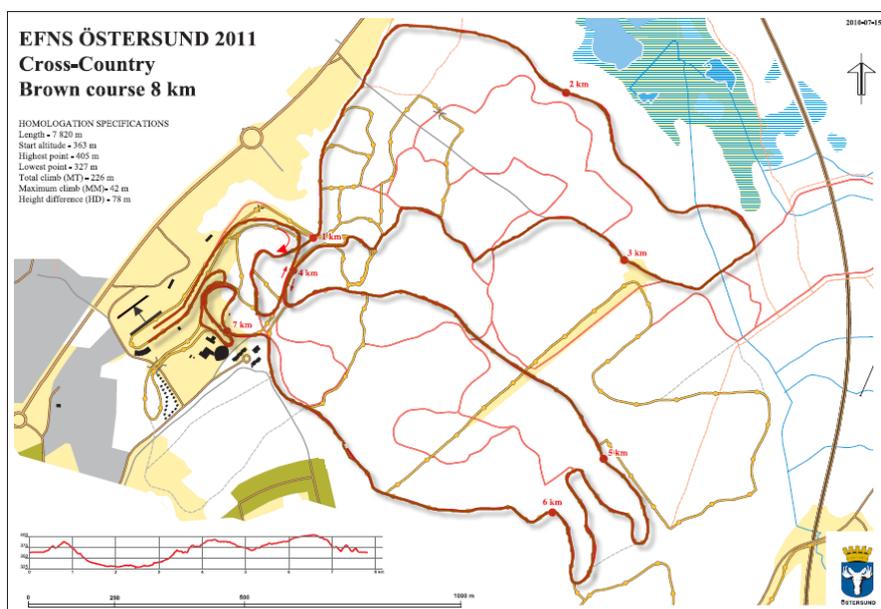
Disabled

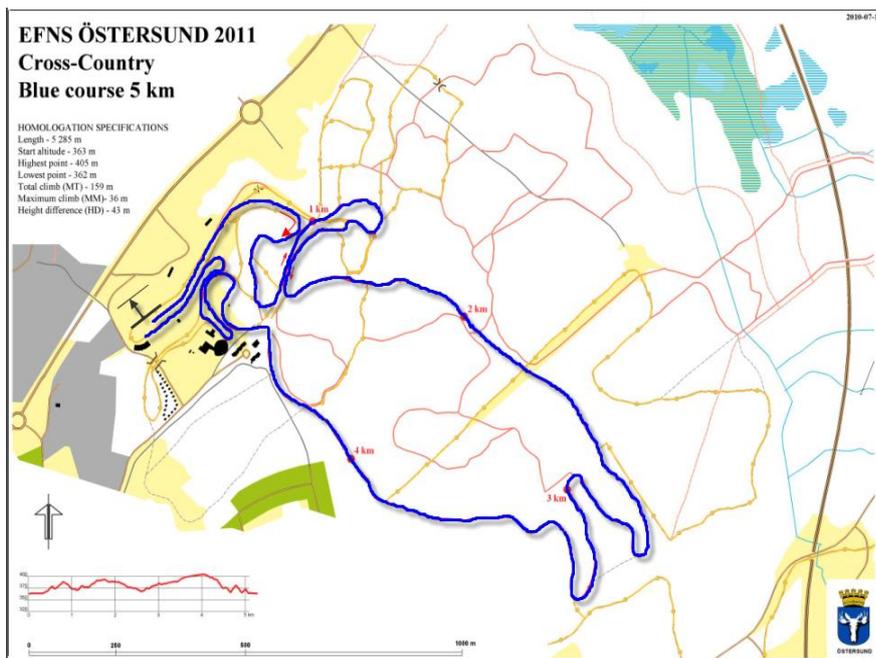
D, H

Jury

1. Siegfried Kaltenbach. Technical delegate (EFNS)
2. Sten Wadensjö, Chief of Competition, Biathlon Events AB
3. Lars Johansson , Chief of Range, Biathlon Events AB
4. Elected representative from team leaders
5. Elected representative from team leaders

Ski track profile





Disclaimer

Upon submission of the registration to EFNS the participant waives the assertion of claims of any kind against the International Committee for the European Foresters' Competition in Nordic Skiing (IK-EFNS) and against the organiser of EFNS (local organising committee). This disclaimer applies to damage to persons and property which is attributable to negligence of any degree, as well as to the period of time encompassing commencement of the journey to EFNS, the competition week and completion of the return journey. In their own interests, participants shall carry proof of existing liability and accident insurance and be in possession of a current certificate of health confirming the participant's physical ability to take part in competitions. Notwithstanding this obligation to produce proof, the participant releases the IK-EFNS and the local organising committee from all liability vis-à-vis third parties due to damage to persons/property or financial loss caused by the participant, including any legal costs arising for defence against claims from third parties.

The organising committee itself bindingly furnishes proof of the existence of liability and accident insurance for its members, their helpers and for spectators at the EFNS.



