



28-30. March 2025

Open Championship for people with intellectual impairment ALPINE – CROSS-COUNTRY - SNOWSHOES

«Kick The Limits» is an open championship for athletes with an intellectual impairment and we have the pleasure to invite our friends from Sweden, Finland and Denmark

This is a weekend with competitions in three sports – a meeting place with high factor of socializing

KICK THE LIMITS

In March 2025 Kick The Limits is coming «home» to Furutangen, where it all started in 2018
The collaboration with Norwegian Athletics Sports Federation make the event to expand with one sport, Snowshoes

EVENT VENUE:

Furutangen, Fuglåsveien 47, 2460 Osen
45 km from Rena and 180 km from Gardermoen Airport Oslo
The alpinhill and the stadium for cross country and snowshoes are located in the same area, just a few minutes' walk away.

ORGANIZING COMMITTEE:

Collaboration between the Norwegian Ski Federation, Norwegian Athletics Sports Federation and the local clubs, Rena IL and Åslia Skilag.

COMPETITION PROGRAM:

Alpine: Slalom, Giant slalom and Parallel slalom
Cross Country: sprint, distance race (1,3, 5km) and Relay
Snowshoes 100m, distance 550m and og relay
More information about the competition program and classes is on [our website](#)

ENTRY – Open 1st January 2025

The entry has to be sent by e-mail.
See more information on the [website](#)

Deadline for entries: 7th. February 2025

Participant from foreign countries must ensure that valid insurance is in order

ENTRY FEE:

Girls/Boys 13-16 yrs: 130 NOK pr. race
Junior/Senior: 170 NOK pr race
To be paid on site at Race Office

ACCOMODATION – DINING:

- 1) Cabins at the area around the venue:
4 -8 beds (2 persons pr. Room)
- 2) Osen Adventure – hotel 10 km from the venue

It will be lunch and dinner buffets at the stadium area for all participants.
Banquet on Saturday evening

More information about accommodation and dining on our [website](#)

TEAM CAPTAINS MEETING:

Will be held in advance of the competition in the stadium area

CONTACT INFORMATION BEFORE THE EVENT:

General question can be made by E-mail to anne.kroken@skiforbundet.no

Question about accommodation and dining, send e-mail to Jan@furutangen.no

Question about snowshoes, send E-mail to: Runar.Steinstad@friidrett.no

FOLLOW [THE EVENT'S WEBSITE](#) FOR MORE INFORMATION

This page will be updated continuously