



RACE PM with information for EX Swimrun Runmarö 6/6

We are excited to welcome you all to our beautiful island Runmarö for the inaugural EX Swimrun Runmarö races and experience. The Race PM and all information on race day will be in English, as we have several international racers joining us, which we are very proud of!

Getting to Runmarö

To get to Runmarö, you need to take a boat from [Stavsnäs Vinterhamn](#). Getting there is very easy by public transport from Stockholm City, with a [bus from Slussen](#) taking about 55 minutes.

If you come by car, there are plenty of parking spots down by the harbour, and you pay a 24-hour parking fee of approximately 190 SEK.

To reach Runmarö, you take either the special EX Swimrun ferry (red boat) or the regular ferry (large white boat). Runmarö is located just across the water, and the ferry ride takes about 5–10 minutes. You get off at the first stop, Styrsvik.

EX Swimrun ferry (Stavsnäs Båttaxi)

The EX ferry departs at 11:00 and is a red and white boat. It departs just in front of the restaurant Kaj & Krog, slightly to the left when looking out toward the water. If you have prepaid, simply board the boat. If there are spots available, you can board and pay 85 SEK to Nicholas via SWISH 070 291 60 30 or PayPal nicholas.roman@egetto.se.

Regular ferry (Vaxholmsbolaget)

The regular ferry departs at 11:55 and is the large white boat called Saltsjöbaden. You can pay onboard by credit card. You will get off at the first stop, Styrsvik.

Once on Runmarö, walk straight along the main road for about 300 meters, passing the shop and the large metal boat on land. Continue down the hill to Svängens Krog, where you will find us.



Arena Svängen – before your race

We will greet you at Svängen, a beautiful little bistro on the island and our home for the day.

To pick up your bib, we need to know your race (LONG, SHORT TEAM or SHORT SOLO) and your bib number, which you can find in the [start list](#).

- SHORT: white bibs (both solo and team)
- LONG: black bibs

We will hold a mandatory race briefing in English at 12:40, where we will present the courses, markings and other important information.

Start time for both distances is 13:00. Both LONG and SHORT follow the same course for the first 2 km, then split into different routes, but they will intertwine several times during the race. Study the race maps and distance tables on the [website](#).

Mandatory equipment

All racers must wear a wetsuit suitable for water temperatures of approximately:

- Lakes: 16–20°C & Ocean: 13–15°C

We will provide a mandatory ARK swim cap that must be worn during all swims.

You will need a reusable mug to be used at the energy stations (see below)

No additional mandatory equipment is required, and standard Swimrun rules apply.

Energy along the course

We will have two main energy stations, which you will pass multiple times (three times in total). At these stations you will find self-served water, UMARA energy drink and pre-cut UMARA bars.

In addition, some local landowners along the course have kindly agreed to offer water and energy.

We will not provide paper cups at the energy stations. All racers must bring a reusable cup to drink from. These will also be available for purchase at Arena Svängen at a very reasonable price.



Please note that the first lake, Viträsk, has crystal-clear water that is tested and approved as drinking water, so you can safely drink from it. The Baltic Sea is also very clean and drinkable this early in the season, with only a small amount of salt.

The courses

Both courses combine easy running, warm lake swims and slightly more technical running (including a short, very technical section on the LONG course at Storholmen), as well as more exposed swims in the ocean.

We are hosting this race on more than 55 private properties, all of which have given permission. Please act as ambassadors for the sport and thank landowners if you see them along the course. We want to host this event for many years to come.

The course will be marked with:

- Orange and yellow arrows on trees
- Small orange flags on the ground or rocks
- Yellow reflective markers or flags indicating swim exits

Before each swim, you will see two yellow arrows indicating approximately 200 m and 100 m to the swim entry.

We also aim to provide information before each swim regarding swim distance and the following run section so you can prepare.

Staff will be present along most but not all parts of the course, including at swims, to guide you and ensure a great experience.

On a few ocean swims, boats or jet skis will be present for safety. No boat traffic is expected and the final channel crossings have very low speed limits, so any passing boats will not present a risk.

Finishing at Svängen

Both courses finish with a long, beautiful run through the picturesque village of Södersunda. Enjoy it, and push to the finish line where we will welcome you as champions.

To register your time in the RaceID app, we need to clearly see your bib number.



All finishers receive the EX Swimrun signature wooden medal, produced in Gothenburg by YogaWood.

After Swimrun at Svängen

After your race, relax and help us cheer for the teams still finishing.

There are no indoor changing facilities, so changing will take place outdoors.

Included in your race entry is Svängen's amazing pizza buffet and a soft drink. Ice-Cream, beer, wine and other drinks are available for purchase.

Going home from Runmarö

The EX ferry departs at 18:30 from Styrsvik. If you have prepaid, simply board the boat. If there are spots available, you can board and pay 85 SEK to Nicholas via SWISH 070 291 60 30 or PayPal.

The Waxholmsbolaget ferry departs at 16:45, 17:55, 19:23, or 20:10.

Stay as long as you want and enjoy Svängen and the Swimrun community on Runmarö!

Enjoy your day and EXperience with us!

/Nicholas, Pehr and Elisabet

EX Swimrun