



Borås SWIMRUN

RACE PM
2021

RACE INFORMATION

BORÅS SWIMRUN SEPTEMBER 12TH

Welcome to Borås and Borås Swimrun!

Finally, after having to cancel last years race and postpone this years race from our early summer date, we're now ready to rumble.

We have a spectacular course planned for you and we truly hope you'll enjoy our towns beautiful surroundings. Right now we have around 170 teams entered in the race, of which half will do the longer course and half will participate in the shorter sprint course.

This is, we think, one of the most stunning swimrun races in Sweden! And most surely the hilliest one. It's not a race for the faint hearted, but that's exactly why you've signed up for it:)

LOCATION, DRIVING DIRECTIONS

The race area is Almenäs, just outside the centre of Borås. It's very easy to find and through Google you'll find driving directions. By car it's approximately 7-8 minutes from the centre.

ACCOMODATION

There are a number of hotels and hostels in Borås.

PARKING

There's a large parking lot at the race site and it's free of charge.

BATHROOMS

There are several bathrooms in a separate building on site, as well as several bathroom wagons. However, no bathrooms along the course. Learn how to pee in your wetsuit but wait to practice it until the race is under way!

SHOWERS

There aren't any showers at our race site. We do recommend yet another dip in the lake once the race is done and over with.

CAFETERIA

The cafeteria is open before, during and after the race. Their apple pie is strongly recommended.

BAGS

We'll have a secure area for bags and equipment.

RACE OFFICE

Race office will open at 9 o'clock. You'll collect your starters kit including timing chip, goodie bag, swim cap and race bibs. And a hug. If you want.

We strongly urge you to arrive in time! Once we get close to race start this area will be quite frantic.

HEAD OF RACE ORGANISATION

Thats me!

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RACE START

All categories within each distance will start at the same time. The long course will start at 11.00 and the sprint course at 11.45.

Since we have a lot of teams on hand and a very narrow beginning of the first run, we strongly urge you to seed yourself in the starting chute, according to your ability and ambition.

If you still end up queuing in the first few minutes you may consider this a blessing in disguise as the first run features an ascend of 120 metres. SMART PEOPLE WALK THE START (official race slogan).

SPLITS, TIMING, WEB

We have four timing splits throughout the course. EST is in charge of time keeping and fans at home will be able to follow the race on their website. Direct link will be provided through our social media.

BRIEFING

All competitors will be gathered for a final briefing 10-15 minutes prior to each start. The briefing will be held in English.

