



Final details Long run

Meeting point and map pick-up: At the arena of stage 1, at the info counter.

Entry on day: Sure, if there are maps available! 70 SEK fee, pay directly using cash or credit card.

Start: Free start times between 09:00 and 14:30

The course: The course this year is a typically Swedish long run, which takes place in the forest. Due to the surroundings of the arena, some road running is inevitable. Approx. 80 % of the course is in the forest and the rest on roads.

The whole course is 15 km, with shortcuts making it from 6 km and upwards in length.

Map: Scale 1: 12 500, contours 4 m. Printed with courtesy of Norrkartor

Refreshments: Are available along the course at two spots; at control 14 and at control 28 (marked on the map). At the refreshment points there is water, warm juice and some dried fruits for extra energy (typical for Swedish long runs 😊)

Controls: Marked with hanging ribbons

Finish: Last finish is at 16:30 **Please tick yourself off when getting back so we know that you are safely home!** The lists will be at the same place as the map pick-up.

Questions: Sure, contact course setter David Hector at +46 70 437 65 81 or info@stockholmindoormap.se

Welcome and enjoy the wonderful nature!