



PM Peters trail 18 maj 2024

Runners of Peters trail should read below information carefully.

Safety and medical assistance

Medical assistance is available at Service Station 5 Hjälmostorp and at the finish line in Gränna. First aid kit will also be available at all service stations along the course. For emergency assistance, contact the SOS emergency centre directly at the phone number 112. The phone number for Peters trail race management is +46(0)766-36 47 21.

Road volunteers will be present at selected locations along the course to alert drivers to the presence of runners on the road and facilitate road crossings. However, it is always the responsibility of the runner to follow traffic rules. When running on roads, keep to the left side. All participation is at your own risk. All participants are required to assist another participant in need.

Start

104 km

The start will take place on May 18th at 08:00 at Ryds school, Byskolevägen 4, 565 97 Ryd.

52 km and relay

The start will take place on May 18th at 12:00 at IKHP, Norra Klevaliden 11, 561 93 Huskvarna.

It is not allowed to start later than the respective designated start time.

Bus to the start point

For runners who have booked a bus to the start, the bus departure times are as follows. The bus departs from the parking lot at Grännaberget.

Note that participants are not allowed to use this parking lot and should use Peters trail's own parking lot, located in front of the GBOK cabin.

Please note these are departure times - make sure to be there well in advance!

For 104 km runners the bus departs from Gränna at 06:30 with arrival at the start in Ryd around 07:15.



For 52 km runners the Bus departs from Gränna at 10:15 and arrives at IKHP around 10:45.

Pre-race briefing

Approximately 10 minutes before the start (applies to 104 km, 52 km, and relay), a race briefing with important information will be conducted at the start area. Be on time for this!

Startlists

<https://www.peterstrail.se/s/Startlista.pdf>

Race Bibs

Race bibs will be available at the start area in Ryd for 104 km runners and at the IKHP cabin in Huskvarna for 52 km runners and relay participants. These will be available approximately 90 minutes before each respective start. Race bibs must be worn visibly on the chest throughout the race. It is also possible to use a race bib belt with the bib visibly displayed from the front.

Relay Handovers

The relay exchange occurs through physical contact (pat on the back, high-five, etc.) between the runners.

Self-sufficiency

All runners are expected to carry enough equipment, energy, and fluids between service stations. It is not allowed to receive outside assistance except at the eight service stations. At the service stations, however, it is permitted to receive support in the form of fluids, food, and energy.

Runners are also expected to be prepared to handle changing weather conditions and take care of themselves in various situations that may arise. This means that all runners must carry all mandatory equipment throughout the race in a backpack or vest and cannot exchange it during the race.

The race management has the right to verify at any time during the race that a runner has all the mandatory equipment listed in the section 'Mandatory Equipment'. Failure to carry mandatory equipment may result in disqualification from the race.

Personal assistance and pacing are not allowed. Running with animals is permitted, but it is the responsibility of the owner to ensure that safety and traffic rules are followed. The race organization is not responsible for any injuries or accidents that may occur.

Equipment

It is important for each runner to carry all the equipment listed in the 'Mandatory Equipment' section to ensure safety throughout the race. Runners who do not have

the required equipment may be disqualified by the race management. Note that runners are free to bring equipment that is not listed as mandatory. The mandatory equipment cannot be exchanged or left at a service station and must be carried throughout the race. The use of poles is permitted. Runners choosing to use poles must carry them throughout the race - from start to finish. It is recommended to bring a power bank with a cable to quickly charge a depleted watch or mobile phone.

Mandatory Equipment

Peters Trail 104 km

- Backpack or vest to carry mandatory equipment
- Phone or watch with calling function, fully charged, and race management's phone number (+46(0)766-36 47 21) saved
- GPX file with the course downloaded on either phone or watch
- Fluid container with a capacity of at least 1 liter (handheld is accepted)
- Headlamp with fully charged battery (at least 200 lumens recommended)
- Extra fully charged battery for the headlamp or an extra headlamp (emergency headlamp)
- Cup for drinking at service stations (to minimize waste, there will be no disposable cups at the service stations)
- Emergency blanket minimum size 140 x 200 cm
- Whistle
- First aid bandage consisting of compress and wound wash
- Food at the start (gels, bars, nuts, snacks, or similar)
- Rain jacket

Peters trail 52 km

- Rygsäck eller väst att ha obligatorisk utrustning i
- Telefon eller klocka med samtalsfunktion med fulladdat batteri och tävlingsledningens telefonnummer (+46(0)766-36 47 21) inlagt
- GPX-fil med bansträckningen nedladdad till antingen telefon eller klocka
- Behållare för vätska med kapacitet för minst 1 liter. (Handhållen är godkänd)
- Pannlampa med fulladdat batteri (Minst 200 lumen rekommenderas)
- Mugg för att dricka i vid servicestationerna. (För att minimera mängden avfall kommer det inte att finnas några engångsmuggar vid servicestationerna.)
- Överlevnadsfilt minimum 140 x 200 cm
- Visselpipa
- Första hjälpen-förband bestående av kompress och sårtvätt
- Mat vid start (Gels, bars, nötter, snacks eller liknande)
- Regnjacka

