



**Välkomna till den
Welcome to
Willkommen in**

38:e

internationella

LAXMARSCHEN



25 - 27 MAJ 2012

**i Halmstad
Sweden**



**Medlem av
Nordisk Vandrarkubett**

The LAX March 25-27th of May 2012 for the 38th time

There are many ways to keep your body in good shape. Exercising by walking is a way that gives you so much more than you could imagine.

Friendship, excitement and joy of living

Walking is certainly one of the cheapest sports you can be practising as all you need is a pair of good quality shoes and basic clothes for outdoor.

Everybody can join in. Along the route there will be some resting places and water stops. Here we serve beverages and light food, which is included in the price. On the LAX march you can choose different distances as you can see below. There are varied courses where we avoid main roads. On Friday (City tour) Saturday and Sunday there are different routes.

Distance Start fee Medal/Diploma

10 + 2 x 30 km	SEK 240:-	Medal and yearbadge
2 x 30 km	SEK 220:-	Medal and yearbadge
30 km	SEK 100:-	Diploma
10 + 2 x 20 km	SEK 170:-	Plaquette
2 x 20 km	SEK 150:-	Plaquette
20 km	SEK 70:-	Diploma
3 x 10 km	SEK 100:-	Plaquette
2 x 10 km	SEK 80:-	Plaquette
10 km	SEK 40:-	Diploma
Only IVV stamp per day	SEK 20:-	
Accommodation per night	SEK 40:-	
Breakfast, Saturday	SEK 50:-	
Breakfast, Sunday	SEK 50:-	
LAX party, Saturday	SEK 100:-	

How to register

Registrations made until the 1st of May 2012 are guaranteed breakfast and accommodation in our sports hall (don't forget to bring sleeping bag and mattress).

Registration at the start

Registrations can also be made at the secretariat on the march day but those cannot be guaranteed breakfast and accommodation. If you make your registration in advance please use the postal giro and then show your receipt on arrival.

Postal giro: 81 33 64 - 7

Hallands Vandrarsällskap

c/o Rackborg

Måsvägen 83

S-312 61 Mellbystrand

E-mail: laxmarschen@hotmail.com

Homepage: www.vandrare.com

March regulations

Participation is at your own risk. General traffic regulations are valid. For participants who break off the march transport to the finish will be arranged. Start and finish point is the Brunnsåkersskool in Halmstad.

Starting time

Friday: 10 km start at 18.00-19.00 (6 – 7 pm)

Saturday: Long distance 30 o 20 km
start at 08.00-09.00 (8 – 9 am)

Short distance 10 km
start at 09.00-11.00 (9 – 11 am)

Sunday: Long distance 30 o 20 km
start at 08.00-09.00 (8 – 9 am)

Short distance 10km
start at 09.00-11.00 (9 – 11 am)

Notice! On Saturday and Sunday you can walk 40 km. Start at 06.00-07.00 (6-7 am).

Starting card

will be obtained at the secretariat when you arrive.

Resting place Café Röda kängan (Café red boot)

On the 30 km distance there will be two resting places and on the 20 km and distance there will be one resting place. Here we serve beverages and light food. You will also find other small water stops along every route.

Accommodation

Our staff in the secretariat will show you the way to the nearby gymn hall where you will stay your nights

Food and drinks

Breakfast will be served in the cafeteria from 07.00 to 08.30 (7-8.30 am). The cafeteria will then be open at the same hours as the secretariat.

Team awards

Teams with at least 10 participants will receive a special team award. Must be preannounced before the 1st of May.

Our secretariat in the Brunnsåkersskool will be open as follows:

Friday 18.00 - 22.00 (6 pm- 10 pm)

Saturday 06.00 - 17.00 (6 am - 5 pm)

Sunday 06.00 - 17.00 (6 am - 5 pm).

Phone number at this time is +46 (0)35 13 86 70

At other time, phone number for information:

+46 430 273 15 or +46 35 22 01 55

The 39th LAX March will take place in Halmstad the 24 -26th of May 2013.