



Race-PM HT 2023 | 19th September

Start och finish

The starting- and finishing area is located on the grass outside of Campushallen in the park called Linköpings Univeritetspark (aka. Viagraparken). All classes start at the same time at 18:00. If you are running in a team, note that it's not a relay race so everyone starts at the same time.

Course

The course is 5 km long and starts from Campushallen, towards Vallamasivet, around Vallaskogen and back to Campushallen through campus. If you are running 10 km you run two laps. To get started on your second lap you run straight along Corson when you pass by Campushallen after 5km. All classes have the same start and finish line. The trail is marked with signs, red and white plastic strips and volunteers to show the way, as well as a volunteer biking in front.

Map over the course:



Classes

Women's and men's class for both 5 km and 10 km. There's a team-competition as well. The team consists of 4 members who all run 5 km. The individual times of the team members are summarized and the team with the fastest combined time wins. The teams can be all men or all women or mixed. Please note that everyone in the team starts at the same time.



Registration

Registration is open and done on our website www.liuloppet.se under “ANMÄLAN”. When you are registered you can see your name under “ANMÄLD” in the main menu. Registering is free and open for everyone. It is possible to register at the competition if there are any slots left. The maximum amount of competitors is set at 600. If you are unable to compete, don't forget to remove your registration under “ÄNDRA ANMÄLAN” to make room if other people want to participate. Registration closes 17 September at 18.00. Registration on sight is possible if the maximum amount of runners isn't reached.

Number bibs

You can collect your number bib 12.15-13.00 in R23 (C-huset, Campus Valla) on Monday 18/9 and Tuesday 19/9. You can also pick up your number bib at the starting- and finishing area between 16.00 and 17.30 on the raceday. Number bibs that have not been picked up before 17.30 will be released for late registration on site. The number bib should be visible and located on your chest.

Changingroom and toilets

Limited changing rooms and toilets exist in Campushallen, it is easiest if you come changed - ready for the race.

You can leave your bags in the athletics hall in Campushallen, however no one will watch the bags during the race. Please note that we do not take any responsibility for lost bags/valuables.

Parking

Park your bikes at existing parking spots by Campushallen and Falafelhuset. Do not park bikes on Corson. Car parking is available next to Campushallen and FOI.

Hillsprint - “Backpris”

At the top of Vallamassivet approximately 1 km into the race two empty beer crates are located. A blue for men and a red for women. The runner who picks up the crate and carries it to the finish wins a free massage at Campushallen.



Water and food

All runners get water and a banana after they have completed the race. It is possible to refill your own water bottle in Campushallen.

Emergencies

If a serious accident occurs, call 112 and inform someone in the LiU-loppet crew. An AED (automated external defibrillator) is located in the entrance of Campushallen.

Photography

LiU-loppet will have a photographer on site. Photos will be published on LiU-loppets website and social channels. If you do not want to be in pictures, please contact us on facebook.

Results

Results will be published on www.liuloppet.se under RESULTAT

Prizes

Top 3 in each class will receive a prize as well as the winners of the team competition and the winners of the Hillsprint.

Rules

The LiU-loppet apply the usual rules that apply to running competitions, common sense goes a long way. All runners are obliged to follow the course and volunteers' directions. Cheating or taking shortcuts will result in disqualification. Note that the roads are not closed off to other traffic, be sure to follow the traffic rules as well as the volunteers' instructions. Participation is at your own risk.

Questions

Please contact us at facebook or on liuloppet@gmail.com if you have any questions.