



Stockholm Centennial Marathon Trip Notes with Copenhagen Add-On July 9-19, 2012

Copenhagen – this is part 2 – attached to Stockholm trip

Highlights:

- This is an easier city to like: It has the feeling of having some heart and soul whereas Stockholm felt big and sterile.
- There are more bicycles here than you can imagine and they are building more bicycle highways.
- It is practically Eating Capital of the World with major Michelin-starred restaurants and the new Noma with a one year waiting list.
- There is Freetown Christiania where hash is common and the locals line up for their supply.
- Colorful to the point of looking artificial; clean without feeling too pristine.



At the end of this row of 17th century houses (and where Hans Christian Anderson lived in a couple of them) is the start of the canal boat trip, and also the start of the many pedestrian streets. It is full and crowded and even more so since it was the last day of a Jazz Festival. Yet just across the way are quiet homes. Or just across from our hotel was the Sand Castle Festival with recreations of their famous castles and buildings.



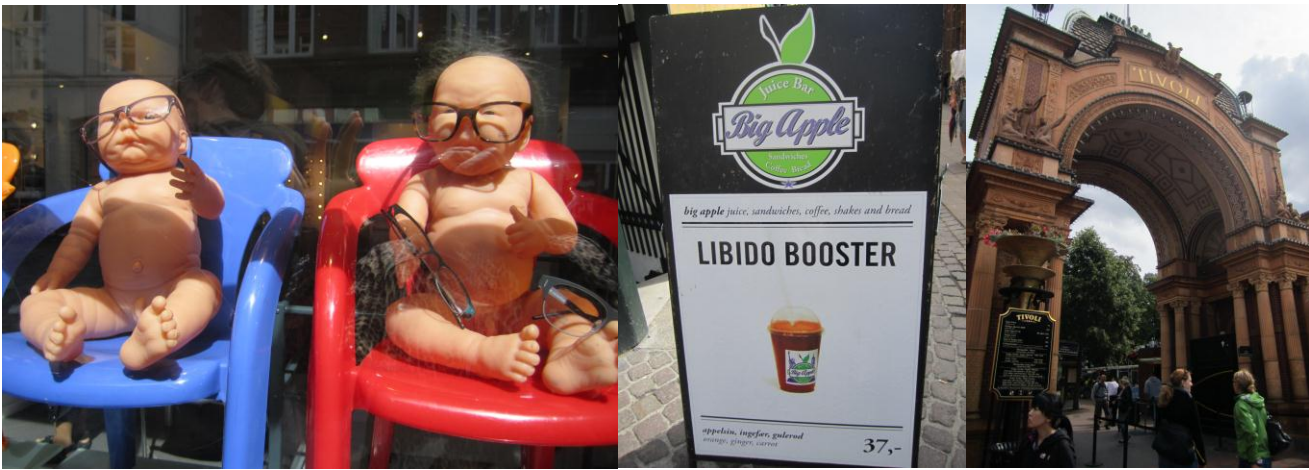
Representation of how the Danes try to build new to work in with the old. I walked among these series of buildings the last day. But the old remains and is sometimes a challenge to keep it. This bridge was only big enough for the boat to go through with just inches to spare. The Little Mermaid is stunningly little yet people line up to get a picture of her. I had to walk out on the rocks since my zoom wasn't functioning. I would be there at three different times and always there were flocks of tourists. Once her head was stolen but it's since been reinforced with concrete in the neck.



There are not only boats everywhere but look at the cruise ship! They are parked curbside. It is said that Copenhagen has more cruise ship landings than anywhere else. But didn't Stockholm make the same claim? Inside the cathedral was part of our bus tour, and the day before some in our party had 'gone to church' and heard a jazz concert there. Big and wide open cobblestone squares are the norm with lots of open tables. They offer heaters and blankets and I would take dinner in this manner at our hotel – facing the water. At one big square, at the start of the pedestrian streets, I found a huge gorgeous department store with a food court. The merchandise was somewhat different. For example, as you enter the big front door there are huge racks of black and white bras. A design in itself with an odd subject matter.



It was not only my camera that acted up but so did the weather. Most days we had some dark clouds and strong rainfall (most notably during the changing of the guard) followed by blue skies and puffy clouds. Some days it went back and forth. Maybe this is why their buildings are so colorful. The round tower is at the edge of the Latin or Student Quarter and has a ramp and exhibitions going up to the top for a view. On the other far side of town is a church with stairways wrapping around the outside to get to the top for a view, but in that case only six can be at the top.



A little frivolity on the way into even more frivolity – Tivoli Gardens. Remember this is one of the first amusement parks, the focus of Walt Disney’s ideas, and that once Michael Jackson offered to buy it.



The big palace has an aquarium inside. At the pagoda starts the rides and wild they are with some of the best. This is their Loch Ness Monster like I did at Busch Gardens.



Still in Tivoli Gardens where I spent much of the afternoon.



Parliament had its own amusement park type entertainment with three spheres by Audi.



From my emails home and to those who inquired
Day 1 in Copenhagen

Busy day. Up early and flew to Copenhagen. So day 1 of Copenhagen.

Already a canal tour and soon off to marathon tours reception. Hope it's enough food for dinner because I had no sleep and could catch up tonight before early city tour tomorrow.

I'm going to like Copenhagen. Do you know they had / have a hippy enclave that was claiming their own country. I'd seen it on TV but forgot. Only recently started paying taxes. Most frequented tourist spot in town.

Hotel in an old factory on water's edge. All rooms different and quaint

This is a real sea here! Heavy waves and a sea of people for current jazz festival.

Day 2 in Land of the Free – La La Land aka Freetown in Copenhagen

Who would have thought! I knew that Sweden and Denmark are land of the free and that single sex marriage is easily accepted here, and that the number of single households is very high, and that we see pairs of guys with babies, but really A separate country within the city limits of Copenhagen? Filled with old hippies selling drugs? YES!

It's here in Freetown also known as Christiania. Sounds good and it looked good when I saw it years ago on television, but we were advised that Hells Angels have taken over the town and that

Americans have been badly hurt simply by the thought that pictures were being taken. So will I miss this top tourist area? I took pictures from the canal tour but missed the main streets. So far.

From WikiTravel: Christiania is a self-governing "free town" established in 1971, a city within the city, on the site of a military barracks as an alternative to mainstream culture. The government has recently cracked down on long-standing activities such as the open use of soft drugs (hard drugs, firearms, and automobiles are among the items prohibited though). Nonetheless it's quite safe and popular as a tourist site. Keep in mind that it's a residential area, not commercial. Photography of the central "Pusher Street" will not be tolerated by the dealers.

If you want to learn more: <http://wikitravel.org/en/Copenhagen/Christiania>
http://en.wikipedia.org/wiki/Freetown_Christiania

I'd learned a bit during the canal tour when we viewed the edge of Freetown from the water. Then I looked it up and was fascinated and of course I was on my way until this morning's tour guide warned us away from it. Now the hotel waiter says I must not miss it. Just don't go taking pictures. We'll see.

Today started early with a much bigger smorgasbord breakfast with islands and islands and mounds and mounds of food, but how much can a girl eat? I did my very best. Cereals, meats, dozens of cheeses, fruits both cut and whole, fish, vegetables, breads galore. All in the waterside restaurant they call "Salt."

We then boarded our two big buses at 9am and saw most of the town's basics and walked some. At the Palace's Changing of the Guards the rain started so I left to walk back to the hotel knowing everyone was getting drenched, as did I, but I was able to dry off in the room and change shoes. I even had an umbrella but that wasn't enough. I gave away my two plastic bags as cover ups.

I do believe this afternoon gave me as many miles as I've ever put on and I was absolutely limp by the time I got back to the hotel. And famished as I'd only had a sandwich and a few snacks -- which isn't a lot for me. So despite the egregious price but as a celebratory dinner for my 100th (Tom's fault or rather Tom's idea), I ate in the famous "Salt" restaurant that is on the water and attached to the Admiral Hotel. I thoroughly enjoyed it. Coincidentally I sat within earshot of two women from New Jersey. (It was clear that they were not my kind of travelers so I stayed low key.) For those living in 100 degree temperatures I am so sorry and please don't hate me when I tell you that I had to sit under both a heater and a big warm blanket. It was wonderfully clear and of course the sun shines for about 20 hours a day (in between rain showers which come and go) so my 2 ½ hours of dining gave me lovely weather, view, and even a big rainbow. I think the pot at the end of that rainbow was over in Freetown.

So much of this town has cobblestone pedestrian streets. The places where there are cars of course are pretty heavily traveled but if the construction mess for the underground ever comes through (expected in 8 years) then it will be near perfect. There are also an inordinate number of parks as the Danes, Swedes and Finns believe in nature helping health and it must work as they live much longer than we do and they sure look much slimmer and much healthier. I've yet to see a fatty unless it's an American type.

There are many museums to go into but other than into doorways I have not indulged yet. I like seeing their big department stores, their back alleys, along the little canals, into the student and Latin quarter, peering into churches, wandering the antique markets and book stalls, all of which I did today with much joy.

The big and almost silly event of the day is a top tourist attraction but you'll be surprised I went: Tivoli Gardens. It was pricey but it was the first ever amusement park 100 years ago (I didn't make that up!), created the idea in Walt Disney's head for his first Disneyland, and Michael Jackson once tried to buy it (in his defense I think they were in financial trouble at the time and he was trying to help.) So you pay something near to \$20 just to get in and then everything inside costs beyond that. But it's quite the scene with lovely gardens, lakes, Japanese pagodas, restaurants and really wild rides like loop-de-loop to upside down roller coasters. I'm really glad I went (no I didn't do the Loch Ness Monster. There's a kid in all of us.

After dinner I went to the sand castle festival where there is a pier full of hard packed sand/cement formed into sand castles representing the main buildings and tourist sites of Copenhagen. I'd been on three sides of these displays when I took the canal tour yesterday but thought I'd try to see them close up. Its situated on the water between the main theatre and the opera which are on opposing sides of the grand canal. Is the huge sea the Baltic Sea? I think so.

I've seen very little of the Marathon Tours folks after having breakfast with Marie Bartoletti this morning and then the tour this morning. She had arranged a congratulatory card to be signed by a number of our friends, new and old, which was particularly pleasant since I hadn't told anybody of it being my 100th. I learned my lesson a few times about how silly my wee accomplishments can sound. Not having company does not trouble me at all as at times there is simply too much company like at the reception last night it was loud and boisterous and though I met a lovely family who could talk.

Surely there's more to report but its 10:30pm and I'm tired and housekeeping is due here AGAIN to try to figure out what is the awful smell which I believe is a sewer smell despite my being on the 5th floor. It could be a solvent, or it could be a permanent wave solution (smile), and I'd just like to know that its sewer because from that I'd wake up in the morning. The little 13 year old looking housekeeper came in and offered to clean the toilet, I swear! So she emptied the totally clean garbage cans before admitting that the smell was pretty strong and she'd talk to reception about it and get back to me. I have the door open and the plugs in the drains but there is another large open grate that I can't cover up. Did you ever?!? From Tivoli Gardens to Toilets Today.

Tom, I'll call as soon as housekeeping gives up.

Good thing I didn't book the day tour of out-of-town castles early tomorrow morning.

Some unique pictures of Copenhagen: http://www.worldtravelimages.net/Copenhagen_skylines.htm

Day 3 in Colorful Copenhagen

What to do on my next to last day in Copenhagen?

Sleeping in an extra hour seemed to be the most logical especially since I lived through a couple hours of housekeeping coming in and out the night before with

trying to figure out the awful smell and thus keeping me up far too late. Gee, had they just admitted at first that this historical building retains some of the original piping and that the sewer smell is not uncommon, I'd have accepted that. I just didn't want to die in my sleep of some chemical fumes. On my own I covered the drains which mostly removed the smell. So odd to have gloriously rich bed covers and huge luxurious bath sheets and lovely rich wood as well as a huge flat screen TV – and then the sewer wasn't modernized?



My group separated today. One group went out by train to an unknown town about 45 minutes away (I never could figure out why they were doing this trip except the tour guide mentioned it as an option

and I couldn't even get Google to recognize it) and the other group rented bikes to see Bekken Amusement Park, about 45 kilometers away onto Zealand Island. It is surely the world's oldest amusement park at something around 450 years old and containing one of the world's oldest wooden roller coasters. I couldn't have managed the distance and later was particularly glad to NOT be with them when the rain came down and it virtually dumped on us for a while. Well, twice today.

I had found many of them at a late breakfast though they had in most cases been up earlier for a run. Crazy in my book (smile) yet needful if one is going to keep their running speed which I either never had or gave up a few years back. I saw them off to their respective destinations. Since most leave tomorrow at 6am and 8am, I'm not likely to see them again on this trip. I had enough fun and also a big meal out already today so am in early and probably staying in.

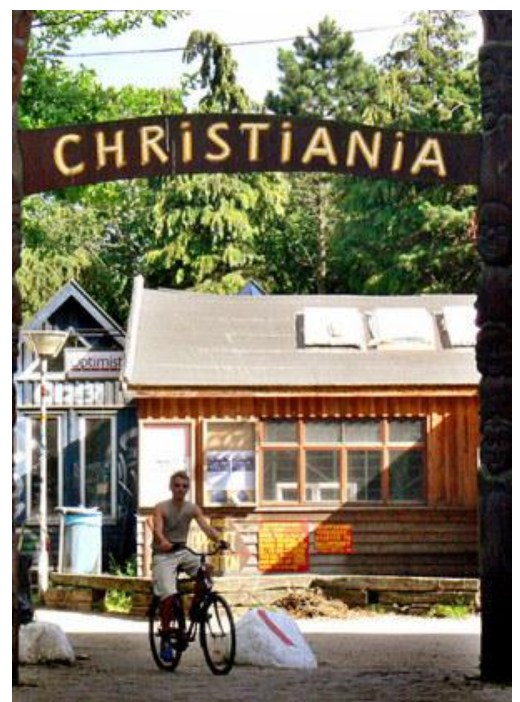
Food: Again I find that either museums or in this case the huge library café (sitting over the water with a wonderful view) is a good deal and it was there that I had a huge meal for a pittance. Nothing like last night's extravagant meal. Both will be memorable. So I eat restaurant food for lunch and a sandwich and fruit for dinner.

I'd researched Freetown and found many others who have recently been there so I decided to sneak a good peek too. It now seems that the troubles were when the government wanted to remove the pot sellers (since given up) or when Americans insisted on taking pictures (residents don't want evidence.) Well, coupled with the Hells Angels trying to take over the hash trade. Freetown or Christendom has recently celebrated its 40th anniversary with not all of it the Utopia that the residents wanted. One of our joggers today talked of running through the park with a few dozen sleeping on the ground but the sweet smell of marijuana strongly lingering in the air. The community has recently started paying taxes



I hadn't expected beauty, calmness, rose gardens, and so much waterways. In the middle is one of the stalls torn down in a police crackdown and now installed in their museum.

It's on the other side i.e., another island and a bit of a walk but I found it easily. After all, I only had to follow the crowd plus its surrounded mostly by a tall brick wall that has years of rather artsy graffiti covering it. There were even cars double parked seemingly running in for a pick-up of 'something' though the guides warn that police stand on the outside and that hash IS illegal no matter where you got it. The sign over the main entrance says Christiania and reminds you that you're leaving the EU. The streets are many, varied and the center section is crammed like a bazaar or flea market. There are great numbers of outside restaurants and bars and lots of makeshift streets, some paved and some not, some alleyways and even more



single file dirt paths up and down to the waterways which surround two long sides at least. Remember this was a Navy base so there are some real homes and a couple huge red brick buildings. I climbed one hill that had benches overlooking the bazaar and smiled at a young nice looking fellow. He later met up with me on the outskirts where there were nice tiny homes, many colorful but very neatly kept and full of flowers, bird cages and treasures. Not at all what I expected. I wouldn't have found the big round house or the laddered pathways without his having offered to show me around. It turns out that he'd lived there 16 years before moving into Copenhagen (he didn't look that old) and he is Turkish by birth. He wanted to continue touring me (remember there are 84 acres) and isn't it a shame that we have to be guarded and cautious so I told him I was meeting friends in a couple hours and had to leave. I would have liked to stay with him a while and offer him a beer in the bazaar but what if he turned bad? When traveling alone I feel a need to be more cautious. No matter, I happily had about two hours wandering this town that some call Utopia. I even returned to walk through the bazaar on my return. (Oh, a small pit bull grabbed the pant legs of an innocent guy who yelled and the second larger pit bull came charging to attack. Fortunately the owner was near and called and drug them off. No one was hurt.)



I didn't risk taking any pictures as there was a big warning on Pusher Street. These pictures are representative but taken from the web. Lots of scenes that I'm really sorry to have missed however!

I continued walking farther out to the Opera House which is only across from my hotel but you can only get there by water or way around and I was on the right side anyway. Many factory type buildings have been lovingly modernized and converted into artist studios and apartments. The Opera House isn't my style but I wanted to see it up close. The island across from my hotel is the oldest in Copenhagen and still contains some 17th century homes and is much quieter (despite it containing Christiania). There are lots of the old wooden lovely boats, some museums and a few famous churches which I either walked around or went into. One is noted for the gold spiral staircase that wraps around the OUTSIDE of its tower. I went into the Naval Museum and later returned there when I decided it had the only available public toilet on the island.

When back on this side of the Grand Canal (that's my name for it) I went into the Parliament and nearby there were three huge spheres sponsored by Audi who were hawking their new concept car The Spyder. It was very, very high tech and I was impressed with both the car and the tech. I was also somewhat disoriented in two of the three spheres as it was so outer-space and a floating feeling. I'm told that what I saw is also on TV as Audi advertisements but maybe only in Europe.

At one point yesterday I had considered a day bus trip to see some sights outside of Copenhagen (palaces and a famous modern art museum called Louisiana) but have now discounted that since there's so much more to Copenhagen; to see more than just a fleeting look of an area is a goal I try to retain but sometimes get waylaid by the romance of seeing more and more. Headlines!! So I'll stay on my feet and one year when I need a bus I'll revert to the fly-by type of travel.

It's so tempting to go back out this evening but my tootsies are worn out from many hours on them continuously and I'll just have to work a little harder to see it all tomorrow, my last day. I am ready to get home to Tom and I've done reasonably well at walking the streets and seeing the flair of Copenhagen. Or both flairs. So the end of this adventure is near.

Social governments: I've heard a number of comments by locals, both guides and wait staff, about their country's disappointment in their own "Obama Care" and they use that word and they suggest that we should pay attention to how Obama Care works in their country and in other European countries. One put it clearly by saying that the Danes and other local countries are tired of paying the way for those who 'say' they can't get a job. With disdain they show us public housing. With precise statistics we are told about tax rates from 40-80% and then we're reminded that even their higher taxes can't cover all the social giveaways and how much is being let go due to those who don't want to work and/or who are asking for a handout. (This is NOT a political statement by me so please no further hate mail – only reporting what I saw and heard.) At the same time it is heart-warming to see so many men and even gay guy couples taking care of babies. At what cost to society is all this free time off work and subsidies and free medical care? No one really knows for sure.

P.S. Found – a big slide show of Stockholm marathon on their official web site. It has a big picture of Marie and Diana and I feel awful as it was the only time I was ahead of Marie the Pacer! I'd scoot up just to show her that I was coming along and then I'd fall back.

http://www.jubileumsmarathon.se/start/content.cfm?Sec_ID=3843&Rac_ID=170&Lan_ID=3

P.P.S. I'm sleeping in tomorrow too.

Last day in the sweet town of Copenhagen

The town has the feel of having heart and soul. Nothing sterile feeling here though it's so close to Sweden. Gee no wonder these two countries were at war together so much with such different personalities.

But did you know they banned together to save virtually every Jewish person in their countries and were successful right under the nose of Hitler's regime? BRAVO!!!

Sitting waterside outside my hotel with a wine and a free concert at 6pm. All I understand are the American four letter words but as that's most of the program guess it's okay.

The concessionaire didn't bat an eyelash when I offered all my coins for a wine which amount added up to 39 versus 40 kroner. (Sure a better price than 88 at the hotel.) 59 or 60 would be \$10. Maybe I looked like a desperate bag lady.

