



# Info Täby Extreme Challenge 2019

*TEC is ongoing between 26-28<sup>th</sup> of April 2019.*

***First start** is for 200 miles runners is at 10:00 AM Friday the 26<sup>th</sup> of April and last finish is 54 hours later at the 28<sup>th</sup> of April at 4.00 PM.*

***Second start** is for our distance TEC Backyard Ultra that start at 6.00PM Friday the 26<sup>th</sup> of April with continues start every hour. Last start is at 3.00 PM on Sunday the 28<sup>th</sup> of April.*

***Third start** is for 50 miles and 100 miles runners is at 10.00 AM Saturday the 27<sup>st</sup> of April and last finish is 30 hours later, the 28<sup>th</sup> at 4.00 PM.*

***Fourth start** is for 50 miles night runners is at 00.00 AM Sunday the 28<sup>th</sup> of April and last finish is 16 hours later, the 28<sup>th</sup> 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 4.00 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)73-511 21 96



## **Race bibs**

You can get your race bib at Ensta Krog from 08.30 AM at Friday the 26<sup>th</sup>.

Note! You can only get your bib at Ensta Krog. At least 30 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 and if there are any updates.

## **Dressing room**

Dressing rooms are at Ensta Krog with showers and sauna, separate ladies and men. Dressing rooms are shared with the public 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.

The new TEC Ultra backyard – every lap of 6,7km must be run below 1 hour to get to start the next hour. Maximum of 45 starts, eg. last start is at 3 PM on Sunday the 28<sup>th</sup>.

### **Racetrack**

It's the same track as 2018 that is 11.5 km. There has been good melting of the snow 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 blue and white markings along the whole track.

Backyard Ultra track will be about 6,7 km long and will go about 5km on the same track as other distances. Signs will mark when the tracks go different directions.

**GPX and maps** are at [www.tec100.se](http://www.tec100.se)



## **Pit stop**

TEC has one pit stop and it's at Ensta Krog where the start and finish is. The track is about 6,7km and 11.5km. In the tent we serve a good basic supply of water (hot and cold), chips, candy, fruits, sandwiches, gels and some hot food during evening and night. We have a kettle and micro in the tent. 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.

If you are running 200 miles the first 8,5 hours will be self supportive except for hot food around 8.00 PM on Friday, we will provide water and microwave and during the day it will be served coffee, sports drinks and smaller snacks.

## **Required equipment**

### Always

- A working mobile phone (save TEC's number +46(0)73-511 21 96)
- 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

- Head light and also simple replacement bulbs and spare batteries has to be taken with you at night
- Good reflexes, preferably reflective vest

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- 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 for 50 and 100 miles at 8 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.

## **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 walk 500 meters, cross Stockholmsvägen and you will see Ensta Krog.



## **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 6 hours after the race before he/she gets behind the steering wheel. The limited parking lots at Ensta Krog are for the TEC crew and public who visit the forest for a walk/run.

## **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 rate for a single room is 890 SEK, for a double room is 990 SEK.

To book a room please contact: [Meeting.taby@scandichotels.com](mailto:Meeting.taby@scandichotels.com) or and use the booking code "46792651" and you will get the discount. If you have already booked and not got the discount please contact the hotel.

## **Weather**

Don't forget that it could be 0 degrees at night so bring something extra for your hands and head.

## **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.

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- 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 organizer**

Race director, David Sundvall, TEC IF

## **THANKS TO**

Sponsors

Residents of Täby

Volunteers

Supporters

And all you who run

We will meet 26-28<sup>th</sup> of April at TEC 2019

Best regards /

Race director with it's awesome TEC crew