

# Food, beverages and energy at High Coast Ultra 2018

## Foodstations

Food stations are located at Köpmanholmen, Skule, Nordingrå and Fjärdbotten. At each station there are water, Tailwind (sport drink with lemon taste), coffee, vegetable broth, bananas, salt cucumber, something salt (chips/nuts), something sweet (candy/chocolate), buns or other sweet bread. Vegetarian options are available at every station.

Beside this there are also served the following at these stations:

*Skule Naturum* (only for 129 k): sandwiches, warm blueberry soup and coke. Toilets available.

*Nordingrå skidstuga*: hot dogs with bread and mashed potatoes, shrimp salad, mustard and ketchup. Light beer and coke. At this station there are also toilets and showers available. There is also a rest room where runners can rest on a hard surface.

*Fjärdbotten*: Sandwiches, warm blueberry soup, light beer and coke.

*The finish at Hotel Höga Kusten on Hornöberget*: Tailwind sport drink, coffee, sodas and beer. Food in the form of a wrap (also a gluten free, lactose free and vegetarian option).

## Self-service Water stations

Water containers are placed at approximately every 10 k for filling up bottles and camel backs, see the Race-PM for exact locations. Please be aware that there are only water at these stations and that there are no cups either.