Took another section of the town today and if mileage counts I did it justice. There were three major parks and an old arsenal that is double moat surrounded. One had the oldest 1600s palace on it and another was their old, old botanical garden.

The Danes must all live dehydrated since there are miles and miles between public toilets. But once they are found they are what you'd expect of these countries. Clean and first rate.

I was half sorry to say goodbye to my new friends late yesterday and after breakfast today but it's been a long trip for being away from Tom so guess I'm homesick. This long of a trip would usually have him along.

I learned that yesterday's bicycle group didn't get back until 8:45pm and at least two of them are hot shot ironmen. Despite some rain showers they loved the amusement park and a palace. An optional side trip with Marathon Tours was on their way to the same destinations today but not round trip.

Since I just picked up someone's Wi-Fi I'll quick send this before it gets lost in cyberspace. It's unique but Wi-Fi is in a lot of places to include buses.

P.S. Did you know that Copenhagen has the tallest bungee jump in the world and if you're female and will jump nude it's free? I knew you needed to know . . . Honest, one of our group tried to do it but was told Friday was the only day with the free deal.

Itinerary

Mon Jul 9

2:00pm Depart home
5:20pm Depart Newark EWR via SAS #904L

Tue Jul 10

7:15am+1 Arrive Stockholm – Jen Ryder arrives earlier same day via Icelandic

ATM at airport is best for currency conversion; most taxis will accept credit cards

See shuttle, taxi and bus info in file

From hotel: The easiest way to get here from bus station is to take a taxi, if you don't know the way, or you can take a metro. The red line towards mörby centrum and go off at Stadion. Come out at the rear exit, signposted to Karlavägen. Then turn right onto Karlavägen and walk 400 meters to the Scandic Park hotel.

From Marathon Tours: The option for the bus to the Central Terminal is less expensive at 99 SEK (about \$15 US). The bus takes you to the same Central Station as the train (\$41) and is about a 45 minute ride. There is a bus at 7:50am, 8am, 8:10am, and 8:20am on July 10th. The website is <http://www.flygbussarna.se/> Then either taxi for about \$15 or walk 1.3 miles.

Hotel: The Scandic Park Hotel – 5 nights (1 of those earlier than tour).
Karlavagen 43, Stockholm Tele 46 8 51734800

<http://www.scandichotels.com/Hotels/Countries/Sweden/Stockholm/Hotels/Scandic-Park/?hotelpage=overview>

Yes Wi-Fi; Web says no refrig but hotel says request a 'boiler' is possible; also that they have a minibar where one can store things that need to be kept cold.

The Park is a first-class 4-star hotel located only two blocks from the start and finish at the 1912 Olympic Stadium and a short walk to the city center, restaurants and the best of Stockholm's nightlife, including 71 museums, the Old Town and even lakes where you can take a dip, Swedish-style if you like. It is the best hotel for those running in the marathon. A healthy buffet breakfast is included each day. All rooms are fully appointed with hair dryers, pants press, iron and ironing board. The Expo and race check-in are also a very short walk away.

The Park Hotel includes full and fantastic smorgasbord breakfast each day.

It is within an easy walk to Gamla Stan (Old Town) or any location in North part.

Wed Jul 11

7:00am Buffet breakfast until 9:00am

Most tour participants arrive

4:30pm Light training run from hotel to the 1912 Olympic Stadium, then along the trails of the park behind the stadium

6:00pm Welcome cocktail reception to 7:30pm with light appetizers; free tech shirt

Note - need to reserve dinner on Saturday; question time if marathon starts at 2pm plus 6 ½ hours suggests 9pm won't be late enough. Grocery store? Fast food?

Thu Jul 12

9:00am Sightseeing tour of Stockholm from the hotel for 3 ½ hours

Afternoon Free to explore; do not miss a visit to the Vasa Museum, home to the famous 64-gun warship that sank in Stockholm harbor on its maiden voyage in 1628. The ship was raised in the 1980s with the museum opening in 1990. Stockholm boasts of over 60 museums. See also list of trails that are famous in Stockholm.

5:00pm Training run starts from in front of the hotel. Trails and paths give city reputation as the “Best City for Running in the World.”

Fri Jul 13

7:00am Buffet breakfast to 9:00am

9:30am Depart from the hotel by foot for the race expo which is a 5 minute walk.
Race number pick up at Idrotthogskolan at Ostermalms IP, 500 meters from the Olympic Stadium until 8:00pm

There are many activities surrounding the race including guided tours of the Olympic Stadium and films on the history of the 1912 Olympics. Rent bicycle? Afternoon excursion to Drottningholm Castle, the summer home of King Gustav?

40 minute ferry from the dock at Nybroplan (about a 15 minute walk) which is an ideal way to explore the waterways of the city of islands. If sunny, get off at Fjaderhalmarna and have lunch or dinner. Return ferries leave every hour.

Sat Jul 14

7:00am Buffet breakfast to 9:00am

9:00am Race number pick up (address above) until 12:30pm

1:00pm Depart hotel walking to start with the group

1:48pm Marathon – bib #9450 http://www.jubileumsmarathon.se/Start/index.cfm?Lan_ID=3

Course: The race will start on the track of the historic 1912 Olympic Stadium and follow the same route used for the 1912 Olympic Games. You finish after circling 250 meters inside the Stadium before 25,000 cheering spectators. Crowds are huge along the entire way since running is a very popular sport in Sweden.

Weather: Average temperatures range between 60F-80F. You have about 21 hours of daylight at this time of year in Sweden.

Hotel: two blocks away from start and finish line

Dinner: Recommended to make reservations at hotel for the post-race dinner at 9:00pm well ahead of date since it is impossible to get a table in a restaurant in the city that evening after the race.

Sun Jul 15

7:00am Buffet breakfast to 9:00am

9:45am Depart hotel with tour group (some are on 11am flight and leave at 7:45am)

12:20pm Depart Stockholm Arlanda Terminal 5 via Scandinavian Airlines SK1421

13:30pm Arrive Copenhagen Kastrup Terminal 3

Hotel: Admiral Hotel – 4 nights with one of them on my own
Toldbodgade 24-28, Tele: 45 33 74 14 14 <http://www.admiral-hotel-copenhagen.com>
Yes WiFi; No refrig

The 4 -star Admiral Hotel is housed in a more than 200-year-old grain-drying warehouse from 1787. For centuries, this building and location on the waterfront have been at the epicentre of amazing events. Its nautical themes and large wooden beams throughout public areas and even hotel rooms make you feel right at home in this historic city. The hotel boasts of its award winning Salt Restaurant.

It is only two blocks from popular Nyhavn where chic cafes and trendy restaurants command a view of the wooden sailing ships moored alongside the canals. This is THE place for a lively afternoon drink or a romantic dining experience.

Hotel is beautifully situated along the harbor in the historic Nyhavn section where the Danes come to dine and enjoy the many outdoor cafes along the canals lined with the classic wooden ships. The building was originally constructed in 1787 as a warehouse and was restored and converted to a hotel in 1978. It has retained its nautical motif with large beams at odd angles in many of the rooms. The award winning Salt Restaurant is a perfect place to have a seaside sampling of Scandinavian delicacies.

5:30pm Welcome cocktail reception with light appetizers

Mon Jul 16

7:00am Buffet breakfast until 9:00am

9:00am Depart hotel for 3 hour city sightseeing tour. The afternoon is free to explore Copenhagen on foot.

Tue Jul 17

Free day to book optional tours and pursue individual interests. Rent a bike? Ride about 12K to Bellevue Beach where Danes congregate for an all-over tan. Denmark is perhaps the most bicycle friendly country in Europe with a national network of cycling paths.

Wed Jul 18

Most in the tour group will depart hotel at 6 or 8am.

Thu Jul 19

To airport from M.Tours: FROM the airport to Copenhagen. The information is the same when travelling from the city to the airport.

Metro- ~\$7 USD

The M2 Metro line leaves from the Metro Station in Terminal 3 at Copenhagen Airport. The trip from CPH to Kongens Nytorv in downtown Copenhagen takes 15 minutes. The ticket can be bought at automats or at the train counter in Terminal 3. The trip between CPH and downtown Copenhagen covers 3 zones and costs DKK34.50 (app. €4 or \$5). The Metro leaves every 4-6 minutes depending on the time of day, around the clock.

Train- ~\$7 USD

Trains leave from CPH to Copenhagen Central Station every 20 minutes (04, 24, 44 or 4 minutes past the hour, 24 minutes past the hour and 44 minutes past the hour), and the journey takes 30

minutes. When you exit the customs area, continue straight ahead until you're about to bump into a counter. That's the ticket counter where you buy the train ticket. A one way ticket to travel 3 zones costs DKK34.50. After getting your ticket, go to the rolling stairs down to the train platform on either side of the ticket counter. Make sure you go to the platform from which trains go to Copenhagen, not Malmoe in Sweden. If you are going to the Langelinje cruise harbour then take the train past Copenhagen Central Station for another 2 stops to Østerport Station (the ticket price is the same). You could walk the remaining 500 meters from there, but a taxi is probably a good idea.

Cab to the airport in Copenhagen is about \$40 US (220 Danish Kroner).

12:25pm Depart Copenhagen via SAS #909L – Seat 28B
2:50pm Arrive Newark

Note: Depart to Australia on Jul 23

Temps/clothing: Average temperatures range from 56 to 71F with low humidity; highs can be in low 80s. Casual wear is fine for dining; elegant casual even better.

Marathon notes: 100th anniversary of the 1912 Stockholm Olympics Marathon -- the Stockholm Jubilee Marathon. Experience the thrill of finishing your marathon inside the beautiful brick Olympic Stadium which may be the best finish venue of any major city marathon.

Stockholm is well-known for its cafes and nightspots where the Stockholmers congregate during the long summer nights. Over 40 miles of running trails start only three blocks from the Park Hotel...through pine forests, along Baltic canals and amidst fields of wild flowers. Swedish chefs are gaining international attention with dishes created from salmon, reindeer, crayfish and other local delicacies.

Stockholm was selected as the #1 destination marathon in the world by the publishers of the Ultimate Guide to International Marathons. The city annually hosts the Stockholm Marathon limited to 18,000 runners with huge crowds since running is a very popular sport in Sweden. The event closes about six months in advance.

