

This is the final Newsletter 4, which will give you instructions how to pack your boxes, and road direction to the registration.

LOGISTICS SCHEDULE

The bikes must be ridden to GZ1 by the teams prior race start. Bike shoes and helmets can be left next to the bikes at the Gear Zone. The teams will then walk 300 meters to the start from the Gear Zone.

Box A goes to: TA1 (Island traverse) + TA2 (Mountain bike)

Box B goes to: TA3 (Ropeworks + Ocean kayaking)

Box C goes to: TA4 (Mountainbike)

Box D goes to: TA5 (River kayaking)

Bike box goes to: TA1 + TA2 + TA3 + TA4 + TA5

Inlines bag goes to: GZ3 and must then be carried by team to GZ2b

Note: The inlines bag must go with the team during that section.

You are allowed to have a pole bag for your ski poles before the inlines section. The empty pole bag then goes directly to finish line, so you will not have any pole bag after the inlines section (but there is no need for a pole bag since the logistics personal will handle all the gear with care).

At TA3, the bikes must be disassembled and stored in bike boxes, but not until **after** the Rope course.

Kayak trolleys (well marked with team name and number) shall be handed in separately along with Box D.

If the bad weather option will be used, the teams will be supplied with the Kayak trolleys at TA3 for the revised ocean paddling section.

Bike boxes: You shall put your wetsuits and lifejackets in the empty bike boxes during the transport between TA2 and TA3.
No food are allowed in bike boxes.

Race Directors' recommendations

Box contents

Box A: Island traverse equipment + extra bike gear.

Race food for 16 hours.

Box B: Rope equipment + extra fleece or down jacket/vest.

Race food for 14 hours.

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Box C: Extra bike clothes.
Race food for 15 hours

Box D: Complete clothing change.
Race food for 24 hours.

Inlines bag: Inlines equipment including bike helmet
Race food for 1 hour.

Tents

The team must bring a tent and sleeping bags during the Kayaking section. For your race tactics we advice you to bring good tent(s) and sleeping bags. Sleeping pads are strongly recommended. Have this gear stowed in the kayaks even during transport by the organisation, because then you will always have this equipment at hand, if you get stuck in a dark zone. You should also store your team and personal kayak equipment in the kayaks.

Driving instruction to the registration

The registration takes place at FV clubhouse, at the jumping tower. If you are driving and come **from south** to Örnsköldsvik, you will come to the roundabout when you are entering Örnsköldsvik. In the roundabout you will drive straight and drive about 30 meters to the next roundabout and there you will turn right. Follow that road for 1,2 km and then turn sharp right and follow the Explore Sweden signs that are posted beside the road straight to the FV clubhouse.

If you are driving **from north** you will drive though the town of Örnsköldsvik until you reach the roundabout. In the roundabout you will go left and drive about 30 meters to the next roundabout and there you will turn right. Follow that road for 1,2 km and then turn sharp right and follow the Explore Sweden signs that are posted beside the road straight to the FV

Friday 5th regarding lunch and dinner

The restaurant at the top of Varvsberget called "Varvsbergs restaurang" has given all the racers a special deal serving **lunch - 60 sek**, and **dinner 75 sek**, if team wants. The lunch is served between 12.00-13.30 and dinner will be served between 17.00-18.30 and will be some kind of pasta. We want all teams that are interested in this to inform to: Helena@exploresweden.se if you want to eat, and how many in your team, so we can book with the restaurant.

Good luck with the final preparations and see you all soon!

Kind regards
Helena and Mikael Lindnord

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