



Race Info

21 - 22 September 2019

Competition Centre, Driving Directions and Parking

The competition centre is at the club house of Västerås SOK's, called Orientalen, address is Önstavägen 1 in Västerås.



1. If you arrive by car, turn off E18 at the Rocklunda intersection and drive north on Vasagatan about 1,5 km. Follow the road signs towards Skultuna.
2. Turn left on "Norrleden", at the traffic-light, road sign Skultuna, drive on Norrleden about 300 meter.
3. Turn north towards Önsta and you have arrived at the competition centre to the left. You can drop of equipment here, but there is no parking for competitors.
4. Parking is Apalby at no 4 on the map. It is about 600 m walking on bicycle lane from the parking.
5. The Competition Center is at Orientalen, but the parking there is for the organizers and guests to the restaurant only.

Link to a zoomable map is available at the BRR home page www.blackriverrun.se

If you are staying at the Good Morning Hotel, it is situated at the intersection at No 2 on the map.

If you arrive by bus

If you arrive by bus from within Västerås or from the train station use line 2 (Green Line) towards "Norra Gryta" or line 6 (Orange Line) towards Rönaby. For both lines get off at the bus stop "Apalby" situated at No 2 on the map above just outside Good Morning Hotel. From there you must pass across Vasagatan and then walk about 500 meters to the west, on bicycle lanes, to arrive at Orientalen.

There are busses from Västerås Central station each hour and half hour on Saturday mornings, the bus trip will be about 15 minutes.

More info about the buses is available at www.vl.se and +46-771-224000, phone to Västerås Taxi if needed is +46-21-185000.

Bib Distribution

Race bibs, SI-chip and T-shirt can be picked up at the Competition Centre from 07:30 on Saturday morning.

Dress-rooms, Showers, Sauna, Toilettes

Dress-rooms, showers, sauna and toilettes are available in the club house Orientalen throughout the race.

Information prior to the start

30 minutes prior to the start there will be a short information in English next to the Finish Line.

The same information will be given in Swedish 20 minutes prior to the start.

Start

20 miles start at 09.30

50 and 100 miles start at 10.00

The Course

The Course is based on multiple laps, each lap being 10 miles (16 km). These are run 2, 5 or 10 times depending on the distance chosen. A detailed course description with pictures is available at the home page (only with Swedish text).

The course marking is made by signs in the trail intersections, large red/white or light blue plastic ribbons and for the night with reflective markings.

It is plenty of markings, it should be no problem to follow the track, but pay attention especially during the first 5 km of each lap where there is a lot of small trails.



Timing

For the timing SPORT Ident (SI) chip is used. The chip is distributed with the Race Bib.

NOTE: We use the Air+ system, with this you do not need to "punch" at the check point, just pass through the marked passage way.

The SI chip shall be fastened with the strap included.

After the finish the SI chip is handed back to the organizers for final time recording.

If the SI chip is not returned a fee of 700 SEK must be paid.



Road Crossings

The course is mainly on tracks and trails with some short passage on small rocky trails, there are also sections of gravel road and some hard top bicycle lanes. All these parts are free from motor traffic and there are few other runners, walkers and bicyclists. However on each lap there are two road crossings.

The first road crossing is at the first check point, the speed limit here is 70 km/h but it is a straight road with good visibility, follow the directions of the marshals at the check point. The road traffic has priority, take care, the passage is made with own responsibility.

The second road crossing is approximately 1 km after the second check point. The speed limit at this point is 50 km/h and here there is a marked crossing as well as speed bump. Nevertheless, follow directions from the marshals, take care, the passage is made with own responsibility.

Services on the course

Beside the main service at the end of each lap there are some service at the two check points on each lap.

At the first, after 5,9 km, water and sports drink (Tailwind) is served throughout the race.

At the second, after 12,6 km, only water is served throughout the race.

During the night there will be some minor additional provisions at these check points.

NOTE: Don't forget to pass through the passage way to get time recorded. It shall be done before reaching for the drinks table, not to be forgotten.

There are no toilettes along the course. Toilettes are available in Orientalen at the end of each lap.

Services at the end of each lap

After each lap there is a full selection of stuff to eat and drink for an Ultra Runner. Water, sport drink (Tailwind), blue berry soap, coffee, milk, light beer, bananas, other fruits, potatoes, chocolate, chips, raisins, sandwiches, salty cucumber, Coca Cola and more.

NOTE: We will not serve any nuts or anything with nuts and we ask runners having nuts in their own drop bags to use care due to possible runners with severe allergy in the race. However, we cannot guarantee a 100 % nut free environment.

You can eat and drink as much as you like at the table but you are allowed to refill and bring with you only water, everything else that you need out on the course you have to bring and refill from your own drop bag. We base the services on semi self-sufficiency as in other races for example UTMB.

For the 100-mile runners there will be hot food served twice. Approximately from 21.00 up to midnight there will be soup served with rice and pasta on the side. Between 06.00 and 08.00 in the morning there will be rice porridge for breakfast.

Toilettes are available inside the club house Orientalen.