Top Reasons to Go in 2012

- Celebrate the 100th anniversary of the 1912 Stockholm Olympics!
- A stunning capital built on 14 islands, crisscrossed by water and held together with 57 bridges.
- The easy-to-get-around Archipelago with its 30,000 islands! Visitors can't believe their eyes the first time they visit this unique environment.
- World's highest concentration of museums. Visit the world famous Vasa museum, the brand new Fotografiska (the photography museum), the modern museum and the classic royal treasury.
- The Old Town - the best preserved medieval city in the world, and a UNESCO world heritage site.
- Awarded as Europe's first Green Capital. Green, green everywhere!
- Gastronomic Metropolis with 9 Guide Michelin star restaurants, many local eateries and with a high concentration of organic and locally-produced food.
- Walkable, bike-able and easy to get around. Rent a bike or walk around the city and discover how close everything is.

Note about 6 hour cut off: The organizers will have control points at 20K (2:42 per one source and 3 hours per another), 30K (4:25 at 29.3 per one source) and 32K. Runners who do not pass these

points by a certain time, will be stopped. The last runners who pass the 32K control point should finish about 6:10. The Swedes are said to be very strict about this.

Participants: Ginny Turner, Marie Bartoletti, John with Marie with Leaders: Thom Gilligan, Jen Ryder, Mark Van Liere

From official website:



At 13:48 on 14 July was the start of the 1912 Olympic marathon race. Alexis Ahlgren from Sweden is the first runner leaving the Olympic Stadium.

Welcome to a historic race, 14 July 2012

Sunday 14 July 1912 was the date of the marathon, the highlight of the 5th Olympic Games in Stockholm.

Saturday 14 July 2012 at 13:48 is the first start of the Jubilee Marathon Stockholm 1912-2012. 10,436 runners from 65 countries are entered in this historic race.

Welcome to a weekend in Stockholm which we hope will be memorable!

- Friday 13 July is the Marathon Expo with number distribution, historic market, entertainment, refreshments, etc.
- Saturday 14 July the Jubilee Marathon Stockholm 1912-2012 will take place, a race in the spirit of 1912 which will cover as closely as possible the 1912 Olympic course.
- Sunday 15 July all runners are invited to the post race party at the Olympic Stadium. The party is free for all runners and includes lunch and entertainment and the prize ceremonies.

All entered runners will receive their registration card and a detailed map of the course by post in mid June. Your start number is printed on this registration card. You can also find your start number on the startlist for the race.

Here you will find information about the Jubilee Marathon and everything connected with the race. Please read carefully.

Enjoy the race

1912: Since it was the Olympic Games, obviously it was a very important competition. Runners staked their all to achieve a prominent result. Only 35 of the 69 starters reached the finish.

2012: The Jubilee Marathon is run on a demanding course with some tough inclines. It could be warm on 14 July. We hope that you run the marathon in a sensible way and take the opportunity to appreciate the context of this historic race.



Setting the scene

1912: The Marathon was the biggest event at the Stockholm Olympics. It was the only competition day when Stockholm's newly built Stadium was full to capacity with 22,000 spectators, despite the fact that ticket prices were higher than for any other day.

Tens of thousands of spectators lined the course. More trains were provided for spectators travelling to Stockholm than ever before in the city's history.

2012: We have worked hard to create a 1912 atmosphere around the Jubilee Marathon; officials in apparel of the time, refreshment stations according to the 1912 model, etc. There will be bands and choirs along the course providing music from 1912. We have grandstands for spectators dressed in 1912 fashion. Along the course there will be 100 year old cars, motorcycles and bicycles. Check out what will be happening along the course!

Collect your number bib

1912: Runners received their number bibs in the Olympic Stadium hours before the start.

2012: You can collect your number bib at the Marathon Expo which is on the large grass area directly behind the Olympic Stadium. See map – Marathon Expo. It is, of course, forbidden for runners to give their race number to another runner.

The Expo is open 09:00-20:00 Friday 13 July and 09:00-12:30 Saturday 14 July.

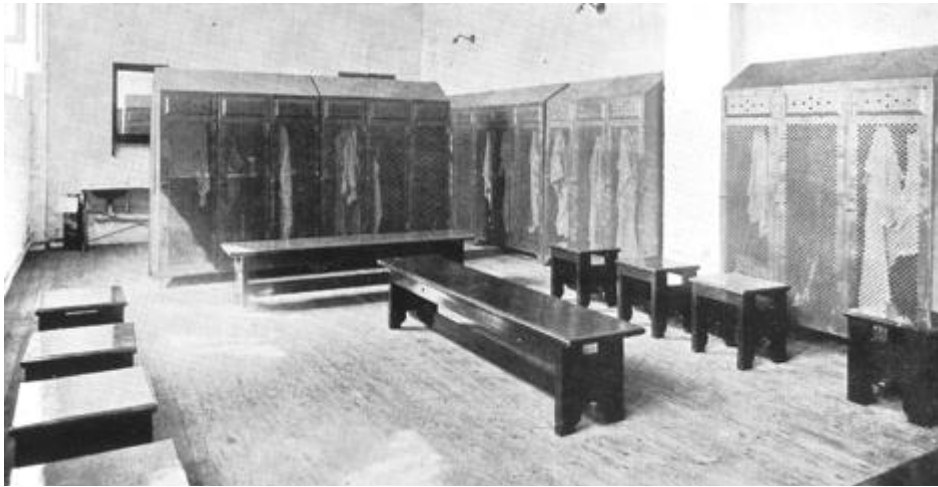
On sale at the Marathon Expo are Jubilee Marathon souvenirs and the newly published "Maratonlopp i Stockholm under 100 år" (100 years of Marathons in Stockholm). In addition there will be a 1912 style market with the sale of home cooked candy, handmade marmalade canes, jam, mustard, smoked sausages, flat bread, chestnut lollipops and other products. The running company "Löplabbet" will be selling Asics goods. You can see a magnificent 1912 veteran car, listen to music from 1912 and enjoy our refreshments. On Friday there will be guided tours of the Olympic Stadium which also celebrates 100 years in 2012. You will be able to listen to lectures on the 1912 Olympics and on running, and you can watch the unique film of the 1912 Olympic Games. Read more. about these activities.

Sponge: When you collect your number bib, you also receive a sponge which you can use during the race. At each water station there will be sponge stations with running water where you can soak your sponge to cool yourself down. After the race leave your sponge in one of the bins located in the finish area.

How to get to Marathon Expo

1912: The participants stayed in hotels – and in some cases in schools – within walking distance of the Stadium. The Swedish team stayed in the National Sports Federation's current premises, just a few hundred metres from the Olympic Stadium.

2012: The underground and buses are the best way to get to the Marathon Expo, the start and to the Stadion party. Take the underground ("T-bana") to "Stadion" station. You can also take bus number 4 which goes to the Stadium. See map – Marathon Expo. It is difficult to find a parking place near the area.



Changing room in the Olympic Stadium 1912.

Changing rooms

1912: Every nation had its own changing room at the Olympic Stadium.

2012: Female runners can change at the School of Sport ("Idrottshögskola") directly behind the Stadium. Male runners can use the changing rooms at the sports ground Östermalms IP. See map – Before the start..

Changing rooms are open 11:00-22:00 on 14 July.

There is a shortage of changing rooms so we encourage those who can to change at home or at their hotels.

Tracksuits

1912: Participants left their tracksuits in the changing rooms at the Olympic Stadium.

2012: Tracksuits can be left in a specially marked area at "Östermalms IP" before you go to the start.

You will get a plastic bag when you leave your tracksuits. Please mark the plastic bag with the adhesive label with your name and number that you get in the envelope containing your start number. Show your number bib when you collect the bag after the race.

Valuables

1912: There was no such service 100 years ago.

2012: Don't leave your valuables or keys with your tracksuit or in the changing rooms! The organisers are not responsible for anything which is left there. Instead leave them at the Safety Deposit at Östermalms IP, situated in front of the tribune, before you go to the start.

There are envelopes for your valuables at the Safety Deposit. Use the smaller sticker which you will get with your start number to label the envelope. Show your bib number, which is your receipt, when you collect your valuables after the race.

Assembly before the start

1912: Runners assembled outside the arena and walked together to the start.

2012: All runners should assemble at "Östermalms IP" which is open from 09:00 on 14 July.

From "Östermalms IP" you will then walk approximately 800m to the start pens which are located just outside the Olympic Stadium. You should go from "Östermalms IP" about 30 minutes before your start time.

You must be in the start pen at least 20 minutes before the start.

Approximately 8 minutes before the start, the groups will walk into the Stadium and then 250m up to the start line. See map – Before the start.

Toilets: There is a limited number of toilets at the assembly area.

Start at 13:48

1912: The race started inside the Stadium, in front of the royal box in the middle of the home straight. The participants ran threequarters of a lap before leaving the arena through the south gate towards the street "Valhallavägen".

The start was meant to have been at 13:45, but it took longer than expected to assemble the participants so the race did not start until 13:48.

2012: The race will start inside the Olympic Stadium in front of the royal box. The first group will start at 13:48 on Saturday 14 July. The participants run threequarters of a lap before leaving the arena through the south gate towards "Valhallavägen".

See map – After the start.



In 1912 the start was in front of the royal box. Hundred years later the start will be at the same place.

Five start groups

1912: 69 runners came to the start. Of course they all started at the same time.

2012: With over 10,000 registered runners, it is not possible for the whole field to start at the same time. Participants are split into five groups which will start at 10 minute intervals.

- Group 1, start 13:48: Runners with numbers 1 – 2,500.
- Group 2, start 13:58: Runners with numbers 2,501 – 5,000.
- Group 3, start 14:08: Runners with numbers 5,001 – 7,500.
- Group 4, start 14:18: Runners with numbers 7,501 – 10,000.
- Group 5, start 14:28: Runners with numbers 10,001 – 12,500.

Bib numbers for runners in group 1 and 2 have been allocated according to results given by the runners at the registration. Bib numbers for all other runners have been given by random. Check your bib number in the start list.

Course

1912: The course ran from the Olympic Stadium on the main road north to Sollentuna Church and then back on the same road to the Stadium.

