



# 10MILA 2015

## TRAFFIC, ACCOMMODATION, SERVICE

### Updated version 2015-04-21

The Event Programme is divided into two documents in which competition-related information is in Part A and traffic, accommodation and other service information is in Part B (this part).

The Event Programme is available through the web, mobile, and tablet and will be posted at the 10MILA arena, but not otherwise. Anyone who is in need of printed copy are asked arrange this on your own by printing the PDF version.

Where the text refers to the 'website' it refers to: [www.10MILA.se](http://www.10MILA.se)

*On behalf of the 10MILA Association the organizing clubs welcome contestants, leaders, officials and spectators to 10MILA 2015.*

### EVENT CENTRE/ARENA

10MILA 2015 is held in Skepptuna and the arena is at the Ekbacken Motor Speedway.

**Traffic from the south:** From E4 take the exit to the Arlanda (exit) 181, then take road 273 towards Almunge. Road signs from road 273 to the Arena.

**Traffic from the north:** From E4 exit towards Norrtälje (exit) 184, then take road 77 towards Norrtälje. Directions from the roundabout on the road 77 where the road crosses road 273. Take road 273 south to signs to the Arena.

**Traffic from the east** (from Kapellskär and Norrtälje): Take E18 towards Stockholm until the exit for Uppsala (exit) 191. Then drive road 77 towards Uppsala. Directions from the roundabout on the road 77 where the road crosses route 273. Take road 273 south to signs to the Arena.

Also see last page of this document.

**Buses will park near the stadium and must pre-register to [rune.thuren@telia.com](mailto:rune.thuren@telia.com) or +46 70-63 957 65, latest May 5.**

*For the return journey the road at the bus boarding location is very narrow, so no team should call their bus before everyone in the team is ready to board.*

### Distance to the stadium

From the parking 700 -1000 m.

From accommodation tents 100 - 300 m.

From the caravans 300-600 m.

### ARENA MAP

See the last page of this document.

### ACCOMMODATION

#### Caravans/Motorhomes

Follow signs 'Husvagn' into the caravan area and sign up at the entrance for allocation of camping place.

### Tent/Tent place

Clubs with pre-booked tent sites park in the sign-posted carpark according to the parking attendants' instructions. Allocation of places for booked accommodation tents, shelters and tent areas will be published on the website and also posted at the arena. Car traffic is not permitted in the tent area.

### FIRE BAN

It is absolutely forbidden to light fires in the arena as well as in the tent area for safety reasons. There are fire extinguishers exhibited in many places in the area. Participants and spectators upon arrival will ascertain where the nearest fire extinguishers are located. If a fire occurs Rescue - Warn - Alarm - Extinguish. Ring 112 and the nearest official.

### RESTAURANT 10MILA

The restaurant offers main course and soup. Food stamps are on sale in some of the cash registers at the restaurant. We call for the purchase of meal ticket in advance to reduce the queues. Payment can be made with the most common debit/credit cards.

### Opening hours

Friday	16-20
Saturday	10-23
Sunday	06-14

Saturday - Sunday 23-06 soup only

Price: Main	85 SEK, EUR 10
Soup	60 SEK, EUR 6

### Menu:

- Meat sauce with spaghetti (egg noodles), (fläskfri, gluten, milk / lactose free)
- Homemade hash with beetroot
- Vegetarian goulash with rice (gluten, milk / lactose free)

Served with the food:

- Meal Drink: Lemon / Lime & Apple
- Crisp Bread & butter & salad



Soup

- Pea soup
- Vegetarian soup

#### **KIOSK AND CANTEEN**

On site are a well-stocked market and 2 kiosks.

#### **FRESH WATER/ELECTRICITY**

There are a number of fresh water tanks for replenishment of drinking water deployed at the arena and camping area. It is forbidden to connect electrical devices in the switchboard which is for the stadium's electricity supply.

A charging station for mobile phones will be available in the arena.

#### **WASTE DISPOSAL**

Help us to keep order on the ground at 10MILA. Place waste in waste bins placed. Recyclable PET bottles and aluminium cans should be put in the labeled containers.

#### **COVERAGE**

All should help each other to keep watch over unauthorized behaviour. Respond if you see something suspicious. We recommend that no valuables are left unattended. Lock cars and caravans. If you are the victim of theft, call the police on telephone 114 14 or if urgent 112.

#### **TOILETS**

Toilets and urinals for spectators and runners are in the arena. Runners in the starting area and the changeover area are referred to toilets and urinals in the warm up area.

