PM High Coast Ultra 2018

Welcome to the High Coast Ultra 2018!
Below is all the information you need to know before the race. Do you have any other questions, please contact us in the race organization!

General information about the race

- Get to know the track by visiting the High Coast trails website. https://www.hogakusten.com/sv/hoga-kusten-leden
- A small headlamp can be good to have during the first hours of the race (129 km), especially if the weather is cloudy or rainy. You should also be aware that it might be cold and chilly during the night hours which make it important to be suitably dressed for the night.
- Long socking or covering clothing may be good to have on some sections of the trail with high ground vegetation.
- Coast Trail is marked with orange color on trees, poles, stones and rocks. Along the trail there are a number of other trails and detours that are marked in other colors, for example, "Världsarvsleden" and "ED-leden", who are marked with yellow color These trails and detours should not incidentally be followed!
  There are also a large number of extra guiding signs for the race to help runners along the track.
  NOTE! For runners having problem to see differences between red and green colors, the orange markings may be difficult to see at times.
- has a number of small detours to mountain views and fireplaces. These small detours are not a part of the race and are not to be taken during the race. However, these are marked with the same color as the main trail. Signs are available on a number of these places to help runners.
- **owever located at a detour about 500 m from the trail and must be visited.** This detour is clearly marked with signs and plastic ribbons that shows the way down to the checkpoint. After passing the checkpoint the same way is to be taken back to the trail.
- **in Fjärdbotten is also located at a little detour about 250 meters from the trail and must be visited**This detour is clearly marked with signs and plastic ribbons that shows the way up to the checkpoint. After passing the checkpoint the race continues along the public road for 250 meters where the trail joins the public road.
- Pacers are allowed after the food- and checkpoint in Fjärdbotten, see more in Rules and regulations. The organizer does not provide transport for pacers to Fjärdbotten.

- **During the last 700 meters of the race runners deviate from the trail to the finish located on the east side of the hotel Höga Kusten.** Signs and plastic bands will show you the way.
- Be prepared for the conditions on parts of the trail that will be very technical with rocky and stony ground. If the weather and the conditions are wet during the race it might be very slippery on parts of the trail. Make sure to adjust your running speed to avoid injuries!
- E4-highway shortly before Skuleberget, about 52 km into the race. Be very careful passing the highway. Traffic speed is very fast at this place.
- At Skoved after 60 km (6 km) the trail follows the E4-highway approximately 600 meters. We recommend runners to use the right side of the road on these 600 meters, be very careful though!
- Be careful about the traffic along all public roads throughout the race. Ordinary traffic rules apply.
- **in good time before the start.**
  You may call at any time during the race if you have questions about the trail or otherwise.
- We recommend all runners to have the insurance Startklar (Folksam) that contains cancellation insurance as well as an accident insurance for the runner or another equivalent insurance.
- Please contact us if you have questions regarding the race.

Envelopes and Race briefing before the start

nvelopes are distributed between 22:30 to 23:30 friday night on the 15th of june in Paradiset (Paradisbadet) in Örnsköldsvik. At 23:15 there is a race briefing of the conditions, rules and safety for the race. Thereafter all runner walk together the approximately 400 meters down to the city square for the start at midnight Parking for those who travel in their own car conveniently takes place in the Paradise Garage, see separate document with directions.

nvelopes are distributed between 7:30 to 8:30 satuday morning the 16th of june at Skule Naturum at Skuleberget, see separate document with directions. At 8.30 at the stairs to Skule Naturum there is a race briefing of the conditions, rules and safety for the race. The start then takes place at 9:00.

Transfer to the starts and the transfer from the finish to Nordvik Hostel after the race

For the start of the 129 km race in Övik bus transfer departs in the evening of June 15 for those who signed up and paid for this as follows:

- at.
- at.
-

of the 75 km at Skule Naturum bus transfer departs in the morning of June 16 for those who have signed up and paid for this as follows:

- at.
- (the hostel) at.
-

We ask you to come in good time to the bus when it is important that the bus runs on time.

At the finish we will drive the runners who live at, or have the car at, Nordviks Vandrarhem by our shuttle car/minibus. Departures take place approximately every half hour or when we filled up a car.

If you didn't sign up for transfer when registering your entry in the race, and you now find that you are in need of transport to the start, please contact us as soon as possible. **Dressing and showers after the race**

Showers and dressing room after the race for **women** are located in a hotel room at Hotel Höga Kustens small spa area. There is also a sauna and whirlpool. Bring swimwear if you want to use the whirlpool.

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Awards Ceremony

All runners who complete the race get our unique finisher prize – The High Coast Ultra candlestick!
Prizes will also be given to the top three in each class. Award ceremonies will be held for each class as soon as we have three finishers.

Rules & Regulations High Coast Ultra 2018

High Coast Ultra puts a lot of value in quality and security during the race and we therefore continually work with improved marking of the trail to minimize the risk of deviations from the trail. We also have first aid help an HLR-educated people in our staff at every checkpoint. During daytime we also have a

car following the race with first aid material, heart starter and an educated staff member.

The High Coast Ultra is a very tough race. Be prepared for the conditions on parts of the trail that will be very technical with rocky and stony ground. If the weather and the conditions are wet during the race it might be very slippery on parts of the trail. Make sure to adjust your running speed to avoid injuries!

Common traffic rules apply during the race. Runners must be careful along public roads, especially when passing E4 at Skuleberget (approximately 53 km in to the .

Runners should be familiar with very long distances in demanding terrain. It is important that you study the and understand the rules for the race to prepare yourself in the best way possible.

- Age limit: 18 years.
- Every runner must complete a form with personal information including medical history and telephonenumber to relatives (ICE) that may be useful for the organizer to know about.
- Each participant must make sure that he or she is registered at the checkpoints along the course (only at the food stations, not the water stations). Missed registration may lead to disqualification.
- to deviate from the course (except the stations at Nordingrå skidstuga and Fjärdbotten). However, self-provisioning is allowed at the gas stations and stores (ICA) in Docksta and Ullånger. Runners must thereafter take the same way back to the course.
- service teams or other people except at the organizers food- and checkpoints (Köpmanholmen, Skule, Nordingrå and Fjärdbotten). It is not allowed to receive help at the water stations that the organizer is providing.
- HCU has decided that pacers are allowed on both the race distances after the food- and checkpoint in Fjärdbotten after 109/55 km. Pacers are obligated to follow the same rules as the runners. Pacers are not allowed to carry food and beverages for the runners as well as helping the runners in any other way, like pulling the runners with rubber bands.
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- In the event of accident or illness every runner is obliged to help other runners in every possible way.
- his should be done at one of the food- and checkpoints if possible This must be told to the crew at the checkpoint. If you have to abandon the race at another place along the course this must be reported to the race director by telephone.
- **equipment:**
    - Water containers for at least 1 liter of liquid

    - A sweater or jacket with long sleeves
    - Whistle
    - First aid kit
    - Mobile Phone with the race directors number (070-6867680) saved (coverage on the
    - Map (HK-Trail folder in the starter envelope).
    - ay do random checks of the equipment. Lack of mandatory equipment will lead to 30 minutes penalty per missing object.
- **Recommended equipment:**
    - Headlight for the first and the last hours of the race (129 km), especially in cloudy weather
    - Long sockings or covering pants for the parts of the trail with high groundvegetation
    - Appropriate clothes for running during the night hours of the race that may be chilly
-
- Maximum time: 26 hours (129 km race) and 17 hours (75 km races).
- Full repayment is then done to the runners.
-

  hange the course.
  who
  violates any of these rules, if runners doesn't make the given cut off-times
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Specific rules for Balesuddens Nature reserve and the National Park of Skuleskogen (required by Länsstyrelsen)

It is prohibited to:

1. During the period 1 May to 30 September make a fire in any other place except than designated locations and only with firewood provided at these locations.
2. Destroy or damage permanent objects in the nature or turf the surface on the ground, on rocks etc.
3. , collect insects or in any other way disturb or damage the animal wildlife.
4. ck mosses, lichens or wood fungi.
5.

We have improved the markings along the trail and placed more than 70 signs at passages along the trail where we observed that there may be multiple choices and where runners in the past years have taken wrong choices. Rrunners on the 129 km might feel that the trail I s hard to follow after passing the first water station at Sandlågan (17 km) through Balesuddens nature reserve. Please pay extra attention

on his part of the trail. Through the rest of the race the risk of taking wrong choices should be very low if you pay normal attention. Nevertheless, the trail is 129 km so it is impossible for the organizer to give a hundred percent guarantee that you won't take the wrong way at some point along the trail as you surely can understand If you feel uncertainties during the race, call the race organizers for help.

Food- and checkpoints and unmanned water stations

Along the 129 km trail, there will be 4 food- and checkpoints. Each runner is responsible for ensuring that he or she is registered by the officials at the respective food- and checkpoint. In addition there are 8 self-service water stations where water containers are placed.

Along the 75 km trail, there will be 2 food- and checkpoints with the same requirements of registration. In addition there are 6 self-service water stations where water containers are placed.

Runners that do not get registered at the checkpoints risk being disqualified from the race.

For location of the food- and checkpoints as well as the self-service water stations, see the last page of this memo.

Food and beverages will also be available at the finish. For information about the menu at the food stations we refer to the race website (only in Swedish). At the food stations there will also be a vegan option (as well as gluten-free and lactose-free).

Runners who run 129 km will be able to send drop bags to two of the food- and checkpoints in Skule, Nordingrå or Fjärdbotten free of choice, and a bag to the finish.
Runners who run 75 km will be able to send one drop bag to either Nordingrå or Fjärdbotten, and a bag to the finish.

If sending drop bags, these can be left at the respective start on specially designated places. Your drop bag will then be at the food- and checkpoint chosen on arrival. Mark your bag/drop bag with the number tags provided in your starter envelope. After each control's closing the drop bags will be taken to the finish where they can be collected on presentation of your bib number. The organizer takes no responsibility for any valuables.

Bags from the respective start will be at the finish at 14.00. Drop bags from Skule (129 km only) will be available at the finish no later than. Drop bags from

Nordingrå (closes at 15.30) will be at the finish at 17.00. Drop bags from Fjärdbotten will be taken to the finish at several times, the last drop bags arriving at 22.00.

Cut off times ("pulling the rope")

During the High Coast Ultra 2018 cut-off times are to be practiced. Runners who are not registered at each checkpoint for further running at these times, is not allowed to continue the race. The following times and distances apply:

129 km race

ut off 05.00 (5 hours)
Cut off 10.30 (10,5 hours) (15,5 hours)
(21 hours)
Maximum time at the finish, 129 km: 02.00 (26 hours)

(6.5 hours)
(12 hours)
Maximum time at the finish, 75 km: 02.00 (17 hours)

Once again, welcome to the High Coast Ultra 2018!

Race director Örjan Mattsson and other officials

Thanks to our sponsors and partners!

