

PM for the 53th Umemaran

- **Start: 11.00 o'clock 42 km (10.00 slowrunners), 12.00 o'clock 21 km**

- Number bib and chips are handed out at the secretariat inside Tegs Central School. The secretariat open at 09 o'clock. You can also have your bib and chip at Friday at **Team Sportia**, Bruksvägen 15 from 11.15 – 17.15.

- We only use chip handled by the organizer

- Number tags are worn visibly on the front of the torso

- Chip is attached to **one shoe**. Starters **commando** starts your race time.

- If you want to start as a "slow runner" and start one hour before the regular time of 42 km, register at the secretariat.

- Valuables can be handled in to the café staff marked with a your starting number. No sportbags in the café, please.

- Locker room in connection with the school's sports hall - do not leave valuables in that room

- Toilets are available in the Sports Hall and next to the secretariat

. **No parking** at the School area. Just for volunteers. We recommend parking at **Ishallen, Visonte Arena** or on streets nearby

- Fluid is served approximately every four km water or **Umara** sports drink

- Coca-cola and coffee are also served at the last checkpoint at the marathon (37 km).

- Umara offers after the finish line Umara recovery bars.

- Coffee/tea and a sandwich are included in the entry fee. Inside the school. ICA Supermarket Böleäng sponsor. You can also buy hamburger ect close to finish area.

- In Jalles Café you can buy more coffee, even for audiens

- A front bike rider will be pilot for the front runners during both races.

- Report any broken race to the course officials after the course and handle 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 voluntars work with the race!
- Competing is on your own risk
- A large number of photos 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

Results and statistics about the race on www.jallestc.se or Jalles TC Facwbook



Have a nice race!