



THE ARCTIC TRIPLE

**RACE MANUAL
LOFOTEN SKIMO 4000+
2018**

WELCOME!

In the unique surroundings of the Lofoten Islands we are offering you the opportunity to do an amazing race – The Arctic Triple Lofoten Skimo!

This race manual is for Lofoten Skimo 4000+

At The Arctic Triple the organizers do ALL SUPPORT. No external support is accepted. Make sure you read the race manual thoroughly. It is crucial that you are aware of what the race will require both for preparations and throughout the race. We're in the arctic. Be ready.

Have a good read and look forward to a mind moving experience at Lofoten Skimo!

Best,
The Arctic Triple Team



“The biggest limiter is not the body; it’s the mind.” - Joe Friel

The Arctic Triple - back to nature!

The Arctic Triple event series has a strong focus on the environment. We want to do everything we can to make the most environmentally friendly races in the world. The track for Lofoten Skimo will have removable flags for marking the track so that the experience is as natural and untouched as possible, both during the race and after. We also actively try not to produce any unnecessary items that most likely will end up as trash or in the back of a closet.

We are lucky to be able to do The Arctic Triple in the amazing and wild nature of the Lofoten islands, and for this to continue we need to take care. It is under no circumstances allowed to throw any trash along the track. There will be trash buckets on the service points – throw trash there and nowhere else.

Note! If athletes are seen throwing trash on the track this will lead to penalties or even disqualification.

Leave nothing but a “Thank you!” behind.



Photo: Kai-Otto Melau

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SUMMARY

- Register at www.thearctictriple.com
- Age limit 18 years
- Classes
 - Men
 - Women
- No external support is allowed during the race – you can only be supported by the The Arctic Triple Crew
- Make sure you have all the mandatory equipment
- Start Saturday at 07:00
- You may book transportation to the starting lines at registration
- Check points/Service stations
 - Check point 1 Morfjorden
 - Check point 2 Laupstad
 - Check point 3 Vestpolleidet
 - Check point 4 Red Cross Center/Stranda
- The cut off times are as follows:
 - Check point 2 Laupstad must be passed within 6 hours after start
 - Check point 3 Vestpolleidet must be passed within 9 hours after start
- Maximum time to complete is set to 14 hours
- All finishers will be awarded a finisher shirt

Please check www.thearctictriple.com for updated info. We also recommend you to follow us on facebook, twitter and Instagram.

DO THE WHOLE TRIPLE?

Many are eager to do all three races – to get an official result you must complete them all in 12 months:

GOLD – Lofoten Skimo 4000+, Lofoten Ultra-Trail 100 Miles and Lofoten Triathlon Extreme
SILVER – Lofoten Skimo 4000+, Lofoten Ultra-Trail 50 Miles and Lofoten Triathlon Extreme
BRONZE – Lofoten Skimo 1000+, Lofoten Ultra-Trail 24KM and Lofoten Triathlon Olympic+ (and other combinations of Skimo/Ultra-Trail/Triathlon that are not covered by gold or silver).

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PROGRAM

We strongly recommend everyone to arrive early and test your gear in our beautiful mountains before race day! Please make note that a more detailed program will be released closer to the event at www.thearctictriple.com.

Friday March 9th – PREP DAY

- 1800 Registration opens at Thon Hotel Lofoten
- 1900 Prerace Briefing Lofoten Skimo
- 2030 Voluntary dinner at Paleo, Thon Hotel Lofoten (special deal, but at your own cost)

Saturday March 10th – RACE DAY!

- 0530 Early breakfast Skimo 4000+ athletes staying at event hotel
- 0615 Transport to starting line Skimo 4000+
- 0700 START! Lofoten Skimo 4000+
- 1100 Transport to starting line Skimo 1000+
- 1200 START! Lofoten Skimo 1000+
- 2100 All athletes finished
- 2100 After ski with Finisher and winners ceremony at BACALAO for both distances. A special meal deal will be offered to all racers and volunteers at BACALAO.



Photo: Kai-Otto Melau

What's included in the entry fee?

