



# BULLETIN

## 10Mila 2022

### Örebro

May 7-8<sup>th</sup> 2022

## Overview

The youth relay starts Saturday 10.30. We have two teams. Team members leave Stockholm in the morning and return in the afternoon.

The female relay starts Saturday 13.15. We have two teams. Team members leave Stockholm in the morning and most team members return in the evening.

The male relay starts Saturday 21.30. We have three teams. Early starters will leave Stockholm in time for start, middle-of-the-night starters can sleep in a motorvan (husbil) and late starters can sleep in cottages in Örebro. We also have a few tents in the arena. We expect to have a few runners in the masstart at 9.00 Sunday morning, meaning that the relay ends around 11.00.

The plan is preliminary and may change. The plan will be updated during the week and possibly up to the last day. Please check the plan daily.

At the arena, we are situated at a spot that will be published at Eventor and [www.10mila.se](http://www.10mila.se) by May 4 or earlier.

The race bulletin is found here:

[https://www.10mila.se/images/10mila\\_2022/Dokument/Bulletiner/sve/10MILA-Bulletin-5\\_v10\\_sw\\_e.pdf](https://www.10mila.se/images/10mila_2022/Dokument/Bulletiner/sve/10MILA-Bulletin-5_v10_sw_e.pdf)



## Travel and Cost

Traveling costs are not covered by Snättringe SK, accomodation and competition costs are. For each runner, please, arrange for 125 SEK payment in each direction to your driver for gas expenses. This way the cost for each runner will be 250 SEK. We hope this is acceptable.

It takes about 2,5 hours to travel from Huddinge to Örebro.

The plan below is made out of best knowledge at the time of planning, environmental care (as few cars as possible) and with limited information about many individual runners. Please check below.

Drivers: Please confirm to Gittan or Jörgen that you are ok with the plan

Runners: If you have other ideas for your travel, please alert Gittan or Jörgen.

Drivers are to plan details for his or her car, including communicating with travelers and parking instruction at 10Mila

The travel plan is found here:

[Snättringe 10Mila plan - Google Sheets](#)

