

INVITATION WITH
FULL INFORMATION

SCANDINAVIA'S BIGGEST MARATHON
SATURDAY 28 MAY 2011 AT 14.00

ASICS STOCKHOLM MARATHON

Welcome to
**AN EXCITING
EVENT IN AN
EXCITING CITY!**

- Finish in the 1912 Olympic Stadium

- 20,000 runners from all over the world

- Stockholm – a city of contrasts



Quick and easy to register on our website

www.StockholmMarathon.se

Welcome to an exciting event in an exciting city!

The 33rd ASICS Stockholm Marathon will be staged on Saturday 28 May 2011. It will be an exiting race in a beautiful city with 20,000 runners from all over the world. Enthusiastic spectators line the route in the Swedish capital. At the finish in the classical 1912 Olympic Stadium thousands of fans greet the runners.

The Marathon Expo, the Pasta Party and the Marathon Cafe are traditional parts of the event, bringing all runners together in a joyful atmosphere.

Entries are limited to 20,000 runners.



START

The 2011 ASICS Stockholm Marathon starts at 14.00 on Saturday 28 May.

FINISH IN THE 1912 OLYMPIC STADIUM

The race will finish in the beautiful stadium built for the 1912 Olympic Games. The Olympic Stadium has been the site of numerous memorable athletic performances, with no less than 83 world records in track and field. There

is no other arena anywhere in the world that comes close to that number.

The 1912 Stockholm Olympic Stadium is truly a classic venue for athletics. Here thousands of fans greet the runners.



THE WEATHER

The average temperature in Stockholm during the last week of May is 18°C, equal to 60 degrees Fahrenheit. The humidity is around 50 per cent.

TIMING SYSTEM

We use the Champion Chip timing system that will record your net time. Intermediate times will be recorded at 5, 10, 15, 20, 21.1, 25, 30, 35 and 40 kilometres.

PASTA PARTY

All runners are invited to the traditional Pasta Party on Friday evening.



MARATHON CAFE

After the race all runners are offered fruit, snacks, hot dogs, soft drinks, beer and coffee.

RACE CENTRE

The entire start and finish area is situated just around the Olympic Stadium.

Here you pick up your number bib, enjoy the Barilla Pasta Party, prepare for the start and join your friends or family after the race, all within a few minutes' walk from the Olympic Stadium.

MEDAL AND FINISHER'S T-SHIRT

All runners who finish the race will receive the exclusive ASICS Stockholm Marathon commemorative medal and the finisher's T-shirt.



AGE GROUPS

The ASICS Stockholm Marathon includes the following age categories for men and women: Open, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years and over 65 years.

MAXIMUM 20,000 ENTRIES

In 2010, entries from a record number of 20,136 runners from 76 countries were accepted. The registration had to be closed six months before race day.

In 2011, 20,000 entries will be accepted.



IT IS EASY TO ENTER ON THE INTERNET

- Entry fee is 91 Euro.
- Deadline for entries: 15 February 2011.
- A maximum of 20,000 entries will be accepted. If 20,000 runners have entered earlier than 15 February the entries will close at that date.
- You can check the number of entries on www.StockholmMarathon.se
- Minimum age is 18 years (born 1993 or earlier).
- The maximum running time is 6 hours.
- Your entry is personal and can not be transferred to any other runner.
- The entry fee is non-refundable.
- Race information will be sent by post to all runners in April 2011.
- It is easy to enter and pay with a major credit card on the Internet: www.StockholmMarathon.se

PACE RUNNERS

If you want help to keep an even pace during the ASICS Stockholm Marathon, you can join one of the pace groups. There will be pace groups from 3 hours to 5 hours 30 minutes.

THE OFFICIAL TRAINING T-SHIRT

The official 2011 ASICS Stockholm Marathon training T-Shirt is white with the text "I am training for the 2011 ASICS Stockholm Marathon" in Swedish, English, German and Finnish.

The T-shirt costs 24 Euro, including postage. You can buy the T-shirt when you enter the race.

The T-shirt will be sent to you by post when we receive your payment.



INTERNET

All information about the 2011 ASICS Stockholm Marathon can be found on our website www.StockholmMarathon.se

Here you can enter the marathon and a few days later, you check that your name is on the start list.

You will find all results since the first Stockholm Marathon in 1979 and the complete history of the race.

INFORMATION

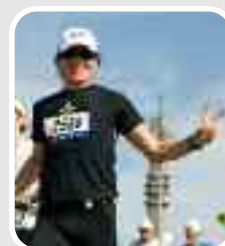
Our office is open all year round. If you need further information please contact us.

E-mail: info@marathon.se

Phone:

+46-8 545 664 40.