2012: The course runs from the Olympic Stadium on the roads north to Sollentuna Church and then back the same way to the Stadium. The course will follow the 1912 Olympic course as closely as possible. 21.6 of the 2012 course's 40.2 kilometres is on the same route as 1912. Read more. The course is just as hilly as 100 years ago. The difference between the course's highest and lowest point is 41 metres. See the course profile. Every km is indicated with a clear sign. Runners must follow directions from the police and officials.



For security reasons no bicycles are permitted to follow the runners on the course and no rollerskating/inline skating is allowed. Walking poles and children's buggies are also not permitted.

Dropping out of the race: If you have to drop out, please contact the nearest refreshment station. Runners who drop out will be provided with transport from the refreshment stations back to "Östermalms IP".

Turning point

1912: A wooden stick in the middle of the road outside Sollentuna Church marked the turning point. See the

film from the 1912 Olympic race.

2012: After the 1912 Games there were discussions about erecting some form of memorial to the Olympic Games, and it was decided to install a memorial stone at the turning point on the marathon course. The architect, Torben Grut – who also designed Stockholms Stadion – was given the commission to design the memorial stone.

The memorial stone was dedicated in November 1913. It is an approximately six metre tall pillar in the form of a fluted doric column, made out of black granite, a reference to the ancient Olympic Games in Greece. At the top is a square stone block. On the side which faces Stockholm are the words "turning point", on the back "1912" and on the sides "Marathon". The memorial stone was placed over 40 m north of the turning point for the 1912 Olympic race. Before the Jubilee Marathon it will be moved and placed in front of Sollentuna Church, approximately 100 metres south of the Olympic turning point.

The memorial stone will be the turning point for the Jubilee Marathon Stockholm 1912-2012.



Finish

1912: Runners turned to the left after they entered the Stadium, through the gate on Valhallavägen. Then ran threequarters of a lap – 300m – against the usual direction of running up to the finish in front of the royal box.

2012: Runners will turn to the right after they have entered the Stadium, through the gate on Valhallavägen. Then they will run 100m in the normal direction of running towards the finish in front of the royal box. This change makes it easier for runners to leave the arena and go towards Östermalms IP after they have crossed the finish line. See map – Finish 40,075m.

Distance 1912: *The distance was 40,200 metres.*

2012: The course is 40,075 metres. It has been official measured by Bosse Hellström and Micke Hill, two of the Swedish Athletic Federation's accredited course measurers.

Runners who wish to run 42,195 metres – the official distance for a marathon race today – can choose to run an extra loop before the finish. When these runners enter the Stadium, through the gate on Valhallavägen, they should turn left and run 150m – against the normal direction of running – on the track before leaving the arena through the gate on Drottning Sofias väg. They should run 910m to a turning point on the street "Fiskartorpsvägen" and then back the same way. Then they enter the gate on Drottning Sofias väg, they should run 250m on the track up to the finish line. See map – Finish 42,195m. There is one refreshment station at this extra loop.

There is no need to register in advance whether you plan to run 40,075m or 42,195m, you can decide when you enter the Stadium after 40 km. There will be a water station on this extra loop. Runners who choose to run 42,195m will also have their time recorded at 40,075m.

Timing 1912: *Officials at the finish line used stop watches.*

2012: Timing, which is the responsibility of Racetimer, will be taken with the aid of a datachip attached to a tab on the edge of the number bib which is made of cloth like the 1912 version. Don't tear off this tab! For the timing to work best, the tab should be folded away from the body at an angle of between 45 and 90 degrees. The number bib should be worn visibly on the chest.



Results: You can find your preliminary result on our website approximately 15 minutes after crossing the finish line. The official results will follow a few days later. There will be two result lists. One for the distance 40,075 m. This list will include also those who run 42,195. The other result list will be for 42,195m.

Split times 1912: *Split times for the leading runners were recorded at 5 km, 15 km, 20 km, 25 km and 35 km.*

2012: Split times for all runners will be recorded at 5 km, 10 km, 15 km, 20 km, 25 km, 30 km and 35 km. These times will be in the results which you will find on the race website.



Sunday the 14th July was the big day during the 1912 Olympic Games in Stockholm. The marathon captured the public's interest. Despite higher ticket prices than for the other competition days, all seats were sold out. This was the only day during the 1912 Olympics with a packed Stadium. Here you see spectators lining up outside the Stadium to buy tickets. In 2012 there will be free admission for spectators.

Refreshment stations

1912: There were four refreshment stations along the course which were passed both on the way out and back; Söderbrunn (2km and 38km), Stocksund (5km and 35km), Silverdal (11km and 29km) and Tureberg (15km and 25km). At these points, water, tea and coffee and orange and lemon quarters were provided. Water was also provided at the turning point after 20km and at other points along the route.

2012: The course has 21 various types of refreshment stations

- Five refreshment stations 1912 style. On the first table coffee, icetea, orange and lemon quarters will be provided. Maxim sports drink will be on the second table and water on the third.
- Ten refreshment stations 2012 style. Maxim Electrolyte Orange & Lemon sports drink will be provided on the first table and water on the second.
- Six refreshment stations will offer water only.

Environmentally friendly recycling: Cups used at the refreshment stations are biodegradable and will be collected in compostable refuse sacks and taken away after the race to a compost outside Stockholm. Refuse sacks are situated after each refreshment station. Please throw cups into these sacks !

Extra energy: At some refreshment stations, additional energy boosters will be provided, eg bananas, grape sugar and Power Bars.

Toilets: there will be toilets at every refreshment station.

Showers

1912: There were no showers along the course.

2012: Between the water stations there will be showers to help runners cool down.

Medal and diploma

1912: The first three were awarded a medal. In addition, 25 runners received a diploma.

2012: All finishers will receive a medal for the Jubilee Marathon Stockholm 1912-2012. On one side of the medal is the Stockholm Olympic Stadium as it is today and as it looked 100 years ago. On the other side is a portrait of the South African, Kennedy Kane McArthur, who won the Olympic race in 1912.

The medal is 60mm in diameter and attached to a blue and yellow ribbon. All runners can download their own diploma from the race website.



Prizes

1912: The winner of the marathon was awarded a small statue given by the King of Greece.

2012: Prizes will be awarded to 50 runners who complete the race in apparel (not shoes) which is most similar to the apparel worn by the athletes at the 1912 marathon. These prizes will be awarded at Sunday's Stadium

party.

Maximum time

1912: There was no maximum running time at the Olympic Games.

2012: The maximum time is 6 hours for 40,075 metres.

On the course there are two control locations which runners must pass within a certain time in order to continue the race: Turning point after 20km must be passed within 3 hours of the start of the race.

Refreshment station at Silverdal after 29.3km must be passed within 4 hours, 25 minutes of the start of the race.

Minimum age

1912: The minimum age for participants in the Olympic Games was 17.

2012: The minimum age is 18 (born in 1994 or before).

Medics

1912: There were doctors and nurses at the start and finish and also at the refreshment stations.

2012: Doctors and nurses will be at every refreshment station and also at the start and finish. Doctors have the right to any injured or exhausted runners take off the course.

Headgear

1912: Almost all participants wore a knotted handkerchief on the head as protection from the sun.

2012: At the Marathon Expo on 13 July and 14 July, all registered runners will receive a large handkerchief which can be used as headgear during the race.

Champagne

1912: After the finish the runners were offered champagne on the Stadium infield.

2012: After the finish, those who wish can drink a small glass of sparkling wine. There will of course also be an alcohol-free alternative.

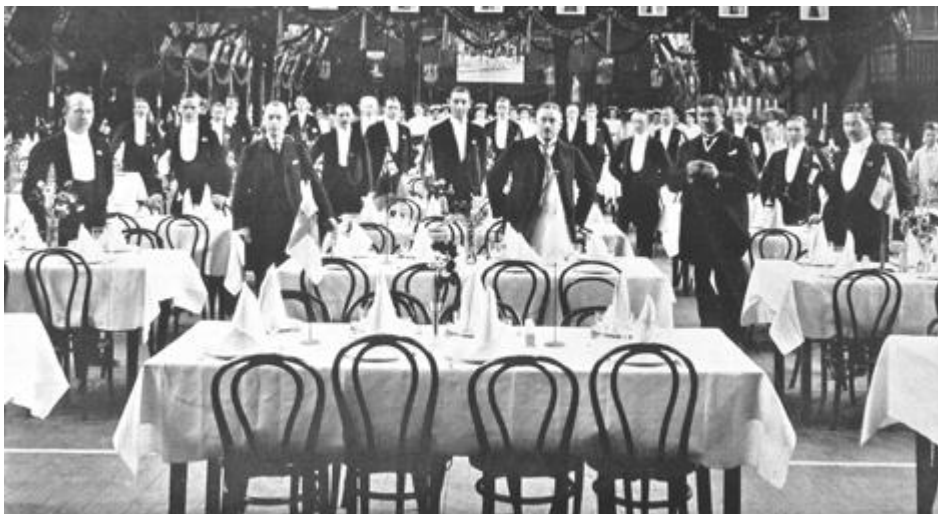
Runners service

1912: The organisers didn't make any special arrangements for the runners after the race. It was the team leaders who did this.

2012: After the finish, you should proceed to the sports ground "Östermalms IP" (300 metres) where drinks and something light to eat will be provided for all runners.

Then there is time for entertainment, relaxing and chatting with other runners.

Collect your t-shirt: At "Östermalms IP" you will be given a Jubilee Marathon Stockholm 1912-2012 t-shirt.



A range of celebrations and parties took place during the 1912 Olympic Games.

Post race party

1912: A range of celebrations took place during the Olympic weeks, mostly for Swedish and overseas dignitaries.

2012: Sunday 15 July – the day after the race – all participants are invited to the post race party at yhe

Olympic Stadium. Food and drink will be provided. There will be entertainment, awards ceremonies, etc. The party is free for all runners. A limited number of additional tickets to the Stadion party will be sold at the Marathon Expo. The cost is 400 SEK. More information.

Sponsors

1912: The concept of sponsorship didn't exist in 1912. However, a number of companies supported the Olympic Games, mainly with goods and services.

2012: Asics, Löplabbet, Mitt I and Marathon.se are the sponsors for the Jubilee Marathon. Partners: Stockholm City, Solna City, Sollentuna Municipality och Sollentuna Church.

