



We welcome all to participate in:

## **TelemarksKanalTRIMMEN**

This will be a local fitness event *without timing* but with simple serving, various activities and good atmosphere.

Start og finish	Distances	Date	Time (start)
Lunde sports arena	11 km and 22 km	May 28th	10.00 – 12.00
Fjågesund	20 km		11.00 am
Vrådal v/club house	10 km and 40 km		11.00 am
Krossli	22 km		11.00 am
Kviteseid center	7 km and 30 km		11.00 am

Important:

- Wear helmet!
- Children under the age of 12 with assistant may cycle short distance
- Drawn gift prizes
- Participation counts for the Kanalrittet (
- Deltakelse teller i Kanalrittets «nobility calendar», hereby pins and cups
- Bring family, friends or colleagues from work

More information at [www.telemarkskanalrittet.no](http://www.telemarkskanalrittet.no)

Regards from **Telemarkskanalrittet FLI** – IL Tokke, Austhei grendelag, Vrådal IL, Fjågesund grendehuslag, Kviteseid IL. Varde 4H and IL Skade

