

Information

Welcome to Sandsjöbacka Trail Winter January 2017!

This is a selection of important information from the memo on our website.

The mandatory equipment is for your safety – a warm runner who is forced to walk and is low on energy can quickly get into a life threatening hypothermia. The mandatory items listed below shall be presentable during the whole course.

Mandatory equipment 82 km

- Map (distributed with the start-kit)
- Liquid for 30 km (at least 0.2 l)
- Energy (at least 250 kCal)
- Extra underwear shirt or similar
- Extra shell jacket or survival blanket
- Dauer or similar elastic bandage
- Whistle
- Cellphone
- GPS unit (handed out at the start)
- Headlamp (sunrise occurs around 8, so approx 2½ h runtime is needed. In the evening, the sun sets at 16 so it gets dark around 16.30-17.00).

Drop bag

For those who run 82km, there is a possibility to leave a small bag with personal items to be delivered to the Lindome aid station (40 km).

Choose a waterproof and easily identifiable bag. The bag may contain e.g. dry clothes. If you choose to change shoes, it may be advisable to include a small towel to stand on. The drop bag is transported by us to the finish.

PHONE NUMBERS

If you drop out, please call any of the following numbers. Add them to your phone before the race.

0707-498559 / 0761-140984

If you encounter a runner with serious problems, it is obvious and mandatory to assist.

In case of serious injury, call 112.

Mandatory equipment 44 km

- Map (distributed with the start-kit)
- Liquid for 15-20 km (at least 0.15 l)
- Energy (at least 200 kCal)
- Extra underwear shirt or similar
- Extra shell jacket or survival blanket
- Dauer or similar elastic bandage
- Whistle
- Cellphone
- Headlamp (sunrise is approximately as you reach the forest)

Mandatory equipment 30 km

- Map (distributed with the start-kit)
- Liquid for 15-20 km (at least 0.15 l)
- Energy (at least 200 kCal)
- Extra underwear shirt or similar
- Extra shell-jacket or survival blanket
- Dauer or similar elastic bandage
- Whistle
- Cellphone

Mandatory equipment 25 km

- Map (distributed with the start-kit)
- Liquid for 10-15 km (at least 0.10 l)
- Extra underwear shirt or similar
- Extra shell jacket or survival blanket
- Dauer or similar elastic bandage
- Whistle
- Cellphone
- Headlamp

Mandatory equipment 22 km

- Map (distributed with the start-kit)
- Extra shell jacket dry sweater/survival blanket (to keep you warm if something happens)
- Dauer or similar elastic bandage
- Cellphone

Schedule

At all aid-stations there will be something to eat, something warm to drink, water and 'Umara Sport' to drink or refill your hydration system with. In addition we will have the famous chocolate cake at the aid-station in Sisjön.

FRIDAY

Start Lindås

16.30 Start kit pick-up/Bag check-in
17.00 GPS hand-out
18.00 Start 25 km

Slottsskogsvallen Finish

19.45 First finisher
21.00 PRIZE CEREMONY 25 km
22.00 Finish line closes

SATURDAY

Start Kungsbacka

05.30 Start kit pick-up/Bag check-in
Nordic Wellness Kungsbacka City
07.00 Start 44 km

Göteborg Opera house

09.25 Boarding of bus to 30 km start
09.45 Bus departs
09.45 Start kit hand out (on bus)

Sandsjöbackamotet

10.15 Start kit hand out/Bag check-in
11.00 Start 30 km

Finish area Slottsskogsvallen

10.30 First finisher 44 km
13.00 PRIZE CEREMONY 44 km
13.15 First finisher 30 km
15.00 PRIZE CEREMONY 30 km
17.00 Finish line closes

SPLITS

Split-times is taken with Sisjön as well as Kyrkbyn Dala and Spårhagavägen on Saturday.

FINISH AREA

In the finish area you will find:

- Finisher soup, coffee and bread
- Medal or Belt buckle (50 mile finishers)
- Your bag from the start and drop bags
- Showers
- Massage (150 SEK/15 minutes)
- Café for you and your supporters

SUNDAY

Göteborg Opera house

04.30 Boarding of bus Tjolöholm (82 km)
04.45 Bus departs
04.45 Start kit hand out (on bus)

Tjolöholm

05.15 Bus arrives
05.15 Start kit hand out (inside "Manegen")
Finish line bag & drop bag check-in
05.15 GPS hand out/check-in
06.00 Start (up by the castle)

Start Källered

08.30 Start kit pick-up/bag check-in
10.00 Start 22 km Nordic Wellness Källered

Finish area Slottsskogsvallen

11.30 First finisher 22 km
13.00 PRIZE CEREMONY 22 km & Sprint triple
14.00 First finisher 82 km
16.00 PRIZE CEREMONY 82 km & Ultra triple
22.00 Finish line closes

CUT-OFFS

Friday (25 km)

- Sisjön (15 km) closes at 20.00
- Finish closes at 22.00

Saturday (30/44 km):

- Kyrkobyndala (-/11 km) closes at 9.00
- Spårhagavägen (8/22 km) closes at 13.00
- Sisjön (19/33 km) closes at 15.00
- Finish closes at 17.00

Sunday (22/82 km):

- Iglakärr (-/25km) closes at 11.00
- Lindome (-/40 km) closes at 13.00
- Kyrkobyndala (-/50 km) closes at 15.00
- Spårhagavägen (-/60 km) closes at 17.00
- Sisjön (11/72 km) closes at 19.00
- Finish closes at 22.00

LIVE GPS TRACKING

For 25, 82 km and the Ultra Triple GPS tracking is included in the price. Follow runners online at tractrac.com or download the app.