



# Uddevalla

## Ultra Marathon

Saturday

26 April

**Hälle IF invites to:**

### **Uddevalla Ultramarathon**

**2014 official Swedish Championships on 100km, including master classes.**

The race will be right west of central Uddevalla, in the old docklands. Later here has even been a Volvo factory, producing the exclusive C70 model until just recently. A great part of the running course will be on the fenced in test-track of the car-factory.

#### **Classes**

1. Men 100 km
2. Women 100 km
3. Men 50 km
4. Women 50km

The competition is open for both Swedish and foreign participants.

#### **Registration**

To the organizing committee by email: [christian@skolutveckling.com](mailto:christian@skolutveckling.com)

Last day for registration: 15 April

Later registration to a higher fee - 800 SEK

## Ordinary fee

100 km	500 SEK	50
50 km	400 SEK	

The fee will be transferred to our account:

BIC code: NDEASESS      IBAN: SE33 9500 0099 6042 0289 6413

## Accommodation

Web-tourist booking home site: [www.vastsverige.com/sv/uddevalla/](http://www.vastsverige.com/sv/uddevalla/)

## Nutrition and liquid service

In your fee is included full service during the race with an offer of energy drinks, water, coffee, coke, energy snacks, candy, cookies, sandwiches, fruits etc. Everything will be served in roofed passage you will pass every 5km.

## The course

The competition will be run on a 5km course. The road surface is 100 % asphalt and the course is rather flat with a difference in altitude on just 10 meter between the highest and lowest point on the course. Most of the course is absolutely free from motor vehicle and it passes first right through the fenced in area of the old car factory and follows later a pedestrian and bicycle road.

## Timing

It will be electronic chip timing. The chip will be carried on the shoes of the participants.

## Dressing rooms

You will find comfortable dressing rooms in the fitness center close to the start.

## Time for start

09:00 AM

## Prize ceremony

50 km	Men and women	14:00
100km	Men	17:00
100km	Women	19:00

## Health care

Nursery assistance will be available all over the course and in the big service tent that will be passed by the runners on every 5km lap, we offer basic medicine service. In case of emergency the local hospital is just 5 minutes away by car. In the tent will even be space for club / private physiotherapist to work.

## Toilets

You will find mobile toilets along the course. There are even available toilets in the dressing rooms just next to the running course.

## Coffey shop

There is a café inside the fitness center and just beside the course there will even be able to buy coffee, soft drinks, sandwiches and snacks for the audience.

## Information

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Destination  
▶ UDDEVALLA

