



PM High Coast Ultra 2019

Race bibs

Start envelopes will be distributed the following times:

Friday 7/7 17.00 – 18.00 car park [below Paradiset Spa](#)

Friday 7/7 19.00 - 20.00 in specified room on [Hotell Höga kusten](#)

The race bib should be attached to the stomach or leg and be visible at control stations and at the finish. At the back of the number tag, the name and telephone number of a relative are written, as well as information about any diseases that may be of importance to the competition management to know.

Bus to start

Bus to start departs from the car park [below Paradiset Spa](#) kl. 18.30 for those of you who notified that you want the bus ride. Be there in good time for the bus that departs at the scheduled time.

The bag that you want at the finish line is left before boarding the bus, but dropbags are taken on the bus to start. Tags for marking bags and dropbags are obtained in starter envelopes.

If you are delayed for any reason, please contact the competition management at tel. +46732748364. We want know who is going with the bus so that we do not miss anyone.

Start

The start takes place at 21.00 at the playground behind the Hotell Höga Kusten. Race review at 20:00 in the hotel premises where we will brief you about conditions, rules and safety.

Parking for those who drive in their own car to start takes place at the hotel parking, [see separate document with directions.](#)

Rules

Be sure to read the High Coast Ultra rules. If set rules are not followed, there is a risk of disqualification from the competition. <http://highcoastultra.se/rules-regulations/>

Equipment

- **Required Equipment**

- Liquid container for at least 1 liter of liquid
- Whistle
- First aid kit
- **Mobil phone with the competition management's telephone number entered (+46732748364)**
- Map (is obtained by the competition management in the start envelope).
- Long-sleeved garment

- **Recommended Equipment**

- Pannlampa vid mulet väder.
- Långa för delar av leden med hög markvegetation.
- Klädsel anpassad löpning under natten som kan bli kylig.

Description of the track

Familiarize yourself with the course in advance, use this [link](#) and the course descriptions available on the website: <https://www.hogakusten.com/en/highcoasttrail>. The trail is sometimes very technical with rocky and blocky surfaces. During the night and in wet weather, it is lame on rocks. Adjust the speed to the surface so you do not risk falling injuries.

The race follows Höga Kustenleden (Highcostrail) which is marked with orange color on trees, poles and rocks. Do not deviate from the main track! In some places there are crossroads that require extra attention:

- Along the trail there are a number of other smaller joints and detents that are marked in yellow or blue color. These leads should not be followed.
- **The trail has some detours to viewing mountains. These are not included in the competition and should not be run - they are however marked in the same way as the main track.**
- The first 700 meters of the race deviates from the trail and is led by a pacer.
- The last 4-5 km deviates from the track and is marked with stripes in orange color.
- NOTE: For people with red / green color blindness, the orange markings can be difficult to see.

At certain crossroads along the course the competition management has set up signs and sections to clarify the road selection. These signs are labeled HCU in orange color on white background.



Special passages

Parts of the race also go along major roads and there runners must show particular caution to the traffic, especially at the below-mentioned passages. Regular traffic rules apply during the race.

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- At Skoved after about 70 km, you run on the left side of the E4, which is followed for about 600 meters. Road work is currently under way after this stretch.
- The runners pass over the E4:an just after Skule food control, about 77 km into the race. **Be very careful here as the traffic often passes in well over 130 km/h.** A flag guard will be responsible for overpass during the morning.

Food and aid stations

There are four (4) food and aid stations where water is served: Tailwind sports drink (citrus flavor), coffee, cola, vegetable broth, banana, pickles, chips/nuts, candy/chocolate, buns, raw energy bars (for you as notified in advance). In addition, the following will be served at each station:

- **Mädan, 38 km:** *hot blueberry soup*
- **Skule, 75 km:** *Sandwiches, hot blueberry soup. Access to toilets.*
- **Näske, 96 km:** Sausage with bread and mashed potatoes, shrimp salad, mustard and ketchup. Access to toilet and indoor stay for longer rest on hard floor or chairs.
- **Sandlågan, 112 km:** *Sandwiches, light beer.*

Vegan, gluten-free and milk-free options are available at each station for those who have registered in advance, but we recommend that you send with what you really want in your drop bag.

In addition, there are eight (8) unmanned water stations. For a more detailed description of the locations of the stations, see the overview map at the end of the document or map in [Google maps](#).

Bag and drop bags

You can leave drop bags for two (2) optional food and aid stations in Skuleberget (75km), Näske (96km) or Sandlågan (112km). These are left at the specified location before the start at the Hotell Höga Kusten. In addition, one (1) bag can be sent to the finish line for replacement/cover clothes. This too is left at the specified location at the bus departure to start or at the start at Hotell Höga kusten. Mark the bags with the tag included in the start envelope.

First aid

At food and aid stations, we have healthcare materials and CPR-trained officials. **In the event of an accident or illness, you as a competitor are obliged to best assist the victim.**

Pacer

Pacer is allowed from Sandlågan (112km). The organizer does not provide transportation of pacers. See further information at [rules](#).

Maximum time and cut off

Runners who do not register at the food and aid station at the following times are not allowed to continue the race:

- Mädan, 38 km: **kl.03.00** (6 h)
- Skuleberget, 75 km: **kl. 10.30** (13,5 h)
- Näske, 96 km: **kl. 15.30** (18,5 h)
- Sandlågan, 112 km: **kl. 18.30** (21,5 h)
- Finish Örnsköldsvik, 130+ km: **kl. 23.00** (26 h)

DNF

If you have to end your race, this must be done at one of the food and aid station or at the unmanned water stations to the extent possible. If you make e DNF, this must be notified to the functionaries at the food and aid stations or to the race management (tel. +46722151388).

Finish line

When you finished the race there are sports drinks, coffee, soft drinks and beer. Chips. Easier food in the form of wok roll (also a vegan, gluten and milk-free alternative).

Prizes will be given to the top three of the women and men. Prizes will be given on an ongoing basis at the respective finish. All runners who complete the race receive our finisher shirt sent home to the address stated on the notification.

Shower and dressing rooms

Changing takes place at the FV-cabin (Friska Viljor) in direct connection with the finish line. Bags from the start are at the destination on Saturday morning. Drop bags are continually flowing to the target and the last one is at the target by 20:00 on Saturday night. The city center is reachable via a 500 m walk, where the larger hotels and the Paradisets SPA section (open until kl. 20.00) are located.

Timing and results

Manual timing at the race's food and aid stations. Each participant is responsible for being registered at each station. Intermediate times and results will be published live via link on the website.

For questions, please contact us:

Mail: highcoastultra@gmail.com

Facebook: [HighCoastUltra](#)

Race director: +46722151388 (Jörgen)

Food and control stations and unmanned water stations

Note: All kilometers are approximate

