

*Varsamt far i bygd och mark
Skada icke kådig bark
Riv ej björkens vita hud
Stör med skrän ej skogen ljud
Bort med skräp och matsäcksrester
Städa efter Er. Ni gäster
I naturens helgedom
Skövla icke blad och blom
Tänd ej eld men om du tänder
Släck vart glöd i kol och bränder
Låt bli att simpelt rita
Plank och vägg med kniv och krita
Skona det som annans är
Akta det som minne bär*

*(Citerad text från raststugan på
Själandsklinten i Nordingrå,
Högakusten)*

WELCOME TO THE GAX 100 MILES
20-21 JULY 2019
INFORMATION ABOUT THE RACE

The Gax 100 miles

Very welcome to the tenth edition of The Gax 100 miles. This race is arranged by The Gax 100 miles organisation. All information about this race should be available in this document. If there still is anything that is not noted in this PM or if there is any questions about the race please contact us at gax@gax100.com

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

If you want to get the latest update of The Gax 100 miles. Join [The Gax 100 miles Facebook discussion group](#).

Start and finish

The start and finish is located at S:t Knuts torg in Ystad. Time for start is on Saturday the 20:th of July at 10.00 am and the finish closes on Sunday at 6.00 pm, 32 hours later. 32 hours are therefore the maximum time for a result.

Where to get the race bib

You can get your race bib on raceday at S:t Knuts torg on Saturday, 20:th of July between 8.00-9.30 am.

Changing rooms

Is not available. Our recommendation is 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 costs about 10 SEK. Changing rooms at the harbour could be closed on certain times during the weekends.

Information before race

We will have a short briefing for our participators in both Swedish and English 20 min before start.

Baggage and dropbags

Leave your baggage at the start and 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 and its surroundings.

For your supporters

Supporters and crews for all runners must be aware that the race is held in restricted nature reserves. Every supporter should be informed about "[The right of public access](#)" (i.e. allemansrätten).

The racing track

The race follows Österlenleden which is an **orange** marked hiking trail. More information about Österlenleden is available at <https://www.skaneleden.se/en/delled/sl4-osterlen>. On Skåneleden trail website there is also maps for sale that you can use in this running event.

In three cases The Gax 100 mile organisation have chosen a modified route of the Österlenleden. These three changes are:

- Between Stens huvud and Knäbäckshusen the racing track differs from the Österlenleden trail (The modified route is between 90-93 km). After Stens huvud when you reach Stens huvud Narurum you shall head straight to the beach. You need to run on along the beach until you reach Knäbäckshusen (which you will see on the right hand side). At Knäbäckshusen we have marked the race track with white-red stripes.
- 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.
- When running towards the last aidstation at Sandhammaren the Österlen trail takes a route to Mälarhusen village close to the beach. We have chosen to skip that part of the trail and the racing track this year is completely on the beach near the sea.

Maps

We suggest that every participator have downloaded the gps-track from gpsies.com. We will have maps of the racing track to hand out if requested when collecting the race bib on raceday.

Aid stations

Since last year we decided **not** to serve sportsdrink at our aidstations. You will have to bring your own! We will have some limited amount of sportsdrink at the aidstations if the participator requests it (probably Umara with orange or lemon flavor).

We have three aid stations where we also store your dropbags and we have two small water stations along the hiking trail. At the aid stations and waterstations you have the opportunity to refill. The following refreshments are served at each aid station:

Magleberg 44 km or 27 miles (refreshments and dropbagstation)

Open Saturday between: 1.00pm-5.00pm.

- Water
- 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 and Sunday between: ~6.00pm-2:00am.

- Water
- Bananas
- Chips
- Coca cola
- Hot dogs
- Sandwiches

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: 11:00 pm to Sunday 1:00 pm.

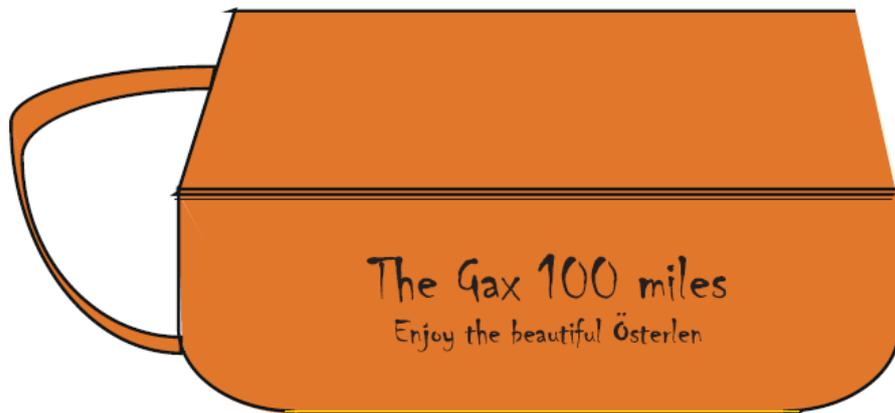
- Water
- Bananas
- Chips
- Dextrosol
- Coca cola
- Soup
- Coffee
- Blueberry soup

- 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.
- We will provide you with a mug at the start in Ystad for you to use and carry with you during the race when drinking at the aid stations.



- 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 aid station.
- A small tracking device from [Racetracker](#) must be placed in your backpack. This is a gps-tracker that will make this event live so that the race organisation and supporters can follow the participants on the web.

Recommendations

During the night we recommend that you carry two working headlamps or flashlights.

You will have to decide in which dropbag you will put your headlamp/flashlight (Magleberg 43 km or Haväng 79 km). Depending on how much time you need to accomplish these distances. If you feel that you have the capacity to arrive to the second aidstation at Haväng (79 km) before 9.00 pm, in 11 hours, you could leave the headlamps/flashlights there.

Rules

You need to comply with the following rules:

- Cheating or behave in unsportmanlike manners 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 compete on 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 aid stations have the right to disqualify or take the participator off the race. If the runners health condition motivates that or behave in an unsportmanlike way.
- Assist a participant in an emergency situation is obligatory.
- Each runner is responsible for their own actions and participation is at your own risk.
- Please close the gates when entering meadows along the trail. The landowners have cattle on these meadows that you may encounter.

Safety

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 aid stations. 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.

Pre-race dinner

Runners and supporters are welcome to join us at Pizzeria in central Ystad on Friday at 6.00 pm the day before the race. We will book table in advance and we hope that you will join us. Please contact us if you are interested about the Pre-race dinner. More information about the pre-race dinner will be announced a few days before the race.

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 Jan-Erik Ramström: 070 733 17 82 (or +46 70 733 17 82)

County buses 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)