



SCANIAMILEN 2024

Scaniamilen is a race that has been arranged by Scania in Södertälje since 1993 and now takes place at several of Scania's production locations, even outside Sweden.

Scaniamilen is the biggest race in Södertälje with approximately 4000 participants every year.

The goal is to offer a nice track and fun activities for the whole family.

Scaniamilen/Scaniafemman

Scaniamilen 2024 will take place on Thursday the 23rd of May at Health Center Gröndal in Södertälje.

Choose to run 5 or 10 km.

Scaniamilen and Scaniafemman has a common track the first kilometer before Scaniamilen heads out to Tveta and the exercise tracks there. Scaniafemman heads out to Eklundsnäsbadet (the beach in Hovsjö) and then closer to Hovsjö and Bollhallen and to the goal at Gröndal.

A special prize will be given to the three fastest runners in mens' and womens' class at 5 and 10 km.

Childrens' race

Scaniamilen has two races for children: Lilla (Little) Barnloppet and Stora (Big) Barnloppet.

- Lilla Barnloppet is 800 m and is recommended for children between 3-7 years.
- Stora Barnloppet is 1,2 km and is recommended for children between 8-12 years.



Registration and Payment

The registration to Scaniamilen 2023 is open between the 8st of March and 8th of May. Please note that this registration is only for the physical competition.

Payment is to be made in connection to the registration by credit card or Swish. Everyone that signs up during the booking period will have the number bib sent to the specified home address. The registration is binding, no refund.

- Scania employee/fully owned subsidiaries/Scania senior/ Consultant : **no fee.**
- External, **200 SEK.**

Children and adolescences

To employees at Scania/fully owned subsidiaries/ Consultant

- Children/ Adolescence 3-16 years (Lilla/Stora Barnloppet) needs to be registered on the webpage, **no fee.**

Children and adolescences to external

- Children/ Adolescence 3-16 years (Lilla/Stora Barnloppet) needs to be registered on the webpage, **100 SEK.**

Late registration

9th of May – 16th of May

Scania employee/fully owned subsidiaries/Scania senior/Consultant/External/Kids/Adolescence **200 SEK**
Only credit card or Swish is accepted.

17th of May – 22nd of May

Scania employee/fully owned subsidiaries/Scania senior/Consultant/External/Kids/Adolescence **400 SEK**

You will not be able to registrar on the day of the event on the 23rd of May.



Track

See the track of Scaniamilen here [>>](#)

See the track of the childrens' race here [>>](#)

Time and place

On Thursday the 23rd of May at Scania Health Center Gröndal in Södertälje. Entrance through the gate at the parking.

- Manned bag drop inside the gates at 16:00-20:00.
- Dogs and other pets are not permitted in the area or on the track.
- It is not permitted to smoke at Health Center Gröndal, this applies to the entire area.
- Childcare in the Blue Hall 17:30-19:30 for children 5-12 years. Only quiet activities will be offered due to limited space.

Classes

- Women: 10 km or 5 km
- Men: 10 km or 5 km
- Children: 800 m or 1,2 km

Program

- 16:00 –the area opens
- 17:00 –warm-up Lilla Barnloppet (800 m)
- 17:10 –start Lilla Barnloppet (800 m)
- 17:20 –warm-up Stora Barnloppet (1,2 km)
- 17:30 –start Stora Barnloppet (1,2 km)
- 18:00 –warm-up Scaniamilen and Scaniafemman
- 18:10 –common start for Scaniamilen and Scaniafemman
- 19:20 –prize ceremony
- 20:30 –the area closes

Start

The start is divided into three start groups with the following starting times:

- 18:10 –run fast: recommended time 10 km during 50 min/5 km during 25 min.
- 18:14 – run: recommended time 10 km over 50 min/5 km 25-35 min.
- 18:18 – jog/walk: recommended time 5 km over 35 min



Sustainability

A sustainable Scania event is designed and organized to meet two objectives: to minimize all potential negative impacts on the environment and have a positive effect on the community and all involved. At events, we have a great opportunity to put our words into action.

At Scaniamilen we are focusing on these two objectives by:

- Offering common bus transports and encouraging you to walk or take the bike to Health Centre Gröndal. If you must use a car make sure to carpool and park in designated areas.
- Minimizing waste, therefore we kindly ask you to put the trash and bottles in the designated garbage cans.
- By handing in your used bottles you are also helping us to raise money to Barn i hjärtat (Scania employees association supporting children and youth globally. Read more: [Om oss – Barn i hjärtat \(barnihjartat.se\)](https://www.barnihjartat.se))
- Choosing vegetarian alternative and chicken to reduce the impact on the climate.
- Reusing our crew clothes and encourage you to continue using the Scaniamilen t-shirt that you will get.
- Contribute to a positive image of Scania as a company and Södertälje as a city through our event.
- Offering the possibility to participate in the virtual Scaniamilen. [Sportevenemang | Scania Södertälje](#)

Contributes to a positive effect on the public health and strengthen the well-being among Scania's employees.