Welcome to Rambo Mosse Night Trail 2026

PM/Race Information

Date: Thursday 26th November 2026

Place: The trail run will start and end at Herkulesgården. Address: Herkulesgården 7, Mölndal. Please use public transport if possible. The nearest bus stop is Gunnebodal with buses X90 and 751

Parking: There is limited parking at Herkulesgården. Alternative parking can be found at Kikås kyrkogård and Södra Långvattnet (500-700m from Herkulesgården). The routes from these alternatives to Herkulesgården will be clearly marked. Check the map at the end of this document.

Toilets, changing facilities and showers: Available at Herkulesgården but space will be limited due to the number of participants. Chemical toilets are available outside.

Bagdrop: Available in a tent close to race start and finish. We cannot take responsibility for valuable articles.

Start: Mass start at 18:30.

Bib collection: Bib numbers can be found at https://www.raceid.com/sv/races/15388. Your bib number will also be sent to you as a reminder before the start of the race.

Bibs can be collected from Herkulesgården on Tuesday 24th of November between 16:30 and 19:30.

Bibs can also be collected from the start and finish area from 17:00 on race day.

Transfer of entry: Name changes are possible until Tuesday 24th November**.** Contact us at rambomosse@fkherkules.se and we will help you with this.

Timing: Electronic timing. The timing chip is in your bib. Avoid folding bibs. Times will also be taken after approximately 8 km close to one of the drinks stations.

Results: Results will be published at https://www.live.eqtiming.com/84560#dashboard and on our homepage at www.rambomossenighttrail.se.

Course: The course is approximately 11km and is comprised primarily of forest trails except for short distances at the beginning and end of the course. At the beginning the trails are mostly wider and easier to run on but as the race progresses the trails become narrower and more technical. The whole course is marked with reflectors. Marshals will also be on the course at various places to guide you.

Drinks stations: Water and Umara sport drink will be available after approximately 4 and 8 km and at the finish.

Rearguard: We have a rearguard runner who will run last of all during the entire race.

Prizes: Will be presented to all runners that complete the race. Prizes will be awarded to the top 3 male and female competitors. In addition we will raffle 20 prizes from our partners.

First Aid: Health professionals can be found in the arena near the finish.

Food Service: After the race all participants are invited to our clubhouse for soup, bread, juice and coffee. This year soup will also be served outside in the arena.

Recommended clothing and equipment:

- Dress according to the weather. You are advised to take warm clothing for after the race which can be left at the bag drop.
- Trail running shoes with good grip on trails and exposed rock.
- Regular headlamp sufficient but make sure batteries are fully charged.
- Fully charged mobile phone.

Discontinued Race: If you need to discontinue the race firstly please go back to the arena and tell an official. If that's not possible find a marshal on the course and they will contact the competition officials. You can also contact the competition officials on 070-5102910.

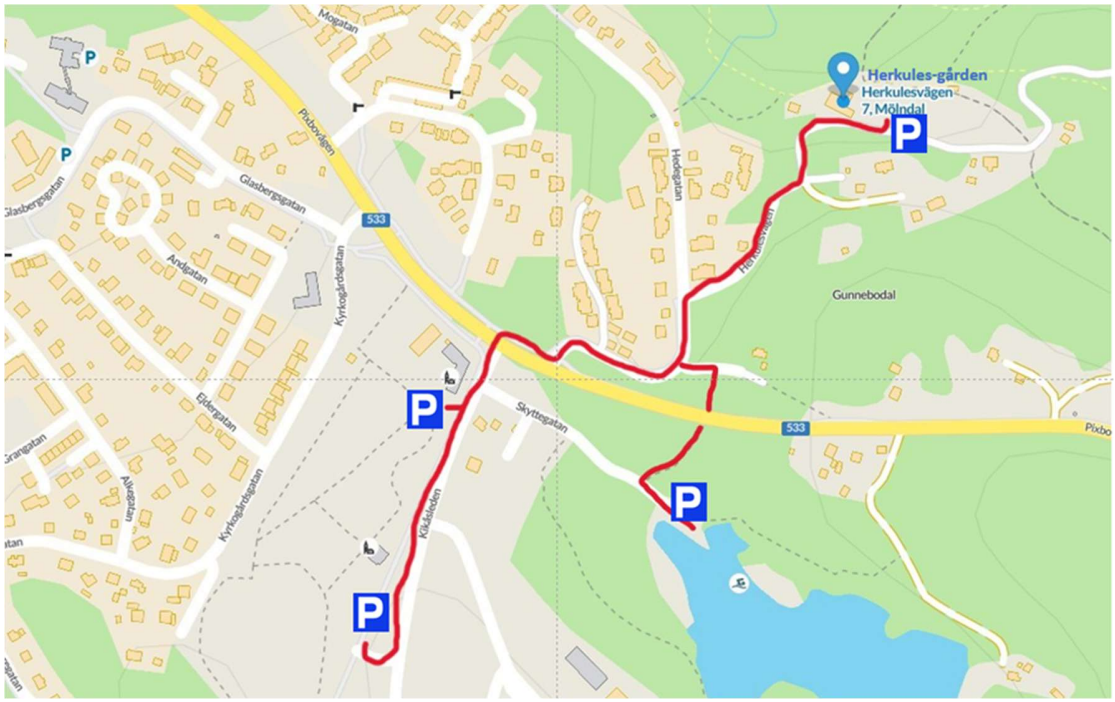
Photography: We expect to be able to publish photographs in connection with this competition. If you do not consent to this, please contact us via email at rambomosse@fkherkules.se.

Telephone number: Please enter the competition officials' telephone number in your mobile. 070-5102910.

Rules of the Race:

- Competitors must follow the marked course.
- Competitors must follow the marshals' instructions.
- Littering is forbidden.
- You are obliged to help other competitors in the event of an accident.

Contact: rambomosse@fkherkules.se


Herkules-gården
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7, Mölndal
Mogatan
Pixbovägen
Glasbergsgatan
Andgatan
Kyrkogårdsgatan
Ejdergatan
Alkegatan
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Skyttegatan
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