

Race-PM HT 2026 | September 15th

Start och finish

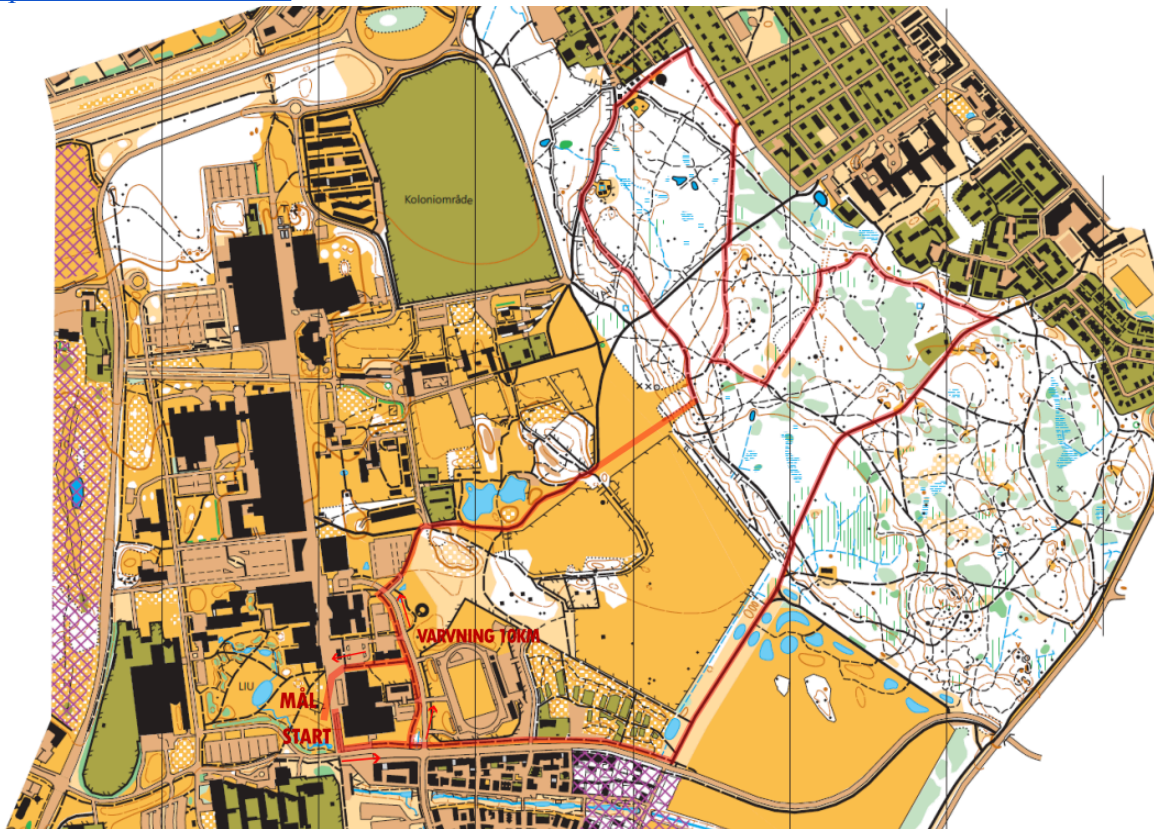
The starting- and finishing area is located on the grass outside of Campushallen in the park called Linköpings Universitetspark (aka. Viagraparken). All classes start at the same time at 18:00. If you are running in a team, note that it's not a relay race, so everyone starts at the same time.

Course

The course is 5.6 km long and starts from Campushallen, towards Vallamasivet, around the green track in Vallaskogen and back to Campushallen. If you are running 10.5 km you run two laps. To get started on your second lap you continue forward at the text “varvning 10 km” according to the map below. 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 cycling in front.

[Map of the 5.6 km track](#)

[Map of the 10.5 km track](#)



Classes

Women's and men's classes for both 5.6 km and 10.5 km. There's a team-competition as well. The team consists of 4 members who all run 5.6 km. The individual times of the team members are added together and the team with the fastest combined time wins. The teams can be all-men, 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 to everyone. It is possible to register at the competition if there are any slots left.

The maximum number 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 September 13th at 20:00. Registration on site is possible if the maximum number of runners isn't reached.

Number bibs

You can collect your number bib:

- Monday September 14th 12.15-13.00 in R19 (C-huset, Campus Valla)
- Tuesday September 15th (competition day) 12.15-13.00 in R19 (C-huset, Campus Valla)

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 or your time will not be recorded when you finished.

Changing rooms 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 in designated 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 crate of Nocco.

Water and food

All runners get an electrolyte drink 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 at 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 photos, please contact us on facebook or via email. There is also an option to choose that you don't want to appear in photos when you register for the race.

Results

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

Prizes

The 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

LiU-loppet applies the usual rules for 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 on Facebook or liuloppet@gmail.com if you have any questions.