

TEC – Täby Extreme Challenge

April 17-19, 2015

Description of the course

Introduction:

The following is an excerpt from the measurement protocol. The distances in the table are based on the average between several measurements done with a wheel, while the official length of the course is taken as the shortest of the wheel measurements (11.533 meter). The minimum length to exceed is 11 507 meter (100 miles/14 loops + 0.1%). A detailed comparison at TEC 2010 between wheel measurements and bike measurements done by the track and field association shows that it is likely that the course is a few meters longer than the wheel measurement shows.

Explanations:

- **Column 1: Sequential numbers taken from the measurement protocol**
- **Column 2: Distance from the start**
- **Column 3: Distance to the next point**
- **Column 4: Type of trail to the next point**
 - A = Tarmac/asphalt with street lights (1 758 meter, 15%)
Roughly half of this can be ran on grass or gravel next to the tarmac
 - W = Wider trails (6 706 meter, 58%)
 - N = Narrow trails with increased risk of roots and stones (3 075 meter, 27%)
- **Column 5: What to do or look out for at each point**

Point	Distance [meter]	Section [meter]	Type	Description
1	0	66	W	Start – South west corner of the northern house. Head for the south side of the locker room house and head east to the forest.
2	66	170	W	Intersection – A few meters into the forest take the short cut over to the illuminated jogging trail that heads up the hill
3b	236	39	W	Intersection – Leave the illuminated jogging trail and turn right onto a wider trail
3c	275	178	W	T-junction – This trail joins the illuminated jogging trail again. Turn right.
5	453	94	W	Intersection – Continue on the illuminated jogging trail when it turns right
6	547	95	W	Intersection – Continue on the illuminated jogging trail when it turns right up a hill
7	642	54	W	Intersection – Continue on the illuminated jogging trail downhill
8	696	41	N	Intersection – When the illuminated jogging trail starts to flatten out and turn right, continue instead straight on a small trail that into the grove
9	737	23	A	Intersection – The short trail winds first a little left and then a little to the right before it hits a slope and a paved footpath. Turn right onto the footpath (look out for fast bikes) and then immediately left through the tunnel.
10	760	245	A	Beginning of the tunnel
12	1 005	102	A	Intersecting paved footpath – Continue straight
13	1 107	331	A	Intersecting paved footpath – Continue straight
14	1 438	72	A	Intersecting road – Continue straight
16	1 510	114	W	Intersection – Chose the left gravel footpath
17	1 624	145	W	Beginning of a grass field – Continue on the gravel footpath down to the lake
18	1 769	263	W	T-junction – Turn left at the lake and continue on another gravel footpath
20	2 032	298	W	Intersecting gravel footpath – Cross it and continue slightly to the right

21	2 330	310	W	Intersection – At the end of the allotment-garden area continue slightly to the right along the lake
22	2 640	719	W	You pass the spring "Trefaldighetskällan". This area was probably used as a place of sacrifice by the Vikings. The water is supposed to be drinkable.
25	3 359	124	W	Intersection – Turn sharp left at the power line over the lake onto another wider footpath that heads up a small hill.
26	3 483	132	A	Continue straight when the footpath changes from gravel to tarmac
27	3 615	48	A	T-junction – Continue slightly to the right through the tunnel
29	3 663	124	A	Turn right at the end of the tunnel onto a pavement
30	3 787	78	A	Intersection – Avoid the first road/footpath to the left (Rågvägen). Continue straight and pass a bus stop.
31	3 865	118	A	Intersection – Turn left at the second road/footpath to (Havrevägen) which is located close to the main intersection
32	3 983	277	A	Intersection – Cross a road that is followed by a small hill. Continue straight.
33	4 260	157	W	After crossing another road you end up at the end of the road. Continue straight onto a trail. Approach this trail from the right side of the road to ensure that you do not step onto private property to the left.
34	4 417	77	N	Intersection – Keep left when the trail forks
35	4 494	121	N	Intersection – Cross the jogging trail
36	4 615	96	N	Intersection – Continue straight. Avoid the trail to the right.
37	4 711	34	N	Intersection – Turn right. There are a few logs on the ground that guides.
38	4 745	19	N	T-junction – Round a stone and turn right a trail
39	4 764	5	N	Intersection – Continue straight. Avoid the trail to the left.
40	4 769	86	N	Intersection – Turn left on top of the hill and head for the foot of the small precipice where you merge with another trail. There might be one or two meters of damp trails at the precipice if spring is late.
40b	4 855	16	N	Intersection – Continue straight after the stones. Avoid the trail to the right.
40c	4 871	65	N	Intersection – Continue straight. Avoid the trail to the right.
41	4 936	65	N	Intersection – A trail joins from the left. Continue straight.
42	5 001	63	N	Intersection – Continue straight. Avoid the trail to the right.
43	5 064	123	W	T-junction – Turn right onto the bridle path.
44	5 187	101	W	Intersection – Continue on the bridle path through the small depression
46b	5 288	80	N	Intersection – Turn right onto a smaller trail shortly after crossing a small stream
46c	5 368	79	N	Intersection – Cross a vague trail that comes in from the behind on your left side. A thin log on the ground helps pointing the right way.
47	5 447	107	W	T-junction – Turn left twice when approaching the jogging trail
48	5 554	114	W	Intersection – Continue straight down to the lake "Gullsjön"
49	5 668	121	W	You pass the rest area with a shelter and fire place at the lake. This is a good "half-way" place for crews and friends to support the runners. There is a car park 450 meters to the east (signed entrance "Gullsjön" from the road "Löttingevägen").
50	5 789	154	W	Intersection – Continue on the jogging trail that turns right
51	5 943	94	W	Intersection – Continue on the jogging trail that turns right
52	6 037	207	N	Intersection – Leave the jogging trail and turn right onto the right of the two forest trails that exits here. A sign saying "Fortet" points it out.
53	6 244	61	N	Follow the trail when it turns left. You pass a trench that was part of one of Stockholm's defensive line during World War I.
54	6 305	70	N	T-junction – Turn left
55	6 375	131	N	Intersection – Chose the smaller but smoother trail to the right at the fork
56	6 506	791	W	T-junction – Turn right at the jogging trail. Follow the jogging trail for a longer stretch, partly under power lines.
60	7 297	121	W	Choice of trail – Continue on the jogging trail also here. Do NOT switch over to the parallel bridle path to the left!
61	7 418	104	W	Intersection – Cross the bridle path right after the jogging trail turns left and heads for the forest
63	7 522	245	W	Intersection – Continue on the jogging trail that turns left
64	7 767	49	W	Intersection – Continue on the jogging trail that turns left
64b	7 816	144	W	Intersection – Continue on the jogging trail that turns left

