



**Let nature
challenge you**

ÅRE EXTREME CHALLENGE - 30 JUNE 2018

ÅEC's Official Race Hotel:

**Copperhill Mountain Lodge
(Copperhill)**



Åre Extreme Challenge Program 2018

*** Times may change. Latest info +maps are always available at areextremechallenge.se. (Ver.3 2018.06.22)

Day	Time	What	Place
Wed. 27/6	18.00 - 19.30	Test a kayak. Nordic Kayaks (NK)+Kajaktiv (see footnote 1)	Åre Strand
	19.30 - 21.00	Meet the Brewers. Taste NKB's assortment, this year's new brews, and watch the documentary film "Mountain"	Copperhill
Thur. 28/6	10:00 -17:00	Race Office/Sponsor Village is open (2)	Copperhill
	10.45 -12.30	Specialized guided tour of the bike leg (3)	Åre Bikes in Åre
	18.00 - 18.30	ÅEC Paddle Race by NK + Beer Garden + prizegiving (4)	Draklanda, Åresjön
	17.00 - 20.00	Test a kayak with Nordic Kayaks (NK) (1)	
Fri. 29/6	09.30 - 10.00	Morning run with Team Altra. (5)	Copperhill
	10.00 - 18.00	Race Office/Sponsor Village is open (2)	Copperhill
	10.45 - 12.30	Specialized guided tour of the bike leg (3)	Åre Bikes in Åre
	10.00 - 14.00	Lundstams ÅEC Kidz Event at Copperhill (6)	Copperhill
	14.00 - 16.00	Test a kayak with Nordic Kayaks (NK) (1)	Åre Strand
	14:00 - 18:00	Gear drop-off for "race-sponsored" transport (7)	Björnen
	18.00 - 18.45	Race Meeting. <u>MANDATORY for all racers</u>	Copperhill
	19.00	Racer's Dinner Buffet. Best to pre-book! (8)	
Sat. 30/6	05.00	Breakfast at Copperhill Mountain Lodge (for hotel guests)	Copperhill
	05.45	Transport to start for both RIVER & LAKE class	Copperhill Entre
	08.00	Start RIVER CLASS (check-in opens at 6.00)	Tännforsen
	08.30	Start LAKE CLASS (check-in opens at 6.30). Coffee for purchase from Big Lake Coffee.	Draklanda, Åresjön
	9.10 - (9.45)	First kayak portage for LAKE CLASS (spectator friendly!)	
	09.30 - (11.45)	First run transition (estimated).	Huså herrgård
	11.00 - (15.00)	First bike transition (estimated) (9)	
	12.35 - (18.00)	First finish (estimated) (10)	Åre torg
	17.00-18.00	Pre-dinner drinks and beer tasting in the bar (11)	Copperhill
	18.30 - 20.00	Race Banquet (12)	
	21.00 - 22.00	Prize ceremony and Race Movie (13)	
22.00	After party. Free entrance. Buy "strong" beer from NKB!		
Sun. 1/7	10.00 - 11.15	"Plogga" with Erik Ahlström! Brunch afterwards (14)	Copperhill
	11.00 - 13.00	Racer's Brunch. Best to pre-book! (15)	

1 Test several different surfski & kayak models to see which one fits you best!

2 Pick up your race bib, buy an extra Race T-shirts/Clif Bars, check out cool products from our sponsors and get special offers.

3 Free! Last 15 km of the bike leg. Max 20 people. Equipment: helmet and bike. Bike rentals possible. Sign up [here](#)

4 On-site registration for kayak race available. Food for purchase for spectators. Read more [here](#)

5 Free! Easy 30 min run around Copperhill. Sign up [here](#)

6 On-site registration for Kidz Event available. Food for purchase on site. Read more [here](#)

7 Racers without support can order 3 types of transport: The racer to the start, his/her kayak and/or his/her bike. Book [here](#)

8 Save money! Make a reservation before 20 June and get 20% off hotel's regular prices. Book at reservations@copperhill.se or 0647-14300.

9 The transition area closes at 3 pm. Racers must exit before this to make cut-off. Food for purchase at Huså Herrgård.

10 The finish area is open until 6.55 pm. Visit "ÅEC's Beer Garden" sponsored by Nordic Kiwi Brewers (NKB).

11 Special offer on NKB's "strong" beer! If you want to pre-order beer, do it [here](#)

12 Tickets included for racers. Buy tickets for your support crew and others [here](#)

13 Prize ceremony and Race Movie. Everyone is welcome!

14 Environmental initiative started by ÅEC founder Erik Ahlström that combines jogging with trash removal. [FB Event here](#)

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Since 1997 Scandinavia's biggest multisport race
25 km paddling – 15 km trail running - 30 km mountain biking

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