



Ten Island Swimrun

RACE PM 2016

Schedule

Wednesday August 17 - Thursday August 18

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

Saturday August 20

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

10:00-11:30 Start kits available at Hotell Trubaduren

11:45 Bus transfer #1 Hotel Trubaduren – Hälsö
Harbor (see Transfer to Start area for reference and who goes on this bus)

12:15 Bus transfer #2 Hotel Trubaduren – Hälsö
Harbor (see Transfer to Start area for reference and who goes on this bus)

12:40 Race meeting at Hälsö harbor

12:50 Varm up with Nordic Wellness

13:00 Start Ten Island Swimrun from Hälsö harbor

ca. 17:00 Award ceremony at Hotel Trubaduren

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

News Ten Island Swimrun

There are a number of innovations for this year that are specifically presented here and also further down in the memo.

Timing

This year it will be possible to follow the race live on 10islandrace.com/live. There will be three laps, the rise Öckerö, Hönö rise and a notice before swimming in the harbor basin Hönö Klåva. Your fans will be able to follow you as you pass these points live during the race.

Running

There are two changes to the running course

Sandviken

After swimming across the bay Råvekärr the run has been extended by 200 meters to another start for the next swim. It's a better location and the water/energy station has been moved to this bay.

Finish

We have changed the running route from after the swim in Lapposand to Hönö Klåva. This is to limit running in traffic and get a better flow over the finish line. For you, it means that you take the left when you come out at Västra vägen and then take the first right onto Utsiktsvägen. This also means that the second last swimming is moved. See [map](#) for exact run/swim route.

Energy / Fluids

New water station at Fånyttan islet as we after the heat last year received several comments that it was too far to the first water station.

Water Station Hjälvli moved to Saltars.

Energy Station in Sandviken is moved to new location for first swim over Lapposand bay as per above description.

Last minute registrations

There is still a chance for last minute registrations, subject to availability, on Saturday at the race office. At present there are 14 single and 7 team start kits remaining so to be assured of a starting place, please register on the website before the race.

Pre Race

Collect Start Kit

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 before 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 ferry schedule [here](#). Once on Hönö you shall go to Klåva centre.

After you exit 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 Hönö 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 parking areas you see on the map.

Do not park in front of Olinders Hardware store.

Start kit

Start kit contains:

- Timing Chip
- Number vests
- Sim cap
- Sticker drop-off bag

- Offers from our partners

Timing chip and numbers vest must be returned at the finish. Lost timing chip will result in an extra fee of 500 SEK.

Change 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 area). Access code is 1234 and valid all day.

There will be an unsupervised area for the drop-off bags at the finish area in Hönö Klåva. You are responsible for marking up your bag with the included adhesive label for the drop-off bags. It's not possible to leave things at the starting area at Hälsö, so if possible change to race gear before going on the bus!

At the start you are free to use the Hälsö harbor toilets.

Bus transfer to start

Öckerö bus will provide transport between the finish area and start area. Since we are more than 300 participants, we need to get you up there in two turns. It is important that you are on the bus that you are planned for. There will be no checking if everyone are on the buses, if you miss the bus you are responsible to get to the start at Hälsö harbor by other means. In such case you are also required to get back to Hälsö by own arrangement should so be required. We arrange no bus up to the start area after the finish!

11:45 – buss #1 – start number 1-80 (Duo)

12:15 – buss #2 – start number 81-110 (Duo) and 501-590 (single)

Race meeting

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

The Race

All rules and regulations for the race can be found on the website: <http://10islandrace.com/ten-island-swimrun-regler/>

Race guide

A map of the race is under the race breakdown on the website and can be found [here](#)

Number vests

There will be two different colors for the start vests, one for Single class and one for Duo class.

Duo class is green:



Single class is pink:



Race staff

A long 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 (bring the corresponding Cederroth 4-in-1)
- A whistle per participant (bring your own)
- Timing chip attached to the right or left leg (one per team in duo class)
- Number vest with the number visible throughout the race
- Swim cap to be worn when swimming

Recommended Equipment

- Goggles
- Wetsuit
- Water / Energy drink that lasts at least two hours
- Energy gel / energy bar, there will be some "solid" energy at an energy stations but energy base you should carry with you

Allowed Equipment

Equipment allowed in addition to the above mandatory equipment:

- Fins
- Cyclops / snorkel
- Hand Paddle
- Pull line/rope
- Buoy swimming aid of max size 60cmx100cm

Start

13:00 at Hälsö harbor, mass start

Track Route

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 passing boats.



Timing

There will be three laps along the course that can be followed live on 10islandrace.com/live

Liquids, Food

There will be four water stations along the way.

- Fånyttan
- Saltars, Öckerö
- Ersdalen, Hönö
- Sandviken, Hönö.

Light snacks will be available at,

- Saltars
- Ersdalen, Hönö
- Sandviken, Hönö

Support

It is only allowed to receive external support at our water / energy stations.

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 two 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.

16:30 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.

Return race gear

The return of the timing chip is made directly at the finish.

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

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

After Party & Food

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!