65	7 960	135	W	Intersection – Pass a small sign that points out a bog to the left “Wallins mosse”
66	8 095	90	W	Intersection – Cross the bridle path
67	8 185	40	N	Intersection – Leave the jogging trail on a small trail on your left that is located right after a juniper tree/bush. There is a power-line pole to the right.
68	8 225	9	N	Fork – Choose the left path at the fork
69	8 234	69	N	Intersection – Cross the bridle path and head into the forest. Initially slightly to the left where there is no trail (until the TEC-runners have made it visible), followed by slightly to the right where you join a small barely visible trail
71	8 303	42	N	Intersection – Turn left where a trail joins from the right at a roughly 0.5 meter high slope
72	8 345	68	N	”Cairn” – On the other side of the ” cairn ” choose the trail that leaves slightly to the right
73	8 413	69	N	Intersection – Choose the barely visible trail to the left. Avoid the trail to the right that enters a small depression and is blocked by a log.
74	8 482	41	N	Intersection – After a few turns and under a tilted tree you reach a trail intersection. Cross it and follow the trail smoothly when it turns right.
75	8 523	36	N	Intersection – Continue straight
76	8 559	36	N	Intersection – A trail joins from the left. Continue slightly to the right on the trail. Watch out for a short section with roots.
77a	8 595	32	N	Roots – An obscure trail enters from the right. Continue to the left over roots. You should be able to pass this without stepping in water or mud.
78a	8 627	9	N	Intersection – A trail enters from the left. Continue to the right.
78b	8 636	14	N	Intersection – Turn left onto a smaller trail and head for the hillock
79	8 650	68	N	Hill – Climb the steep but short trail in the crevice. At the top, turn right and follow the ridge to the south.
80	8 718	140	N	Intersection – A trail enters from the left (TEC 2104’s course). Continue straight.
81	8 858	301	N	Intersection – Follow the ridge up to the jogging trail, and cross it. Keep slightly to the right near the jogging trail to ensure that you hit the intersection. Roughly 60 meters thereafter you come to a fork where the right path (the one you should choose) climbs a small stone, passes a cut-in-two log, and a narrow passage between trees. This is followed by a small depression, a vague fork (choose left), an un-rhythmic right turn uphill followed by a nice gentle downhill.
82	9 159	142	N	Intersection – Continue straight over a few roots and then uphill
83	9 301	304	W	T-junction – Turn left onto the jogging trail
84	9 605	164	A	Intersection – Turn left right after the electric relay interlocking plant, and thereafter slightly to the right onto the tarmac footpath that leads to the tunnel
85	9 769	72	A	Intersection and road barrier – Continue straight
86	9 841	461	W	Intersection – Turn right onto the gravel footpath between the houses
87	10 302	36	A	T-junction – Turn right and aim for the tunnel and the forest
88	10 338	62	W	Intersection – Cross the bike path enter the forest
89	10 400	72	W	Intersection – Turn left onto the jogging trail
90	10 472	244	N	Intersection – Leave the jogging trail and turn right onto a forest trail when the area to the right starts to be flatter
91	10 716	47	N	Intersection – After a fork (choose left trail) and a few minor intersections you will see the TEC 2014’s trail coming in from behind on your right side
92	10 763	97	N	Intersection and T-junction – When you exit the more dense forest and see the jogging trail to your left, turn left and head straight to the jogging trail (you’ll get wet in the spring if you continue straight), and turn right on the jogging trail.
94	10 860	149	N	Intersection – Continue straight onto a forest trail when the jogging trail turns left
95	11 009	101	N	Intersection – Cross the jogging trail
96	11 110	90	N	Intersection – Cross the jogging trail (keep slightly left at a fork shortly before this intersection)
97	11 200	162	W	T-junction – Turn left onto the jogging trail
98	11 362	78	W	You pass some exercisers – Follow the illuminated jogging trail on the left side of the playground and to the left in the fork right after the playground
99	11 440	99	W	Intersection – Turn right onto another jogging trail and head for the aid station at Ensta Krog
100	11 539			Finish – South west corner of the northern house