

Sandsjöbacka ^{TRAIL}

19-20 januari 2024



Foto: Jacob Zocherman

Welcome to Sandsjöbacka Trail 2024

This is important information about the race. 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 transport a small bag with a change of clothes from the start to the finish area at Skatås. Use a bag you can easy recognize

Drop bag (180 km and 90 km)

Apart from bag for finish, runners of the 100 miles course can have two dropabags for locations along the course and runners of 50 miles can leave one dropbag.

Mandatory equipment all distances

- Liquid and energy for about 20K running
- You own cup for liquid
- Extra underwear shirt or similar
- Extra shell jacket or survival blanket
- Elastic bandage
- Whistle
- Cellphone with sufficient battery time
- GPS unit (100 miles & 50 miles.
- Rekomended. GPX file

180K and 90K

- Long pants
- Headlamp

Friday 19/1

Anyone who wants to can pick up their start number 11.00-20.00.

Start 180 km - Skatås

Göteborgs Skidklubbs stuga.

11.00-20.00 Bag check-in/GPS handout
Start whenever you want between 11.00-20.00

Saturday 20/1

Prebooked busstransfer

04.15 Bus departs from Skatås
04.25 Bus departs from Lisebergs station
04.40 Bus departs from Busstation Varlaskolan, Kungsbacka

Aidstation Tjolöholm 180 km

04.00-05.45

Place to rest indoors. Dropbag

05:55 Cut off Tjolöholm.

Start 90 km- restart 180 km

Tjolöholm

05:15 Bag checkin

05:15 GPS-handout (mandatory)

05:45 Walk to the start (500m)

06:00 Start 90 km - restart 180 km

Aid stations

Fjäråsbräcka - 77,7 km from finish line

Unmanned - Water

Anneberg - 59,5 km from finish line

Open 9:00 -12:30 - Cut off 12.30

Dropbag, Soup and bread, Water, Umara energy, fruit

Kyrkobyn Dala - 41 km from finish line.

Open 10-15.30 - Cut off 15.30

Umara energy, water, fruit.

Sisjön, 20 km from finish line.

Open 12.00-19.00 - Cut off 19.00

Umara energy, fruit, water, coffee mudcace

Start 60 km Kungsbacka

Lindens torg (outside of Nordic Wellness)

08:00 Startnumber distribution, bag check in

09:00 Start 60 km

Aidstations

Kyrkobyn Dala - 41 km from finish line.

Open 10-15.30 - Cut off 15.30

Umara energy, water, fruit.

Sisjön, 20 km from finish line.

Open 12.00-19.00 - Cut off 19.00

Umara energy, fruit, water, coffee mudcace

Start 30 km Kålleröd

Ramängsvägen (utanför Nordic Wellness)

11:00 Startnumber distribution, bag check in

12:00 Start 30 km

Aid stations

Sisjön, 20 km from finish line.

Open 12.00-19.00 - Cut off 19.00

Umara energy, fruit, water, coffee mudcace

Finish area, Skatås

14.00-14.30 first finisher 30 km & 60 km

15:30 First finisher 90 km

23:00 Finish line closes

PHONE NUMBERS

If you drop out you must call or sms any of the numbers below. Add them to your phone before the race.

Race Director: 0704 - 676 778

Course Manager: 0761 - 140 984

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

In case of serious injury, call 112

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Välgörenhetslopp där överskottet går till diabetesfonden

Med koden **SSBT10** får du 10% på din anmälningsavgift

www.runraisers.com/

Instagram: @run_raisers