



**Ten Island Race**

**RACE PM 2016**

# Schedule

## Wednesday Aug 17 – Thursday August 18

16:00 – 20:00 Pick up Start Kits at Team Sportia Frölunda Torg,  
Västra Frölunda

## Saturday August 20 (all classes)

07:00-09:00 Kayak start area opens (supervised from 07:00)

07:30-09:00 Pick up Start Kits at Hotell Trubaduren, Västra vägen  
17, Hönö

07:00-10:30 Breakfast buffet at Hotel Trubaduren (99 SEK)

08:00-10:00 Leave drop-off bags at start/finish area

ca. 17:00 Award ceremony at Hotel Trubaduren

19:00 End of kayak valet on Hälsö

- 01:00 After Race Party and food at Hotel Trubaduren

## Open Class / Race Ladies/ Race Mix

08:30 Race meeting Hotell Trubaduren

09:00 Start

## Tävling Herr

09:30 Racemöte Hotell Trubaduren

10:00 Start

## News Ten Island Race

There are a news and changes this year specifically presented here and also further down in the memo.

### Race Timing

This year it will be possible to follow the race live on [www.10islandrace.com/live](http://www.10islandrace.com/live)

We will no longer be using Sportident for the checkpoints, instead we will use the GPS devices. The GPS registers when you are at the checkpoint. So get to the checkpoint at each marker and this will be registered digitally.

As a backup, we will use the same timekeeping system as Ten Island Swimrun. Therefore, each team will carry a transponder on the right / left ankle that registers you at several positions along the course. It is this that will be the official race timing result and sync with your GPS positions during the race.

### Kayak route

The final kayak section from Hyppeln is changed to be completed within Hälsö harbor. You will dock with your kayaks in the northeast corner of the harbor (Tjolvägen / Postvägen / Varvsvägen) where there is a boat ramp. Kayaks are then carried to the grass plain after about 75 meters where the Transition Area (TA) is. The kayaks should be left there at the designated area. You will still paddle into the inlet between Burö / Hälsö, then around the southern tip of Hälsö, paddle under the bridge between Öckerö / Hälsö up to the Hälsö harbor. The new route is marked on the [map](#).

This new route change is done for two reasons; better view for the public to see what adventure racing is and simpler logistics regarding the kayaks / equipment. In total, it's approximately 2km additional paddling.

### Energy / Water

Energy station is no longer in Hälsö harbor since this is the same location as the TA. You are responsible to bring your own energy / water in your drop-off bags so you can refill before going out on the swimrun.

A new water station is at the island Fånyttan as we after the heat last year received several comments that it was too far to the first water station.

### Goal / Finish

We have changed the route of the running leg from swimming in Lapposand to Hönö Klåva. This is because we want to limit running close to traffic and get a better flow over the finish line. For you it means running the same distance to the water tower, but after this checkpoint you will instead turn right to the Utsiktsvägen. See map for reference.

## Pre Race

### Start Kits

This year we have a partnership with Team Sportia Gothenburg and because of this you can get your start kits at Team Sportia Frölunda Torg, Tuesday through Thursday the week of the race. When you

visit them to pick up your bag **you have 25% off the regular price on everything in the store** except bicycles. Seize the opportunity and gear up on everything you need for the race!

For those of you who can't visit Team Sportia during the week, your start kits are available from 07:30 at the starting area on race day.

## Directions

To get to Hönö island you go on road 155 towards Öckerö. At Lilla Varholmen there's a yellow car ferry (free!) that takes you out to Hönö. Find schedule [here](#). Once on Hönö you shall go to Klåva centre.

After you the ferry, turn left at the first roundabout and keep straight. After about 3 km you arrive at Klåva where the start and finish area is.



## Parking

There are a number of areas where you can park near Klåva. It can be quite crowded and not many free spots to park inside the start and finish area, so we recommend you use one of the other two car park areas you see on the map.

Do not park in front of Olinders Hardware store.

## Start Kit

Start kit content:

- Map
- Number vests
- number sticker to your kayaks
- 2x sticky notes to mark drop off bags
- swim caps
- transponder for timekeeping
- GPS transmitters (will be distributed on race day)
- plus offers from our partners

Number vest, transponder and GPS transmitter must be returned after you crossed the finish line.

