

the gax 100 miles

23-24 July 2016



INFORMATION ABOUT THE RACE

The Gax 100 miles

Very welcome to the sixth edition of the Gax 100 miles. This race is arranged by Urban Ljungberg and Bernt Hedlund. The same day as our race The Full Moon 50 mile race is held on the last half of The Gax 100 miles. The Full Moon 50 mile race starts at Haväng at 9.00 pm. So our competitors will surely meet The Full Moon runners during the night.

About this PM

This document is also available at <http://www.gax100.com>.

Start and finish

The start and finish is located at S:t Knuts torg in Ystad. Time for start is on Saturday the 23:rd of July at 8.00 am and the finish closes on Sunday at 4 pm, 32 hours later. 32 hours is therefore the maximum time for a result.

Where to get race bib

You can get your race bib at S:t Knuts torg on Saturday, 23:rd of July between 6.00-07.30 am.

Changing rooms

Is not available. We recommend that you will arrive to the starting area dressed for running. There is one toilet available in the train station at S:t Knuts torg. There is changing rooms with shower at the guest harbour marina 500 meters from S:t Knuts torg. One shower cost 10 SEK. But this option is closed on Sunday afternoon and we are not sure if it is open early on Saturday.

Information before race

We will have a short briefing for our participators from abroad in English 20 min before start.

Baggage and dropbags

You can leave your baggage at the start and you can collect it when you have reached the finish line. We do not take responsibility of your valuable personal belongings. Dropbags shall be marked with your name and the aid station (Mableberg 44 km, Haväng 80 km, Sandhammaren 131 km). Use a waterproof dropbag in case of rainy weather.

Parking your car at S:t Knuts torg start area in Ystad.

We recommend that you do not park your car at S:t Knuts torg or drive after the race. If you are arriving to Ystad by car we suggest that you park your car at the harbour area. We also recommend that you rest for at least six hours after the race before driving.

Staying in Ystad

For visitors and tourists in Ystad [VisitYstad](#) has information about hotels, events and what is worth seeing in this beautiful small town.

The racing track

The race follows Österlenleden which is an **orange** marked hiking trail. But in two cases The Gax 100 mile organisation have choosed a modified route. These two changes are:

- Between Stens huvud and Knäckebackshusen the Gax track differs from the Österlenleden trail (The modified route is between 90-93 km). After Stens huvud when you reach Stens huvud Narurum we have marked the Gax track with white-red stripes to the beach. You need to run on that beach until you reach Knäckebackshusen which you will see on the right hand side).
- Another change we made is the hiking trail leading to Löderups strandbad at 136 km (84.5 miles). We have removed that part. You shall instead turn right and take the route directly to Ystad.

Maps

We will give every participator a map of the racing track before start at S:t Knuts torg. If you want to download the map to your GPS-watch you can do that on gpsies.com.

Aidstations

We have three aidstations where we also store your dropbags and we have two small water stations along the hiking trail. The sport drink we will use for this event is [Amino Energy](#). At the aidstations and waterstations you have the oppurtunity to refill. The following refreshments are served at each aidstation:

Magleberg 44 km or 27 miles (refreshments and dropbagstation)

Open Saturday between: 11:30-15:30.

- Water
- Sport drink (Amino Energy)
- Bananas
- Chips
- Dextrosol
- Bread with cheese
- Coca cola

Water station 66 km or 41 miles

On Saturday between: 13.00-22.00.

- Water

Haväng 80 km or 49 miles (refreshments and dropbagstation)

Open Saturday between: ~16:30-23:00.

- Water
- Sport drink (Amino Energy)
- Bananas
- Chips
- Coca cola
- Hot dogs

Water station 118 km or 73 miles

Open Saturday from 9 pm to Sunday morning 11 am.

- Water
- Coca cola
- Fruit

Sandhammaren 131 km or 81 miles (refreshments and dropbagstation)

Open on Saturday from : 10:00 pm to Sunday 11:00 am.

- Water
- Sport drink (Amino Energy)
- Bananas
- Chips
- Dextrosol
- Coca cola
- Soup
- Coffee
- Blueberry soup
- Rice pudding

Mandatory equipment

For your own and others safety the participants shall be equipped with the following:

- Emergency blanket.
- Mobile phone with the race directors phone number.
- During the night. Two working head lamps or flashlights.
- The choice of clothes must be adapted to the weather conditions.
- Sufficient food/energy and fluid in backpack so you can make it to the next aidstation.

Recomendations

- Bring your own sport drink for refilling your bottle or your backpack. If you do not have or want to bring your own sport drink we will of course assist you with that.
- The temperature during night at the beach can be very cold and windy so take proper clothing with you during that time.
- Flashlights and headlamps needed for the night is placed in Haväng (aidstation/dropbagstation 2).

Rules

You need to comply with the following rules:

- Cheating or behave in unsportmanlike ways can lead to disqualification.
- Littering is absolute forbidden and it will lead to disqualification. If you anyway come across litter from our runners. Please pick it up. You will not only do us a favour but yourself too.
- Pacers is not allowed. The idea is that every participator shall have the same conditions. However support along the race track is allowed. The support can be such as assisting the participator with food, energy, clothes, etc during the race.
- The race staff at aidstations have the right to disqualify or take the participator off the race. If the the runners health condition motivates that or behave in an unsportmanlike manner.
- Assist a competitor in emergency situation is obligatory.
- Each runners is responsible for their own actions and participation is at their own risk.

Safety conditions

Österlenleden (the race track) passes several roads where the county and the state government are responsible for its safety. It is therefore very important that every participator pay attention and show respect to the passing traffic on these roads. There is three major roads that the participators will cross:

Road 13 (30 km or 18,6 miles)

The race track passes road 13 at Snogeholmsjön (Snogeholm lake). The speed limit is 70 km/h.

Road 11 (36 km or 22 miles)

The race track follows road 11 for about 100 meters before it continues in to a smaller dirt road. The speed limit is 90 km/h.

Road 19 (73 km or 45 miles)

The race track passes road 19 after the village of Brösarp. The speed limit is 90 km/h.

Please note that road 11 have the largest amount of traffic according to the county authority. Therefore we kindly ask you to take caution for your own and others safety.

Dropping out of the race

If the participator wants to end the race before finish. The race-directors must be notified by phone call or at the aidstations. We will assist those who decide to quit the race before reaching Ystad as much as we can. It could take one hour or more before transport arrives so we ask kindly for your patience in that matter.

Important phone numbers

We who organize The Gax 100 miles recommend that you have both race directors mobile phone numbers in your mobile phone during the race.

Race director Urban Ljungberg: 070 265 77 66 (or +46 70 265 77 66)

Race director Bernt Hedlund: 070-223 33 79 (or +46 70-223 33 79)

County busses and trains: [Skånetrafikens bussar och tåg](#): 0771-77 77 77 (or +46 771 77 77 77)

Taxi Ystad: 0411-720 00 (or +46 411 720 00)