

THE ULTIMATE NORDIC TRIATHLON

Athletics play an important role in the Scandinavian cultures. Strength, stamina and a strong stomach are all traits of the Norse. Festers who participate in the three Saturday events of the Elvelopet 5k or 15k run, Rock Throw, and the famed Lutefisk eating contest will have their results combined to face off with other Ultimate Norse! The top Ole (men's) and Lena (women's) division winners will receive a custom Grizzly Cooler!

(Register at packet pick-up for the Elvelopet)



Scoring for the competition will be as follows:

- **Elvelopet**
 - **5K: 45 Points – # of full minutes to complete 5K**
 - **15K: 48 Points – (# of full minutes to complete 15K / 3)**
 - **+5 points for each age group division winner**
- **Rock Throw**
 - **# of full feet = # of points**
 - **+5 points for each division winner**
- **Lutefisk Eating Contest**
 - **+5 points for finishing each bowl of Lutefisk**
 - **+5 points for the overall winner**