

Sandsjöbacka **TRAIL**

17-18 January 2025



Foto: Jacob Zocherman

Welcome to Sandsjöbacka Trail 2025

Sandsjöbacka Trail competition was born as a result of many solitary winter runs through the Sandsjöbacka Nature Reserve. This area, located south of Gothenburg, is wild and exciting Running through the dawn or sunset from point A to point B through varied terrain and getting somewhere is a special feeling and experience. We want to convey that feeling through our event, where the focus lies on your experience of the race. In the following some important information for your race on 17-18 January 2025.

PLEASE NOTE

Participation is at your own risk. Be careful at road crossings as regular traffic rules apply during the race. We recommend high viz clothing for improved visibility in traffic.

If you need to withdraw: Go to the nearest checkpoint and contact the staff on site. You are then responsible for your own transport to the finish/home via your own means of transport or public transport.

In the event of an incident outside the checkpoints, the organizer cannot guarantee transport or assistance.

In case you withdraw from the race and do not inform the race management, and the organizer must conduct a search, you will be liable for the costs.

If you do not return your GPS device, you will be charged 1300 SEK.

When nature calls during the race and you need to take a comfort break, make sure to do so in a well-hidden place in a non-residential environment. Any residuals should ideally be buried or at least covered with sticks and leaves. And of course, we do not throw any litter in nature. Littering can lead to disqualification.

The race bib must be worn visibly on the chest or leg.

Be aware that a mobile phone battery drains quickly – especially if it is cold outside. Bring an extra battery and/or phone.

In case of serious injury or accident, call emergency dispatch at 112! The event organizer recommends that you download the official app entitled "SOS Alarm 112" provided by SOS Alarm AB and use it in case of emergency.

If you come across a runner in distress, it is mandatory to provide help and assistance. Failing to do so will lead to disqualification.

LIVE GPS-TRACKING

You can follow the 90 k and 180 k runners via GPS tracking [HERE](#). Check our [website](#) or our [Facebook](#) page for more information.

BAG SERVICE (all distances)

You can hand in one **small finish bag** (ideally 15 liter) containing a change of clothes, etc in the starting area for your race. The bag then will be transported to the finish line in Skatås. Choose a bag that you easily can recognize, mark it with your designated race number and had in the bag at the bag drop before the start.

Drop bag (90 k and 180 k)

In addition to the finish bag, those running 90 k and 180 k can hand in a drop bag at the start in Tjolöholm. Choose a waterproof bag that you can easily recognize.

Those racing 180 k can leave an additional drop bag, which will be available to you at Tjolöholm. Even the drop bag needs to be marked with your designated race number.

Mandatory equipment for all runners

- Liquid
- Reusable cup (aid stations do not provide disposable cups)
- Energy
- Additional base lay shirt or similar
- Extra shell jacket or emergency blanket
- Elastic bandage or similar
- Whistle
- Mobile phone with sufficient battery life
- Recommended: GPX file in mobile phone and/or watch

The organizer will conduct random checks of the mandatory equipment at the start.

Finish

You will receive a medal and a warm food upon finishing. Some showers are available.

PHONE NUMBER

You will find phone numbers to the organizers on your race number. Please save the following phone numbers in your mobile phone prior to the race.

Organiser: +46 073 513 59 03

Race director: +46 076 114 09 84

AID STATIONS

Aid stations do not provide disposable cups – therefore you need to bring your own. Every aid station offers Umara energy drink and water. Additional running nutrition is provided at all aid stations. Please find the detailed description for every aid station below. Umara sportdrink contains 90 gram carbs per liter.



Foto: Jacob Zocherman

The mandatory equipment is for your safety – a warm runner who must walk or is low on energy can quickly suffer from life-threatening hypothermia, especially in wintry conditions. You need to bring along enough equipment so that you can stay warm, safe and fed at least an hour if you have to stop during the race. The mandatory equipment listed below must be available for inspection throughout the race. Random checks will be conducted at the finish line. The specified amount of liquid must be carried at the start, containers for the corresponding amount must be shown during a possible finish line check.

The organizer will transport a small bag with a change of clothes, etc., from your race start to the finish line at Skatås. Label the bag with the designated race number and leave it at the indicated place before the start.

Mandatory equipment 30 k race

- Liquid and energy for 10–15 km
- Reusable cup (aid stations do not provide disposable cups)
- Additional base lay shirt or similar
- Extra shell jacket or emergency blanket
- Elastic bandage or similar
- Whistle
- Mobile phone with sufficient battery life
- Recommended: GPX file in mobile phone and/or watch

Mandatory equipment 60 k race

- Liquid and energy for 15–20 km
- Reusable cup (aid stations do not provide disposable cups)
- Additional base lay shirt or similar
- Extra shell jacket or emergency blanket
- Elastic bandage or similar
- Whistle
- Mobile phone with sufficient battery life
- Recommended: GPX file in mobile phone and/or watch

Drop bags 180 k race

180 k runners can hand in two drop bags at the start. One bag will be available at Tjolöholm and the other at the checkpoint in Anneberg. Please designate desired destination for each drop bag.

