

# 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 and 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 socks 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
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- Maximum time: 26 hours (129 km race) and 17 hours (75 km races).
- Full repayment is then done to the runners.
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- change 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.

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)