

Welcome to the 29th edition of Oslo Marathon!

**The date for the Oslo Marathon weekend in 2010 is 25-26 September and registration is opening on Tuesday 1 December at 09:00 a.m.**

The first registration deadline is 31 January for the cheapest starting fee. Registration is only available online.

[You will find more info here.](#)

Again this year we are asking your agreement to sending you information and newsletters by e-mail and SMS. That is the way in which we will communicate with you as a participant and we will be sending out news/information letters and your starting card by e-mail. It is therefore important and your responsibility to keep us updated on your e-mail address. Some of our partners also want to send you offers as participants: these will only be offers with which we as the Organizer think you will be pleased with.

Groups /businesses /clubs with more than 15 participants will be able to use our "Agent" system with its invoicing function.

[Contact us here for enquiries](#)

**Maximum numbers registered in 2010**

First come, first served! Because of the great interest (happily) in running the Oslo Marathon, in 2010 we will allow a total of 14,000 registered participants on the Sunday. The split will be 2500 starters in the marathon, 8000 starters in the half marathon and 3500 starters in the 10 km. Currently no limitation is planned for the 3 km.

You can read more about this on our website, [under number of participants.](#)

**Starting fee and registration deadlines**

Registration deadline	3 kilometre	10 kilometre	Half marathon	Marathon	Oslo Mini Marathon Children's Run	Registration deadline
01.12 - 31.01	NOK 200.-	NOK 270.-	NOK 370.-	NOK 470.-	NOK 100.-	01.12 - 22.09
01.02 - 31.04	NOK 250.-	NOK 320.-	NOK 420.-	NOK 520.-	NOK 150.-	23.09 - 25.09
01.05 - 16.08	NOK 300.-	NOK 370.-	NOK 470.-	NOK 570.-		
17.08 - 22.09	NOK 350.-	NOK 420.-	NOK 570.-	NOK 670.-		
2 For 1 Registration together with other distance	NOK 125.-					

**News for 2010**

- My Profile,

New this year is the establishment of "My Profile" for everyone registered in 2006 - 2009. There you will find the information we have registered on you and your results from 2006-2009. You must update your profile yourself if for example you change address/e-mail address, or telephone number. In addition you can record your results in the OM from previous years if you wish.

**Important!** You will receive your username and password for this page from Ultimate Sport Service in the course of the week. You have to use these when you register if you want to be seeded in a start group based on your result in the OM in 2009.

- Seeding in a start group

Those who participated in 2006-2009 and register for this year's event using there profile will be seeded in available start groups in relation to their result from 2007- 2009. Participants register for the first will be placed in the last startinggroup.This also applies to participants who want to start together . [You will find more info about this here when we open for registration](#)

- Distances in 2010

The start of the 3 km this year will be on Saturday 25 September as a "Breakfast Run" i.e. early in the morning. Saturday is also the day for Oslo Mini Marathon - the Children's Run - which starts at about 14:00 p.m. As for last year, all other distances, i.e. the marathon, half marathon, 10 km and Norwegian Marathon Championship will be on Sunday 26 September. Start times will be published in due course. [See our interactive race course here.](#)

- To For One

If you want to take part in the 3 km "Breakfast Run" as an appetiser for Sunday's run, it is possible once you have registered for one of the other distances to participate for NOK 125.- Use the Order ID you will find in the recite which you will receive by register for one of the distances on Sunday.

- Norwegian Marathon Championship 2010

SK Vidar has been given the honour of arranging the Norwegian Marathon Championship at the same time as the Oslo Marathon 2010. The regulations for participation and registration deadlines will be announced in due course on our website. Keep your eyes open! The participants will carry out normal registration and tick for NMC participation.

Importante! You have to be a member of a Norwegian Club register in the Norwegian Track and Field organisation in Norway to participate

- Results by SMS

This year as a participant included in your starting fee you will receive 1 SMS with your final result right after the finish. You enter the mobile telephone number you want to receive it on when you register.

### Gift cards - Birthday, Christmas gift or New Year resolution



Give it to someone who needs a challenge, a special Christmas present, or why not hand out a New Year resolution?

Register the individual online, pay and contact us, and we will send a gift card in the post.

NB! The deadline for ordering a Christmas gift is Monday 11 December!

### Contact us

The newsletter goes out to those we have in our participant database from the last three years and those who register their interest. If you want to [cancel the newsletter please register her.](#)

Our Sponsors are,