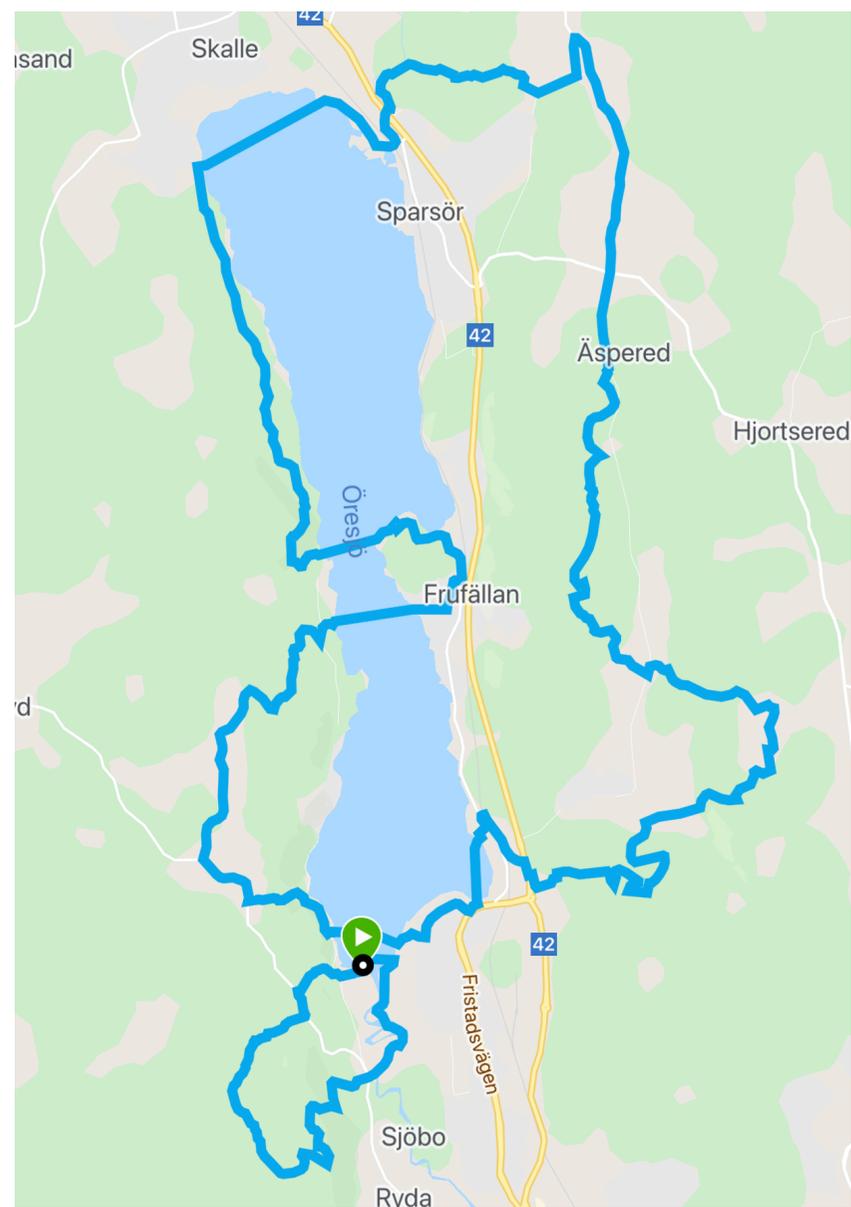
THE COURSE

There are some slight changes of the course for those of you that have raced here before, most noticeable is that our longest swim is shortened with a few hundred meters and now has a different exit.

The courses are seen below.