#### **CHANGING AREA, SHOWER AND SAUNA**

Warm shower 500 metres from the finish. Sauna available for a fee of 20 SEK. Tickets purchased in the kiosk at the sauna. Only eco-labeled products may be used in the shower. The organizer provides shower gel.

#### **FIRST AID/MEDICAL**

First Aid will be available in the stadium from 11.00 on 9 May until the end of the competition. Medical services at the arena are primarily for athletes. Spectators and others are referred to regular medical care at Närakuten Löwet Löwenströmska hospital, where the reception is open every day from 08:00 a.m. to 22:00. Phone: 08-586210 00. The nearest emergency room is Danderyd hospital.

There is no medical spot in the competition area. However, all control guard stations, marked on the map and fluid stations are equipped with first aid and related funds.

#### **OVERALLS/LOST PROPERTY**

Training overalls should be handled by the respective teams. Lost equipment etc, can be requested at Information during the competition. After the competition the website will list the names of people who can answer questions about equipment left on site. Recovered equipment can be claimed up to 1 June 2015. Any shipping cost is borne by the receiver. Thereafter it will be donated to the Red Cross.

#### **CONTACT INFORMATION E-POST**

Competition leadership:

info2015@10MILA.se

Marketing/sponsorship:

marknad2015@10MILA.se

Accommodation:

logi2015@10MILA.se

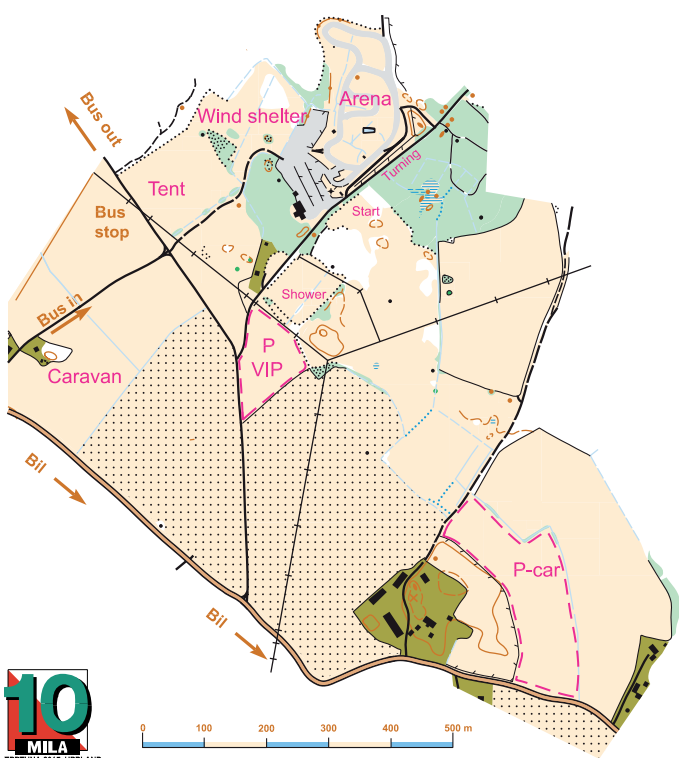
#### **WELCOME!**

##### **Association O-ring in Uppland**

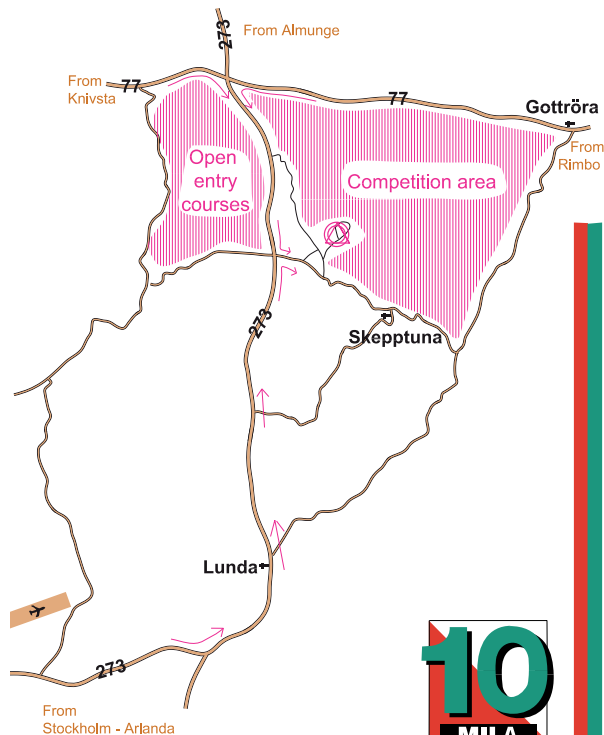
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OK Linné • OK Rodhen • OK Roslagen

