

BLACK RIVER RUN - 50 MILES



ULTRAMARATHON IN VÄSTERÅS, SWEDEN – 18 AUG 2012

Saturday 18 August 2012 will see the premiere of a new Swedish ultramarathon. Västerås Löparklubb is organising the ***BLACK RIVER RUN – 50 MILES***. The race is five laps of a 10-mile course in a varied summer landscape, with everything from woods, open fields and a visit to the city. The plan is for this to be an annual event that will probably be expanded to include a 100-mile race in the future, so take the chance to run the first one ever.

COURSE:

One lap of the course is 10 miles (16.1 km), which will be officially measured. 57% of the course is on surfaced/maintained paths, 16% is asphalt, 15% is on minor gravel roads and 12% is on technical paths and areas of open rock. The terrain around Västerås is flat and the total climb is around 100 m per lap.

The distance is **50 MILES** (80.5 km) and there is also a short option that is **20 MILES** (32 km), perfect for those who don't want to run an ultra, but would like to test their form before Lidingöloppet, the largest cross-country race in the world.

ENTRIES:

Entries are now open and cost SEK 350 for either distance. Please send your entry to the club's e-mail vasteras.loparklubb@gmail.com and include your name, year of birth, club, e-mail address and the distance you would like to run. Your entry is definite once your entry fee has reached the club's Bank Giro account: 610-2800. Please contact us if you need to pay using another method. Max 100 participants, with 70 places reserved for the 50-mile race.

TIME AND PLACE:

The start is at 09.00 on 18 August, max time 12 hours. Start and finish at Västerås SOK's clubhouse: Orientalen, Önstavägen 1, Västerås.

VÄSTERÅS LÖPARKLUBB 



TRAVEL AND ACCOMMODATION:

If you need accommodation in Västerås before or after the race, there are hotels less than 1 km from the start/finish. We can try to organise cheaper group accommodation if there is enough interest.

Arriving by car is easy, but it is just as easy to take the train to Västerås Central and then catch a bus to the start.

MORE INFORMATION:

Updated information will be available on Västerås Löparklubb's website www.vasterasloparklubb.se

SANCTIONS:

The race has been officially sanctioned by the Swedish Athletic Association and the IAU Bronze Label is being applied for.

