



THE ARCTIC TRIPLE

RACE MANUAL
RACE
LOFOTEN ULTRA-TRAIL 24 KM
2018

Welcome!

1. Welcome!

In the unique surroundings of the Lofoten Islands we are offering you the opportunity to do an amazing race in the never-ending light of the midnights sun – Lofoten Ultra-Trail! That's right. You won't need your head lamp for this one!

This Race Manual is for the 24 KM distance from Gimsøya to Svolvær.

This is an ultra-trail where the organizers will do ALL SUPPORT. No external support is accepted.

Before you register for The Arctic Triple races read the given Race Manual thoroughly. It is crucial that you are aware of what the race will require both for preparations and throughout the race. Be prepared.

Welcome to a mind moving experience with The Arctic Triple // Lofoten Ultra-Trail!

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 – and having hundreds of support cars on the roads does not sound right. That way the roads are less crowded and safer for the athletes and crew.

The route for Lofoten Ultra-Trail WILL BE MARKED to make the experience safer and better for the athletes. 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 an ultra-trail 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 different parts of Lofoten Ultra-Trail. 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 may lead to penalties or even disqualification.

Leave nothing but a “Thank you” behind.



Photo: Kai-Otto Melau

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

SUMMARY

Here's the main info!

- The race entry fee includes all support needed for the race – no external support is allowed.
- Technical data: 24 KM, about 1400 meters of positive ascent
- Age limit 16 years
- Mandatory equipment for all participants to be packed in backpack or worn on body for the race
- Transportation will be set up from Svolvær and athletes may book transportation to the starting line
- Maximum time to complete the distance is set to 6 hours T
- Two service points – 4 km (Kleppstad) and 18 km (Kongsmarka)
- The route is marked from start to finish.
- The finish line is at the town square in Svolvær
- A finisher shirt will be awarded all runners that complete the race

Please check www.thearctictriple.com for updated info. We also recommended you to follow us on Facebook and Instagram.

DO THE WHOLE TRIPLE?

Many are eager to do all three races – to get an official result you must complete them all individually within 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).

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

PROGRAM

Please make note that a more detailed and complete program will be released closer to the event at www.thearctictriple.com

Saturday - Race Day 24 KM

- 1100 Registration opens at the event hotel, Thon Hotel Lofoten
- 1430 Transport from Svolvær to the starting line at Barstrand fishery at Gimsøy
- 1500 Registration opens at the fishery (for those who have not yet registered)
- 1600 Start 24 KM!

Sunday - Fame and glory!

- 1100 Finishers and winners ceremony

Take part in the adventure as a supporter!

Join us to send off the 100 Miles runners! Book the supporter package and get the bus transport and the boat ride to the starting line. The bus leaves Svolvær at 0800 Friday morning – we're back in the afternoon.

[BOOK IT HERE!](#)

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

What's included in the entry fee?

The entry fee includes full support:

- Start kit
- GPS tracking
- The Arctic Triple buff
- Drink and food stations
- First Aid
- Evacuation transport
- Time Tracking
- Warm meal after finish
- Meal deals
- Finisher shirt

Note! Extra clothes not needed for the race you can put in your special need bag, which will be transported back to finish line in Svolvær.



Photo: Kai-Otto Melau

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 until one week of race day. Buying and selling slots will be handled in the booking system.

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

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).

Mandatory Equipment

Mandatory equipment for all participants to be packed in backpack or worn on body for the race:

Identification (driver's license or credit card)

Hat and gloves

Wind and water resistant jacket

Wind and water resistant pants

Wool underwear (upper and lower)

Whistle

Fully charged cell phone for emergency calls

Note! Trekking poles are allowed.

Advised/recommended equipment:

Telescopic sticks /trekking poles (you must keep them throughout the whole of the race), change of clothing, compass, knife, string, sun cream, Vaseline or anti-chaffing cream, needle and thread...

Race Support

This is an ultra-trail where the organizers will do ALL SUPPORT. No external support is accepted.

Note! Receiving support from anyone else but the The Arctic Triple Crew may lead to time penalties and/or disqualification.

Service Points

SP 1 4 km Kleppstad

SP 2 18 km Kongsmarka

Note! All positions for service points/check points have an approximate kilometer distance from the starting point.

Content Service Points

Drink – unlimited water and sports drink (mix in drink system). Hot drinks – coffee and tea –
Food – The Arctic Triple bun, chips, nuts, fruit and premade sandwiches. Warm food like hot soup with vegetables/pasta will also be available.

Warm blankets available on all service points.

Medical equipment – basic kit.

Note! You may refill water from natural water sources along the track.