Organisers

1912: Svenska Gymnastik- och Idrottsföreningarnas Riksförbund and Centralföreningen för Idrottens Främjande – the country's leading sports organisations at that time – stood behind the organising committee of 17 persons who were responsible for the Olympic Games.

Colonel V.G. Balck was Chairman of the committee and HRH Crown Prince Gustaf Adolf (later King Gustaf VI Adolf) Honorary Chairman.

Officials from Fredrikshofs IF were responsible for the marathon course.

2012: Jubilee Marathon Stockholm 1912–2012 is organised by the athletics clubs Hässelby SK and Spårvägens FK. The same clubs are responsible for ASICS Stockholm Marathon and many other major distance races. Officials from Fredrikshofs FIF are responsible for the course.

If you have any questions, contact our competition office: E-mail: info@jubileumsmarathon.se
Telephone: +44 8 – 545 66 440 (Monday-Friday 09:00-12:00 and 13:00–16:00).

Good luck!

Take it easy and run sensibly! Jubilee Marathon Stockholm 1912-2012 is a test of strength. Start off cautiously. 40km is a demanding distance and you will need strength left for the final kilometres. Take the chance to enjoy the scenes along the course !

Don't start unless you are 100 per cent fit. Remember that there is no shame in stopping if you are tired. The rules of the Swedish Athletics Federation apply. All participants run at their own risk.

Welcome to the Jubilee Marathon Stockholm 1912–2012!
Hässelby SK and Spårvägens FK

From the official website:

Welcome to a historic race, 14 July 2012

On Saturday 14 July 1912 the Marathon took place, the highlight of the 5th Olympic Games in Stockholm.

On Saturday 14 July 2012 the Jubilee Marathon Stockholm 1912-2012 will take place. It will be a race which will follow, as closely as possible, the route of the 1912 Olympic race and which will be organised in the 1912 spirit.

Background

1912: The Marathon was the biggest event of the Stockholm Olympic Games. This was the only competition day of the Games when the newly built Stockholm Olympic Stadium was full to capacity despite the fact that ticket prices were higher than any other day of the competition.

Tens of the thousands of spectators lined the course. Extra trains arrived in Stockholm with more spectators than at any time in the city's history.

2012: We are doing our best to create the 1912 atmosphere around the Jubilee race, same course as 100 years ago, officials in old-fashioned apparel, water stations in the 1912 style, etc

At the number distribution, the day before the race, there will be an exhibition about the history of the Marathon, including the official film from the 1912 Olympics.

This will be the first time that an international marathon with thousands of participants has been organised on the 100th anniversary of an Olympic Marathon on the 100 year old course. Welcome to a unique competition which will only take place once in this century!

The registration is open. Here you can find detailed information about the Jubilee Marathon Stockholm 1912-2012.

Start of the race

1912: The race started inside Stockholm Olympic Stadium, in front of the royal box in the middle of the home straight. The participants ran three quarters of a lap before they left the arena through the south gate onto Valhallavägen.

The intention was for the race to start at 13:45 on Saturday 14 July, but it took longer than expected to assemble all the participants so the race did not start until 13:48.

2012: The race will start inside Stockholm Olympic Stadium in front of the royal box. The first start time will preliminary be 15:00 on Saturday 14 July.

The participants will run three quarters of a lap before leaving the arena through the gate onto Valhallavägen.

The runners are divided into four groups which will start at ten minute intervals.



Swedish athletes at the Opening Ceremony of the 1912 Olympic Games

Course

1912: The course ran from the Olympic Stadium on the main road north to Sollentuna Church and then back on the same road to the stadium.

At the finish the runners kept to the left after they had passed through the gate on Valhallavägen. Then they ran three quarters of a lap against the normal running direction to the finish line in front of the royal box.

The course was hilly. The lowest point (at 8km and 32km) was 10m above sea level. The highest point (at 12.5km and 27.5km) was 51m above sea level.

Here you will find the 1912 Olympic marathon course on Google maps.

2012: The course will run from Stockholm Olympic Stadium and then on the road north to Sollentuna Church and back on the same road to the stadium. The course will follow the 1912 Olympic course as closely as possible. 26.3 of the 40.2 kilometres of the course is exactly the same as 1912. The remaining parts of the 2012 course never stray more than 235 metres from the 1912 course.

The same finish as 100 years ago, ie running 350m inside the stadium to the finish line in front of the royal box.

The course is as hilly as 100 years ago. The difference in altitude between the highest and lowest points is 41 metres. Check elevation profile.

Here you will find the 2012 Jubilee Marathon course on Google maps.

Turning point

1912: A wooden stick in the middle of the road outside Sollentuna Church marked the turning point. Watch the film of the 1912 Olympic race.

2012: After the 1912 Games there was a discussion about erecting some kind of memorial to the Olympics, and it was decided to put a memorial stone at the turning point on the marathon course. The architect, Torben Grut, who also designed Stockholm Olympic Stadium was commissioned to design the memorial stone.

The memorial stone was inaugurated in November 1913. It is a pillar about seven metres high in the form of a fluted doric column, made out of black granite, which reminds us of the ancient Olympic Games in Greece. At the top is a square stone. On the side which faces Stockholm, are the words "Turning Point", on the back, "1912" and on the sides "Marathon".

Today the memorial stone stands about 35 metres north of the turning point of the 1912 Olympic race. This memorial stone which is at the side of the road outside Sollentuna Church will be the turning point for the Jubilee Marathon Stockholm 1912-2012.



Memorial stone which will now be the turning point for the Jubilee Marathon.

Distance

1912: The distance was 40,200 m.

2012: Extensive road works are being carried out at Frescati after 4km and 36km on the course which means that we don't know yet exactly how the course will be at that point. The distance now is provisionally 40,200 metres. In the autumn the definitive course measurement will be done. The course will be measured by an internationally accredited course measurer.

Runners who wish to run 42,195 metres – the stipulated distance for a marathon today – can choose to run an extra loop before the finish.

When these runners enter the Olympic Stadium through the south gate, after just over 100m they run out again through the west gate towards Sofiahemmet. The runners then cover an extra loop before they come back into the stadium through the west gate at Drottning Sofias Väg. They then run about 200m to the finish line in front of the royal box.

Runners who choose to run 42,195 metres will be timed at 40,200 metres.



Runners on the way northwards, towards the turning point at Sollentuna Church.

Water stations

1912: There were four water stations along the course which were passed on the way out and back, Söderbrunn (2km and 38km), Stocksund (5km and 35km), Silverdal (11km and 29km) and Tureberg (15km and 25km). At these stations water, tea and lemonade was served together with pieces of orange and lemon.

Water was also provided at the turning point after 20km.

2012: At Söderbrunn (2km and 38km), Stocksund (5km and 35km), Silverdal (11km and 29km) and Tureberg (15km and 25km) there will be the same type of water stations as in 1912 with water, ice tea together with pieces of orange and lemon. In addition a sports drink will be provided.

At 8km, 12.5km, 17.5km, 20km, 22.5km, 27.5km, 32km and 36.5km there will be additional water stations with water and sports drink. At certain stations, bananas and other refreshments will also be provided.

Timing

1912: Stopwatches were used to record the participants' times. For the leaders split times were recorded at five points along the course, water stations Stocksund and Tureberg, turning point at Sollentuna Church and water stations Tureberg and Stocksund on the way back.

2012: Times will be recorded using a datachip. All runners will be given their finish time as well as split times at 5km, 10km, 15km, turning point at Sollentuna Church (approx 20km), 25km, 30km and 35km.

Medal

1912: The first three to finish received a medal.

2012: All finishers will receive a medal in the Jubilee Marathon Stockholm 1912-2012. On one side of the medal is Stockholm Olympic Stadium as the arena looks today and as it looked 100 years ago. On the other side is a portrait of the South African, Kenneth McArthur who won the Olympic race in 1912.

The medal is 60mm in diameter and attached to a blue and yellow ribbon.

Honorary awards

1912: The winner of the Marathon was awarded His Majesty the King of Greece's honorary trophy.

2012: Honorary awards will be made to 50 runners who run the race in clothing (not shoes) which is most similar to the apparel worn during the 1912 Marathon.

Competition uniform

1912: All participants wore shorts and cotton vests.

2012: Running apparel is normally made from technical fabric today and obviously this will be permitted at the Jubilee Marathon.

For those who wish to run in 1912-style apparel, you will be able to buy a replica of the vest which the Swedish runners – and several other nations' runners – wore in 1912. The vest is in cotton with the national flag printed across the chest.

Vests are available with the following national flags: Sweden, Finland, Norway, Denmark, Great Britain, Germany, France, Italy, Switzerland, USA and South Africa.

The vest costs 30 Euro and can be purchased at registration. It will be sent by post at the end of August.



Headgear

1912: Almost all the participants wore a handkerchief on the head as protection against the sun.

2012: When you pick up your number bib on 13 July 2012 you will receive a large handkerchief with instructions on how to knot it so that you can use it during the race if you wish.



Start of the the Marathon 1912. Almost all participants had a knotted handkerchief on the head.

Champagne

1912: After the finish, the runners were served with champagne on the stadium infield.

2012: After the finish, those who wish can drink a small glass of sparkling wine.

Festivities

1912: A range of festivities took place during the Olympic Games, mostly for Swedish and foreign dignitaries.

2012: On Sunday 15 July – the day after the race – all participants are invited to the Jubilee Marathon farewell party at the Stockholm Olympic Stadium. There will be entertainment, awards ceremony, etc.



Time for the 1912 festivities.

Registration fee

1912: There was no registration fee for participants in the 1912 Olympic Games.

2012: The registration fee is 107 Euro. This fee includes – besides participation in the race:

- A large handkerchief which can be used as a headgear during the race.
- Jubilee Marathon farewell party at the Stockholm Olympic Stadium on 15 July.

- Exclusive race medal for all finishers.
- A souvenir Jubilee Marathon t-shirt for all finishers.

When you register, you can buy the official training t-shirt for Jubilee Marathon Stockholm 1912-2012. Cost: 30 Euro including postage.

Registration

1912: All participants had to complete a registration form in typewritten text. The athlete plus an official from the athlete's country had to sign the form to guarantee, amongst other things, that he was an amateur and that he would follow the competition rules of the Olympic Games. The minimum age for participants was 17 years.

