

Ursvik Ultra

Date and Time

Ursvik Ultra 75 km and Relay start at midnight 12:00 pm Saturday night 27 March.

Ursvik Ultra Light 45 km starts 3 hours later at 03:00 am (wintertime) / 04:00 am (summertime) 28 March.

The winners are expected to finish about 07:00 am (wintertime) / 08:00 am (summertime) in all three classes.

10 minutes before the start of each class the Race Directors will give a short briefing.

Event Location

The race will take place at Ursviks Motionsgård in Sundbyberg, just north of Stockholm. Search for Ursviks Motionsgård on www.hitta.se to see a map of Ursvik and Sundbyberg. There are showers, sauna and an area for resting that runners and support may use before, during and after the race. The facilities open at 06:00 pm.

Between 08:30-09:30 pm there will be a planned power outage in the Motionsgård.

Sundbyberg County participates in the environmental event "Earth Hour". We ask all to respect the "Earth Hour" and use your head torch if necessary between 08:30-09:30 pm.

Course

The course is 15 kilometers long with both major and minor trails, parts of the course is fairly technical running. The weather and the conditions can vary quite a lot. Friday 19 March the course was covered with snow and the fields were wet. However, the weather during the last week can change the conditions.

We will provide information about the condition of the course below "Nyheter" on the race homepage www.ursvikultra.se.

Classes

Ursvik Ultra 75 km:	5 laps à 15 kilometers. Starts at midnight Saturday night 27 March.
Ursvik Ultra Light 45 km:	3 laps à 15 kilometers. Starts at 03:00 (wintertime) / 04:00 am (summertime) Sunday 28 March.
Stafettklass 5 x 15 km (Relay):	5 laps à 15 kilometers, which are run by 2-5 team members. It is only allowed to change/switch runner at the end/start of every lap (at the transition area, TC). Men, women and mixed teams compete in the same class. Starts at midnight Saturday night 27 March.

Registration, number bib and possible payment:

The registration will be open Saturday 10:00-11:30 pm and Sunday 01:30-02:30 am (wintertime).

A race kit with starting number and electronic race timing device (Sportident card) will be provided to all runners/teams at registration. Both the starting number and the Sportident card shall be returned at finish. If the Sportident card is not returned after finishing the race, the runner/team will be charged a fee of SEK 500.

Ursvik Ultra

Timekeeping

All runners in the same class start at a given signal. After each finished lap the Sportident card shall be used in the SI-station to register the runner's/team's lap time (if you are not familiar with how the Sportident system works the Race Directors can show you when you register; you can also read more at <http://www.sportident.se/english/intro.aspx>). At finish, a separate SI-station clearly marked "Mål/Finish" shall be used to register the total race time. Directly after finishing you will be provided with summary information about you total race time and lap times. Following the race all runners'/teams' total race and lap times will be available online at Winsplits Online (<http://www.obasen.nu/winsplits/online>).

Registration,

The registration is closed. Late registration and payment can be done on the competition day at a late registration fee.

Late registration fees (after 17 March)

Ursvik Ultra 75 km:	450 SEK
Ursvik Ultra Light 45 km:	450 SEK
Stafettklass (relay) 5x15km:	600 SEK/team

Equipment

Most of the race will take place during dark hours. Sunrise is at about 06:00 am (wintertime) and only shorter parts of the course are lighted. A head torch is necessary.

The course can be slippery, particularly in some slopes. Therefore, shoes with metal ice prods (for example IceBug shoes) are recommended.

Energy drink from Maxim and water will be served at the transition area. Bring a water/liquid belt or camelback for water supply out on the track.

Energy depot (food and drink)

The energy depot will be located at the transitions area and will include:

- Water
- Energy drink from Maxim
- Bananas
- Buns
- Blueberries soap
- Chocolate snack "Kexchoklad"
- Coffee (will be served from 05:00 am (wintertime) / 06:00 (summertime))
- Hot dogs with bread

Ursvik Ultra

Rules

- Lap time registration with the Sportident card is mandatory after every lap and at the finish
- The runner's/team's number must always be visible on the respective runners chest
- Towing is not allowed
- Personal equipment, including drinks and energy, is carried by each runner
- Littering is not allowed. All debris from bars and gels shall be carried back to the transition area, not thrown in the wild
- Support is only allowed in the transition area
- Runners must finish by 12:00 am (wintertime) / 01:00 (summertime) and runners are not allowed to continue to next lap after 09:00 am (wintertime) / 10:00 (wintertime)
- It is mandatory to assist another runner if she/he is injured
- The relay teams may only change runners at the transition area (TC)

Insurance

Runners are not insured by the race organization. Please arrange for your private insurance.

Prizes

Prizes are given to the top participants in each class.

Communications

The closest tunnelbana (subway station) is Hallonbergen (on the blue line to Akalla). The walk from the Hallonbergen station to Ursvik is about 700 m.

Time tables are found at www.sl.se.

It is also easy to get to Ursvik by car and there are plenty of parking spaces close to the race area.

Search for Ursviks Motionsgård on www.hitta.se to see a map of Ursvik and Sundbyberg.

Contact

Race director: Emma Lundholm, Stockholm Multisport

E-mail: info@ursvikultra.se

Mobile: +46 70 54 39 852

www.ursvikultra.se

Sponsors:

