

# SÄTILA TRAIL

## RACE INFORMATION SÄTILA TRAIL 2023

Important information for participants at Sätila Trail 2023

### Parking and arena

The Arena is at Lygnevi IP in Sätila down by the lake Lygnern. Lygnevivägen 8, Sätila

At Lygnevi IP there is a big gravel area for parking (directions from the center of Sätila).

Bus Stop: Sätila Kyrka about 700 m from Lygnevi IP.

### Bib

**Get your bib at:**

**Hälsarhuset:** Skogshällsvägen 3, Sätila  
Friday 10 November, between 17.00-20.00.

**Lygnevi IP:** Lygnevivägen 8, Sätila.  
Saturday 11 November, from 05.00 and forward.

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

### Courses

Maps of all distances are available at [satilatrail.se](http://satilatrail.se). 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!**

All courses will be well marked, but we encourage everyone to take a good look at the maps before the race so you are well prepared.



### Start

The arena is at Lygnevi IP and the start is at the beach nearby.

- **06.00 Lygnernslingan 85km**  
(Itra 3p + UTMB)
- **10.00 Marabanan 43km**  
(Itra 1p + UTMB)
- **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 information.

### Aid stations

All courses have aid stations for refilling energy and fluids. At the stations you can find, water Umara Sports energy, candy, coffee, chips, Coca Cola and buns.

**All the aidstations:**

- **Navåsen (85km)**
- **Helsjön (85km)**
- **Äskhult (85km)**  
Dropbag station!
- **Bräckan (85km)**  
Only water and Umara Sports energy.  
(Naturums Café open until 16:00 serving eco-”fika”, soup, pastry, buns etc. Bring card or cash)
- **Lerbäck (85km)**
- **Ramhulta (22km, 43km, 85km)**
- **Torrås (43km)**
- **Almered (43km)**
- **Sätila (5km, 10km, 22km, 43km)**
- **Grebbeshult (10km, 22km)**

**UMARA SPORTS** is this year's official sports drink supplier and you can find their energy drinks on each aid station around the courses.

They will also be present at 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, use reflective clothes. All races except 5 and 10 km have mandatory equipment **for your safety**.

#### **22km**

- Extra sweater or emergency blanket
- Compression bandage
- Cell phone

#### **43km**

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

#### **85km**

- GPS unit (se GPS-tracking)
- Fluid for 30km (min 0,2l)
- Energy (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 and dropbags**

At the arena you leave your bag with stuff for the finish line. Mark it with your bib number. At 85km you can have one dropbag with stuff needed during the race. Use a waterproof bag and mark with the following:

#### **DROPBAG ÄSKHULT + Name/ startnumber**

Dropbag for Äskhult will be collected before the 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 at Lygnevi IP. All finishers get a specially designed medal, soup, bread and fruit at the finish line. The soup is vegetarian.

### **OBS!**

If you get in some kind of problem along the race or have to end the race before the finish line, you need to call this emergency number to the race team at Lygnevi IP we will have cars ready to get you if needed: **+46 730440956**

### **Shower & Sauna**

Near the finish line there are showers and a sauna at Lygnevi IP for participants at 85km. We don't provide shower possibilities for the other courses 5km-43km, so we recommend warm clothing to change to after the race. We also recommend a cold dip in Lygnern for those who dare!

### Prize ceremony

Top three participants in every class will get a prize at the prize ceremony, which will be held as soon as possible after the winners are confirmed and the results are set.

### Timing and results

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



### GPS-tracking.

Everyone who participates in 85km will get to borrow a separate GPS unit under the race – saves battery for emergencies!

The GPS-tracing will be published for everyone to see by a link at the website: [satilatrail.se](http://satilatrail.se) and also at a live screen on the arena.

### Maxtimes

Time limits 85km:

- 21 km: Navåsen closes kl 10:00
- 35 km: Helsingön closes kl 12:45
- 50 km: Äskhult closes kl 16:00
- 58,5 km: Fjärås closes kl 17:45
- 69 km: Lerbäck closes kl 20:00
- 78 km: Ramhultafallet closes kl 22:00

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

**NOTE.** Sun sets at 4 pm – headlamp could be needed in the beginning as well as the end of 85 km.

### Contact information

072 187 19 79 el. 073 032 44 90

Mail: [info@satilatrail.se](mailto:info@satilatrail.se)

Facebook/instagram: @satilatrail

**We wish everyone a good race and hope that you are excited and ready for Sätla Trail 2023!**

SÄTILA

