

Get your number bib and time chip

Your start kit with your personal number headband and time chip can be collected at Grefsenkollen at race day from 9 AM. Address to the start area is Trollvannsveien 3, 0490 Oslo.

Get your start kit at least 45 min to your start to get your things in order. Bring your valid ID. Each person must get his or her own starting kit personally. The time chip (that is in the kit) should be attached to your right foot ankle. If you are not sure how to, ask us and we will show you how. You can pick up your start kit with start 9 AM (09:00) race day.

Race office and information

If any questions at the race our race office will be open. It is located beside the number bib tents.

Time chip

The time chip (that is in the kit) should be attached to your right foot ankle. If you are not sure how to, ask us and we will show you how.

Wardrobe

There is a manned wardrobe at location where you can leave a bag. We do not take responsibility for valuables. Your wardrobe number is the same as the number on you start headband.

Dressing rooms

We have tents for changing of clothes.

How warm is the water

During spring time (April and May) the water temperature in the Nordic countries is normally 7-9 degrees Celsius. In June it can be as low as 12 degrees and during July and August the temperature often climbs to 18-20 degrees Celsius. During September it generally falls to 15-18 degrees. Bring dry clothes for change. You will get soaked.

Shop Tough Viking products

We have a store located at the start where you can buy the official Tough Viking Oslo 2023 race t-shirt, hoodies, the Tough Viking OCR shoes from Merrell, Tough Viking Björn Borg clothes and many more products. The store is open from 9 AM. You can also buy race gloves here with the best grip for the race.

Water stations

There are three water stations. Two at the track and one at the finish.

Medic

There is medic at the start and finish and around the track.

If I don't manage one obstacle = run penalty laps

If you for any reason don't manage or do an obstacle you will have to run penalty laps. This is five (5) full rounds around two red cones beside the obstacle. This will be monitored so do all your laps.

Transportation and parking

We recommend that you use the public transportation system as parking spaces are generally scarce.

How do I find the way around the track

This will be very clear and you will just follow the Tough Viking tape around the track.

Read more here

<https://toughviking.se/faq/>

<https://toughviking.se/terms/>

<https://toughviking.se/race-preparations/>