The entry fee includes full support and some nice extras:

- Start kit
- Early breakfast for athletes staying at event hotel
- The Arctic Triple buff
- Time tracking
- GPS tracking
- First aid
- Evacuation transport
- Drink and food stations
- Finisher shirt
- Warm meal after finish
- Meal deals



Photo: Alexis Berg

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License

All Norwegian athletes are required to have an annual license or day license from the national organization in order to start. A day license can be purchased when you register for Lofoten Skimo at www.thearctictriple.com.

Note! Foreign athletes should have a national license from their home country. All athletes sign a "Release of Liability" when entering The Arctic Triple, which states your responsibility for own safety.

Course description and marking

The complete track will be marked and must be followed at all times. All athletes are responsible to study the entire route in detail.

The track will be marked with flags in accordance with international regulations.

Check out the track at www.thearctictriple.com - a more detailed map will be made available for downloading closer to the race. GPX-file also available at www.thearctictriple.com

Start: Fiskebøl/Strønstad, Austvågøy
End: Svolvær, Austvågøy
Distance: 36 KM
Height gain/loss: 4000 M +

Equipment Lofoten Skimo 4000+

Mandatory gear in agreement with ISMF Rules:

1. Identification (drivers license or equal).
2. Skis must be at least 60 mm wide at the rail base, 80 mm at the ski tip and 70 mm at the tail with steel edges on 90% of the length. Length of skis must be more than 160 cm for men and 150 cm for women. The bindings must allow free heels for climbing and locking down for downhill, with a lateral and frontal release system.
3. 1 pair of climbing skins for the race and 1 spare one in the backpack.
4. Boots must be high enough to cover the ankles, with a Vibram sole and 2 efficient tightening devices (one round the tibia and one on the foot). The notches must cover 75 % of the soles and be deep enough (more than 4 mm). The boots must be compatible with crampons.
5. Each participant must have two straps on the backpack, to be able to carry the if necessary.
6. Poles maximum 25 mm diameter with plastic rings. Metal rings are not allowed.
7. Survival blanket (more than 1.80 m²). No modification allowed.
8. 1 liter water full bottle/drinking system.

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9. Long sleeves upper body cloths fitting the racer. A minimum of three layers, one of them must be windproof. The organization may ask for a fourth warm long sleeves layer for high altitudes depending of the weather forecast.
10. Lower body clothing: minimum 2 full length layers, correctly fitting, one of them must be windproof.
11. A pair of goggles/sunglasses, gloves, a ski hat, a whistle and a head lamp in working order.
12. An avalanche detector positioned directly on the body, DVA frequency 457 khz (EN 300718) (UIAA or CE).
13. A snow shovel without any modification to the original design (ISMF). Minimum 20X20 CM.
14. Ten spikes crampons (minimum): two at the front with safety straps (norm UIAA 153).
15. Climbing harness for abseil/rapell), carabin w/lock and abseil device(belay device)
16. A 2.4 m length probe, 10 mm large as diameter.
17. Mountain helmet (UIAA 106) compulsory.



Photo: Kai-Otto Melau

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CHECK POINTS

All participants must register at the check points to continue the race – it's a quick tick off to make sure you're all good to continue or to let us know if there is any trouble. There will also be personnel along the track that you can contact in case of emergency.

- Check point 1 Morfjorden
- Check point 2 Laupstad
- Check point 3 Vestpolleidet
- Check point 4 Red Cross Center/Stranda

CUT OFF TIMES AND MAXIMUM TIME

To be allowed to continue you will have to pass some of the check points within certain limits. The cut off times are as follows:

- Check point 2 Laupstad – 6 hours after start
- Check point 3 Vestpolleidet – 9 hours after start

The maximum time to complete Lofoten Skimo 4000+ is set to 14 hours.

RULES

General rules

Rules are described to a minimum in this manual, but the race is organized in agreement with ISMF regulations. We trust that you will use common sense and take action if you see that other participants need emergency assistance. The most important rule of all is that you must read the entire race manual thoroughly – there is nothing in here that you can afford to miss.

Age

All athletes must be over 18 years of age.

