

# RACE INFORMATION



## SCHEDULE

- 10:00 AM - Check-in opens
- 12:00 PM - First start competition class
- 1:30 PM - Award ceremony for the competition class
- 1:45 PM - First start for the "Run for Fun"

## RACE KIT

All participants must pick up their race kit in time before their start. For participants in the competition class, the race kit includes: 3 green wristbands, 1 orange wristband, and 1 timing chip. For participants in "Run for Fun," the race kit includes: 1 timing chip.

## TOILETS

Toilets are available close to the start in the event area and at several locations along the course.

## FOOD & DRINKS

In the event area, food will be available from Oh la la Foodtruck. You can also visit Pinchos, Rörstrand Museum Café, and Konditor Trulsson.

Additionally, there are plenty of restaurants and cafés in the city center, just a short walk away.

## CHECK-IN

You can pick up your race kit at the check-in on the event area. Check-in opens at 10:00 AM on Saturday. See the map over the event area for more information.

## SHOWER & CHANGING ROOMS

Showers and changing rooms are available at Lidköping Squash and Padel Center on the event area. If you wish to use the changing rooms and showers, it costs 50 SEK, pay with Swish on-site.

We recommend arriving dressed and ready, as there is limited space in the changing rooms.

## BAG DROP

There is a bag storage at Lidköping Squash and Padel Center, next to the showers and changing rooms. We do not take responsibility for valuables.

## PUBLIC TRANSPORTATION

We recommend taking the the train or bus to The Obstacle Run. As the race is held in the center of Lidköping, just a 5-minute walk from the bus- and train station, there are plenty of public transportation options. Visit [Västtrafik](#) to plan your trip!

## PARKING

There is a limited number of parking spaces near the event area. [See a parking map for central Lidköping here!](#)

## COURSE

The course will be marked with yellow-black tape and signs with arrows.

## TOILETS

Toilets are available close to the start in the event area and at several locations along the course.

## HYDRATION STATIONS

There will be three hydration stations along the course:

- The first after approximately 2.5 km (water and sports drink from UMARA)
- The second after approximately 6 km (water and sports drink from UMARA)
- The third after approximately 7.5 km (water)

At the finish line, Vitamin Well will distribute NOCCO on Saturday.

## MEDICAL CARE

Medical staff will be stationed along the course, mainly around the square/bridge and at the event area. Contact the nearest judge if you have an injury that prevents you from finishing the race or if you need medical assistance.

## RESULTS

You can find the results on [theobstaclerun.se](http://theobstaclerun.se) shortly after the race.

## RULES

We have general rules that apply to all runners. Then there are some rules that differ for runners in the competition class and the Run for fun. It is each participant's own responsibility to [read and follow the rules!](#)

## PHOTOS

After finishing, there will be an opportunity to take great photos before leaving the finish area. News for this year is that you can take photos hanging from a rig!

All photos from the race will be published on our [Facebook page](#).