Rånäs OK • Sigtuna OK • Vallentuna-Össeby OL



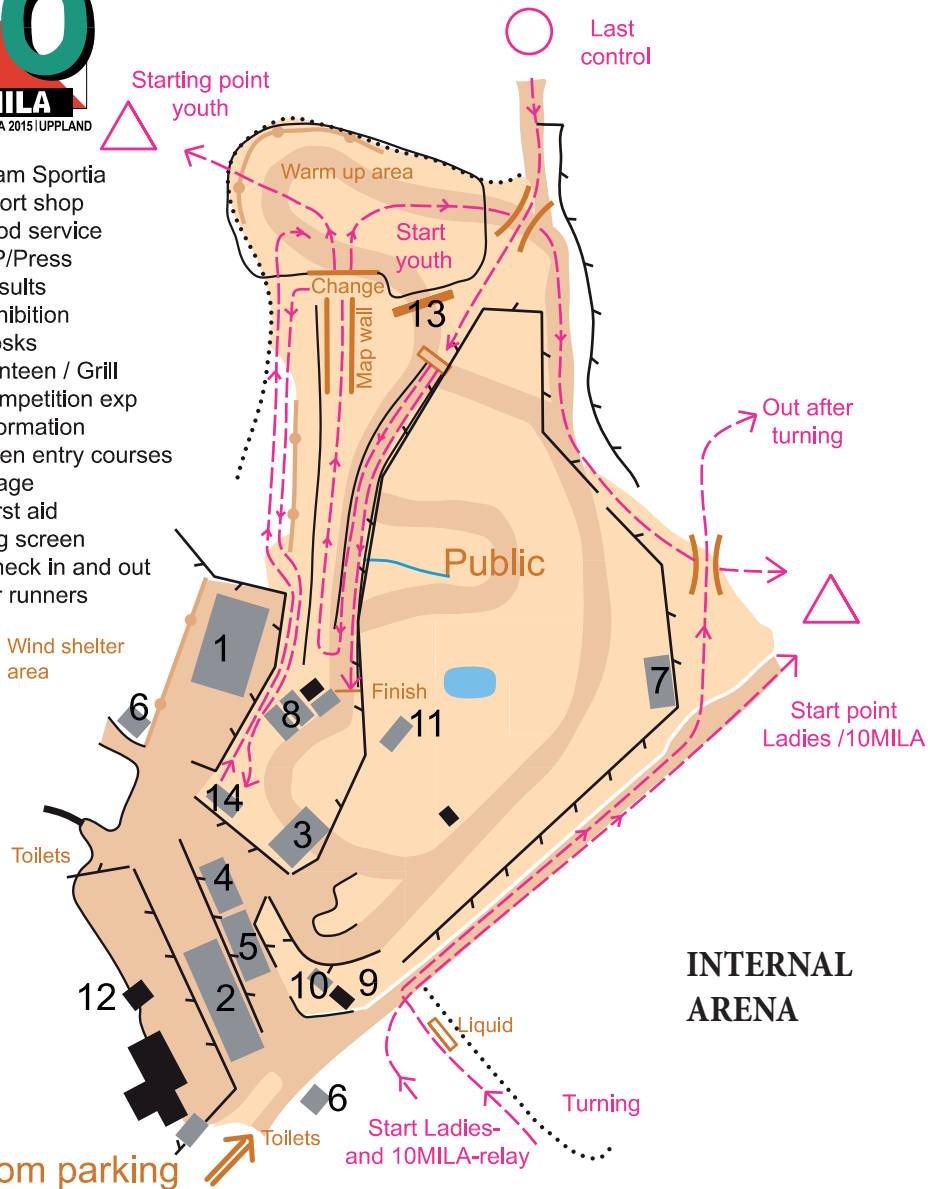
**OUTER ARENA**



**DIRECTIONS**



1. Team Sportia sport shop
2. Food service
3. VIP/Press
4. Results
5. Exhibition
6. Kiosks
7. Canteen / Grill
8. Competition exp
9. Information
10. Open entry courses
11. Stage
12. First aid
13. Big screen
14. Check in and out for runners



**INTERNAL ARENA**