Course Description – Lofoten Ultra-Trail

This race has everything. Mountains. Beaches. Villages. Farms. Peaks. Iconic bridges. 100% Lofoten!

There will be trails. Some easy, some of them technically demanding. There may also be snow covering part of the trails. Part of the terrain legs will not have trails at all – even if the official maps you have bought tells you so. There are a few flat running km here and there on either asphalt or gravel road.

The course will be marked from start to finish. However, we recommend you to use your clock/gps and/or map for quick checks if you are in doubt of your position.

We strongly recommend that all participant's take a very close look at the entire route on detailed maps before entering the race.

GPS tracks will be available to download on www.thearctictriple.no minimum 14 days before the race. Please note that the route may change due to weather conditions.

From Lofoten Ultra-Trail 100 Miles

The 24 KM distance will join the same route as the 50 and 100 miles race after about 3 km from the starting line at Gimsøy.



Photo: Kai-Otto Melau

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 VI

The Track – From Barstrand Fishery to Svolvær

Distance – 24 km

Height gain/loss: 1000 M+

Keynotes: The last part of the track is fully marked by the organizer. The final mountain passes are ahead of you and watch where you put your feet! There is hardly or no trail when leaving Olderfjorden North to enter the mountain pass.

We're thrilled to have the starting line at a traditional fishery on Gimsøy! From Barstrand fishery the route follows the main road towards the iconic Gimsøystraumen bridge.

For about 3 km the route follows the main road before you hit gravel road towards Olderfjorden N. The track continues on gravel road and trail for about 5 km before you take a sharp turn and hit the final mountain pass. From here on there is no trail till you are on the other side of the ridge. Steep ascent.

After the ridge you'll follow two small lakes and then pass behind the ridge of the mountain Dronningtinden, before the decent towards a power station. This is where the final check point is set.

You will continue along a gravel road until you turn at the end of the lake towards the final mountain – Tjeldbergtinden (367 Meters above sea level). The route passes over the mountain and take you down to a gravel road on the other side. Follow the road down to the main road and start on the final kilometers towards the town square of Svolvær.

When you run through the tunnel continue straight till you hit the harbor, make a right turn and follow the quay towards the finish line. And you're done.. Congratulations!

Rules

General

Rules are set to a minimum. 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.

This is an ultra-trail where the organizers will do ALL SUPPORT. No external support is accepted. Receiving support from anyone else but the The Arctic Triple Crew may lead to time penalties and/or disqualification.

Age

All athletes must be over 16 years of age.

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 VI

License

All athletes are required to have a national license in order to start. This can be purchased at registration for Lofoten Ultra-Trail. Foreign athletes must have licenses from their own country or sign a release of liability form upon registration.

Classes

Two classes – men and women.

Mandatory equipment

All athletes must have the mandatory equipment in their backpack for the race. There will be random checks and any missing or substandard equipment may lead to disqualification.

Navigation

The route will be marked. But we recommend reading and studying the route. Download the Navigation Map at <http://www.thearctictriple.no/lofoten-ultratrail/>

GPS route

Route with waypoints for the GPS can be downloaded on our website and installed on your GPS device/clock before you start the race. The route must be followed at all times. No short cuts will be accepted.

Time chip

The time chip must be worn during the whole race. If the chip is lost it is the athletes responsibility to contact the Lofoten Triathlon Crew to get a new chip. There is a 50 Euro fee for losing the time chip.

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

GPS tracker

The GPS tracker must be worn during the whole race. The tracker is an important safety device for the organizers, but also fun for both supporters and the audience in general to follow the athletes online during the race. Please note the organizer as soon as possible if the tracker is lost.

Note! If the GPS tracker is lost during the race or not handed back to the organizer within Sunday, a 400 Euro fee will be issued to the participant.

Rule Violations

Penalties or disqualification may be given for violations of rules, unsportsmanlike behavior, or if participants intentionally expose themselves or other participants to unnecessary risk. Penalties from organizers and officials can be additional race time or disqualification.

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

Liability

All athletes will sign the document «Release from Liability» when registering for Lofoten Ultra-Trail.



Photo: Kai-Otto Melau

Race Manual Lofoten Ultra-Trail // 24 KM RACE // 2018 V1

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. July and August are warmest with an average temperature of 12°C. Normal day temperatures in June vary from 12-18°C.

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

Safety

The Arctic Triple 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.

Withdrawal

If you withdraw from the race at any point, it is mandatory to inform the organizers. Please note that resources are limited so that transport back to Svolvær might take a while. We'll make sure you are kept safe and warm during the wait, but please be patient while waiting for transport.

How to travel and where to stay?

Please find updated information on www.thearctictriple.com

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

NOTES?