

Info for Salomon Hammer Trail Winter Edition 2020

Below you will find the race information for Solomon Hammer Trail.

Where is the start / finish

Domen, Strandvejen 1, 3770 Allinge

Start Times

- 50 miles - at. 06.00
- 65k – at. 8.00
- Marathon (43k) – at. 10.00
- ½ marathon (21,75 k) - at. 12.00
- 10,5k – at. 11.00. Start at Hammerhavnen. Bus from Domen at. 10.30 to start.

Mandatory safety equipment (50 miles, 65k, marathon and ½ marathon)

There will be check of mandatory equipment before start. No start without

- Liquid Belt / Camelback at least 1 liter or 2x500 ml
- Headlights (only at 50 miles and marathon) **It's getting dark at 16.30**
- Plaster 5 pc. / bandage 4 meter
- Drink / soup-cup serving only drinks / soup in your own cup
- Flute
- Survivalblanket
- Mobile phone

Timelimits and cutoff's

50 miles - this is crossing times in the main depot

- 1. Loop - 3 hours 30 min
- 2. loop - 7 hours
- 3. loop – 11 hours
- 4. loop and finish line 15 hours

The buckle is given to trailers who complete the 50 miles below 11 hours and 15 min

If any changes in weather conditions should occur, the cutoff time will be changed

65 km - this is crossing times in the main depot

- 1. Loop - 3 hours 30 min
- 2. loop - 7 hours
- 3. loop and finish line 11 hours

Marathon

- 1. loop – 3 hours 30 min

- 2. loop and finish line 8 hours

½ marathon

1. omgang og mål 4 timer

Track

Salomon Hammer Trail Winter edition is in hilly terrain, no ponds but with a minimum of asphalt. The race is run on trails and small gravel roads. One round will be 21,75 k.

When crossing the asphalt road, the Road Traffic Act must be observed. At start / finish, **pedestrian crossing must be used.**

Starting numbers

Start number and chip must be collected within 1/2 hour before the start. Startnumbers can also be pick up Friday between 17-20.30 at the Dome In Allinge.

Depot

There will be 2 depots on the route. A main depot at Domen and a fluid depot at Hammer Harbour after 11km.

Main Depot:

Coca-cola, sports drink, hot cocoa, water, coffee, tea, chips, peanuts, soup, candy, chocolate, banana, orange, french fries, hot food.

Depot at Hammer harbour:

Water, sports drink, coca-cola, chips, peanuts.

It is possible to be self-catering in the main depot at the start / finish.

Prize giving

Prize-giving ceremony will takes place from 14.30.

BYOU - Bring Your Own Use

We would like to help reduce the consumption of disposable packaging therefore BYOU. The runners have had to bring soup cups etc. during the course for several years, now the runners also have to bring cup / mugs, plate and cutlery for after the race where there will be pasta and meat sauce. Accept our new initiative.

Miscellaneous

All runners will receive a bracelet to be worn throughout the race. There will not be given any meals without bracelets

- It is possible to fill its camelbag / liquid bladder before starting.
- Trailers may only receive at the depot at main depot at Domen.
- Important that the sheep do not run out of fences, so remember to close the doors.
- The route is measured several times with Suunto Ambit 3 and is 21,75k. 730hm+
- It is possible to define a dropbag in the main depot. There will be control of your equipment during the race, preferably in the main depot.
- On the route, there are toilets at Hammer harbor (100m away from track)

Transport

- Bus connection - www.bat.dk
- Taxi – Dan Taxi +45 70 25 25 25

Marks

The route is marked with strips and orange flags and there is max 200 m between each marking, so if you do not see a strip within approx. 300-400 m, then you're off the route. There will be reflections and bright red/ white lights on the route at night and signs where to turn.

We hope to run live coverage of the race on Facebook Group-Solomon Hammer Trail. Let family and friends will follow you throughout the race. Sends the greetings and we will pass them on to you during the race.

Accommodation

We recommend

Nordly i Sandvig <http://www.nordlybornholm.dk/>

Pension Slægtsgården <https://www.slaegtsgaarden.dk/>

Contact:

lob@tejnif.dk

Lene Møller – +45 6154 9123

Kim Rasmussen – +45 4216 8689

Jakob Vestergaard - +45 21844850

Enjoy the race and remember to cheer for those you pass on your way