

Contents

Foreword.....	9
Introduction	10
Abbreviations.....	11
Acknowledgements	12
WORLDLOPPET	13
Worldloppet	14
Kangaroohoppet	21
Jizerská Padesátka	25
Dolomitenlauf	29
Marcialonga	34
Koenig-Ludwig-Lauf	39
Sapporo Ski Marathon	44
La Transjurassienne	47
Tartu Maraton.....	52
Gatineau Loppet	57
Finlandia-hiihto	62
American Birkebeiner.....	66
Bieg Piastów.....	70
Vasaloppet	74
Engadin Skimarathon	78
Birkebeinerrennet.....	82

OTHER RACES	85
Other races	86
Euroloppet.....	87
La Sgambeda.....	88
The Lapponia Week.....	90
Russialoppet	94
The Avacha Ski Marathon.....	96
Pradznik Severa.....	100
Pirkan Hiihto.....	104
Rajalta Rajalle.....	108
Fossavatn Ski Race.....	112
Merino Muster	116
Svalbard Ski Marathon.....	120
SKIERS' TRIBULATIONS	125
Travelling.....	126
Training	131
Snow, Rain, Cold and Storm.....	142
Waxing	149
Accidents	154
Worldloppet Widows	158
IAWLS.....	161
CLOSE ENCOUNTERS OF THE FIRST KIND	165
Close Encounters of the First Kind	167
Andrus Ansip – Prime Minister and Skier	168
Blanka Nedvědická	171
Boris & Isabelle Petroff – The Royal Couple.....	174
Carina Hammarstrand	177

Champions	181
Pauli Siitonen.....	181
Ulrico Kostner	184
Oskar Svärd	186
Juha Mieto.....	189
Corrado Ampezzan	193
Del and Graham Welsh.....	196
Delores and Ernie Lein	199
Jørgen and Steinar Kvaale.....	201
Leo Lansbergen – The King of Citizen Skiers	204
Marg Hayes and Bruce Wharrie	207
The Matsuyama Family	211
Multimillionnaires	214
Robin Gibb.....	218
TECHNICAL ARRANGEMENTS IN SKI RACES	219
Organizers and Volunteers	220
Seeding	221
Grooming.....	226
Start Arrangements – the Ideal Start	230
Food Stations	233
Finish Arrangements.....	236
Transports.....	239
THE INTERNATIONAL LANGUAGE.....	241
The International Language.....	242
APPENDIX	249
Gallery.....	250
Picture acknowledgements	251
Solution of the problem on travelling.....	252
Index.....	253