Note: Lost transponders will result in a fee of 500 SEK and for lost GPS transmitter 1800 SEK.

## Kayak storage, collect and marking

The kayak start area opens at 07:00.

The kayak start area will not be arranged by race number, but make sure to put the kayaks in pairs as tight as possible so all easily can access their kayaks. Everything should be stored in the kayak, leave nothing on the ground around it.

All teams should mark your kayaks with your start number (sticker in start kit). Numbers must be stuck on the stern of the kayak clearly visible to the race guides and security.

*For those of you who have rented kayaks through the race organization, Marstrand Kayaks will be available at the kayak start area from 07:00. You are responsible for to check out and pick up kayak, life jacket and paddle. Make sure you mark your kayaks with start number sticker and learn what your kayak looks like so you will be sure to find it through the race. Be there on time to adjust the pedals and familiarize you with your kayak. You then leave your kayaks where you switch to swimming / running leg. (NOTE: do not leave personal belongings in the kayak at the exchange, leave it in bags next to the kayak so it does not leave with the kayak as it is returned to the rental agency).*

## Breakfast

Breakfast buffet is served 07:00-10:30 at Hotel Trubaduren next to the race start. Take the opportunity to top up your energy reserves with a hearty breakfast before the start at cost price.

## Dressing rooms and toilets

Nordic Wellness has two premises at the start and finish area. To change clothes before the race we refer you to their gym at the address Östra Hamnen 1, Hönö 1. (Just by the start). Access code is 1234 and valid all day.

There will be a number of lavatories at the start and finish area, there are also toilets inside the Hotel Trubaduren where the start is.

## Race Meeting

Compulsory attendance at the race meeting held pursuant to specified times at Hotel Trubaduren. Roll call will be made.

## Drop-off bag

Drop-off bag for those who want to leave stuff or a change of clothes at Hönö Klåva there will be a drop-off area for your things. Write your start number on the sticker that you received with the start kit and put it in your bag and leave it at the designated location. Please note that we will not have security in this place.

## The Race

All rules for the race can be found on the website: <http://10islandrace.com/en/84-2/>

## Race break down

A map of the race is under the race breakdown on the website and can be found here:

- [Paddlingsdelen](#)
- [Swimrundelen](#)

## Number vests

The number vests for Ten Island Race comes in two different colors, one for open class and one for race class.

Race class in black vests:



Open class in yellow vests:



### Race staff

Along the race course there is a lot of Race staff at different positions, foremost transitions, where you leave the kayaks and after each swim. Race staff will be wearing a vest looking like this:



Their instructions are to be followed.

### Mandatory Equipment

#### Full race

- A first aid kit (equivalent Cederroth 4-in-1)
- A whistle each
- Timing transponder attached to the right / left ankle
- GPS transmitter
- Number vest worn with the number on the chest clearly visible throughout the race (during the kayak section not required to be worn outside lifejacket).

#### Kayak leg

- Approved lifejacket (bring your own if you have not rented kayaks)

## Swim-/ run leg

- Swim cap received in the start kit should be worn during each swim

## Recommended Equipment

- Swim Goggles
- Wetsuit for swimming
- Water / energy drink enough for at least two hours
- Energy gel / bar. There will be some "solid" energy, food provided but the energy base you should carry with you.
- Equipment for team rescue and recovery for capsized kayak, such as floater, rope and / or bailer.

## Allowed equipment

Equipment allowed in addition to the above listed equipment:

- Fins
- Cyclops / snorkel
- Hand Paddle
- pull rope
- Hand pump for kayaks
- Bailer
- Floater
- Buoy swimming aids of max size 60cmx100cm

## Track layout, checkpoints and transitions

The map will show transition and checkpoints. The checkpoints will be marked with white/orange markers, placed on the highest point on each island. These checkpoints needs no manual marking from the teams this year as the GPS transmitter will register that you have been in the right place on the course. On kayak leg there are no markers for running to the top peaks as you are required to navigate to the checkpoints.

During the swimrun the running route will be marked with red and white markers, signs and orange arrows.

The swims will be marked with a large red cross. The swim sections known to have crossing boats will also have at least one white large buoy to mark the swim route and warn the boats.