The registration form had to be sent by post and reach the organisers by 6 June 1912 at the latest. Entry by telegram was not accepted. 98 runners from 19 countries were registered for the marathon race. 69 started and 35 finished the race. All participants were men. At the 1912 Olympic Games women were only permitted to participate in swimming and tennis.

2012: You register and pay the registration fee 107 Euro by Visa or Master Card on the Internet.

Both men and women may participate.

The minimum age is 18 (born in 1994 or earlier).

Maximum running time is 6 hours.

The deadline for registration is 6 June 2012. However, a maximum of 8,000 runners will be accepted. If 8,000 runners are registered before 6 June, registration will close at the time that total is reached.

1,000 places in the race are reserved for overseas travel agencies.

Your registration is personal and can not be transferred to another runner.

Registration opens

1912: The official invitation to the Olympic Games was sent on 18 November 1910.

2012: Registration will open here on the race website at 13:48 on 14 July 2011 (exactly 99 years after the starting gun in 1912).



South African celebration after double victory in the marathon. Second place Christian Gitsham and winner Kenneth McArthur are carried out of the arena in triumph.

Information

1912: Before and during the Olympic Games approximately 90,000 documents were sent by post with information about the events.

2012: All information about the race can be found here on the website for Jubilee Marathon Stockholm 1912-2012. In addition, registered runners will be sent information by email. In May 2012, all participants will receive by post their start document together with a detailed map of the course.

If you need to know anything, don't hesitate to contact the competition office:

Email: info@jubileumsmarathon.se

Phone: +46 8 545 66 440 (Monday-Friday 09:00-12:00 and 13:00-16:00).

Organisers

1912: Svenska Gymnastik- och Idrottsföreningarnas Riksförbund and Centralföreningen för Idrottens Främjande – the country's main sports organisations – stood behind the organising committee of 17 people who were responsible for the Olympic Games.

Colonel V G Balck was the chairman of the committee and His Royal Highness Crown Prince Gustav Adolf (later King Gustav VI Adolf) was honorary chairman.

Officials from the athletics club Fredrikshofs IF were responsible for the marathon course.

2012: Jubilee Marathon Stockholm 1912-2012 will be organised by the athletics clubs Hässelby SK and Spårvägens FK. The same clubs which organise ASICS Stockholm Marathon and many other major distance races.

Officials from Fredrikshofs FIF are responsible for the course.

History -

The big day during the Olympic Games

Saturday the 14th July was the big day during the 1912 Olympic Games in Stockholm. Just as in London 1908 and Athens 1906, it was the marathon which captured the public's interest.

For the organisers who prepared for this race for over two years, the weather was the worst imaginable, blue sky, sun and more than 30 degrees in the shade.

At the Olympics in London, four years earlier, when the temperature during the marathon was 25 degrees, several runners were exhausted when they reached the finish. The dramatic scenes from White City Stadium - where the Italian, Dorando Pietri fell to the ground several times before, with the help of competition officials, he managed to reach the finish line - were considered by many to be unworthy of sport. In Sweden marathon running was criticised for being a dangerous sports event.

Medical examination before the start

Every conceivable measure was taken so that the race in Stockholm would be run in a dignified way. The scenes from the London Olympics must not be repeated under any circumstance.

At registration for the marathon, all runners had to present a medical certificate

In addition all participants were examined by a doctor before the start

During the race eight doctors were positioned at various points along the course.

Three doctors were at the finish.

Runners had the opportunity to drink both at the official water station and between the stations. According to the official report from the Olympics "in full view, every 500m along the course, there was the possibility for runners to take refreshments such as water, tea, coffee, oranges or lemons.

The only competition day with a packed Stadium

The memorable race at the London Olympics, big hopes for the Swedish participants and extensive publicity in the Swedish newspapers, led to great public interest in the 1912 marathon.

Despite higher ticket prices than for the other competition days, tickets quickly sold out. Revenue from the marathon was twice as high as revenue from any other competition day.

During the 1912 Olympics, Stockholm Stadium held 22,000 spectators, 3,000 of whom sat in the temporary wooden stands which were built at the north end.

According to the official report from the Olympic Games the stands were packed to the last centimetre on 14 July.

18,713 paying spectators were in the stands. The rest of the space was occupied by participants and officials (2,000 places), the press (500 places) as well as honorary guests.

This was the only competition day during the Olympic Games where the Stadium was completely full.

Spectators who did not manage to get a ticket for the Stadium were out on the course.

Extra trains for spectators were added to stations along the course.

According to the official reports from the Olympics the course was lined with tens of thousands of spectators.

Record figures for trains and trams

Many extra trains arrived at Stockholm Central Station with the spectators.

The northern tram lines which ran to the Stadium, carried 348,874 passengers on the day of the marathon (many of them must have made two or three journeys)

The next largest tram figures (262,207 passengers) were for the Olympic opening ceremony on 6 July.

In his book about Swedish marathon running at the beginning of the 20th century, Christian Lindstedt wrote:

- On the day of the marathon more trains than ever before were dispatched to Stockholm Central Station and the tram company's daily takings reached record figures.

Boarding houses and hotels suddenly had a busy day since demand earlier during the games was not particularly high despite expectations.

The Stadium restaurant experienced a record turnover on marathon day. 300,000 bottles of soft drinks were sold in the city. Also a record number of telegrams were sent.

Course watered and cleared of stones

Everything was carefully prepared before the most important event of the Vth Olympic Games. Before the start the marathon course was cleared of any large stones. Large parts of the course were watered so that not so much dust would be created.

Signed were set up every five kilometres to show the distances. 100 police, 300 military personnel together with a few hundred officials and scouts were employed to assist during the race.

69 runners at the start

98 runners from 19 nations were entered in the marathon. 69 came to the start, 12 of whom were Swedes. Each nation was allowed a maximum of 12 participants in an event at the 1912 Olympics.

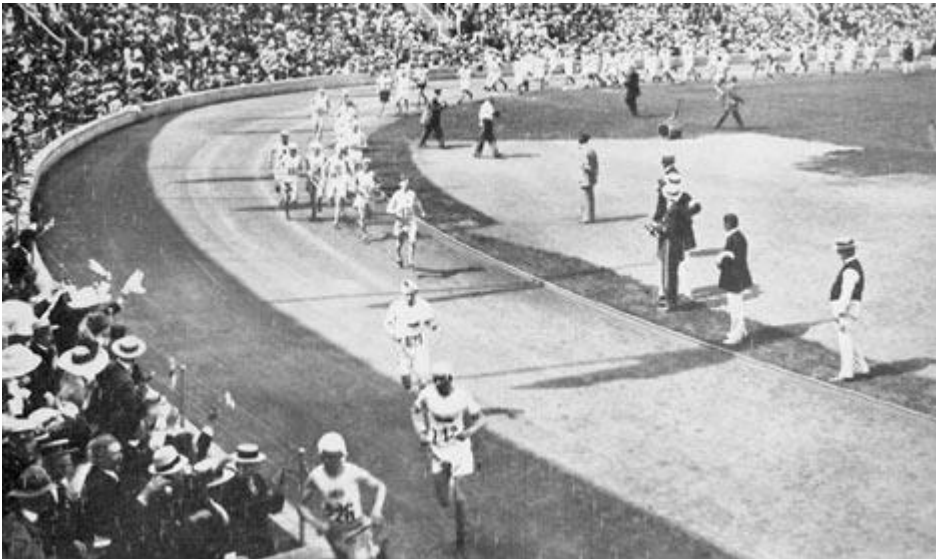
The morning of the competition, the Swedish runners ate cutlets and eggs – this was before carbo-loading had caught on.

The marathon was to start at 13:45 but was a little delayed. At 12 minutes to two the runners were underway, almost all in white hats or handkerchiefs to protect their heads from the sun.

During the two and a half hour long wait for the winner to reach the Stadium, the spectators were able to watch the hammer throw, heats of the 4 x 400m, decathlon 110m hurdles and the finals of wrestling.



The Stadium restaurant had record takings during the Marathon.



Alex Ahlgren was first out of the Stadium. He was in front at the beginning of the race but later had to drop out.

Alex Ahlgren took the lead

The Swede, Alex Ahlgren was the first out of the Stadium and kept the lead for two kilometres. At 5km he was in the front with Tatu Kolehmainen from Finland and the Italian Carlo Seperoni. All had the same split times. Ten metres behind were the green vested South Africans Christian Gitsham and Kenneth McArthur.

The Swedish people's favourite Sigge Jacobsson was in twelfth place, 50 seconds from the front.

Tatu Kolehmainen was the brother of Hannes Kolehmainen, the most successful athlete at the 1912 Olympics who took gold in the 5000m, 10,000m and 8000m cross country.

Tatu took the lead just after 5km and was 13 seconds ahead of the two South Africans at Tureberg, 15km from the start.

The heat forced several runners to drop out as early as Tureberg.

Gitsham first at the turning point

Gitsham reached the turning point at Sollentuna Church after 20.1km in front, 15 seconds ahead of Kolehmainen. McArthur was third, 35 seconds behind the leader.

Neither the South African nor the Finn gave themselves time to drink or rinse the dust off at the turning point, only pressing on, wrote Sven Låftman in the official 1912 Olympic report.

The Italian Seroni who was in fifth place, drank a mouthful of water and asked for a bucket of water to be poured over himself. Most who reached the turning point after him followed this example.

There was a high demand for water, lemonade and tea.

Three runners together at 25km

Gitsham, Kolehmainen and McArthur passed Tureberg at 25km within a second of each other. Kolehmainen had problems with the heat on the way back towards the Stadium. He lost contact with the lead and dropped out of the race after just over 30km.

Gitsham and McArthur passed 35km at Stocksund in the lead one and a half minutes ahead of Gaston Strobino from USA who, in the 10km between Tureberg and Stocksund, had significantly reduced their lead.

When reports reached the spectators in the Stadium that the popular Sigge Jacobsson had progressed to fourth place at 35km hopes were raised for a Swedish medal.

Double victory for South Africa

Kenneth McArthur settled the race in the last kilometre. On Valhallavägen outside the Stadium he looked nervously back several times before he was reassured by the crowd that he had a clear lead. McArthur dropped his pace in the last stretch before the Stadium to save energy for the finish inside the arena.