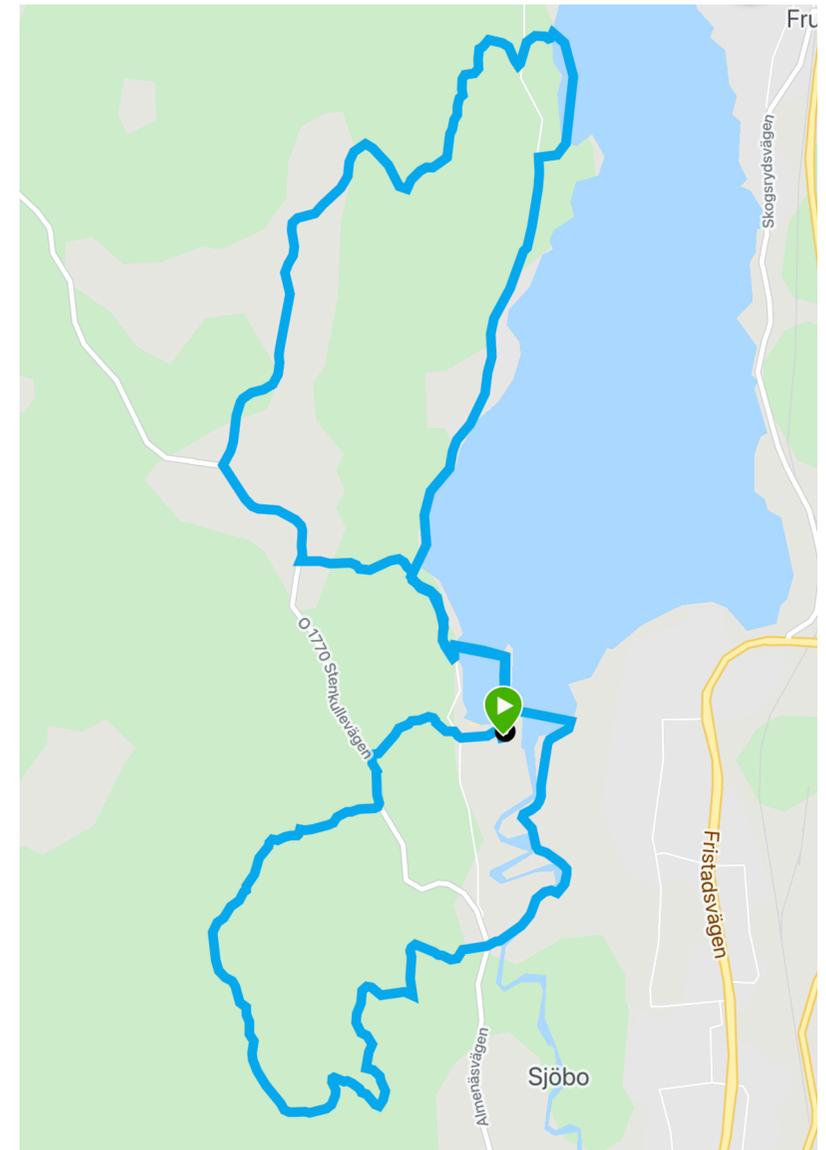
LONG COURSE

SEGMENT		RUNNING	SWIMMING
RUN 1	HEARTBREAK HILLS	1.6 KM	
SWIM 1	MOUNTAIN WATERS		120M
RUN 2	TWISTED TRAILS	2.4 KM	
SWIM 2	RIVERCROSSING		250M
RUN 3	FLAT N'FAST	0.9 KM	
SWIM 3	IN SHALLOW WATERS		270 M
RUN 4	THE CAPE	0.3 KM	
SWIM 4	BAY BRIDGES		200 M
RUN 5	STAIRWAY TO HEAVEN	4.0 KM	
SWIM 5	OVER TROUBLED WATERS		800 M
RUN 6	LEPRECHAUN LEAP	1.5 KM	
SWIM 6	PRECIPITOUS PASSING		650 M
RUN 7	MOUNTAIN GULLY	3.6 KM	
SWIM 7	THE LAKE CROSSING		950 M
RUN 8	BIRD TOWER RUN	0.3 KM	
SWIM 8	JUNGLE SWIM		450 M
RUN 9	IN THE LONG RUN	11.2 KM	
SWIM 9	MIRROR LAKE		330 M
RUN 10	STÜRM UND DRANG	0.4 KM	
SWIM 10	WILDERNESS WATERS		180 M
RUN 11	SKY HIGH	1.9 KM	
SWIM 11	FINAL 15		400 M
RUN 12	IN THE NEIGHBOURHOOD	0.8 KM	
SWIM 12	HOMEWARD BOUND		350 M
RUN 13	HOMESTRETCH	0.35 KM	
TOTAL		29,2 KM	4950 M



SPRINT COURSE

SEGMENT		RUNNING	SWIMMING
RUN 1	HEARTBREAK HILLS	1.6 KM	
SWIM 1	MOUNTAIN WATERS		120M
RUN 2	TWISTED TRAILS	2.4 KM	
SWIM 2	RIVERCROSSING		250M
RUN 3	FLAT N'FAST	0.9 KM	
SWIM 3	IN SHALLOW WATERS		270 M
RUN 4	THE CAPE	0.3 KM	
SWIM 4	BAY BRIDGES		200 M
RUN 5	STAIRWAY TO HEAVEN	4.0 KM	
SWIM 5	COAST CRUISE		350 M
RUN 6	ON THE BEATEN PATH	2.2 KM	
SWIM 6	HOMeward BOUND		200 M
RUN 7	HOMESTRETCH	0.3 KM	
TOTAL		11.8 KM	1470 M



MARKING OF THE COURSE

We will mark the course as well as can be. We will use plastic markers with our brand and also a large number of signs at cross roads and turns as well.

The beginning of almost every swim will have an official on hand and every swim exit will have a very visible flag to be used as a sighting marker. Be sure to sight this flag at the start of every swim and keep checking every so often!

