

# SÄTILA TRAIL

## 12 NOVEMBER 2016

### Welcome to Sätila Trail – a running adventure through 120 years

*On Saturday November 12<sup>th</sup> we run the premiere of a brand new trail event. In the paths of history passing the deep blue lakes of the county of Halland, over the magic mountain “Texelberg”, through the old village of Äskhult, over waterfalls and withering heights. On paths and gravel roads – with start at Lygnevi beach in Sätila.*

#### In the footsteps of history

The different courses are made up from a number of carefully placed loops in the magnificent nature along the beaches of lake Lygnern and in the surrounding woods. You can chose between:

- Byslingan, 5 km
- Grebbeshultslingan, 10 km
- Half marathon 21 km
- Marathon, 42 km
- Fjäråsslingan, 80 km
- Jubilee course, 120 km

For more information about e.g. the courses and maps see our website [www.satilatrail.se](http://www.satilatrail.se).

#### Start and finish

The different starts Saturday November 12th 2016 is at 03:00 (120 km), 05:00 (80 km), 10:00 (42 km), 13:00 (21 km), 14:00 (10 km) and 15:00 (5 km) CET.

Race central is at Lygnevi IP and the start is at the pier of Lygnevi. Finish is at Lygnevi IP.

#### Aid stations

Along the courses there will be a number of aid stations where you can refill on water and sports drink. There is 1 aid station for 10 km, 2 for 21 km, 3 for 42 km, 4 for 80 km and 8 for 120 km. Of course there will be drinks and snacks at the finish as well.

There will be a **Dropbag** zone.

#### Medal

Everyone who finishes gets a specially designed medal together with a gift bag at the finish.

#### Timing and results

All races will be timed. Apart from this 80 and 120 km will have GPS tracking. Results will be published on our website immediately after the race.

#### Share your race LIVE

We will offer all participants free access to RaceOne, which makes it possible to track you LIVE during the race via your mobile phone GPS.

#### Cut off times

The finish line closes at 23:00 CET. Cut-off for 120 km is 20 hours, 80 km 18 hours and 42 km 13 hours. Just remember that the sun sets at 16:00 so you will need a headlight not only in the beginning but also in the end of both 120 and 80 km.

#### Registration

Registration opens on May 25<sup>th</sup> on our website where all the different prices are available. The price includes bib, aid stations, timing, medal and a gift bag with lots of nice stuff from our partners.

On-site registration is possible as long as the race is not fully booked. We prefer payment by card but cash is of course also ok..

**SEK 10 of your payment is donated to restoration of the pier at Sätila beach, Lygnevi.**

#### Organisation

Sätila Trail is made by Sandsjöbacka Trail/Nedevska Coaching & Events, Sätila of Sweden, OK Räven and Markbygdens OK on an initiative by Sätila of Sweden celebrating their 120 year's anniversary 2016.