Web: www.StockholmMarathon.se



ORGANISERS

Athletic clubs Hässelby SK and Spårvägens FK. The ASICS Stockholm Marathon is sanctioned by the Swedish Athletic Association and by AIMS.

SPONSORS



A city of contrasts

Welcome to Stockholm, one of the world's most beautiful capitals. Built on 14 islands around one of Europe's largest and best-preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.

Just outside the city, the archipelago of 24 000 islands is waiting to be explored.

The Capital of Sweden is a city of contrasts - water and islands, history and innovation, small town and big city, long light summer nights and short winter days.

Thanks to the city's compact size, you can see and do most things in a short space of time – which makes it a perfect destination for city breaks or longer stays.

Stockholm is one third water, one third green belt and one third city. The island of "Djurgården", the world's first National City Park, is only a short walk from the inner city.

• Information about Stockholm:
www.stockholmtown.com



Accommodation

The Quality Hotel Globe is the official hotel for the ASICS Stockholm Marathon. Invited elite runners will stay at this hotel, which also offers a special weekend rate for all runners.

For reservations please call +46 8 686 63 20.

Internet: www.globehotel.se

For information about other hotels in Stockholm, please check the website: www.stockholmtown.com

There can be a shortage of rooms at this time of the year, so we suggest you to make reservations well in advance!

Scenic course through Stockholm

The course is basically two laps through the central parts of the Swedish capital.

Start just outside the Olympic Stadium and finish inside the beautiful arena. The first lap is 16.6 kilometres, the second lap 25.6 kilometres.

The course is one of the most scenic in the world. The surroundings vary from the woods of the royal park "Djurgården" to the streets of a big city. The course passes buildings such as the Royal Palace, the City Hall, the Royal Opera and the Houses of Parliament.

Much of the race is run along beautiful waterfronts. When crossing the "Västerbron" bridge, the runners will enjoy a fantastic view over a city with buildings ranging in age from the medieval times to the present day. The difference in altitude between the highest and the lowest point of the course is 29 metres.

• ASICS Stockholm Marathon kilometre by kilometre
– see www.StockholmMarathon.se



KARTA: TOMAS ÖHRLING/ INFO



TOURS offer travel packages

The Stockholm Marathon is a featured TOURS event for 2011. TOURS is an association of selected tour operators who specialize in sports travel.

• **Great Britain:** 2:09 Events, Farnborough
Phone: 01252 373797
Internet: www.209events.com

• **Great Britain:** Zest Tours Ltd, Tewkesbury
Phone: 01386 725728
Internet: www.zesttours.co.uk

• **Great Britain:** Sports Tours International, Manchester. Phone: 0161 703 8161
Internet: www.sportstoursinternational.co.uk

• **USA:** Marathon Tours&Travel, Boston
Phone: 617-242-7845.
Internet: www.marathontours.co

• **Italy:** Terramia Tours, Ferrara
Phone: 0532-909010.
Internet: www.terramia.com

• **Italy:** Born to Run, Reggio Emilia
Phone: 0522-272-266.
Internet: www.born2run.it

• **France:** Thomas Cook Sports et Decouverts, Montpellier. Phone: 04 67 91 31 80.
Internet: www.marathon-thomascook.com

• **France:** Sportifs a Bord, Chantilly
Phone: 03 44 57 40 27
Internet: www.sportifsabord.com

• **France:** Planet Tours, Issy-les-Moulineaux
Phone: 01 40 93 00 13.
Internet: www.planet-tours.fr

• **Spain:** Sportravel, Madrid
Phone: 93-496 95 51.
Internet: www.sportravel.es

• **Estonia:** AS Baltic Scandinavian Lines, Tallinn
Phone: 372 66 1675
Internet: www.bsl.ee



THREE OTHER GREAT RACES IN STOCKHOLM

3 September 2011 Tjejmilen

This is Sweden's biggest sporting event for women with 28,000 runners and joggers of all ages. The 28th Tjejmilen will be run on Saturday 3 September 2011.

Beautiful course through the royal park "Djurgården" in Stockholm. The distance is 10,000 metres.

www.tjejmilen.se

17 September 2011 Stockholm Half Marathon

The 11th annual Stockholm Half Marathon will be on Saturday 17 September 2011. You will run an inspiring and fast course through many central areas of Stockholm. Start at the Royal Palace, finish in the city park Kungsträdgården. 14,000 runners from all over the world.

www.StockholmHalfMarathon.se



14 July 2012 Jubilee Marathon Stockholm 1912-2012

Saturday 14 July 2012 will be exactly 100 years since the marathon race at the Stockholm Olympic Games. We are celebrating this anniversary by staging the Jubilee Marathon Stockholm, a special race that will follow the original route as closely as possible.

www.JubileeMarathon.se

asics.se

anima sana in corpore sano

running cleanses the mind and body

asics

sound mind, sound body

