

## Info for Salomon Hammer Trail Winter Edition 2019

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
- 50k – at. 8.30. Start at Hammersø. Bus from Domen at. 8.00 to start.
- Marathon – at. 10.00
- ½ marathon - at. 12.00
- 10k – at. 13.00. Start at Hammersø. Bus from Domen at. 12.30 to start.

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

- Liquid Belt / Camelback at least 1 liter
- Headlights (only at 50) It's getting dark at 16.15
- Plaster 5 pc. / bandage 5 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

**50 km** - this is crossing times in the main depot

- 1. Loop - 1 hours 30 min
- 2. loop - 5 hours 30 min
- 3. loop and finish line 10 hours

### Marathon

- 1. loop – 3 hours 30 min
- 2. loop and finish line 8 hours

## ½ marathon

- 1. loop 21,1 km and finish line 4 hours

## 10 km

- 1. loop 10 km and finish line 2 hours

## Rute

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 20,9 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 18-20.30 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.

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.

## 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 20,9k. 800hm+
- 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](http://www.bat.dk)
- Taxi – Dan Taxi +45 70 25 25 25

## Marks

The route is marked with strips 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/>

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