



PM Sätila Trail

Important information for participants at Sätila Trail 2018.

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 9th kl 17-20

Lygnevi IP: Lygnevivägen 510 21 Sätila, kl 05.00
and forward Saturday november 10th.

Parking

At Lygnevi IP there is a big gravel area for parking (directions from the center of Sätila).
Map: [Google Maps](#)

Busstop: Sätila Kyrka about 700m from Lygnevi IP.

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.

OBS! BE CAREFUL AT STEEP SECTIONS!

82km – Due to some changes of the trail Hallandsleden, we have been forced to draw the course a bit longer than last year, about 700m. This change does not exist on the Sätila Trail maps, but the tracks are well marked so it should not be a problem.

Start

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

- 06.00 Fjäråsslingan, 82km
- 10.00 Marabanan, 42km
- 13.00 Halvmarabanan, 22km
- 14.00 Grebbeshultslingan, 10km
- 15.00 Byslingan, 5km

All runners are to be present at the start area at least **10min** before start, to go over a short review of the race.

Aid stations

All courses have aid stations for refilling energy and fluids.

Aid stations selections

- **Navåsen (82km)**
Water, Umara Sports drink, Candy, Coffe, Broth, Chips
- **Helsjön (82km)**
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Äskhult (82km)**
Water, Umara Sports drink, Candy, Coffe, Broth, Chips. Dropbag.
- **Bräckan (82km)**
Water, Umara Sports drink. (Naturums Café open until 16:00 serving eco "fika", soup, pastry, buns etc. Bring card or cash)
- **Ålgårda (82km)**
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips

- **Ramhulta** (22km, 42km, 82km)
Water, Umara Sports drink, Candy, Coca Cola, Coffe, Broth, Buns,
- **Torrås** (42km)
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Almered** (42km)
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Sätilla** (5km, 10km, 22km, 42km)
Water, Umara Sports drink, Candy, Coca Cola, Coffe, Broth, Buns, Chips
- **Grebbeshult** (10km, 22km)
Water, Umara Sports drink, Candy

UMARA sports is this year Sätilla Trails official sports drink supplier and you can find their drinks on each aid station around the courses.

They will also be present att Lygnevi IP with their products if you are interested in buying anything.

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**.

22km

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

42km

- Fluid for 20km (min 0,15l)
- Map (in your start kit)
- Energi (min 200kCal)
- Extra sweater
- Extra jacket or emergency blanket
- Compression bandage
- Whistle
- Cell phone
- Head light (not obl. But dark after 4pm)

82km

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

Important:

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

Bags och dropbags

At Lygnevi IP you leave your bag with stuff for the finish line. Mark it with your bib number. At 82km you can have one dropbags with stuff needed during the race. Use a water proof bag and mark with the following:

DROPBAG ÄSKHULT + Name/ startnumber

Dropbag for Äskhult will be collected before start and we will transport it to the aid station 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 fruit. The soup is vegetarian and cooked by Båthuset(Lygnern AB).

OBS!

If you get in some kind of problem along the race or have to end the race before the finish line, you can call this emergency number to the race team at Lygnevi IP: **073 805 60 17**

Shower & Sauna

Near the finish line there are showers and sauna at Lygnevi IP for participants at 82km. For participants at 5-42 km we have showers 500m from the finish at "Sätilaskolan" (see [Google Maps](#))

ACCESS CODE: 282692

Timing and results

All distances have timing from **EQ Timing** with a chip on the back of your bib.



GPS-tracking.

For 80km you get to borrow a separate GPS unit – saves battery for emergencies!

Maxtimes

Time limits 82km:

- 19.4 km: Navåsen closes kl 10:00
- 33.6 km: Hellsjön closes kl 12:45
- 48.7 km: Äskhult closes kl 16:00
- 57.2 km: Fjärås closes kl 17:45
- 67.0 km: Ålgårda closes kl 20:00
- 76.7 km: Ramhultafallet closes kl 22:00

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 82 km.

Contact information

073 805 60 17 el. 073 032 44 90

Mail: info@satilatrail.se

Facebook: @satilatrail

We wish everyone a good race and hope that you are at least as excited for next weekend as we are!