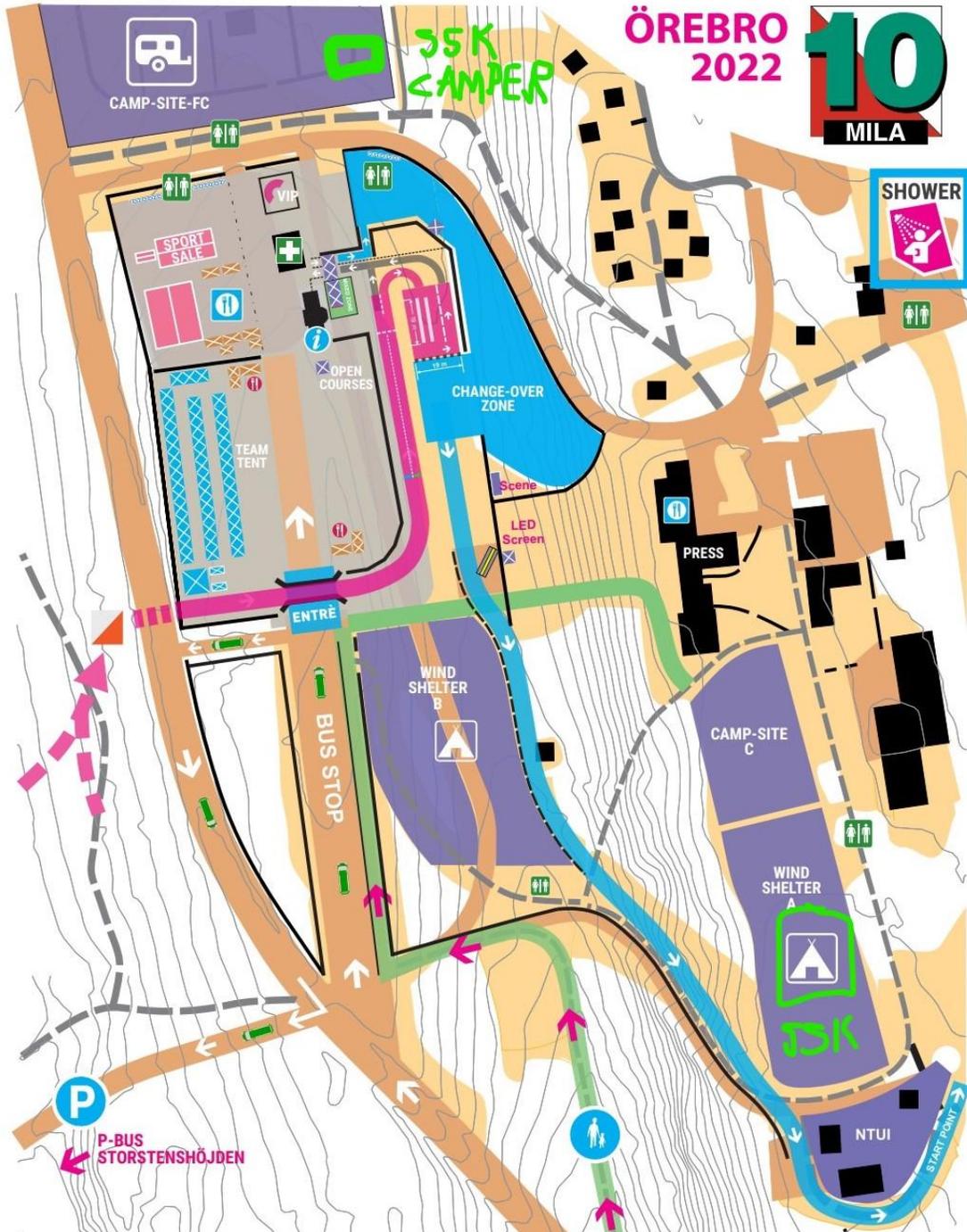
## Arena and Parking

Read specific PM from 10Mila, help the car driver with directions

We have camping positions 39 and 56. We have our club tent at A58 and A59



ÖREBRO  
2022







## Ungdomar

Vi ska samlas senast kl 9.30 på arenan. Kom till arenan i dina tävlingskläder och Snättringejacka. 1a sträckans löpare ska gå in i startområdet senast kl 10.15. Det kan ändras fram till start vem som springer vilken sträcka.

Orienteringsutrustning: Pinne, Kompass och extrakompass om du har

Ta med handduk och ombyte samt kläder så du kan vara ute hela dagen. Det är ju kul att hänga ett tag på arenan efter tävlingen. Innan och under tävlingen så är det bra att prata med lagledarna om du behöver gå iväg och fixa något så att de vet var du är.

Mat: Ta med lunch eller pengar/swish. Det är mycket folk på arenan så räkna med kö till att köpa mat och annat gott. Glöm inte Vattenflaska.

## Ladies

We will meet at the arena not later than 12.15. The check-in time for the 1st relay ends at 13.00 and the start is at 13.15.

If you're not able to run, contact Gittan or Elisabeth asap so we can re-plan.

If you think you will start in the Mass-start at 19 o'clock bring a lamp

## Men

During the night, we have the following;

Cottages in Örebro, Gustavsvik camping. 13 beds assigned in document. Booking numbers 444710, 444711 and 444712. Cottage nr 31, 32 and 46 Checkin from 15:00 on Saturday checkout 12:00 on Sunday. We need to clean out ourselves. First person there checkin all cottages at the same time.



Camper at arena. Sleeps 6; Pinnen, Fredrik J, Ludvig L, Peleg, Martin N, Fredrik B.

Small tent at arena. Sleeps 6-7 persons. Meant for runners starting around 23-2 but coming early (could be that someone else in the car starts earlier). Also available for runners after the race, if preferred. Camper and tents are located at position 39 and 56.

## Eating

Everyone is self dependent on food. Bring what you want to eat or buy at the arena.

Small items will be available in the clubtent at the arena; bread, butter, cheese, yogurt, müsli, bananas, blueberry soup, coffee, tea.

## Preparations

- Read the race bulletin:  
[https://www.10mila.se/images/10mila\\_2022/Dokument/Bulletiner/sve/10MILA-Bulletin-5\\_v10\\_swe.pdf](https://www.10mila.se/images/10mila_2022/Dokument/Bulletiner/sve/10MILA-Bulletin-5_v10_swe.pdf)
- Look at old maps:  
[Annaboda\\_gammal\\_karta\\_2353x1781.jpg \(2353x1781\) \(10mila.se\)](#)
- Sleep and eat well
- Test your equipment
- Bring an extra, well working, compass during the race
- If you are running during the night;
  - Test your equipment well in advance
  - Bring an extra solid lamp and bring it during the race



## Bring

- If you are sleeping; bed sheet or sleeping bag, depending on how you sleep
- Food for the weekend
- Recovery food
- Gel or similar if you run a long leg

## Telephone numbers

Coaches;

Jonny (W and M) - 0707502899

Elisabeth (W and M)- 0737311978

Stefan (Ungdom and M)- 0704107186

Per (Men)

Jörgen (Planning) - 0737077516

Gittan (Ungdom) - 0760011559

We are representing Snättringe. It means that we behave responsibly. We cheer and care for each other, we race in the green dress and we use Snättringe clothes when proper. Let's go!