



Newsletter 2010-07-01

Explore Sweden Monster 2010 - Atlantic 2 Baltic

With just a little more than a week to the start of Explore Sweden Monster 2010 the course is now final set, and Sweden and Norway with the entire Explore Sweden organisation are waiting you for a fantastic time of adventure.

Here follow some last information that we want you to read careful, and with question please contact us. Good luck with the preparations and see you all soon!

Explore Sweden Monster “in a nutshell”

- 14 sections
- Total 822km
- 13.000 positive meters
- 6 Mountainbike (including one ferry portage) sections of total 462km
- 5 Trekking sections (mountaineering/coasteering/packrafting) of total 187km
- 3 Paddelsections (canoe/kayak) of total 173km

The biking will be on gravel and asphalt roads.

On some of the trekking sections you will need to carry the lifejackets, wetsuits, helmet and packrafts. We strongly recommend to bring big backpacks (40liters).

The mountaineering section includes a big jumar climb against rock in a very exposed environment, a rappel and a huge ridgeline scramble where we will put out fixed ropes.

Teams with personal kayaks can leave them at Storforsen hotel before the race, or bring them on the assistant car during the race. Change of rule, you don't have to lend out your kayak to another team.

Equipment

All equipment must pass the inspection and be accepted at the registration.

All equipment you bring in to a section must be brought out.

It is not allowed to leave any equipment, trash or waste on the track, this leads to time penalty or disqualification.

The obligatory equipment must be shown at any time for the organisation. For every missed equipment detail you will get 30 min penalty. The penalty time will be regulated at a CP near the end of the race.

Race suit

It is mandatory to always wear the bib vest on top.

Mandatory full time *team* Equipment

- 1 Altimeter
- 2 Compasses
- 1 Cell phone, water proofed
- 1 Whistle
- 1 Waterproof map holder, for maps and road book.
- 20 Matches, water proofed
- 1 Red waterproof pen.
- 1 Multisport Live tracker. Supplied by the organisation.

First aid kit mandatory full time, per team

- 2 First aid pressure bandage
- 8 Second Skin. Compeed
- 2 m x 5 cm Adhesive tape
- 1 Strobe light - White (no headlamp or bike lights) Mandatory 3km visibility.
Recommended: "Princetontec Aqua strobe".

Mandatory full time *personal* Equipment (if the Roadbook does not say otherwise)

- 1 Backpack min 25 liter, Recommended 40 liter
- 1 Beanie/Buff
- 1 Gloves, long fingers
- 1 Long sleeves fleece top, minimum 200g
- 1 Waterproof jacket (Gore-Tex type)
- 1 Waterproof pants (Gore-Tex type)
- 1 Head torch
- 1 Survival blanket
- 1 Drybag, to keep the gear dry.

Mandatory equipment (on special sections)

Team Mountaineering Equipment

- 1 Tent or bivaq sack
- 1 Sleeping bag, minimum weight 450g

Personal Ropeworks Equipment

- 1 approved UIAA climbing harness
- 1 descender/belay device, like ATC or figure 8
- 5 self locking carabineers. Screw carabineers will not be accepted
- 2 prussik loops, (7mm). 150 cm in circumference
- 2 jumar, e.g. Petzl Ascension
- 3 lanyards, 60 cm. Factory sewn

- 1 foot-loop
- 1 approved UIAA climbing helmet (biking helmet not accepted).

Mountainbike *personal* Equipment

- 1 Mountain bike
- 1 Bike helmet
- 1 Red light (mounted facing backwards)
- 1 Spare tube

Water *team* Equipment

- 2 Throwbags. Minimum 20 meters

Water *personal* Equipment

- 1 Life jacket. Type 3. Inflatable life jackets are not acceptable
- 1 Whistle attached to the life jacket
- 1 Kayak paddle.
- 1 Single blade paddle.
- 1 Helmet. Biking helmet is accepted.

Coasteering *personal* Equipment

- 1 Inflatable madras or board. Note: The coasteering section is 17km and with 7km on water.
- 1 Helmet. Biking helmet is accepted.
- 1 Wetsuit. Min 3mm. Full arms and legs. Recommended a triathlon wetsuit.
- 1 Life jacket. Type 3. Inflatable life jackets are not acceptable
- 1 Whistle attached to the life jacket

Note: No kayak or canoe paddles are allowed on the coasteering section. You are allowed to have hand paddles and swim fins.

Mandatory *team* equipment supplied by the organisation

- 1 set Road book and map kit.
The maps are on the scale of: 1:100,000 + 1: 50,000 + 1: 10,000
- 4 Bib-vest to be worn at all times, even on top of the life-jackets.
- 4 Number plates on the bike bar
- 1 GPS tracking unit
- Kayaks and canoes

New equipment

- **Visa card or cash / NOK or SEK**
- **Waterproof mapholder in a small size (A5) to keep your Roadbook and Passport dry.**

Recommended

- **Mosquito net and/or mosquito protection**

Getting to Norway

Lofoten is a fantastic beautiful place and is not a really big city, and if you miss some equipment it might be hard to find in Lofoten. The shops for buying racefood are not so big either, and it can be quite expensive. If you travel first through Sweden getting to Norway, our advice is to stop and buy your racefood there instead if possible.

