



Facilities Bulletin

FOOD AND DRINK IN THE ARENA

Food service is inside the skating rink where hot food is available. There are kiosks in the arena near the public area. These will serve hamburgers and kiosk items. There will also be game meat kebabs on sale in the arena.

Inside the skating rink you can follow the competition on the big screen.

Food service

Food tickets are on sale next to the skating rink

Friday: 5 p.m. - 9 p.m. Food will be served in the school building, 600 metres from the arena

Saturday: 11 a.m. – midnight. Food will be served in the skating rink

Sunday: midnight – noon. Food will be served in the skating rink

Menu

Chicken casserole with rice, bread, salad

“Pytt i panna” - Swedish hash with fried egg and beetroot, butter, bread, salad

Vegetable quiche, butter, bread, salad

From 6 p.m. on Saturday

Minestrone soup with bread

Pasta salad with bread and butter

Kiosk

Friday: 7 p.m. - 9 p.m.

Saturday: 9 a.m. - midnight

Sunday: midnight - noon

Game kebab

Saturday: 11 a.m. - midnight

Sunday: 11 a.m.- 2 p.m. (approximately)

MEDICAL CARE/FIRST AID

For 10MILA there is first aid available in the arena and at a medical area in the forest.

Trained medical staff, doctors and nurses will take care of injured runners and sudden illness based on their competence.

Once initial assistance has been provided, they will refer people to regular medical facilities for further treatment (primary care or emergency care). The medical staff will refer people to appropriate medical assistance. This applies mainly to the organisation of emergency care.

FAIR

Visit the tents in the arena where some companies and future organisers present their activities.

SPORTS SALES

The sports sales is provided by **Orienteringsspecialisten** this year. They have a wide range of goods.

Opening hours:

Friday: 4 p.m. - 8 p.m.

Saturday: 8 a.m. - Sunday noon

TAKE THE TRAIN TO 10MILA

The SL commuter trains stop at Nynäsgård Station. The route from the station is marked with tape. It is 1,500 metres to the arena. The commuter trains depart from Stockholm City and from the ferry docks in Nynäshamn. For timetables please visit www.sl.se.

MORE INFORMATION

For further information, news about the race and questions about the Tiomila, go to www.10mila.se.

Organisers



IFK Enskede - Skogsluffarnas OK – OK Älvsjö Örby

Host Municipality

