

FRIDAY 4/9-20

The hostel + clubhouse Nykøbing Mors

14.00 - 16.30: Delivery of start number in HQ

Entrance from the back of the hostel, and only for runners... Point 1 SEE MAP

14.30 - 20.30: Submission of dropbags to the Depots

Submitted to Pinen and Plagen's clubhouse:

Rolstrupvej 9, 7900 Nykøbing Mors See Overview Map

Mors - opening ceremony for 100 miles

Kirketorvet in Nykøbing Mors

17.00 - 17.10: Welcome speech (v. Jann Søndergaard, chairman of the running club Pinen og Plagen)

17.10 - 17.20: Welcome speech (by Ellen Philipsen Dahl)

17.20 - 17.30: Unveiling of the Run of Fame tile for last year's winner. (Stian Andersen, winner of 100 miles 2019)

Race Info meeting + info for auxiliary cars.

The hostel Nykøbing Mors - Note where to park and meet !!! see map.

18.00 - 18.30: Information meeting - **Group 1** - Parking on the Gravel Square at Zone 1 in front of the rowing club. The group will be picked up in Zone 1 at 17.55 and you follow to tent no.2.

18.40 - 19.10: Information meeting - **Group 2** - Parking behind the hostel, and entrance from this side. Group 2 gathers at Zone 2. The group will be picked up at Zone 2 at 18.35 and you will be followed to tent no.2.

19.20 - 19.50: Information meeting - **Group 3** - Parking on the Gravel Square at Zone 1 in front of the rowing club. The group will be picked up at Zone 1 at 19.15 and you follow to tent no.2.

It is important that you first show up 5 minutes before the start of the meeting, as according to the Covid 19 rules, we are not allowed to gather more than 100 people. The meetings are for runners, and a maximum of 1 assistant !!

19.50 - 21.00: Delivery of start number in HQ

Entrance from the back of the hostel, and only for runners... SEE MAP - NO 1

SATURDAY 5/9-20

Start Mors 100 Miles Raceday (**ONLY FOR RUNNERS**)

The hostel + clubhouse Nykøbing Mors

6.30 - 8.30: Delivery of start number in HQ

Entrance from the back of the hostel, and only for runners... SEE MAP NO. 1

7.00 - 8.00: Submission of dropbags to the Depots

Submitted to Pinen and Plagen's clubhouse:

Rolstrupvej 9, 7900 Nykøbing Mors. SEE OVERVIEW map

9.00: Prelude - Group 1 & 2

9.30: Start - Group 1 & 2

9.35: Prelude - Group 3+ Kayak

10:00: Start - Group 3+ Kayak

The start is only for runners and officials.

Spectators and auxiliary cars are referred to the route.

- Salgjerhøj sprint is 1 km with 89 hm from 66 km to 67 km. The battle for the polka dot mountain jersey applies to those who simultaneously complete the race within the 26 hours.

Due to Corona, this year there is no party at the top of Salgjerhøj, and no access for spectators.

We apologize and hope that 2021 will be "normal".

5th intermediate time: 100 km

- The night race is from approx. 100 - 110 km, and applies to runners who pass 100 km after 21.00, and at the same time complete the race within the 26 hours.

6th intermediate time: 120 km

- Beat The Paine is from approx. 155 km to the finish, and applies to runners who pass 155 km after 06.00, and at the same time complete the race within the 26 hours.

In goal. When the runners reach the finish line, individual helpers / family must be present to the extent that there is space, cf. the assembly ban of a maximum of 100 people.

After the race, there is the possibility of a short stay in Runners Lounge in the finish area.

Unfortunately, this year there will only be the possibility of a short stay, and no possibility of a bath due to Covid19.

SUNDAY 6/9-20

12.15 - 13.15: The award ceremony

- MOUNTAIN RACE 89hm - 1 km M / K
- NIGHT RACE M / F
- BEAT THE PAIN M / K

- WHO WON 100MILES 2020 M / F

The award ceremony

ONLY FOR RUNNERS WHO HAVE COMPLETED AND OFFICIALS