

Information

Welcome to Sandsjöbacka Trail 2018!

This is a selection of important information. The mandatory equipment is for your safety – a warm runner low on energy or forced to walk can quickly get into a life threatening hypothermia. The mandatory items shall be presentable during the whole course.

Bag service (All distances)

We will carry a small bag with change of clothes from the start to the finish area at Slottsskogsvallen. Use the enclosed bib number to mark your bag and leave it at the designated area.

Drop bag (only 82 km)

At the start of Tjolöholm Castle a small bag with personal items can be left for transport to Lindome aid station and then further on to Slottsskogsvallen. Choose a waterproof bag that you easily recognize.

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 with sufficient battery time
- GPS unit (lent out at the start)
- Headlamp (sunrise around 8, so approx 2h runtime is needed in the morning. In the evening it gets dark around 16.30.

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 with sufficient battery time
- GPS unit (Ultra Triple only, lent out at start)
- Headlamp (Dawn around 8)

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 with sufficient battery time
- GPS unit (Sprint Triple only, lent out at start)

Mandatory equipment 25 km

- Map (distributed with the start-kit)
- Liquid for 10-15 km (at least 0.10 l)
- Energy (at least 150 kCal)
- Extra underwear shirt or similar
- Extra shell jacket or survival blanket
- Dauer or similar elastic bandage
- Whistle
- Cellphone with sufficient battery time
- GPS unit (lent out at the start)
- Headlamp

Mandatory equipment 22 km

- Map (distributed with the start-kit)
- Extra shell jacket, dry sweater or survival blanket
- Dauer or similar elastic bandage
- Cellphone with sufficient battery time
- GPS unit (only Sprint Triple, lent out at start)

Mandatory equipment 12 km

- Map (distributed with the start-kit)
- Cellphone

PHONE NUMBERS

If you drop out you must call or sms any of the numbers below, also printed on map and racebib. Add them to your phone before the race.

0707-498559 / 0761-140984 / 0703-893688

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

In case of serious injury, call 112

Sandsjöbacka TRAIL

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 mud cake at the aid-station in Sisjön.

FRIDAY 12/1

Start Lindås skolan - 2XU Reflect Run 25K

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

Slottsskogsvallen Finish

19.45 First finisher
20:30 PRIZE CEREMONY 25K
22.00 Finish line closes

SATURDAY 13/1

Start Kungsbacka - Sätilla Vision Marathon 44K

05.30 Start kit pick-up/Bag check-in
06:00 GPS-handout (Ultra Triple)
07.00 Start 44 km

Liseberg Parking South

09:15 Start kit hand out
09.25 Boarding of bus to Sandsjöbacka 30 km
09.45 Bus departs

Start Sandsjöbackamotet - 30K

10.15 Start kit hand out/Bag check-in
10:15 GPS-handout (Sprint Triple)
11.00 Start 30 km

Start Sisjö Scoutstuga - Salming 12K

12.30 Start kit pick-up/Bag check-in
14.00 Start 12 km

Finish area Slottsskogsvallen

10.30 First finisher Sätilla Vision 44 km
12.00 PRIZE CEREMONY Sätilla Vision 44 km
13.15 First finisher 30 km
14.00 PRIZE CEREMONY 30 km
14.45 First finisher Salming12 km
15.30 PRIZE CEREMONY Salming 12 km
17.00 Finish line closes

SUNDAY 14/1

Liseberg Parking South

04.30 Boarding of bus Tjolöholm (82 km)
04.45 Bus departs

Start Tjolöholm - 82K

05.15 Start kit pick-up/Bag check-in
05:15 GPS-handout (mandatory)

05:45 Walk to the start (500m)

06.00 Start (up by the castle)

Start Nordic Wellness Källered - Sätilla Vision 22K

08.30 Start kit pick-up/bag check-in
09:00 GPS-handout (Sprint Triple)
10.00 Start 22 km

Finish area Slottsskogsvallen

11.30 First finisher 22 km
12:00 PRIZE CEREMONY 22 km
14.00 PRIZE CEREMONY Sprint triple
14.00 First finisher 82 km
15:00 PRIZE CEREMONY 82 km MEN
16:00 PRIZE CEREMONY Ultra triple MEN
17:00 PRIZE CEREMONY 82 km WOMAN
18:00 PRIZE CEREMONY Ultra triple WOMAN
22.00 Finish line closes

CUT-OFFS

Friday (25 km)

- Sisjön (15 km) closes at 20:00
- Finish-line closes at 22:00

Saturday (12/30/44 km):

- Kyrkobyn-Dala (-/11 km) closes at 9.00
- Spårhagavägen (8/22 km) closes at 13.00
- Sisjön (19/33 km) closes at 15.00
- Slättervallsgatan, only 12k (6km) closes at 15:00
- Finish-line closes at 17.00

Sunday (22/82 km):

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

LIVE GPS TRACKING

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

* For an up-to-date schedule, please refer to www.sandsjöbackatrail.se