Summary of EPT’s performance in St. Olavsløpet 2014

Written by Erik Langørgen

From Trondheim to Östersund by running, cheering and barbequing.

Maren started the race for EPT precisely at 8.15 at Torget in Trondheim and down Munkegata to Lade. This year we have qualified for group 3 with a later start, meaning that we can sleep a little longer, all days. After Maren Alexis took over the chip for the electronically timing bringing it 5.5 km to Geir.

Caught in a traffic jam

Geir had a great run and managed to deliver the chip to Tom Ståle at this distance impressive 14th fastest speed. Almost too fast actually, because Tom Ståle was caught in traffic jam and had to run nearly the complete previous stage to arrive his starting point. Same second as Geir entered Malvik stadium, Tom Ståle had got his green t-shirt numbered 278 on, ready to take over, very well warmed up.

Relaxing in front of TV-cameras

In Hommelvik Chao was ready in time and run a distance in almost constant uphill and all the way to the top, where Ignat comfortable took over for the downhill part. I maybe have to mention that Ignat also had been biking all the way from torget, to his own stage, supporting our runners. In Stjørdal Maxime was filmed by TV Adressa, warming up and preparing himself for his 9.2 km distance.

Bike break-down and silent car

When Maxime had got the chip, Ignat was on the bike again. Half way to Helen Ann’s starting point the bike broke down and we had to return the car for putting Ignat in the
car. Then we suddenly become in a hurry for delivering Heiner at Steinvikholmen. At Steinvikholmen the runners have to take a shuttle bus, (or run 2 extra km), to come to the starting line. Heiner got there just in time but in the following chaos we forgot to pick up Helen (sorry). Actually we didn’t notice someone was missing before the radio was turned off, and there become complete silence in the car. Heiner was luckily put up for two distances and gave the cars a little chance to be in advance for delivering Paul in Åsenfjord, even though he ran at the 6th and 21th best time of all 191 runners. When Paul handed over the chip to Øyvind we got in trouble delivering runners again. Øyvind showed no mercy and sprinted his distance to fabulous number 7 best time.

“No problem, I'll just run a little faster than planned”

Luca’s car couldn’t reach his starting point in time so Tian had to take his distance in last minute. Tian was prepared for 8.8 km but was now facing a 6.5 km distance. He said “No problem, I’ll just run a little faster than planned”. On the other hand, Luca was already worried for his long 6.5 km and was now facing 2.3 km more. Italians are always too late and this will teach him a lesson we joked, even dough it was no way his fault. But Luca managed the challenge well, kept a good speed and style, all the way to Levanger. He also had strength left to spurt the last 100 m so fast that the speaker noticed and loudly gave Tian all the credit.

The two first nights we stayed at Stiklestad in cabines on a camping, with barbeque, games and fun in the evenings.

**The most beautiful laps of St.Olavsløpet**

Day two of running was uncomplicated according to the logistics, shorter but the finish line is around 450 m higher than starting point. Bjørn Paul and Thomas took most of them on their distances. This day of the relay is maybe the most beautiful, passing the historical ground at Stiklestad,
rustic roads, the narrow walley all the way to Sandvika beside the Inna river with waterfalls, historical St Olavs bridge and road. After a healty breakfast we left Stiklestad camping to begin day three of St Olavsløpet in Sandvika. Chao started and got a hard 190 m altitude difference bringing us to the highest point of the race. He also crossed the border to Sweden. Then Hellen Ann took over bringing the chip further on to Linda Marie.

**Farm and sauna**

Paul had the honor to bring the chip over the finishline day three in Åre, supported by the rest of the team. In Åre we stayed at Morten Liens fabulous farm with grilling, fun and games again. There also was a sauna which some of us with exhausted legs happily appreciated.

“Run until the rest of us are ready”

Renga walked to the starting point in Åre to begin our final day on the race to Østersund while the rest of us was enjoying breakfast. Renga was instructed to continue running until breakfast was over and the rest of was ready for running. Bjørn was at his stage well in time to take over so Renga got away with running only his
own distance.

Then Elisabeth, Maxime, Heiner, Daniel, Linda Marie, Helen Ann, Thomas and me ran. I changed the chip into carkeys with Henrik without knowing were and what car Henrik drives, but found the car on a field nearby. So far so good, but then this series of runners left the cars with runners behind. Then in last minute Jonas had to run Robertas part and vice versa. Rengarjan ran the distance between, unaffected, manageing to improve his km time with 44 seconds from the day before. Impressing!

**Finishing with a bang**

This chaos of cars, runners and bikes resulted in that Jonas and me was left behind and had to run the next distance, trying to catch up the car. Not easy since Rengarjan decided to run so much faster this day, but we managed to catch up before the car left. Olav was ready on the last distance in time because he was not a part of our logistics and manages to improve the team’s results with a good 12th best time.

**Facts:**
24 runners forced the 339 km to Østersund in 26 hours and 55 minutes, average speed 4 min and 46 sec /km, number 87 of 155 teams in open class.