



Info Täby Extreme Challenge 2015

TEC race is during 17-19th of April 2015.

First start is for 200 miles runners, 10:00 AM Friday the 17th of April and last finish is 54 hours later at the 19th at 4.00 PM.

Second start is for 50 miles and 100 miles runners, 10.00 AM Saturday the 18th of April and last finish is 30 hours later, the 19th at 4.00 PM.

Third and last start is for 50 miles night runners, 00.00 AM Sunday the 19th of April and last finish is 16 hours later, the 19th at 4.00 PM

Race Area

Start and finish line is at Ensta Krog in Täby. Here we have dressing rooms, showers and a sauna. It's open before start and we close it 04.30 PM at the latest on Sunday. Ensta Krog is about 1200meters north east of Täby Centrum.

NOTE!

The telephone number to us at Ensta Krog is: +46(0)72-7208106



BIBS

You can get your bib at Ensta Krog from 08.30 at Friday the 17th.
Note! You can only get your bib at Ensta Krog. At least 15 minutes before your start you have to get the bib.

Information about the race

We will speak 15 minutes before the start, first Swedish and then English about the course if there's any updates.

Dressing room

Dressing rooms are at Ensta Krog with showers and sauna, separate ladies and men. These are shared with other people during the whole weekend so please respect the rules, not passing behind the bench with shoes, don't leave valuable things or bags inside the dressing room. As complement to the toilets in the dressing room we have three warm toilets outside.

There are often a bit crowded in the dressing room before start.

Rest in the dressing rooms are allowed but keep in mind that there are other people visiting Ensta Krog!

Bags

It is not allowed to put up any tents (teams or private) or own tables outside the big TEC tent at Ensta Krog. All the runners' bags can be put in the TEC tent. If you have larger bags for your travel you can put them in the luggage room at the hotel. Note that no bags are allowed in the dressing rooms.



Change the distance

It's allowed to change distance during the race, from 50 to 100 miles, 100 to 50 miles or from 200 miles to 100 or 50 miles.

To see which runners compete for the top 3 we only show top 3 of those who signed up for that distance and that starts at the official start.

DNF

If you can't finish and can't continue the race you have to talk to someone in the TEC crew. If you are registered for 100 miles and have to DNF but has ran more than 50 miles you will get a time for 50 miles etc. You will not get any prize if you do not finish.

Maximum time

200 miles has a maximum time of 54 hours, 50 and 100 miles has a maximum of 30 hours and 50 miles night has 16 hours maximum to finish the race.

Racetrack

It's a new track that is about 11.5km and there will be no passing over train tracks like earlier years. There has been good melting of the little snow we got this year and if there's not going to snow in the nearest future the tracks will not have snow or ice. We will post info at TEC website the upcoming week if it's any big changes. You will follow red and white stripes along the whole track.



Pit stop

TEC has one pit stop and it's at Ensta Krog where the start and finish is. The track is about 11.5km. In the tent we serve a good basic supply of water (hot and cold), chips, candy, fruits, sandwiches, gels, salt tablets and some hot food during evening and night. We have a kettle and micro in the tent. The energy drinks and gel we serve is from our sponsor Hammer Nutrition and is called HEED and Perpetuum, we had this drinks for years now. Your own supply is able to be beside your bag in the tent. Note that it's not allowed with own tents or tables at Ensta Krog and to put it up anywhere else you need a permit from Täby Kommun or the ground owner. You are allowed to borrow a wall socket to charge your phone.

Required equipment

During day

- A working mobile phone
- The runners are expected to carry liquid and food / energy that is enough for a lap, if needed.
- The choice of clothes must be adapted to the prevailing weather conditions.

During night (includes the day equipment above)

- Head light and also simple replacement bulbs and spare batteries has to be taken with you at night
- Good reflexes, preferably reflective vest
- After dawn also includes emergency blanket (aluminum version). Emergency Blanket can be purchased in many places (eg. Pharmacy, Intersport, Täby Centrum has those stores, close to Scandic hotel if your staying there).



Pacer

Pacers are allowed from 8.00 PM on Friday evening for 200 miles runners and 8.00 PM on Saturday evening or after the runner has reached 100 km, depending on which of these happens first. Pacers always start at Ensta Krog and you are only allowed to have one pacer at a time.

It's against the rules that the pacer carries anything or at any other physical way helps the runner if it's not critical and the runner needs help until the crew gets there. When the pacer arrives to Ensta Krog he/she has to report to the TEC crew so we know if we have anyone to send out if an emergency occurs. If you are not registered as pacer, please do it on our website, new.tec100.se.

Communication

From Stockholm City Central you take the subway with destination Mörby Centrum, get off at Tekniska Högsolan. Walk from the subway to the railway called Roslagsbanan, get on train that goes to Österskärslinjen, get off at Galoppfältet, follow the sign Kemistvägen and walk by Statoil and when you pass Täby Park Hotel you will see the walking path to Ensta Krog. Otherwise ask at the Hotel.

Parking

We advise that you don't drive after the race. Your muscles are tired and can cause problems during the driving due to reaction time or tiredness. A runner is recommended to rest 6hours after the race before he/she gets behind the steering wheel. Parking lots are available behind the Täby Park Hotel that is 300meters south of Ensta Krog. The limited parking lots at Ensta Krog are for the TEC crew and public who visit the forest for a walk/run.

TEC



Hotel

This year we collaborate with Scandic Täby that is about 3 km from Ensta Krog and you will get a discount. The address is: Näsbyvägen 4 in Täby.

The price for a room (single or double) is 750SEK or for a triple room 1050SEK.

To book a room please contact: Hanna.eriksson@scandichotels.com or call +46 (0)8 517 35 416 and tell her you will run TEC and you will get the discount. If you have already booked and not got the discount please contact the hotel.

Dinner

The dinner buffet takes place at Scandic Täby at Friday evening, starting at 7.00PM for the price of 159SEK per person witch includes non-alcoholic drinks and I've told them that we eat a lot!

Sign up at tec@tec100.se before 15th of April so we can inform the restaurant about how many runners they have to satisfy. Please add comments if you are vegetarian or have any allergies.

The price is not included in the registration fee so you will pay the hotel. During the coffee we will listen to the ultra runner Maria Thomsen who will share her running adventures.

Weather

This year the weather looks nice, but you never know! Don't forget that it could be minus degrees at night so bring something extra for your hands and head.

TEC



Rules

- Cheating, not to follow the rules.
- Don't throw garbage along the road. Hold it in your hand until you run by a wastebasket. We will place some garbage bags along the track.
- You are not allowed to use rods.
- You are not allowed to deviate from the racetrack or race area at Ensta, then you will be disqualified.
- If a runner needs help, help them, it's mandatory. Contact TEC Crew.
- A cheating pacer could make their runner disqualified.
- TEC Crew has the right to pick a runner off the race if they think it's a risk for the runner.
- TEC Crew has the right to DNF a runner if the person doesn't follow those rules nor has sportsmanlike manners.

Risks

You are running at your own risk

TEC staff

Race directors Jonas Wängberg and David Sundvall with support by a good crew.

Thank you for running, we'll see you next week at TEC 2015!

/ TEC CREW