The ferry

You can make reservation on the ferry that leaves from Bodö to Lofoten to make sure you get a place on the boat, but you can also just stand in line when you are coming to Bodö to wait your turn. Just make sure you be in time to guarantee a place on the boat then.

Registration

The registration will take place during the **9th July at 10.00-17.00 in Å.**

We advice teams to be in time and be well prepared to make the registration go smooth. The stations you will be visiting are: Registration, Photo, Medic check, Gear Check – for the mandatory team/personal equipment, Watersafety, Ropeskills, Multisport LIVE.

A reminder is that all persons must hand in a copy of insurance paper at the registration, showing that you have insurance in case of accident.

The registration will take place in Å, which is about 3 km southwest from the ferry in Moskenes and the camping ground at Moskenes Camping.

Accommodation between 9th to 10th of July at Moskenes Camping

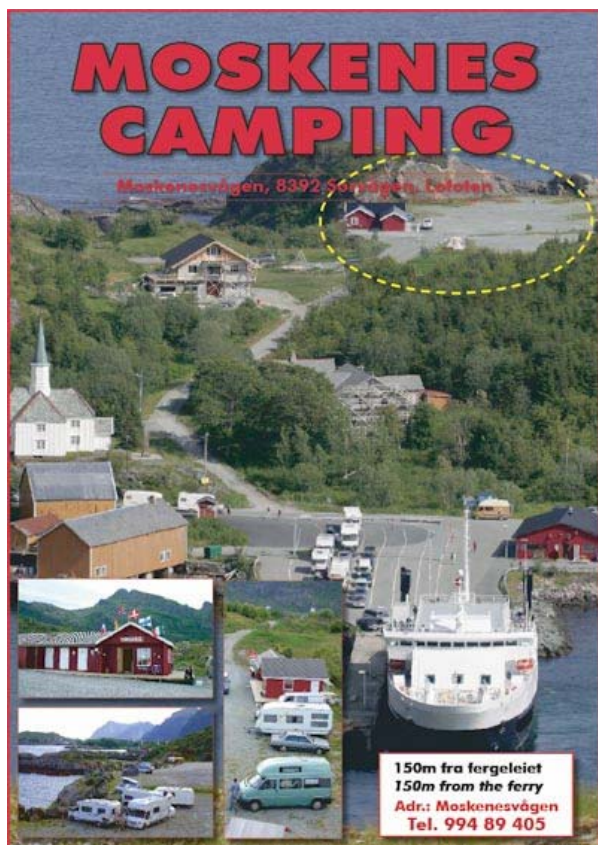
It's mandatory for all teams to stay at Moskenes Camping the night before the race starts in tents. This will be free for all teams and also for assistants if they want, but this is not mandatory for the assistants.

Moskenes Camping you will find only 150 meters from the ferry to Bodø. And with a wonderful view of the Lofoten Wall mountain range, in both directions. Reception/service building and spaces for caravans, motor homes and tents.

150 metres from Mosken Cafe and the Tourist Information Centre.

Teams arriving before the 9th will arrange own accommodation.

Check out the picture below and you see where Moskenes camping is.



Schedule

Date	Time	Info	Location
July, Fri 9	10.00	Registration starts	Norway, Å
	15.30	Media meeting	Norway, Å
	17.00	Opening Ceremony, Maps and Roadbook will be handed out	Norway, Å
	21.00	Team captain and navigator meeting	Norway, Å
	22.00	Camping for all teams, mandatory for all teams to sleep in the camp area in their tents.	Norway, Moskenes Camping
July, Sat 10	10.00	START	Norway, Å
July, Sun 11		Race	Norway/Sweden
July, Mon 12		Race	Norway/Sweden
July, Tue 13		Race	Norway/Sweden
July, Wed 14		Race	Sweden
July, Thu 15	19.30	First team finish the race!	Sweden
July, Fri 16	All day	Teams crossing the finish line	Sweden, Piteå
July, Sat 17	All day, finishline closes 18.00	Teams crossing the finish line	Sweden, Piteå
		21.00	Prizegiving ceremony with snacks
July, Sun 18		Departure	

Finish

After the team finish the race in Piteå, the teams have to find own accommodation. Please make sure you will get some accommodation if you arrive during the night, if you not choose to sleep in tents. Here are some alternatives on the accommodation:

Furunäsets Hotell & Konferens
Belonasvängen 2B
941 52 Piteå
Phone number: +46 (0)911-779 50

Piteå Stadshotell
Phone number: +46 (0)911-23 40 00

Pite Havsbad
www.pite-havsbad.se
Phone number: +46 (0)911-327 00

Prizegiving ceremony

The prizegiving ceremony will be held 17th of July at the same place where the finish line will be and held outside. Together with the prizegiving ceremony snacks and drinks will be served.

AR Worldseries

Explore Sweden is a member in AR Worldseries and a qualifier for the AR World Championship. This means that the winning team in Explore Sweden will get a free entry to ARWC in Spain 2010.

The AR Worldseries members are: Ecomotion - Brazil, Huairasinchi – Ecuador, Poland Winter Challenge – Poland, xtremo6000 – Argentina, XPD Australia – Australia, Explore Sweden Monster – Sweden, Untamed New England – USA, Costa Rica Adventure Race – Costa Rica, adidas TERREX adventure race – England, Raid in France – France, and final AR World Championship 2010 – Spain.