

# RACE INFORMATION

This is a short summary of the race and concept, a detailed dialogue and documentation will be conducted and presented to the selected teams.

## 1. RACE CONCEPT

The concept is straight forward; starting at Arholma in the north, the first to reach Landsort in the south is crowned the winner. Running and swimming the only method of movement. No track and free choice of route but with some unknown check points needed to pass along the way. Navigation and orienteering will prove a critical component of the race. A new route each year thereby making it impossible to plan in advanced.

## 2. DISTANCE

The race distance is about 250 km, a distance of 6 marathons, split up into approximately 200 km running and 50 km swimming. Running takes place on all types of terrain, rocks, cliffs, gravel roads, paths but mostly unpaved and difficult terrain. Swimming is in open sea and can often feature strong winds, currents and waves.

## 3. PARTICIPANTS

ONE WATER RACE is a professional race and created for the absolute best endurance racers in the world. There is a maximum of 10 teams able to participate with the teams needing to go through an application process whereby the most suitable are selected.

## 4. TEAM SET UP

Each team consists of 3 racers, with both sexes needing to be represented. All 3 racers and both sexes must be out on the course the entire time. Each team will also have a 4<sup>th</sup> member, a team captain, who is responsible for the planning and the navigation of the race. The captain's position is in the boat, has the right to meet the team on land for planning but may not be involved in the orienteering on land.

## 5. SAFETY BOAT & TEAM HQ

The race organization will provide each team with its own safety boat and professional skipper. This will serve as the team and captain's headquarters during the entire race. This is where the route will be planned as well as where food, nutrition and safety equipment for the night and swims will be prepared. The team captain may not take any help from the skipper for navigation. The captain can go ashore but the team may never board the boat.

## 6. NAVIGATION

The race is divided into 5 stages with each stage having one or more unknown checkpoints to be passed. It will be up to each team and captain to choose the route they consider to be the best and fastest. A choice that must be made in consideration to weather, wind, waves, currents and terrain. Wrong choice can and will be absolutely crucial. The organization provides the teams with standardized orienteering maps.

## **7. SAFETY**

All teams will be equipped with an advanced tracking and communication device, weight only 35 grams. Each team will be followed and tracked during all times by the race direction and safety boat along the way. The race organization has an overall safety organization and assists with doctors, medical personnel and transports in case of emergency.

## **8. EQUIPMENT**

Wetsuit is mandatory and it is allowed to use paddles, pull buoy and tow line throughout the race. It's allowed to change wetsuits, shoes and during breaks have complementary warming clothes, but no electronic equipment under any circumstances. Details are handled with selected teams.

## **9. WEATHER CONDITIONS**

The weather is a challenge with varying conditions and temperature. Sun, rain, storm, cold and not least totally dark nights. Estimated air temperature 15-20 degrees Celsius, colder at night and water temperature 12-18 degrees Celsius.

## **10. ENERGY & FOOD**

The teams are unsupported and is responsible for their own food and energy supply during the entire race.

## **11. TIME LIMIT**

Due to security reasons, there are time limits on each checkpoint teams that does not meet these limits will be removed from the race.

## **12. REGISTRATION FEE**

No registration fee will be charged for selected teams, but each team must have a naming sponsor managed by the team or the race organization.

## **13. INSURANCE**

The race is run at your own risk and each racer and team is responsible for their own insurance. Each team and individual must present proof of insurance before the start. Insurance for boats and skippers is the responsibility of the organization.

## **14. TRAVEL**

The team is responsible for its own travel and costs, the organization will cover one night accommodation including meals at the start at Arholma.

## **15. COVID 19**

The race is adapted to the Swedish rules of conduct that apply as of today in order to be able to guarantee an implementation in 2022 as far as possible.



**16. THE \$100,000\* AWARD**

One Water Race wants to raise endurance racing to a new level partly as a concept, but also to a higher level in prizemoney to be able inspire and enable athletes to invest more into their sport and get paid for all the effort required to cope this extreme challenge.

1<sup>ST</sup> \$60.000

2<sup>ND</sup> \$25.000

3<sup>RD</sup> \$10.000

4<sup>TH</sup> \$5.000

5<sup>TH</sup> \$3.000

\*Any tax payed by the winner.

**17. AGREEMENT**

The organization will sign a written agreement with each team regarding rules, arrangements, safety and responsibility.