

PM for the 51th Umemaran and swedish master 42 km

- **Start: 11.00 o'clock 42 km (10.00 slowrunners), 11.30 o'clock 21 km**

- Number bib and chips are handed out at the secretariat inside Tegs Central School. The secretariat opens at 09 o'clock.
- If you already have a personal chip, bring this along and state your chip number
- Number tags are worn visibly on the front of the torso
- Chip is attached to one shoe
- If you want to start as a "slow runner" and start 1 hour before the regular time of 42 km, register at the secretariat.
- Valuables can be handed in to the café staff marked with a your starting number
- Locker room in connection with the school's sports hall - do not leave valuables in the room
- Toilets are available in the Sports Hall and next to the secretariat
- Your own personal drink must be handed in no later than 30 minutes before the start and marked with the start number and desired fluid control in the cafeteria; 4-8-13-17-21-25-29-34-38

- Fluid is served approximately every four km water or **Umara** sports drink
- Coca-cola and coffee are also served at the last check at the marathon (38 km).
- Latitude 65 offers after the finish line enery drink and Umara recovery bars.
- Coffee/tea and a sandwich are included in the entry fee. Inside the school. ICA Supermarket Böleäng sponsor
- In Jalles Café you can buy more coffee, even for audiens
- A front bike rider will be pilot for the lead during both races.

- Report any broken race to the course officials after the course and hand in the number tag and chip
- In the event of an accident or similar, contact 112 immediately

- Participation medal is awarded directly at the finish line
- Borrowed chips are returned in the box immediately after the finish line. Unreturned chip is charged to the runner

- 21 km raffle of prizes immediately after the finish inside the school - prizes not claimed before 3pm will be returned to Jalles TC/IFK Umeå
- 42 km At the lap after 21 km, this takes place **through the finish line**. Be ware of a sharp left bend turn. Next to the left there is a fluid control. Display will indicate your split time.

- 42 km award ceremony inside the school at approx. 4:20 p.m. - raffle prizes that are not collected at the award ceremony will be returned to Jalles TC/ IFK Umeå
- Mastership for Norra Norrland competition are awarded at the awards ceremony, as well as medals for 10-15-20 races in Umemaran.
- **Team Sportia** will draw a **bike** from among all finishers of 42 km - the winner must be **there in person** to pick up the bike, otherwise a new draw will take place
- Follow normal traffic rules during the race
- The course is posted with signs every km, the course is also chalked with arrows where the course turns, course officials in yellow vests are present at several "critical" places. In total, about 60 volunteers work with the race!
- Competing is at your own risk
- A large number of pictures and results from Umemaran will later be posted on the website www.jallestc.se after the race or on Facebook Jalles TC or IFK Umeå. If you do not want to be in the photo gallery – contact the organizer.
- Any protests are left to the announcer's van for submission to the competition jury
- Views on possible inaccuracies in the results list – 070-66 02189 Leif Stening