Excursions

Monday 7 March, half-day excursions (around 13.00-16.00)

1. Heat and power generated from biomass

The energy utility company Jämtkraft is owned by local shareholders. How do the district heating facility and the Arctura tower work? This is a presentation and guided visit to Jämtkraft's heating plant, which produces both electricity and district heating for the people living in the municipality of Östersund.

The plant was inaugurated in 2002 and was one of the first of its kind in Sweden. It has since been a model for many other cogeneration plants, both in Sweden and abroad. Approximately 99% of the plant's energy production is based on renewable biofuel and peat.

Price: 17 EUR

2. Family forestry in Jämtland

We pay a visit to the Ranbrant family's farm in Marieby on the opposite bank of Lake Storsjön. The farm is a good example of how to combine farming and forestry with other, complementary activities. The Swedish Forestry Agency (Skogsstyrelsen) – the supervisory authority responsible for forestry in Sweden and an advisory service to forest owners – presents its operations and outlines the workings of Swedish forestry policies.

Price: 17 EUR

3. Guided coach tour of Östersund/Frösön

Enjoy the charms of Östersund and Frösön! Join a guided coach tour of the charming city centre and the surroundings of the island of Frösön, known for its natural beauty. The visit to Frösön includes a stop at the renowned composer Wilhelm Peterson-Berger's home, Sommarhagen. You can enjoy the view of the mountains from Frösö church, while winding up the visit to the island with a cup of coffee.

Price: 17 EUR

4. Seminar for researchers 1 – Forest and climate

At Mid Sweden University in Östersund, forestry-related research is conducted. The research is part of Mid Sweden University's research project "The Forest as a Resource". The research of the Ecotechnology group concerns sustainable development, focussing on the analysis of energy and technological systems based on their fundamental components and relating them to energy and material efficiency, renewable resources and forestry. Interaction between these fields, as well as

implementation issues, forms an important element of the analyses. During the seminar we will hear about:

- forest management
- systems for efficient recovery and processing of biomass
- wood construction and energy efficiency in a built-up environment

Price: 17 EUR

5. Seminar for researchers 2 – Local game management; the elk

Attend a lecture by two of the most prominent researchers at the Swedish Agriculture University (Sveriges Lantbruksuniversitet) on the ecological connections that underlie the use of natural resources in hunting, fishing, forestry and outdoor activities. What are the effects of human activities on wild animals? One case study presented at the seminar concerns the use of GPS equipment to track animals in order to assess these effects.

Göran Ericsson, professor of game hunting and fishing tourism, heads a number of research programmes in the fields of forests, game management and nature tourism.

Dr Wiebke Neumann carries out research into how human activities affect the behaviour and habitat use of the elk.

Price: 17 EUR

Tuesday 8 March – Forest seminar, evening, 19.00 at Storsjöteatern theatre.



Bo Kristiansson has worked as a nature filmmaker since 1969 and has had over 3,000 encounters with wild bears. He has worked as a nature photographer for Swedish television for 35 years and has also done work for Norway's NRK, Britain's BBC and France's Maraton. He has made documentaries about the wildlife of Svalbard, Russia, Finland and Sweden. You are welcome to attend an evening where Bo talks about his adventures and lets you take part in his encounters with polar bears, brown bears, wolverines, wolves and lynx in a magnificent wilderness environment.

Price: Free

Thursday 10 March – Excursions, full day

1. Alpine excursion – See the alpine landscapes of Jämtland

On arrival in Åre by coach from Östersund, the day starts with a trip on the cableway up to the mountain station, and then on to the summit of Åreskutan mountain with a promise of magnificent views on clear days. The journey continues to the ski resort Gruvbacken in Huså for lunch, followed by free skiing on the Huså tracks, and later, transport by snowmobile and snow weasel back to Stendalen, and then by lift to Åre village. Return to Östersund by coach.

Price: 50 EUR

2. Tasting & Shopping – Experience exciting Jämtland

The guided coach tour from Östersund to Åre starts with a visit to Kretsloppshuset, Mörsil's ecological food oasis, for coffee and shopping. The tour continues to Njarka Sami camp for Sami culture and lunch. Then the tour continues to the chocolate factory in Åre and a visit to Lundhags to look at how footwear is made. Opportunity to go shopping for outdoor equipment. The last stop before the return journey to Östersund is Krokomb, where we stop to taste the excellent cheeses produced at the village dairy Skärvångens Bymejeri.

Price: 50 EUR

3. Forestry in Jämtland – Forestry in a harsh climate

The excursion provides an opportunity to look at the possibilities and challenges for efficient and profitable forestry operations in a harsh climate. The application of efficient production methods throughout the production chain, right from the growing of forests to added-value industrial production, forms the basis for competitive and financially successful forestry operations in the interior of northern Sweden. We set out by coach from Östersund to take a close look at the obstacles involved in timber felling in the winter. What opportunities and difficulties does the climate present? Look at the differences between today's cultivated forests and traditional forests for harvesting. Is it really possible to create winter roads, capable of carrying 60 tonne heavy goods vehicles, across frozen marshes? How do you create an efficient production chain starting with harvesting in the forests and ending in industrial production units? Lunch, comprising specialities of the northern Swedish kitchen, will be served al fresco.