Drop bag 90 k race

At the start at Tjolöholm Castle, 90 km runners can leave a small bag that will be transported to the aid station in Anneberg and then on to Skatås. Choose a waterproof bag that you can easily recognize. Label the bag with the designated race number.

Mandatory equipment 90 k and 180 k

- **90 k** – Liquid and energy for at least 35 k
- **180 k** – Liquid and energy for at least 50 k (No aid stations available outbound but with possibility to purchase running nutrition and liquid at roughly kilometer 48 at Sandsjöbacka petrol station).
- Reusable cup (aid stations do not provide disposable cups)
 - Long pants or tights
 - Additional base lay shirt or similar
 - Extra shell jacket or emergency blanket
 - Elastic bandage or similar
 - Whistle
 - Mobile phone with sufficient battery life
 - GPS-unit that you will receive at the start
 - Headlamp (Dawn at roughly 8 a.m., dusk around roughly 4:30 p.m.)
 - Recommended: GPX-I in your mobile phone and/or watch

How to make it to the start

You can easily reach all starting points (except for the 90 k race) by public transport. See www.vasttrafik.se for train or bus information.

30 k race: train stop Kållered station

60 k race: Kungsbacka station

Make sure to arrive in time to pick up your race number. You will receive an SMS with your race number. Have it ready when picking it up.

TIMETABLE

FRIDAY 17/1

Any race participant can pick up the race bib at the finish line in Skatås at the club house for Göteborgs Skidklubb (Orienteraren 4, 416 55 Göteborg). If you cannot pick up your race bib during those hours, it is possible to pick up your race bib at the start of your race. Keep in mind that many will pick up their race bib at the start, so make sure to be on time.

Start 180 k race in Skatås

10-20 a.m. Race bib pick up, bag drop, GPS pick up. Free start between 11 a.m. and 8 p.m.

SATURDAY 18/1

Pre booked bus transfer for 90 k race

4.10 a.m. Boarding bus to Tjolöholm at Skatås parking lot

4.15 a.m. Bus departs from Skatås parking lot

4.25 a.m. Pickup at Liseberg station

4.40 a.m. Pickup at Varlaskolan bus stop, Kungsbacka

180 km race

Checkpoint Tjolöholm (89 km)

Open between 4-5:45 a.m., cutoff time 5:55 a.m. Indoor resting area and access to dropbag, Umara sports drink, water, coffee, instant soup.

Start 90 k race - Tjolöholm

5:15 a.m. Race bib distribution, bag drop, GPS pick up

5:45 a.m. Walk to start (approx. 500m)

6:00 a.m. Start 90 k race and restart 180 k race

Checkpoint Fjäråsbräcka - 77,7 k from finish

Unmanned - water from tap outside of Naturum.

Checkpoint Anneberg - 59,5 km from finish

Open between 9 a.m. - 12:30 p.m. Dropbag, soup and bread, Umara sports drink, water, fruit. Cutoff time 12:30 p.m.

Checkpoint Kyrkobyn Dala - 41 km from finish

Open between 10 a.m. - 3:30 p.m. Umara sports drink, water, coffee, fruit.

Cutoff time 3:30 p.m.

Checkpoint Sisjön - 20 km from finish

Open between 12-7 p.m. Umara sports drink, water, coffee, fruit, chocolate cake.

Cutoff time 7 p.m.

Start 60 k Kungsbacka

Lindens torg (utanför Nordic Wellness)

8 a.m. Race bib distribution, bag drop

9 a.m. Start 60 k race

Checkpoint Kyrkobyn Dala - 41 km from finish

Open between 10 a.m. - 3:30 p.m.

Umara sports drink, water, coffee, fruit.

Cutoff time 3:30 p.m.

Checkpoint Sisjön - 20 km from finish

Open between 12-7 p.m.

Umara sports drink, water, coffee, fruit, chocolate cake

Cutoff time 7 p.m.

Start 30 k race - Kållerød

Ramängsvägen (outside Nordic Wellness)

10:30 a.m. Race number distribution, bag drop

Midday (12) Start 30 k race

Checkpoint Sisjön - 20 km from finish

Open between 12-7 p.m.

Umara sports drink, water, coffee, fruit, chocolate cake

Cutoff time 7 p.m.

FINISH AREA SKATÅS

2 p.m. - 2:30 p.m. First finishers 30 k and 60 k race

3 p.m. First finishers 90 k race

11 p.m. Finish line closes

PARTNERS

MERRELL.

Clothing and shoes for trail runners

25 % off shoes at www.merrell.com

Use code: Merellsand25



Energy for endurance

15 % off all products. Valid until 31/1 and applies to one purchase per person.

Use code: sand25umara15

www.umara.se



We are raffling off entries to the following races.