



SCHEDULE FOR THE RACEDAY SATURDAY 3.8.

- 8.00** Raceinfo at Strömfors Outdoor Factory lounge, Ahlströmintie 1.
(All extra clothes etc. can be left to Outdoor Factory during the race.)
- 8.45** Transportation for all participants to Svartholma fortress island with taxi & boat,
(there is no transportation to Svartholma for spectators).
- 10.00** RACE start, startline on south part of the fortress, first leg is a short run
- 9.00** - Strömfors Outdoor ja Cafe Ström & Fors open
possibility for trying out different outdoor activities for race followers
- 15.00 - 15.30** (estimate) First pair crosses the finish line
- 15.00**- Showers and sauna for competitors
- 16.00**- Food, drinks & after race hangout at Outdoor Factory, cheering for finishers
- 17-18** Price giving ceremony

GENERAL RACE INSTRUCTIONS

- Race rules follow general Swimrun rules found at <http://otilloswimrun.com/rules/>.
- Each pair is required to have a valid insurance for outdoor racing. Racing is done with own risk.
- Race is held as a pair race where a participating pair can be mixed or same gender.
- Pairs must stay within 10 m from each other during the whole race, no outside assistance is allowed.
- Allowed equipment: Wetsuit, running shoes, goggles, swim paddlers, fins, safety buoy, whistle. All equipment must be brought from start to finish by racers. Numbered vests and caps are provided by organizers. Vests must be returned after the race.
- All racers are provided with detailed route maps at the race info. The route is marked and racers must stay in the marked route at all times during the race.
- Race timing is automatically done with chips (one/pair) there will also be split timing during the race
- All swimming portions are assisted with kayaks/canoes for safety, if help is needed during the swimming, signal to closest safety paddler for assistance.
- If a competitor withdraws from the race, she/he should try to walk/run/swim to the nearest aid station, contact race organizers and notify the route master by phone: 040-1676300.

ROUTE

START Svartholma fortress island 10AM. First leg is a short run through fortress followed by swim to the shore.
FINNISH Strömfors Outdoor Factory, parking lot the front of Cafe, marked with beach flags, Ahlströmintie 1.

Swimming:

- RED beach flags are placed on swimming to running transition points and help navigation to the land
- Red/White buyos are placed along the route, where needed, helping navigation and avoiding swimming to rocks etc. All buyos are always passed from left side (buyo stays on the right of the swimmers).

Running:

- Yellow arrows painted to the ground in regular intervals are pointing the running direction.
- Road crossings are marked with white standing signs with Outdoor Factory -logo and direction of the route.
- *For environmental reasons, plastic ribbons are only used when absolutely necessary for marking the course.*

Aid stations:

- There are SIX (6) aid stations along the route (approx: 4km, 7km, 11km, 16km, 23km and 26km on the course).
- Aid stations serve water, sports drink (5%), bananas, sport bars, raisins and salted cucumber.
- If competitors wishes to have their own refreshments on any of the aid stations, refreshments must be given to race officials at race info together with number of the aid station and (BIB) number of the competitor. It is also possible for support crew to give refreshments to competitor at the aid stations, but not outside of them.
- No assistance, including refreshments, is allowed to be given to competitors outside aid stations.

FOLLOWERS

Majority of the race takes place at quiet archipelago, route is very similar to the route of ötilö, the world championships of this great event. Escape from Svartholma is also a point to point event, so following the race can be somewhat challenging.

For the best possible race experience, try to use car as little as possible for following the race. Good place for following is at the aid stations and transitions from/to swimming - running and vice versa. Also Strömfors Outdoor Factory is a perfect place to wait for the competitors to arrive.

However, we wish as many spectators as possible to join along the route to make this first ever Escape from Svartholma Swimrun a unique and inspiring event!



Strömfors Outdoor Factory
Ahlströmintie 1
07970 Strömfors
040-1676300/topi