Docksta - Ullånger - Nordingrå - Noraström

NATURKOMPANIET

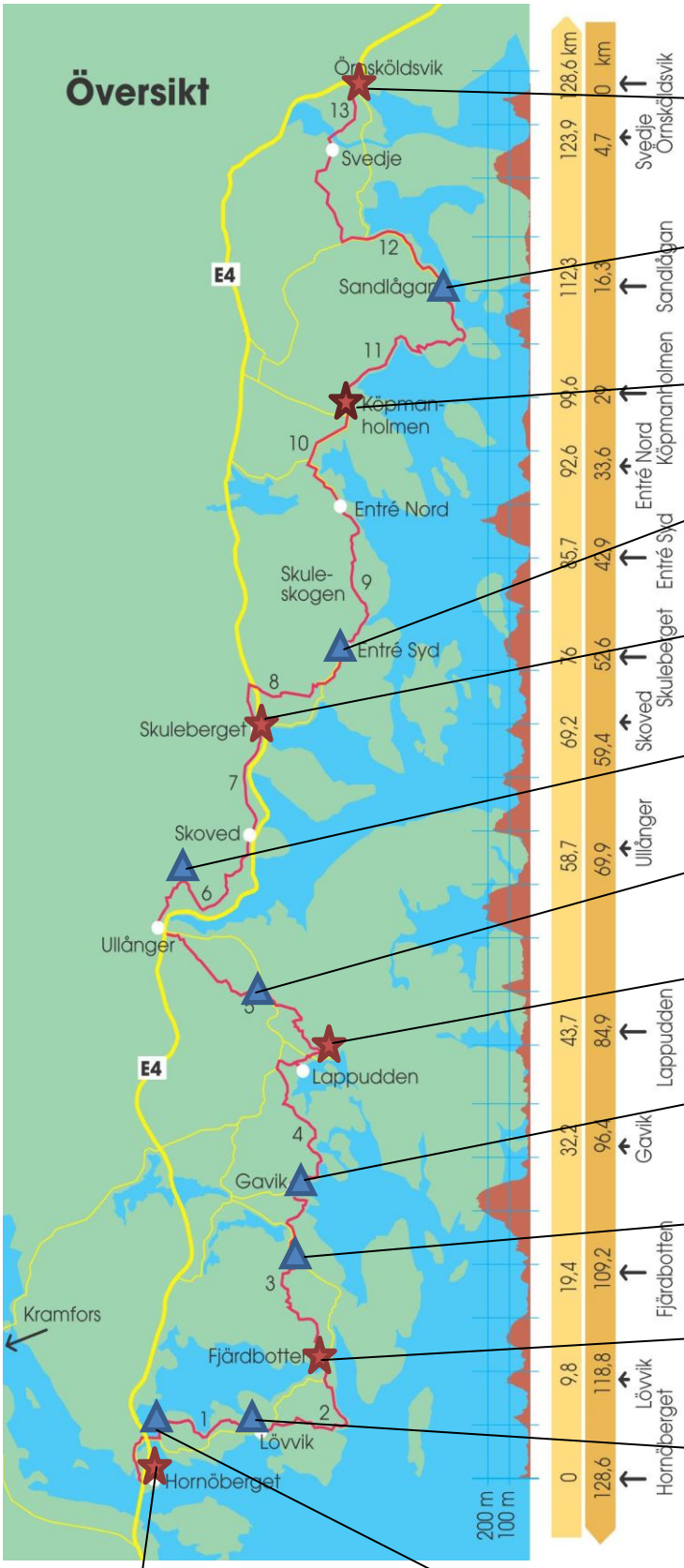
Hotell Höga Kusten
RESTAURANG & KONFERENS

tailwind
NUTRITION SWEDEN

Paradiset
BAD | SPA | WELLNESS

HÖGA KUSTEN MARATHON
SVERIGES HÅRDASTE OCH VACKRASTE

Food- and checkpoints and self-service water stations



City square in Örnsköldsvik
The Start!

Sandlågan, 17 km
Self-service water station

Köpmanholmen, 31 km
Food and checkpoint

Entré Syd, 44 km
Self-service water station

Skuleberget, 54 km (Start 75 km race)
Food and checkpoint

Mäjasjöns fäbodar, 68 km (14 km)
Self-service water station

Svartsjön Överveda, 79 km (25 km)
Self-service water station

Nordingrå Skidstuga, 84 km (30 km)
Food and checkpoint

Gavik, 96 km (42 km)
Self-service water station

Lidebro, 102 km (48 km)
Self-service water station

Fjärdbotten, 109 km (55 km)
Food and checkpoint

Lövvik, 119 km (65 km)
Self-service water station

Hornöberget, 129 km (75 km)
The Finish!!!

Lövviksbron, 125 km (71 km)
Self-service wate r station