

Hike information – FULL and HALF distance of SKOGSMARAN

Saturday September 29th 2018

(PLEASE NOTE: that there is other specific information regarding the marathon run)

Your registration is personal and cannot be transferred to someone else. All participants compete at their own risk.

IMPORTANT TIMES

- Start of the FULL DISTANCE: Skatås 07.00 am. (Late registration and collection of number tags starting at 06.30 am)
- Start of the HALF DISTANCE: Härryda IP 10.05 am (Late registration and collection of number tags starting at 09.00 am)

Maximum time to complete the distance is 10 hours

REGISTRATION

Before September 22nd:

- 430 SEK for full distance (320 SEK for half) Cancellation with refund only given if a doctor's note is provided.

Late registration:

- Can be done at both starting points, please see the information above regarding times.
- Late registration at Skatås for the full race is 500 SEK (400 SEK at Härryda IP for half)

Number tag with a chip

Envelopes containing a number tag with a chip, and instructions are distributed at the assigned starting points. Envelopes can also be collected between the 26th and 28th of September at Löplabbet in Gothenburg, Östra Hamngatan 7

<http://www.loplabbet.se/butik/goteborg-ostra-hamngatan>

Changing rooms

- Skatås: below the Motionscentralen, marked with a Skogsmaran banner
- Härryda IP: the clubhouse by the parking lot
- Finish line Hindås: changing rooms and showers are located in the middle school gym next to the finish line area

Bags and personal belongings

Bags with personal belongings can be taken care of at the starting points and delivered to the finish line. They will be marked with your starting number. We do not take responsibility for any lost items, so please do not leave any valuables in your bag.

Trail markings

Preexisting markings for Vildmarksleden will guide the way. Additional signs and markings may be put up.

Hydration stations

There will be water or sports drink at five stations along the full distance where it passes close to a bigger road.

	FULL, approx. km	HALF, approx. km	
Kåsjön	10 km	—	(water, sports drink)
Härkeshult	18 km	—	(water, sports drink, soup)
Härsjödamm	24 km	5 km	(water, sports drink, banana)
Härskogen	30 km	10 km	(water, sports drink, coca cola, banana, chips)
Gransjöås	35 km	15 km	(water, sports drink, coca cola, banana, chips)

Participation at your own risk

Basic first aid kits will be available at the hydration stations. If anything serious occurs, 112 will be contacted

Plaque

Everyone that finishes the FULL or HALF distance of Skogsmaran will receive the finishing Plaque of 2018

Transportation

There are good parking options around the finish line. Public transportation connects you with Gothenburg and Borås approximately every half hour with the occasional train as well. Please see Västtrafiks website for more detailed information:

<http://reseplanerare.vasttrafik.se/>

Housing

If you are looking for housing, you are welcome to stay at Hjortviken in Hindås, only 25 minutes from Gothenburg and just 10 minutes from an international airport - Landvetter. In quiet surroundings with a splendid view of an unspoiled lake – Swedish nature at its best. 90 rooms, beautiful restaurant, sitting areas and a large sauna facing the lake. Treat yourself with a hotel stay with us before or after the race.



28-29 September Wake up after a good night sleep in our comfortable beds. Start the day with our healthy breakfast buffet before the marathon.

29-30 September Relax after the marathon with a warm sauna, a sleep over and our appreciated breakfast buffet, before leaving for home.

650 SEK per person and night

<http://www.hjortviken.se/en/contact-us/>

You can also visit the tourist agency of Gothenburg at <http://www.goteborg.com/turistbyran>

Finish line

When you have finished the distance you'll be served with water, energy drinks, chocolate biscuits and fruits right away. We will also be serving hamburgers or a vegetarian option for those who wish (this is included for participants)