

SÄTILA TRAIL



Rules:

Sätila Trail is race for everybody. The purpose is first of all to show you the wonderful nature around the city of Sätila and Lygnern. But we also want to give you the opportunity to compete with yourself, the nature and your fellow contestants.

The following are some rules that everyone needs to follow.

Safety:

- You compete on your own risk
- Be careful at the crossroads. Usual traffic rules apply. We recommend that you use cloths with reflecting material.
- It is mandatory to help a fellow contestant if needed.
- Always contact the competition management if you decide to break the race. If you don't do this, you will be held accountable for the cost of the search patrol.
- Phone number to the competition management is on the map of the race as well as on your number bib.

Littering:

Littering is strictly prohibited. Doing this on purpose will lead to disqualification.

Support:

Energy service of beverages, energy supplies and clothes are only allowed at official stations.

Max times:

The finish closes at 00.00 on the night between Saturday and Sunday. Max times for the races are as follows:

- Lygnernslingan: 18 h
- Marabanan: 14 h

Mandatory equipment:

The following equipment are to be worn by every contestant. We will preform random check-ups. The amount of water listed below are required at start and the container for that water...

A lost GPS will lead to a bill of 1300 SEK.

Mandatory equipment for 5 and 10 km:

- A smile on your face

Mandatory equipment for 22 km:

- A map (available in the start-kit)
- An extra sweater
- Compression wrap
- A phone

Mandatory equipment for 43 km:

- A map (available in the start-kit)
- Beverage for 20 km (at least 0,15L)
- Energy (at least 200 kcal)
- An extra baselayer shirt
- An extra thick jacket
- Compression wrap
- A whistle
- A phone
- A head lamp (not mandatory but it will get dark after 16.00)

Mandatory equipment for 85 km:

- A map (available in the start-kit)
- Beverage for 30 km (at least 0,2L)
- Energy (at least 250 kcal)
- An extra baselayer shirt
- An extra thick jacket
- Compression wrap
- A whistle
- A phone
- A head lamp (not mandatory but it will get dark after 16.00)

SÄTILA TRAILS SAMBETSPARTNERS

