

SÄTILA TRAIL

11 NOVEMBER 2017

PM Sätila Trail

Important information for participants at Sätila Trail

Bib

Your bib should be in front or on the leg and be clearly visible at lapping and the finish line. DO NOT fold the bib as this could destroy the timing chip on the back. You get your bib at:

Hälsarhuset – Skogshällsvägen 3, in central Sätila
Friday November 10th kl 17-20

Lygnevi IP – Lygnevivägen, 511 69 Sätila
Saturday November 11th

- 23.30-00.30
- 04.30-05.30
- 8.30-14.30

Parking Lygnevi

At Lygnevi IP there is a big gravel area for parking. See map at: <https://goo.gl/S2SPSL>

Courses

Maps of all distances are available at satilatrail.se. You will get a printed map together with your bib. There will be markings along the courses, both regular and reflective ones for those parts that are run after sunset.

BE CAREFUL AT STEEP SECTIONS!!

Start

Race center is at Lygnevi IP and the start is at the beach just beside.

- 01:00 Jubileumsbanan, 121.9 km
- 06:00 Fjäråsslingan, 83.9 km
- 10:00 Marabanan, 45.0 km
- 13:00 Halvmarabanan, 23.0 km
- 14:00 Grebbeshultslingan, 10.7 km
- 15:00 Byslingan, 5.5 km

Aid stations

All courses have aid stations for refilling energy and fluids.

Aid stations selection

- **Lygnevi (23/121, 40/121 km)**
Water, Sports Drink, Dropbag
- **Navåsen (20/83, 59/121 km)**
Water, Sports Drink, Candy, Coffee, broth, bread
- **Helsjön (35/83, 74/121 km)**
Water, Sports Drink, Candy, Coca Cola, Pickled cucumber
- **Äskhult (50/83, 89/121 km)**
Water, Sports Drink, Candy, Coffee, broth, Gastronomia Biscuits, Bread and och Pancetta, Dropbag
- **Bräckan (58/83, 97/121 km)**
Water, Sports Drink, (Naturums Café open until 16:00 serving eco "fika", soup, pastry, buns etc. Bring card or cash)
- **Ålgårda (68/83, 107/121 km)**
Water, Sports Drink, Candy, Coca Cola, Pickled cucumber
- **Ramhulta (17/23, 38/45, 77/83, 116/121 km)**
Water, Sports Drink, Candy, Coca Cola, Coffee, Broth, Cinnamon Buns
- **Torrås (8/45 km)**
Water, Sports Drink, Candy, Coca Cola, Pickled cucumber
- **Almered (15/45 km)**
Water, Sports Drink, Candy, Coca Cola, Pickled cucumber
- **Sätila (3/5, 9/10, 9/23, 22/45, 32/45 km)**
Water, Sports Drink, Candy, Coca Cola, Coffee, Broth, Cinnamon Buns
- **Grebbeshult (6/10, 6/23 km)**
Water, Sports Drink, Candy,



Mandatory equipment

Wear appropriate clothing both for visibility in the traffic and the woods. All races except 5 and 10 km have mandatory equipment **for your safety**.

21 km

- Map (in your start kit)
- Extra sweater or emergency blanket
- Compression bandage
- Cell phone

42 km

- Fluid for 20 km (min 0,15 l)
- Map (in your start kit)
- Energy (min 200 kCal)
- Extra sweater
- Extra jacket or emergency blanket
- Compression bandage
- Whistle
- Cell phone
- Head light (not obl. but dark after 16)

80 & 120 km

- GPS unit (see GPS tracking)
- Map (in your start kit)
- Fluid for 30 km (min 0,2 l)
- Energy (min 250 kCal)
- Extra sweater
- Extra jacket or emergency blanket
- Compression bandage
- Whistle
- Cell phone
- Head lamp

Important

- **You can get hypothermic by just getting tired and having to walk for a while – DO bring ALL mandatory equipment.**
- The cell phone should last more than the whole race – bring extra power.
- All deliberate littering means disqualification.

Bags & dropbag

At Lygnevi IP you leave your bag with stuff for the finish line. Mark it with your bib number. At 80 and 120 km you can have 1 (80K) or 2 (120K) **dropbags** with stuff needed during the race. Use a **water proof** bag and mark with the following:

- DROPBAG + Name / bib number
- ÄSKHULT or VARVNING (lapping)

The bag at lapping (endast 120 km) you have to place yourself on site – ask a volunteer at site. Dropbag for Äskhult (80 and 120km) you leave at registration and we will transport it to the aid station in Äskhult. We transport the bags back to the finish after the closing of the aid station.

FINISH

The finish is in the barn at Lygnevi IP. All finishers get a specially designed medal and soup, bread and pancetta from Eriksbergs Gastronomia.

Shower & sauna

Near the finish line there are showers and sauna. Participants for 5-42 km at "Sätilaskolans lilla hall" 8-18 (see <https://goo.gl/S2SPSL>). Participants at 80-120 km at Lygnevi IP.

ACCESS CODE (open 8-18): **282692**

At the finish you get a plastic bag from "Carlsons" (the local grocery) – put your dirty stuff here before you shower.

Timing and results

All distances have timing from [EQ Timing](#) with a chop on the back of your bib.

80 and 120 km will have GPS tracking (see below). Results will be presented at our website.



LIVE GPS tracking 80 & 120 km

For 80 and 120 km you get to borrow a separate GPS unit [Legends Tracking](#) – saves battery for emergencies!

Your journey can be tracked at: <http://satila.legendstracking.com/>



Max times

120km second lapping (40 km) 08:00 the latest

- Navåsen 12:00
- Hellsjön 15:00
- Äskhult 17:00
- Bräckan 20:00
- Ålgårda 22:00
- Ramhulta 23:00

Finish line closes kl 00:00 the night between Saturday and Sunday.

NOTE. Sun sets at 4 pm – head lamp could be needed in the beginning as well as the end of 80 and 120 km.