When running on a road, a path or a trail we won't have as many markers. The rule follows; "keep running forward until a sign tells you otherwise!"

If you, by any chance, find yourself running on said road or trail for a very VERY long time and/or the sun sets, chances are you've run the wrong way. Turn back and run back the same way you came. If, on the off-chance someone actually do run the wrong way, we'll have ice cream for you in the finish area, a free start for next year, a compasse and a shoulder to cry on.

DON'T RUN THE WRONG WAY!

MAP

Race maps and sections are included in this e-mail as well as on the website. To keep track of the course we recommend you to write down all the swims and runs on your hand paddles or fore arms. Maybe even get a tattoo with it.

RACE OFFICIALS

All race officials will wear yellow vest. Be nice to them! The race officials that is. Not the vests.

BOATS, WATER SECURITY

We'll have a few boats and SUPs in the water to follow the swims. But from reading the rules on our web site you should know that your biggest security out there will be your partner. And vice versa. Stay together! Öresjö is luckily not a hotspot for jet skis and such but still make sure to look up every now and again.

Remember, it is each and every racers personal responsibility to be fit and properly prepared to handle longer swims in open water!

Let's be safe out there, people!

MEDICAL SUPPORT.

We have medical support in the finish area. In emergency they will be transported out on the course. Race officials have cell phones. If you're in trouble, let it be known.

DNF (DID NOT FINISH)

Do not DNF.

BUT IF ONE REALLY NEEDS TO DNF!

Keep moving to the closest race official or aid station and let them know you need to DNF. You may either be transported by them back to the start/finish area or you may be picked up by boat (only in an emergency). Most likely you'll end up doing a walk of shame-walk back to the finish...

AID STATIONS

There will be six aid stations along the course and they're well marked on the map. At all the aid stations we'll serve water and a selection of products from Chimpanzee Nutrition with sports drink, bars, chews and gels. On some aid stations we'll also serve Coke and Red Bull.

POST-RACE FOOD

You'll get some delicious food served after finishing the race.

MANDATORY EQUIPMENT

You need to wear the timing chip, the race bib, the swim caps during the swims as well as a wetsuit. We don't demand any other equipment.

RECOMMENDED EQUIPMENT

Hand paddles, light trail shoes, goggles and a very positive attitude. If you're an extremely thirsty individual you might consider carrying a camel back with additional fluids.

And for the love of God, make sure to cut your wetsuits above the knee joint and elbow joint! You'll thank me after the race...

WATER TEMPERATURE

The water is currently at 18 degrees. Remember one thing; regardless of the water temperature, the risk of overheating when running is usually bigger than being too cold during the swims.

RULES

They are described on our website. But really, there's not much to it. The two rules to do remember is, one:

-the no-dive-rule. It is absolutely forbidden to dive head first at the beginning of any and all swims! Disrespecting this rule will lead to a DQ. And a possible back and neck injury.

The second rule is also a given:

-no littering! DO NOT THROW TRASH on the course! Carry your trash and drop it at the next aid station. We want to leave our course in pristine shape.

Obviously it's a given to follow the exact race course without exception!

AWARDS

First team in every category will receive a cash prize of 3000 sek. Additional podium placings will receive nice prizes and a lot of admiration from everyone else.

We'll have the awards ceremony once all podium teams have finished.

I DON'T HAVE A PARTNER

And by "I don't have a partner" I don't mean match making but a partner for the race. Use our Instagram for any last minute replacements or requests. Who knows what a new race partner will lead to though...

WEATHER

We will have weather!

Finally, without a doubt we'll have a great day of sugar and honey! A word of wisdom though; our course is VERY challenging featuring a lot of hilly running. The running is not especially technical but physically demanding. You reach the first hill after only a few hundred metres. So be sure to be conservative during the first hours and finish the race in great style!

GREETINGS AND SALUTATIONS AND WELCOME TO BORÅS!

Jonas Colting

SPONSORS



IAMRUNBOX