Identity

All athletes must present a valid photo ID (passport or drivers license) and a valid license to compete issued by their national federation at registration. Foreigners in lack of a license to compete the athletes must sign a release of liability form.

Time chip

The time chip must be worn during the whole race. If the chip is lost it is the athlete's responsibility to contact the organizer to get a new chip.

Note! The time chip must be worn on your right leg pointing outwards.

GPS tracker

The GPS tracker must be worn at all times. The tracker is an important safety device for the organizers, but also fun for the audience in general to follow the athletes online during the race.

Medical

Medical Crew may remove a competitor from the race should there be a health or injury risk to the competitor at any time during the race.

The use of non-legal performance enhancement supplements or drugs is forbidden. Anti-

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doping Norway may perform random drug tests of the athletes.

Liability

All athletes will sign the document «Release from Liability» when registering for the race.

Race specific rules

1. At any time, whenever it seems necessary, the organizers can alter the program for safety reasons. If the whole race, or just a part of it, is cancelled, there will be no refunds of registration fees. The organization committee is discharged from any participant claims.
2. A cut off time is given at the check points.
3. A helmet and a race number are mandatory during the whole race: a race number on the rucksack and the other one on the upper part of the right thigh.
4. The competition will consist of 2 categories:
 1. Women
 2. Men
5. Under no circumstance will the organizers be held liable for damages caused by the non-compliance of the participants' equipment, which would not have been detected during the conformity checking operations. Teams will be checked (Numbers and DVA) at the entrance of their departure line.
6. The organizers cannot be held responsible for an accident due to bad health or insufficient training.
7. Broken material may be changed only at check point with the permission of the chief controller or his assistant.

Penalties

Penalties will be assigned in case of:

- Any missing objects required by the organizers at the gear control stand
- Race numbers wearing not respected
- Outside assistance during competition
- Abandoning equipment or dropping trash
- Competitor not carrying his own rucksack

Penalties are given by the organizers from 30 sec up to disqualification.

Disqualification

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Disqualification will be assigned in case of:

- Leaving before starting time
- No check in at a check point
- Reckless attitude or serious mistakes
- For any missing security material or not conformed material.

WEATHER AND SAFETY

Climate in Lofoten

Due to the temperate waters of the Gulf Stream, Lofoten has a much milder climate than other parts of the world at the same latitude, such as Alaska and Greenland. The coastal climate in Lofoten makes the winters mild and the summers relatively cool.

Expected air temperature: -5/+3

Note! The weather in Lofoten can be extremely changeable all year. Even though good weather is the forecast, brisk intervals may occur. Be prepared!

Safety

The Arctic Triple organization has a strong focus on safety. The safety crew will be very well prepared for their mission and in close cooperation with local rescue teams.

The mandatory prerace brief will be held the day before the race. Part of the briefing will include ID and equipment check.



Photo: Kai-Otto Melau

RACE SUPPORT

The organizers will give ALL SUPPORT. No external support is accepted. Receiving support from anyone else but the official crew may lead to time penalties and/or disqualification.

Service Stations

There will be a total of five food and drink stations:

1. Morfjorden
2. Laupstad
3. Vestpolleidet
4. Red Cross Center/Stranda
5. Finish Line, Svolvær

Content Service Stations

Drink – water and sports drink. Coffee at Vestpolleidet.

Food – The Arctic Triple bun, chips, nuts and bananas. Warm meal at finish.

WITHDRAWAL

If you withdraw from the race at any point it is mandatory to inform the organizers as soon as possible.

CANCELLATION RULES AND RESELLING YOUR SLOT

The entry fee is non-refundable, no matter the cause of your cancellation. Athletes will be allowed to sell (re-register) their slot within one week of race day. Buying and selling slots will be handled in the booking system.

For your information, Norwegian law states: “It is illegal to sell tickets for a cultural and sporting events at a higher price than the price shown on the ticket by the organizer, or as a ticket first was sold for.” (LOV-2007-06-29-86).

TRAVEL AND STAY

Please find updated information on www.thearctictriple.com.

“It always seems impossible until it’s done.” – Nelson Mandela

NOTES?