Price: 35 EUR

4. Forestry and nature preservation

Welcome to Ekopark Galhammar (60 kilometres south of Östersund), one of the Swedish eco landscapes where people as well as animals can feel at home. When walking in the forests of the eco park you will learn to understand its soul while enjoying an opportunity to actively take part in the work involved in creating ecological balance, that is, harmony between production and environment. In true wilderness style, lunch will be served in a Moskosel kota tent by a crackling fire.

Price: 35 EUR

5. Family forestry and reindeer farming

The tour sets out from Östersund to the delightful Offerdal area for a visit to Gunnar Olofsson's farm in Kälom, some 40 kilometres north-west of Östersund. The visit provides insights into how synergy and harmony between reindeer farming and family forestry operations function and develop. It is also interesting to note how the Swedish forestry sector, and family forestry in particular, cooperate in Europe and within the EU.

Price: 35 EUR



Other activities

Opening ceremony

The opening ceremony takes place in Vinterparken. The park is situated in central Östersund by Lake Storsjön. www.vinterparken.se

EFNS evening pub

Participants can meet up at the EFNS evening pub in Storsjöteatern. The theatre is situated next to the market place in Östersund. For opening hours, see arrival information.

Award ceremonies

Awards will be distributed at the EFNS pub and at the OSD Event in connection with the closing dinner.

Closing dinner/closing ceremony

The closing dinner and the closing ceremony take place on 11 March at the OSD Event.

INFO POINT (Storsjöteatern theatre)

Pick up your arrival information here, including your competitor number and accreditation for competitions and excursions.

Open hours

Sun, 6 March	15.00-21.00
Mon, 7 March	10.00-13.00, 16.00-21.00
Tues, 8 March	10.00-13.00, 16.00-21.00
Wed, 9 March	16.00-21.00
Thurs, 10 March	16.00-21.00

Competition office

The competition office is situated in the biathlon stadium. Here you can obtain information on issues relating to the races, and pick up start lists and results lists.

Open hours

Tue, 8 March	08.00-16.00
Wed, 9 March	08.00-16.00
Fri, 11 March	08.00-16.00



Accommodation and travel

In Östersund we can offer everything from simple lodgings to four-star hotels . Choose between dormitory-style accommodation, self-catering rooms or four-star hotels in central Östersund, with or without half-board.

Hotel ***	Hotel ****	Self-catering, incl. bed linen
Double room from SEK 695	Double room from SEK 900	from SEK 225/person

For bookings and more information, please contact Östersund Tourist & Congress, Jessica Thylin +46 63 14 43 75, jessica.thylin@ostersund.se.

Travel to Östersund

- Air: 5-8 departures daily from Stockholm/Arlanda (flight time 55 minutes). The Åre Östersund Airport is only 11 km from the city centre.
- Train: approximately 5 daily train connections from Stockholm.
- By car: Östersund is at the junction where the E14 (Trondheim-Sundsvall) and the E45 (Gothenburg-Haparanda) meet. The distance from Stockholm to Östersund is 520 km.
- Local transport: In the centre of Östersund you can use the city buses Stadsbussarna , and taxis are in good supply. Shuttle buses will be available during EFNS.

For travel arrangements, please contact your local travel agent.

Tourist information

For information on accommodation and other information for tourists, please contact: Östersund Tourist & Congress, Rådhusgatan 44, 831 25 Östersund, Jessica Thylin, +46 63 14 43 75, jessica.thylin@ostersund.se, www.turist.ostersund.se



Registration

Registration: via the EFNS homepage, www.efns.eu

Last registration date: 31 January 2011

Late registration: Late registration is possible until 10 days before the starting date.
Late registration fee, **15 EUR**.

Charges

(Prices quoted are per person. There is no general charge or dinner charge for children under 12.)

- Participation fee, adult **35 EUR**
- Family (incl. spouse) and young people **20 EUR**
- Excursions (see separate excursion programme)
- Closing dinner (two courses, wine/beer, entertainment, relay award ceremony, closing ceremony) **30 EUR**
- General charge for all participants and accompanying parties **10 EUR**
(Track fees, shuttle buses, fringe activities, general administration costs)

Payment

Payment for excursions, races, dinner and general charges should to be submitted no later than 31 January 2011. There are no refunds for cancellations. However, the ticket holder's name can be changed.

Payments to:

Östersund Turist & Kongress

SWIFT: NDEASESS

IBAN SE08 9500 0099 6018 0062 7067

(Nordea Bank AB)

(The payer is responsible for any bank fees)



City maps Östersund