### **Timing**

Each team receives a GPS transmitter. This is the official timing and confirms you have been at all the checkpoints. The GPS shall be worn throughout the race and returned at the finish. The race will be broadcasted live on [10islandrace.com/live](http://10islandrace.com/live)

Each team will also have a timing transponder on the right / left ankle. This is a backup system and also records the official race timer and will be synced with GPS tracker.

### **The kayak landing places along the course**

The main rule is that you must comply with the directives given by the race staff at each landing site.

As the terrain differs on each island the landing procedures differ. On some of the islands there are sandy beaches where you can just leave the kayaks. On some islands it is required that you lift the kayaks and put them in designated areas due to lack of space.

The island with the longest lift is Kalvsund where you will lift the kayak up to the nearby soccer field, about a 15-25m lift.

### **Change to swimrun gear (Drop Off-bags)**

You can leave a drop-off bag with a change of race clothes / gear that we carry from the start / finish to the "kayak to swimrun transition" on Hälsö. These bags will be arranged in numerical order. You are responsible that your bag is marked with your start number. Any left behind clothes should be put in your bag by your kayak to be picked up by yourselves after finishing the race.

### **Liquids, Food**

There will be six water stations along the way. Three of these are also provided with energy.

- Kalvsund
- Källö-Knippla
- Fånyttan

- Saltars, Öckerö
- Ersdalen, Hönö
- Sandviken, Hönö

Light snacks will be available on,

- Knippla
- Ersdalen, Hönö
- Sandviken, Hönö

## **Support**

It is only allowed to receive external support at our water / energy stations, as well as at the transition from kayak to swimrun.

## **Trash**

We care about our amazing archipelago. It is therefore not allowed to throw trash in places other than at our water stations where there will be trash bags.

## **Audience Locations**

For your accompanying friends / family, there are a number of places where one has a good view of the race so we will present a public/audience location map on our website before the race.

## **Rope times**

There will be four rope times along the race. Racers who has not passed the following locations at the specified time, we will be forced to stop from continuing. This is for the safety of participants when the sun goes down and darkness falls.

12:30 Knippla

15:30 Kayak / swimrun transition

16:30 Swim landing on Hönö

17:15 Last energy station at Sandviken

18:00 Last Finish

## **Cancelling**

If for some reason you need to quit the race, get yourself to the nearest water/energy station. There the race staff will ensure that you will be reported as well as get you help with transportation back to the start / finish area.

## **Feeding your fans**

There will be great food at Hotel Trubaduren for your next of kin, friends, fans and supporters. From Hotel Trubadurens patio they also has front row seats to follow the dramatic finale of the race in Hönö harbor basin!

## **After Race**

### **Recovery**

Show your medals to get a hamburger to with any beverage at Hotel Trubaduren after the finish. It will be delicious after a day at sea!

### **Shower and sauna**

Shower and sauna is available until 21:00 at Nordic Wellness at Östra hamnen 1.

### **Collection of Equipment**

Collection of equipment, return of the starting vest, transponder and GPS transmitters are made directly at the finish.

Number vests must be submitted after the finish and exchanged for medals and the well-deserved finisher t-shirt!

Kayaks and leftover equipment will be watched over until 19:00 at the Hälsö harbor (kayak transition area).

### **Finisher T-shirts**

Awarded directly at the finish to finishing teams.

### **Medals**

Medals are awarded directly at the finish to the teams that made it. Medals will be awarded in cooperation with Lundgren in Gräfsnäs AB.

### **Food / After Race Party**

When you have taken a well-deserved shower and sauna after the race you will against presentation of the Finisher Medal be able to eat a hamburger platter and drink a beverage of your choice at Hotel Trubaduren.

At Hotel Trubaduren later in the evening there is the After Race Party for those who can. Hope most of you have the energy to recharge and stay and share your experiences after the race with the other contestants and enjoy today's performance!

### **Award ceremony**

The award ceremony will take place on the terrace of the Hotel Trubaduren around. 17:00.

An extra special THANKS to Sanna and the staff at  
Hotel Trubaduren for all support, service, great  
food and more they support us with this weekend  
each year!