Peters Trail 52 km

- Backpack or vest to carry mandatory equipment

- Phone or watch with calling function, fully charged, and race management's phone number (+46(0)766-36 47 21) saved
- GPX file with the course downloaded on either phone or watch
- Fluid container with a capacity of at least 1 liter (handheld is accepted)
- Headlamp with fully charged battery (at least 200 lumens recommended)
- Cup for drinking at service stations (to minimize waste, there will be no disposable cups at the service stations)
- Emergency blanket minimum size 140 x 200 cm
- Whistle
- First aid bandage consisting of compress and wound wash
- Food at the start (gels, bars, nuts, snacks, or similar)
- Rain jacket

Peters Trail Relay 52 km

- Phone or watch with calling function, fully charged, and race management's phone number (+46(0)766-36 47 21) saved
- GPX file with the course downloaded on either phone or watch
- Note that a headlamp may be needed on the final part depending on how quickly the team progresses

GPX-files

Downloading the GPX file of the course to your phone or watch is mandatory.

Download links:

104 km

https://www.peterstrail.se/s/Peters_trail_104_km_OFFICIAL.gpx

52 km samt stafett

https://www.peterstrail.se/s/Peters_Trail_52_km_Single_Relay_Official.gpx

Drop Bags and Finish Bag

Runners registered for the 104 km race can leave a drop bag before the start in Ryd at 08:00. The drop bag is labeled with the runner's bib number with the help of a volunteer. This drop bag will be transported by the race organization to the IKHP service station at kilometre 52. The drop bag is an excellent way to access and replenish with your own energy in the form of food and drink, change clothes, and access other personal items the runner wishes for. The race organization is not responsible for any valuables.

Runners of both the 52 km and 104 km races also have the option to leave a finish bag that will be transported and available at the finish area. The bag is left at the start in Ryd for the 104 km race by 08:00 and at the start in IKHP for the 52 km race by 12:00. Finish bags are marked with the runner's bib number with the help of a volunteer.



Relay runners can also leave a bag at the start in IKHP, which will be available at the finish area. *However, it is not possible* to leave bags for transport to the finish area at the relay exchange points.

All finish bags and drop bags will be available at the finish line in Gränna from 17:00.

Service Stations

There are a total of eight service stations for the 104 km race and four for the 52 km race. Service stations five to eight are also relay exchange points. Be sure to show your race bib to the volunteers at the service station to ensure correct timing and check-in. It is not allowed to receive service outside of any of the eight service stations.

Energy drinks will be offered from Moonvalley (black currant) at 104 km station numbers one and two. Other stations will offer energy drinks from Umara (lemon). Mixing will be done according to the manufacturer's recommendation.

The service stations are organized into three levels as follows:"

Level 1

- Water, coca cola, energy drink
- Fruits and chips

Level 2

- Water, coca cola, energy drink
- Fruits and chips
- Homebaked, sandwich

Level 3

- Water, coca cola, energy drink
- Fruits and chips
- Homebaked, sandwich
- Coffee
- Hot food

Aid stations, levels and distances 104 km

Start

Ryds skola, 0 km

Aid Station 1

Skinnarebo golfklubb - Level 1

14,3 km - 14,3 km totalt

Aid Station 2

Spånhults herrgård - Level 2

13,4 km - 27,7 km totalt

Aid Station 3

A6 golfbana - Level 1

13,4 km - 41,1 km totalt

Aid Station 4

IKHP-stugan - Level 3

10,2 km - 51,3 km totalt

(cut off kl. 16.30. only for 104 km runners)

Aid Station 5

Hjälmsorp - Level 1

8,4 km - 59,7 km totalt

Aid Station 6

Hulsingstorp - Level 2

12,2 km - 71,9 km totalt

Aid Station 7

Bunn - Level 3

11,9 km - 83,8 km totalt

(cut off kl. 22.30)

Aid Station 8

Reaby - Level 2

8,0 km - 91,8 km totalt

Finishing line

GBOK-stugan Gränna - Level 3

11,8 km - 103,6 km totalt

Aid stations, levels and distances for 52 km and relay

Start

IKHP-stugan, *0 km*

Aid Station 1

Hjälmostorp - Level 1

8,4 km - 8,4 km totalt

Aid Station 2

Hulsingstorp - Level 2

12,2 km - 20,6 km totalt

Aid Station 3

Bunn - Level 3

11,9 km - 32,5 km totalt

(Note hot food is served for the 104 km and 52 km runners only, not for relay runners)

