



## Challenges at Solvalla Swimrun!

The Solvalla Swimrun races are arranged by Solvalla Sports Institute for the fourth time on the 16th of September. The races take place in Nuuksio National Park, which is situated in the Finnish city of Espoo. Solvalla Swimrun is the first ÖTILLÖ (Island to Island) Merit Race of the season 2018 and the last race of The Swimrun Finland Tour 2017.

Swimrun is a competition where a team consisting of two persons run from one lake to another and then swim over the lakes. The Solvalla Swimrun races go through the challenging and ever changing but extremely beautiful Finnish forest landscapes.

### **Solvalla Swimrun organises three different race distances:**

- **Solvalla Swimrun ÖTILLÖ Merit Race** is 38,8 km, of which 5,8 km is swimming.
- **Solvalla Swimrun Endurance** is a new race distance for 2017. This distance is more challenging than the sprint race but easier to complete than the full distance. The length of the track is 24,4km, of which 3,4km is swimming.
- **Solvalla Swimrun Sprint** is 14,4km long. 12 km of the track is running and 2,4km is swimming.

There are three competition classes in each race: women's, men's and mixed.

**For more information please contact Race Director Mats Almqvist tel. +358 40 571 3422 or visit our homepage: [www.solvallaswimrun.com](http://www.solvallaswimrun.com)**