A trumpet signalled that the winner was on his way into the stadium. McArthur's entrance met with great cheers. He reached the finish after 2:36.48.8.

McArthur threw himself to the ground after he crossed the finish line and was taken care of by a doctor. Afterwards he explained that he was not exhausted at all but only lay down on the grass to rest in accordance with the instructions of the South African officials.

Christian Gitsham secured the silver medal with the time of 2:37.52.0. Gaston Strobino, who gained four and a half minutes on the lead during the last 15km of the race, was third in 2:38.42.4.

Sigge's surge to the line gave him sixth place

Sigge Jacobsson was the best European with sixth place and a time of 2:43.24.9. Despite dropping two places in the last 5km, Sigge still had the strength for a final surge. The position was a disappointment but he gained recognition for the honorable way he finished the race, appearing to still have strength to fight.

In the newspaper articles some time after the Olympics, however, the view was that Sigge Jacobsson would maybe have placed better if he had pushed himself as several other runners in the race.

Champagne inappropriate

Even if many of the finishers were certainly very tired after running 40 kilometres on the hilly course in stifling heat, all those who reached the finish line seemed in reasonable shape.

35 of the 69 who started, completed the race.

After the race, there was criticism that an importer of French Champagne was given permission to set up a table at the finish where the runners were offered Champagne. This had – according to the critics – led to several runners leaving the arena on unsteady legs.

The three doctors at the finish had a reasonably quiet day, but medical personnel along the course had to work hard to take care of all those who had problems with the heat.

Lázaro became the first fatality in an Olympic Games

The worst affected was the 23 year old Portuguese, Francisco Lázaro. He lay in the middle of the field at the Silverdal refreshment station after 30km. He then fell in the steep downward slope at Överjärva Gård but got up and continued to stagger before he collapsed and lay unconscious on the course, about eight kilometres from the finish.

A message was sent to the station at Silverdal and the doctor on duty there, Georg Liljeröth was quickly on the scene. Later more doctors arrived but despite the treatment Lázaro did not regain consciousness. He was sent to Serafimer hospital where he arrived about one and a half hours after the collapse. Lázaro's body temperature was 42.1 degrees.

The Portuguese died at six o'clock the following morning thus becoming the first fatality in an Olympic Games.

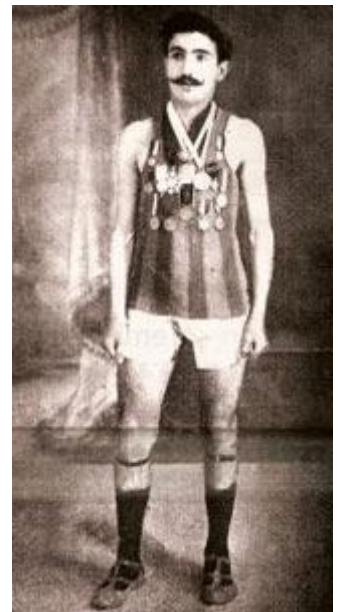
Lázaro was one of the extremely few participants in the marathon who had no headwear as protection from the sun. Later it emerged that Lázaro covered large parts of his body with fat to protect himself from the sun. This prevented sweating and led to the increased body temperature.

After the close of the Olympic Games a musical event was held in the Stadium where 14,000 Kronor was collection for Lázaro's family.

Sources: The official report from the Olympic Games 1912 and Between Heroism and Idiocy (Christian Lindstedt).



The South African police constable, Kenneth Mc Arthur received his gold medal from King Gustaf V.



Francisco Lázaro, who was the Portuguese flag bearer at the opening ceremony died the day after the Marathon.



A picture from 1912. The arena looks similar today, almost 100 years later.

Stockholm Stadium – a classic arena

Stockholm Olympic Stadium is a classic sports arena. Over the years, no less than 83 world records in athletics have been broken in the beautiful brick fortress. No other arena in the world comes close to this figure.

The Stadium was built between 1910 and 1912 on the initiative of the Swedish Central Association for Sport especially for the 1912 Summer Olympic Games which were held in Stockholm. The architect was Torben Grut.

The main arenas which were built for the Olympic Games in Paris 1900, St Louis 1904 and London 1908 had all been temporary arenas intended only for the Games. Originally something similar was planned for Stockholm, a temporary wooden arena, costing 300,000 crowns which would be financed by a lottery for the whole of Sweden organised by the Central Association.

The plans changed however and Torben Grut was commissioned by the Association to create a permanent stadium in cement, stone and brick.

Over the years a number of major sports events have taken place at Stockholm Stadium; Ice hockey World Championships, Swedish bandy finals, national football matches, equestrian World Championships, etc

In June 1956 the Olympic equestrian events took place at Stockholm Stadium. The Olympics were held that year in Melbourne but quarantine regulations made it impossible to take horses to Australia.

For almost one hundred years, track and field athletics has been one of the dominant sports in the Stockholm Olympic Stadium. The arena has hosted great athletics meetings, a series of national matches and many Swedish Championships. In 1958 the European Athletics Championships were staged in this beautiful arena.

Today, Stockholm Marathon and DN Galan are the major events which take place in the world's finest athletics arena..

The Stadium is the homeground of Djurgårdens 'allsvenska' (first division) football team.

The Olympic Stadium was renovated in 1990 and the concrete north stand which was built for the 1958 European Championships demolished. In its place a new grandstand was built in the same style as the original.

A complete list of all 83 world records broken at Stockholm Stadium can be found [here](#).



The finish of Stockholm Marathon is in the Olympic stadium.

No Olympic rings in Stockholm

Stockholm Stadium is the world's oldest Olympic stadium to be still regularly used for various sports events. However, unlike more recent Olympic stadia, it lacks the Olympic rings, one of the world's most famous brands.

The reason is that the Olympic rings did not exist at the time of the Olympic Games in Stockholm in 1912.

It was not until the following year that Pierre de Coubertin – President of the International Olympic Committee – presented the idea of the five rings. At the Antwerp Olympics in 1920, the flag was introduced with the five interconnected rings (blue, yellow, black, green and red) on a white background.

In 1956 the Olympic equestrian events were held in Stockholm. In commemoration of this, the five rings are carved on one of the doors of the changing rooms under the grandstand.

From Jen 8/18/11

On 9/02/11 purchased ARN Stockholm to CPH Copenhagen

Ticket confirmation 5yku6b in file

You are correct with the single pricing for Stockholm- \$1139 for the 4 nights July 11-15, 2012 and \$230 for each additional night. The Copenhagen extension is \$1069 for the single rate. Flights to Copenhagen from Stockholm can actually be purchased right now directly from the SAS website for \$80.33. I would recommend taking advantage of this fare. Their website is www.flysas.com. You would need to be on the 12:20pm flight on July 15, 2012. SAS also flies direct to/from Newark. I can provide you with a quote by the end of next week; our reservation system does not allow us to book flights that are more than 330 days away. ARN is the correct airport code for Stockholm.

In regards to the entry, we cannot refund you if you already purchased your entry though the Stockholm Jubilee Marathon. We will not add the entry fee to your invoice.

I do know the time limit is 6 hours; I do not know how strict the race officials will be with pulling runners off the course. I suggest emailing the race director directly at info@jubileumsmarathon.se.

I hope this answers your questions. Feel free to contact me if you need anything else.

Best regards,

Jen Ryder, Marathon Tours & Travel, C-5 Shipway Place, Boston, MA 02129

Phone: 617-242-7845 Fax- 617-242-7686 jen@marathontours.com

From: Glen Cunningham [mailto:gbc4@cornell.edu]

Sent: Thursday, January 26, 2012 3:50 PM

To: Diana Burton

Subject: Re: Kripalu

My first visit to Scandinavia was in college for my job interview. My girlfriend was spending the year in London and had been all over Europe except for Scandinavia. She was amazed at how beautiful it was and wondered why people didn't talk about it or go there more. We figured it was largely due to the much higher costs and less sun than places like Greece or Italy.

Copenhagen is a beautiful city, with the orange roofs and the Stroget (walking street). And don't miss Den Lille Havfrue (The Little Mermaid) statue in the harbor. If you have two weeks, I would seriously consider adding Oslo to your itinerary, and maybe Bergen. There was (and maybe still is) an overnight ferry from Copenhagen to Oslo. When you wake in the morning you are in the Oslo Fjord, with the tall rocky walls on both sides plunging down into the 1000' deep water. Oslo, at the end of the fjord, is a beautiful city too, and small enough to see in a day or two. There is an incredible sculpture garden park there on one of the tram lines. And I have always wanted to go to Bergen, an even more picturesque city on the West coast of Norway. The train ride from Oslo to Bergen is supposed to be one of the most beautiful train routes in the world, and ends with a steep descent (cog rails to keep you from flying down) into the Bergen Fjord. Sweden and Denmark are fairly flat and more built up. Norway is more natural and with incredible mountains and fjords, so it is much more scenic in my opinion.

Hmm. I have wanted to see Bergen, and maybe take that train ride, for decades. But whenever I went with my ex-wife we always stayed close to Oslo with the family and friends. If you add Oslo-Bergen to your trip I might very seriously consider joining you! And Tom would have a field day taking pictures...

From Marathon Tours May 2012: We hope that you are excited about your upcoming trip to the Stockholm Jubilee Marathon on July 14 to replicate the 1912 Olympic Marathon. July is the perfect time to visit Sweden's capital when there is only about 3 hours of darkness.

The Swedes take full advantage of the long days by boating in the Baltic, sunbathing along the many cabals and lakes or enjoying the many outdoor cafes and restaurants. One of my favorites is Veranda in the Grand Hotel which overlooks the Gamla Stan (Old City) and Parliament. Their speciality is a smorgasbord fit for a king at a fixed price of 425 krona (about \$65.00 USD). It is extremely popular for both Swedes and visitors. You must make a reservation well in advance. Here is the link for information and reservations - <http://www.grandhotel.se/en/explore/restaurants-and-bar/the-veranda>

Stockholm is my favorite city in Europe and I have been there 25 times for the annual Stockholm Classic Marathon. I look forward to meeting you there.

Thom Gilligan, Marathon Tours