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## The start is getting close

The start of the Explore Sweden race is getting closer. All teams, both Swedish and international, has now arrived to the Hampnäs Registration Centre. There has today been rigorous checks and tests of equipment and the skills of the team members in climbing, glacier hiking and river rafting.

The teams have for example showed that they know how to flip around a raft in the water and then climb back into the raft. This has taken place in the Själevads lake at Hampnäs. The water was cold but all the teams passed the test more or less professionally under the supervision of rafting manager Lennart Sörlin.

Scott Cole, Team North Face, USA thinks it will be an exciting race. "What's special for the Explore Sweden is that it is not only about endurance, you also need to have good technical skills within the different disciplines", he says. Therefore the many tests of skills, for highest security out on the race.

At the technical rope registration the teams had to show how to affix to the rope and that they know how to traverse a glacier in tandem and also how to do rappelling. All team members have also gone through a thoroughly medical check by the race doctor and his medical team.

We are still lucky with the weather and hope it stays that way during the race.

Tomorrow Wednesday the 2<sup>nd</sup> of June there will be held a press conference at the Hampnäs Registration Centre. Team captains from the top ten teams are invited as well all media that is interested.

For more information please consult our web page [www.exploresweden.se](http://www.exploresweden.se) or contact Media Manager Stefan Nordström at +46 70 642 19 10.