Aid Station 4

Reaby - Level 2

8,0 km - 40,5 km totalt

Finishing line

GBOK-stugan Gränna - Level 3

11,8 km - 52,3 km totalt

Marking of course

104 km

The runners for the 104 km will follow two trails, first the Södra Vätterleden from the start to IKHP at 52 km, and then the John Bauer trail to the finish in Gränna. Along the entire route, there are trail markings in orange. In addition to this, there are support markings in the form of flags and/or trail markers, also in orange. The support markings are mainly used to clarify at intersections or where the permanent trail markings are not sufficient. See below for examples of what it may look like.

Note that the first 3.5 km from the start in Ryd only have flags/trail markers before joining the Södra Vätterleden. From 3.5 km to service station 1 at 14.3 km, only permanent trail markings will be available as it is a clear continuous trail marking. Reflectors will be set up as support after nightfall at 9:27 pm from service station 6 Hulsingstorp at kilometre 71.9.

Note that at service station IKHP at 52 km, there may be a lot of people and activities and even construction, which means that the route may have been slightly adjusted compared to the GPX file. Under such circumstances, the race management's trail markings apply.

52 km and relay

52 km and relay runners follow the John Bauer trail. Along the entire route, there are trail markings in orange. In addition to this, there are support markings in the form of

flags and/or trail markers, also in orange. The support markings are mainly used to clarify at intersections or where the permanent trail markings are not sufficient. See below for examples of what it may look like. Reflectors will be set up as support after nightfall at 9:27 pm from service station 6 Hulsingstorp at kilometer 20.6.

General

Even though there are trail markings and trail markers, it is still each runner's responsibility to navigate correctly. Mandatory equipment is to download a GPX file to a watch or phone, where the recommendation is to have the GPX file in a running watch. Download the GPX file well before the race start and ensure that it works.



Photo shows the permanent marking of the trail. Additional photos are Peters trail's additional marking of the course.



Withdraw from the competition

If a runner is forced to withdraw from the competition, either by their own request or because they do not meet the cut-off time (see below), **this must be communicated to the race management** via phone +46(0)766-36 47 21 or at a service station.

It is advisable to go to the nearest service station to get help with transport to the finish area or make your own way there.

Cut off

Participants in the 104 km race have cut-off times, meaning they *must have left* the service station IKHP by 4:30 PM and the Bunn service station by 10:30 PM to remain in the competition. The maximum time allowed is 20 hours, which means the finish line closes at 4:00 AM.

Note that for the 52 km race and relay, the maximum time is 10 hours with a final finish time of 10:00 PM. Runners and teams that do not finish before 10:00 PM will be disqualified. Contact race management if the finish line has not been reached by this time. There are no cut-off times for the 52 km race and relay.

Prizes

Prizes will be awarded to the top three women and men in the 104 km and 52 km races, as well as the winning relay team. The preliminary award ceremony will be held at 6:00 PM.

Toilets and Changing Facilities

There are changing facilities at the starting point for the 52 km race and relay (IKHP) and at the finish line at Grännaberget. There are also limited shower facilities at the finish line. Toilets are available at the start line for the 104 km race (Ryd), at service station 1 (Skinnarebo), station 2 (Spånhult), at the 52 km mark (IKHP), at service stations 6 Hulsingstorp, 7 Bunn, and 8 Reaby, and at the finish line at Grännaberget.

Finish Area

The finish area is located at Grännaberget and opens at 4:00 PM. You can reach it from Gränna centre via a 15-minute walk using stairs, without needing to take the much longer road by car.

At Grännaberget, there will be food and drinks for all runners. Food will also be available for purchase for family, friends, and supporters. There will be barbecue facilities and camping options.

The Peters Trails running shirt for those who have ordered it will be available for collection from 4:00 PM.

Energy drinks from Moonvalley

We can share a discount code from Moonvalley energy drink that gives 20% off on their entire range. Use the code PETERSTRAIL, valid until May 31, 2024. Moonvalley | Protein bars, energy bars & post workout-mixes online.

Results

The results list will be published on Sunday, May 19th, at www.peterstrail.se.

Last but not least

Littering will result in immediate disqualification. There are litter disposal points at each service station. The IKHP cabin and the starting point for the 52 km race and relay will have many activities ongoing, so carpool if possible. Follow instructions from the parking attendants.



Vehicles arriving at service station 7 at Bunn should park 200 meters after the station at the factory. Follow parking signs labelled "Peters trail" at all service stations.



Samarbetspartners



Malmstolen