Next to the service tent there will be an additional tent for the competitors to keep their drop bags. There will be a limited number of tables in this tent, but space enough to keep drop bags for your own supply of food, drinks, cloths, lamps and stuff during the race.

Support crew will not have access to the kitchen inside Orientalen during the race.

Support from others

Support from own crew is allowed only within the service area between the laps. It is not allowed to follow the runner a short distance out on the lap to support. It is also not allowed to support anywhere else on the lap. See also rules for the pacers below.

Pacers

Pacers are allowed after 20.00 or after completion of 96 km (6 laps) if that is accomplished earlier. You can have different pacers during different laps but only one at a time. The pacer has to register at the service table before starting out on the course with the runner. The pacer shall carry a mobile phone and give the number at the registration, the pacer shall be prepared to receive a call and assist in case of an emergency.

You can bring your own pacer to the race; this pacer still has to register as well. To the extent possible we will try to match pacers that show up, with runners who would like to have a pacer.

The pacer is only allowed to run (or walk) with the runner and provide "morale support" and to be there to increase safety through the night. It is not allowed for the pacer to bring any kind of food or drinks for the runner, i.e. no physical support to the runner is allowed. **The pacer is not allowed to use an MTB or any other type of assistance.**

The Night, The Darkness and The Lamp

It is autumn and it is pitch dark in the forests at night. The sun sets at about 19.00 and rises again at 06.30. Depending on the weather this gives that it is dark in the forests roughly between 19.30 and 06.00. Head lamp is of course a must. If you will be out all night you have to bring lamp and batteries that will keep the light on for 10,5 hours.

From 17.30 it is required to bring a head lamp when you start out on a new lap, it is also required that you bring spare batteries and a simple spare lamp. If there is a lamp failure in the pitch-dark forest, you need a spare lamp that you can find and turn on without any light.

If you are not used to run on technical trails in darkness with a lamp you need to take care especially for the first 5 km of each lap where there are sections with plenty of stones, roots, rocks and slippery if it gets wet.

This year we'll have an almost full moon, if we are lucky with a clear weather you will have a magical run along the river between km 6 and 8, you might even be able to switch off the lamp a bit.

All runners of 100 miles will of course need a head lamp during a large portion of their race.

NOTE: Also many runners of 50 miles will need a head lamp towards the end and it is a requirement if you start out on a new lap after 17.30, i.e. 7,5 hours in to the race. At about 9,5 hours in to the race you will need the lamp in the forest. Based on the finisher times the previous years about half of the runners of 50 miles will need a lamp.

Compulsory Equipment

The following equipment is compulsory to bring during the run...

- Mobile phone
- When risk for rain: Water proof running jacket
- When starting new lap after 17.30: Head lamp, spare battery, spare lamp
- Energy and drinks based on own requirement to last between the aid stations, note that there is no refilling at the aid stations other than water at the main service area between the laps.
- First Aid kit

First Aid

There will be limited First Aid in the service area between the laps.

If there is an accident, illness or other incident on the course every runner has to help fellow runners. Not doing so will result in disqualification.

Mobile phone

It is required to bring a phone with you during the race in case any emergency should occur. Phone number to the race officials will be written on the back of the race bib.

Valuables

Smaller valuables can be given to the race officials at the race bib distribution for keep during the race. It will be handed back showing the race bib. It will be kept in locked room but we cannot guarantee the safety.

Result service

During the race results will be published live at www.brrolive.eu with times from check points as well as from the end of each lap. The live page will be published and updated few days prior to the race.

Beside the service table there will also be a screen with current results of those passing at the time.

The live results are preliminary, official results will be published after the race at the race home page.

Cut-off times

The time limit for the race is 30 hours, applicable for all distances.

Based on this there is also a cut-off time. You are not allowed to start out on a new lap after 13.00 on the Sunday.

Finish

Finish is in the Competition Center after 2, 5 or 10 laps depending on the distance, follow the directions from the marshals.

All finishers will receive a medal at the finish if you have not chosen to instead provide a small support to Medecins Sans Frontieres.

All finisher of 100 miles within 24 hours will receive the BRR belt buckle.



Barbecue after the finish

After the finish, a shower and a sauna, a small BBQ is served. Perfect time to chat about the race with others. Locally produced sausages, bread, potato salad, green salad, soft drinks and beer are served. The BBQ is open certain hours.

If the weather is nice, usually is, the BBQ will be outdoor during daytime, at a charcoal grill just next to where the runners enter out on their new laps. If weather is not good enough and during the night, we'll fry the sausages indoor and have the chat there.

Price ceremony

There will be a small price ceremony roughly about 1 hour after the top finisher in each class. There will be prizes to the top finishers in each class.

Competition on your own risk

All participation is on your own risk.

Take special care at the two road crossings, dress properly depending on the weather. Don't stop completely out on the lap, especially don't sit down or lay down out of sight from the other runners.

All runners are obliged to support other runners in case of emergency. Not doing so will lead to disqualification.

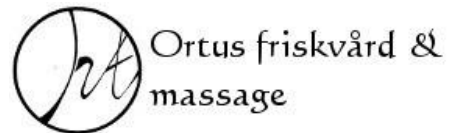
HAVE A GOOD RACE !!!

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