



Schedule

09.00	Race centre opens
09.45	Mandatory race meeting
10.40	Go to start (800 m)
11.00	Start all courses
13.00	Lunch opens
15.30	Price ceremony
16.30	Race centre closes

Race Centre

Adress: Vättlestugan, Kryddnejlikegatan 9, 424 53 Angered
Location: Parkering [2]

Race area

Vättlefjäll nature reserve
Please respect other visitors, animals and nature

Parking

Parking at [2] and [3] and by the road (red marking)

Public transport

Tram 4 or 9 to Angered centrum, switch to Buss, jump off at Kryddnejlikegatan [red arrow], walk 600m

Registration

Registration in race centre [2]
Please state name and team name

RACE-PM

MOUNTAIN RETURN | 2019-08-17

Disclaimer

Fill in personally at registration. You race at your own risk.

Mandatory equipment check

1 per person: Wet suit covering shoulders and thighs, whistle (easy accessible during the race)

1 per team: Compass, small first aid kit

Note: If you cannot show all mandatory equipment you will not get you start kit

Start kit

- 1 race band
- 2 swim caps
- 1 Sport ident unit



Race band

Given to secure the sport ident unit

Sport ident unit

One team member attaches the the SI unit either to the wrist using the race band (tip pointing towards the hand), or on the finger using the elastic strip. Anchor with small rubber band (in race centre). Attach properly as Lost SI unit is 500 SEK and DNF .

Changing room

Change either outside or in changing room [1]
Note. The changing room is common for all, please show respect

Bags

Hand in your bag at the race centre [1]
Lostwater events is not responsible for any valuables

Toilets

In changing room [1]

Water

Tap on the short end of the house [1]

GPS-watch

Please use GPS watch for LIVELOX upload
The GPS is not allowed for positioning or compass



Start

Approximately 800 meter to start, follow ribbons

Go to start 10.40 from race centre the latest

Start position by the team maps at 11.00

Team numbers are marked on the back of the map

All classes/courses start at the same time

Energy/Water stations

The race has two well sorted energy stations (Maurten sport drink, CLIF bars, a lot more). Action and Endurance will pass a third water station with limited range. Please bring some extra energy from start as race time depends on route choices.

Finish

Finish in race centre [2]

All classes/courses has the same finish

Changing room / showers

Changing room, shower, sauna may be used [1]

Note. The changing room is common for all, please show respect and shower with swim wear.

Lunch

A light vegetarian lunch will be served from 13.00 [2]

State name / team name

Supporters

There are two good spots for supporters.

Please contact us for more info, to keep the course secret.

Rules

http://www.lostwaterace.com/wp-content/uploads/2019/03/Race_Information_Lostwater_ENG.pdf

Instagram

Please tag pictures from your race experience
@lostwaterace #lostwaterace #swimrunorienteering
www.instagram.com/lostwaterace/

Facebook

Sign up for the facebook event
www.facebook.com/pg/lostwa/events/

Contact

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