

# Information

## Welcome to Sandsjöbacka Trail 2019!

*This is a selection of important information. Please take a moment to read this PM carefully to have all information you need. Also - bare in mind that the race take place in several of our beautiful nature reserves. Be careful about our Swedish freedom to reside in the forest and by the lakes. Absolutely zero tolerance against littering.*

### START KIT

Can be picked up at *Salming Concept Store, Ekonomivägen 2 Askim*. Special offers in the store if you pick up your bib any of the below days. **Tuesday - Thursday** (8<sup>th</sup> -10<sup>th</sup> January) **11:00 -18:00**. Startkit can also be picked up in connection to the start. Risk of queuing - be in time!

Your startkit contains your bib, a map and a soft cup that must be carried with you during the whole race. This year we chosed to remove all disposable cups.

### SERVICE AT START

At the various starting places you will always find your startkit, toilet or ”bajamaja” (portable toilet) and drinking water. We will also sell Maurten Drink Mix 160, 320 and gel for those who want to bundle with some extra energy.

### TIMING AND RESULT

EQ Timing is responsible for the timing. All distances are fitted with split stations and live results service that can be viewed online at:  
<http://sandsjobackatrail.se/live/>

### FINISH AREA

Inside Skansen Kronan there will be a possibility to change clothes. Shower opportunities are only available at the gym Nordic Wellness Domkyrkan during their manned opening hours. (Show bib to get a free shower) The easiest way to get there is by bus 25 from Pilgatan, the bus departs every 10 minutes. OPEN: Saturday 10-17 and Sunday 11-19 (No shower opportunity Friday.) Ask our volunteers if you need help to find it.

### FINISHER SOUP

After passing the finishline you will be served warm soup and coffe/tea, all included in your starting fee. For the audience/relatives it's possible to buy something to eat or drink in the café.



### SPLIT TIMES

Split time stations are placed at the following locations:

Friday: Årekärr, Sisjön

Saturday: Sandsjön, Kyrkobyn Dala, Spårhagavägen, Sisjön

Sunday: Kyrkobyn Dala, Spårhagavägen, Sisjön

### BARE IN MIND

- Are you running our 89K distance? Not returning the GPS-unit will cost you 1300 SEK.
- A cellphone is quickly discharged - especially if it is cold outside. Bring a powerbank or extra phone.
- Keep your liquid from freezing by wearing it under your jacket!



# Equipment

## Mandatory Equipment

*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 Skansen Kronan. Use the enclosed bib number to mark your bag and leave it at the designated area.

### Drop bag (only 89 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 the finishline. Choose a waterproof bag that you easily recognize.

### Mandatory equipment 89 km

- Map (distributed with the start-kit)
- Liquid for 30 km (at least 0.2 l)
- Sandsjöbacka Trail Soft Cup or similar
- 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 50 km

- Map (distributed with the start-kit)
- Liquid for 15-20 km (at least 0.15 l)
- Sandsjöbacka Trail Soft Cup or similar
- 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
- Headlamp (Dawn around 8)

### Mandatory equipment 37 km

- Map (distributed with the start-kit)
- Liquid for 15-20 km (at least 0.15 l)

- Sandsjöbacka Trail Soft Cup or similar
- 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

### Mandatory equipment 25 km

- Map (distributed with the start-kit)
- Liquid for 10-15 km (at least 0.10 l)
- Sandsjöbacka Trail Soft Cup or similar
- 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
- Headlamp (only 25K Black)

### Mandatory equipment 14 km

- Map (distributed with the start-kit)
- Sandsjöbacka Trail Soft Cup or similar
- Cellphone with sufficient battery time
- Headlamp (only 14K Black)

## 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.

**Race Director:** 0704 - 676 778

**Course Manager:** 0761 - 140 984

**Transport:** 0703 - 893 688

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

**In case of serious injury, call 112**

**Sandsjöbacka** <sup>TRAIL</sup>

# Schedule\*

*At our aid-stations there will be something to eat, something warm to drink, water and sportdrink. Don't forget your reusable Sandsjöbacka Trail Soft Cup. In Sisjön you can look forward to our famous chocolate mud cake - just as always!.*

## FRIDAY 11/1

### Start 14 km - Sisjön

16.30 Start kit pick-up/Bag check-in  
18.00 Start 14 km

### Start 25 km - Kålleröd

16.30 Start kit pick-up/Bag check-in  
18.00 Start 25 km

### Skansen Kronan Finish

19.00 First finisher 14K  
19.30 PRIZE CEREMONY 14K  
20.00 First finisher 25K  
20.30 PRIZE CEREMONY 25K  
23.00 Finish line closes

## SATURDAY 12/1

### Start 50 km - Kungsbacka

05.30 Start kit pick-up/Bag check-in  
07.00 Start 50 km

### Start 25 km - Kålleröd

09.30 Start kit hand out  
11.00 Start 25 km

### Start 14 km - Sisjön

12.30 Start kit hand out/Bag check-in  
14.00 Start 14 km

### Finish area Slottsskogsvallen

11.00 First finisher 50K  
12.00 PRIZE CEREMONY 50K  
13.00 First finisher 25K  
14.00 PRIZE CEREMONY 25 km  
15.00 First finisher 14K  
16.00 PRIZE CEREMONY 14K km  
17.00 Finish line closes

## SUNDAY 13/1

### Prebooked Shuttle - Skanstorget

04.30 Boarding of bus Tjolöholm (89 km)  
04.35 Bus departs

### Start 89 km - Tjolöholm

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 37 km Kungsbacka

07.30 Start kit pick-up/bag check-in  
09.00 Start 37 km

### Finish area Skansen Kronan

12.00 First finisher 37K  
12.30 PRIZE CEREMONY 37K  
13.00 PRIZE CEREMONY Sprint triple  
14.30 First finisher 89K  
15.30 PRIZE CEREMONY 89K MEN  
16.00 PRIZE CEREMONY Ultra triple MEN  
16.30 PRIZE CEREMONY 89K WOMAN  
18.00 PRIZE CEREMONY Ultra triple WOMAN  
22.00 Finish line closes

## CUT-OFFS

### Friday (14/25 km)

- Sisjön (-/13 km) closes at 21.00
- Slättervallsgatan (7/18 km) closes at 22.00
- Finish-line closes at 23:00

### Saturday (14/25/50 km):

- Sandsjö (-/-/11 km) closes at 09.00
- Kyrkobyn-Dala (-/-/19 km) closes at 11.00
- Spårhagavägen (-/-/25 km) closes at 13.00
- Sisjön (-/13/39 km) closes at 15.00
- Slättervallsgatan (7/18/44 km) closes at 16.00
- Finish line closes at 17.00

### Sunday (37/89 km):

- Torpa (-/13km) closes at 09.00
- Iglakärr (-/27km) closes at 11.00
- Lindome (-/40 km) closes at 14.00
- Kyrkobyn-Dala (-/56 km) closes at 16.00
- Spårhagavägen (13/65 km) closes at 18.00
- Sisjön (25/77 km) closes at 20.00
- Finish line closes at 22.00

\* For an up-to-date schedule, please refer to [www.sandsjobackatrail.se](http://www.sandsjobackatrail.se)