

# VESTKYSTLØBET

2024

Esbjerg june 9th



BEVÆG  
DIG FOR  
LIVET



## SYDTRAFIK SAVES YOUR ENERGY!

Take the city bus in Esbjerg. It's free if you have a race number for Vestkystløbet. The number serves as a ticket to and from the race.

**RUN**  
4,8 km / 9,0 km

**WALK**  
4,8 km

## WELCOME TO VESTKYSTLØBET NO. 50

Welcome to new runners and thank you to the old familiar faces who return year after year. We will do our best to ensure that you will have a great day together with your friends and colleges.

### PARKING / CLOSED ROADS

Parking is available at Erhvervsakademi Sydvest (Spangsbjerg Kirkevej), at Svømmestadion Danmark, and Rybners. At 8:30 AM, Gl. Vardevej will be closed from the south near the forest and from the north at the intersection of Parkvej/Sp. Kirkevej/Gl. Vardevej.

### INFORMATION

The information tent at the finish area (diploma tent) opens at 9:00 AM

### CHANGES/LATE REGISTRATION

Changes to the race number such as name, age, and address can be made free of charge before race day. Changes on the day of the race will incur an additional fee of kr. 20. Late registration can be done at the regular price plus kr. 20 by contacting the EFI-Hallen office, Sportsvej 21, 6705 Esbjerg Ø, tel. 23240470 between 9:00 AM and 1:00 PM until June 7th, or at EAM's clubhouse, Gl. Vardevej 84, on Saturday, June 8th, from 1:00 PM to 4:00 PM. You can also inquire at the information desk (see the map on the back) on race day before 10:00 AM.

### START / START GROUPS

The start takes place on Gl. Vardevej at the Blue Water Arena. Groups will start, departing at 4-minute intervals.

### PAYMENTS ON THE EVENT DAY

All payments are made via transfer on MobilePay.

## TIME SCHEDULE:

### WALK - 4,8 km

Start 9:30

### CHILDREN'S RUN - 910m

Start 10:00

T-shirts from Vestkystløbet



Ulven Billie and Rasmus Klump will join the run.



### LONG ROUTE - 9,0 km

Start 10:30

### SHORT ROUTE - 4,8 km

Start 10:55

### WARM UP

There will be a 15 minute warm up at the starting line before each run begins. Please show up for your individual group in due time and participate in the warm up.

### TIMING

Chip is mounted on your start number. Please wear the race number visible at your chest.

### DIPLOMAS

Everyone who completes the race can collect a diploma on race day at the tent next to the finish area by providing their race number. After the race, you can also print a diploma online. Race times can be seen on the website from Sunday, June 9th. [www.vestkystlobet.dk](http://www.vestkystlobet.dk)

## VÆRDIGENSTANDE

Valuables are stored by Telesikring. Deliver them to the designated area in a provided plastic bag. Retrieval will occur upon presentation of the race number. Must be picked up by 1:00 PM.

## REFRESHMENTS

Cold drinking water is provided along the route. You will find fruit from BILKA and cold water at the finish area as well.

## FIRST AID

First aid personnel will be present during the race. First aid stations will be set up along the route (see the map on the back).

## TOILETS AND

### CHANGING FACILITIES

Toilets are located at the Blue Water Arena facing Gl. Vardevej. Changing facilities are at Blue Water Dock no. 6-9.

## PRIZES ARE AWARDED AT 11:30. -ONLY FOR THE 9.0 KM RACE

On the 9.0 km race, prizes will be awarded to the top three women and men at the finish line. Additionally, there are prizes for the fastest company and primary school teams, as well as the largest company and primary school teams.

## PRÆMIER TIL DAMER & HERRER ER SPONSERET AF

Sydbank, Skechers & blomster fra Blomsterhuset

## A BIG THANK YOU TO ALL SPONSORS SUPPORTING THE RACE.

*I'll be on stage from 12 to 12:30.*

*After that, meet and greet around 1:00. See you there?*



## PRIZES FOR:

### FASTEST PRIMARY SCHOOL TEAM

Sponsored by Vestkystløbet

### FASTEST COMPANY TEAM

Sponsored by Imerco Home

### LARGEST COMPANY TEAM

Sponsored by Vestkystløbet

### LARGEST PRIMARY SCHOOL TEAM

kr. 1000,- (Gift Certificate)

## NEW RACE RECORD

F/M only for 9,0 km.

# 6.000,-

Sponsored by Telesikring



## ORDER THE ANNIVERSARY T-SHIRT!

The T-shirt is available in the following sizes:

**JUNIOR:**  
size. 140

**ADULT:**  
from size. XS to 5XL



Order via the website [www.vestkystlobet.dk](http://www.vestkystlobet.dk)

## GREAT FOOD:

Buffetbussen will prepare delicious meals.

**order your food here:**

[buffetbussen.dk/take-away](http://buffetbussen.dk/take-away)



# Map of the routes



- Children's run 910 m
- Long route 9,0 km
- Short route and walk 4,8 km
- S** First aid
- + Doctor