



SCANIAMILEN

2025

Scaniamilen is a race that has been arranged by Scania in Södertälje since 1993. It has been so successful that other Scania production sites have copied the concept and arrange a similar event, even outside Sweden.

Scaniamilen is the biggest race in Södertälje with approximately 5000 participants every year.

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

Scaniamilen / Scaniafemman

Scaniamilen 2025 will take place on Thursday the 22nd of May at Health Center Gröndal in Södertälje.

Scaniamilen (10 km) and Scaniafemman (5 km) have a common track the first kilometer before Scaniamilen heads out to Tveta. Scaniafemman heads out to Eklundsnäsbadet (the beach in Hovsjö) and then towards Hovsjö and Bollhallen and the finish at Gröndal.

The top three runners in men's and women's classes (both 5 and 10 km) will be awarded an honorary prize.

Children's race

Scaniamilen have two races for children: Lilla (Small) Barnloppet and Stora (Large) Barnloppet.

- Lilla Barnloppet is 100 m and is recommended for children between 3-7 years.
- Stora Barnloppet is 1 km and is recommended for children between 8-12 years.



Scaniamilen / Scaniafemman – virtual race

If you are unable to participate at Scaniamilen at Health Centre Gröndal on the 22nd of May, you have the possibility to participate in a virtual race wherever you are between the 22nd and the 24th of May.

You compete against others, just as usual, but the difference is that you decide when and where you perform the activity.

Date: The race is open from 22nd-24th of May.

Distance: You choose between 5/10km.

Registration: More information coming soon.

Participants: The virtual race is accessible for Scania employees / subsidiary / consultant.

Result: More information coming soon.

Registration and payment

Registration is open between the 10th of March and 6th of May.

Please note that the registration period is not applicable for the virtual race, only for the race at site in Södertälje.

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



Fees during the registration period, 10th of March and 6th of May

Adults

- Scania employee / fully owned subsidiaries / Scania senior/ consultant, no fee.
- External participants, 200 SEK.

Children and adolescences

- Children / adolescences, to employees at Scania / fully owned subsidiaries / consultants, age 3-18, no fee
- Children / adolescence, to external, age 3-18, 100 SEK.

Late registration

7th of May – 13th of May: 200 SEK, applies to all.
14th of May – 21st of May: 400 SEK, applies to all.

Only credit card or Swish is accepted.

You will not be able to register on the day of the event the 22nd of May.

Time and place

Thursday the 22nd of May at Scania Health Center Gröndal in Södertälje.
Entrance through the gate at the parking. The gate opens at 16:00.

- 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.

Categories

- Women: 10 km or 5 km
- Men: 10 km or 5 km
- Children: 100 m or 1 km



Tracks

See the tracks of Scaniamilen and Scaniafemman here [>> to be updated](#)

See the tracks of the children's races here [>> to be updated](#)

Program

- 16:00 WELCOME! Gates are open.
- 17:00 Warm-up Barnloppen
- 17:10 Start Lilla Barnloppet (100 m)
- 17:13 Start Stora Barnloppet (1 km)
- 18:00 Warm-up Scaniamilen and Scaniafemman
- 18:10 Joint start for Scaniamilen and Scaniafemman
- 19:20 Prize ceremony
- 20:30 The area closes – THANK YOU FOR COMING!

Start

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

- 18:10 **Run fast**
If you run 10 km in less than 50 min or 5 km less than 25 min
- 18:14 **Run**
If you run 10 km over 50 min or 5 km between 25-35 min
- 18:18 **Jog/walk**
If you run 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 receive.
- 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.