



THE ARCTIC TRIPLE

RACE MANUAL  
**RACE**  
LOFOTEN ULTRA-TRAIL 50 MILES  
2018

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## Race Manual Lofoten Ultra-Trail // 50 MILES RACE // 2018 V1

### 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 50 Miles distance from Lofotr Viking Museum to Svolvær.

This is an ultra-trail where the organizers will do ALL SUPPORT. External support is ONLY accepted at station 4 and 7 where the “special need bags” are. We would like anyone to be able to come to Lofoten and do an amazing trail run without having to get his or her own support crew and support car. You save money and work and we all save the environment.

Before you register for The Arctic Triple // Lofoten Ultra-Trail you MUST 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. This is an extreme challenge. Case closed. 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

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### SUMMARY

Here's the main info!

- The race entry fee includes all support needed for the race – no external support is allowed, except from station 3 where the special need bag is.
- Technical data: 50 Miles (81 KM), about 3500 meters of positive ascent
- Age limit 18 years
- Basecamp in Svolvær
- Mandatory equipment for all participants to be packed in backpack for the race
- Transportation will be set up and athletes may book transportation for themselves and support to the starting line (and back to the finish line in Svolvær for supporters)
- Cut off time at check point 1  
Participants for the 50 Miles race must pass check point 1 (61 KM/Kleppestad) no later than 11 hours after start and pass medical check to be allowed to continue the race.
- Cut off time at check point 2  
Participants for the 50 Miles race must pass check point 2 (75 KM/Kongsmarka) no later than 15 hours after start
- Service points and check points are collocated (5 service points and 2 of them are check points)
- The special need bag will be made available at service point 3
- 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](http://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).

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### PROGRAM

Please make note that a more detailed and complete program will be released closer to the event at [www.thearctictriple.com](http://www.thearctictriple.com)

#### Friday - Arrival and registration in Svolvær

- 1800 Registration opens
- 1900 Prerace briefing 50 miles

#### Saturday - Race Day 50 Miles

- 0730 Bus transport from Svolvær to Lofotr Viking Museum at Borg
- 0830 Arrival at Lofotr
  - Hand in special need bag at start point
- 0900 Start 50 Miles!

#### 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!](#)

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### What's included in the entry fee?

The entry fee includes full support:

Start kit

The Arctic Triple buff

One special need bag

Drink and food stations

First Aid

Evacuation transport

Time Tracking

GPS tracking

Map of the entire route with checkpoints marked out

Warm meal after finish

Early breakfast athletes staying at event hotel for extreme distances (100/50 Miles)

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

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### 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.

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)
- Wind and water resistant jacket
- Wind and water resistant pants
- Whistle
- Underwear (upper and lower)
- Hat and gloves
- Emergency blanket/shelter
- Credit card or cash
- GPS (clocks are approved) with sufficient capacity
- Fully charged cell phone + extra batteries/power bank
- Basic first aid kit (tape, bandage/compress, blister tape, safety-pin)

### 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...

## 7. Check Points

There is one rule you have to follow - you need to make contact with the crew and identify yourself. If the crew consider you and your equipment to be in decent condition, you can continue the race.

The checkpoints are collocated with service points.

Where are the check points?

The positions on checkpoints is an approximate kilometer distance from the starting point:

CP 1: 61 km Kleppstad

CP 2: 74 km Kongsmarka

### Race Support

This is an ultra-trail where the organizers will do ALL SUPPORT. External support is ONLY

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accepted at the station nr 3 where the special need bags are.

We would like anyone to be able to come to Lofoten and do an amazing ultra-trail without having to get your own support crew and support car. You save money and work and we all save the environment and improve the safety of the race.

**Note!** Receiving support from anyone else but the The Arctic Triple Crew, except from station nr 4 as described above, may lead to time penalties and/or disqualification.

### Service Points

SP 1	15 km Unstad
SP 2	34 km Torvdalshalsen
SP 3	49 km Vikjorden/Valbergveien
SP 4	61 km Kleppstad - collocated with check point 1 (CUT OFF TIME 1)
SP 5	75 km Kongsmarka – collocated with check point 2 (CUT OFF TIME 2)

**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.

### Special need bag

For the 50 Miles race there will be one special need bag. The bag can be filled with your favorite food and drinks, new running shoes, socks or whatever you want as long as it gets in the bag.

**Note!** All mandatory equipment must be in your backpack from start to finish.

The special need bag will be handed out at service point 3 (55 km Vikjorden/Valbergveien).



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### Cut off times

#### Cut Off 1

Participants for the 50 Miles race must pass check point 1 (61 KM/Kleppstad) no later than 11 hours after start and pass medical check to be allowed to continue the race.

#### Cut Off 2

Participants for the 50 Miles race must pass check point 2 (74 KM/Kongsmarka) no later than 15 hours after start.



Photo: Kai-Otto Melau

## 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](http://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 50 miles distance will join the same route as the 100 miles race after about 5 km from the starting line at Lofotr Viking Museum. Please take special notice of the fact that the terrain legs are especially hard and that there will be a total of about 3500 meters ascent for the 50 miles.

### Note!

There are some tunnels along the route – you will run OVER them following old trails or gravel roads. The only exception is the last tunnel when you are only a km from the finish line in Svolvær.

### Leg 1 - From Lofotr Viking Museum to Unstad

Distance – 15 km

Keynotes: Vikings, soft trails and some road running

The race will start at the Lofotr Viking Museum with the chief Viking sending you off! Starting with a run around the museum area thereafter you will follow a back trail and narrow roads towards the main road to Unstad.

### Leg 2 – From Unstad to Borgfjorden

Distance: 20 km

Keynotes: coastal trail, midnight sun view taken to new heights!

From Unstad the trail follows the coastline, passing a small lighthouse before you get an amazing view towards Eggum. After about 6 km the trail meets gravel road for a few km until meeting the asphalt. Thereon it's a flat run towards the service- and checkpoint at Borgfjorden.

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### Leg 3 – From Borgfjorden to Gimsøystraumen Bridge/Kleppstad

Distance: 30 km

Keynotes: Mountain passing in the footprints of Vikings. The quality of the trail varies and is somewhat less visible.

From Borgfjorden you will follow the farm road towards the mountain. There is a grass/gravel road up the first mountainside. Before the road ends you are to get onto a trail towards Vardheia where you enter a trail towards the ridge of the Dalstuva mountain. It's a magically flat mountain top surrounded by peaks. Follow the ridge down towards the small lakes and then a trail leading to Vikjorden and a service point down at the main road.

Then you'll get about 10 km of asphalt until you get to the service- and checkpoint after you have passed over the Gimsøystraumen bridge. This checkpoint is crucial, as it is the first cut-off point before the last two terrain leg. If you are too late OR not fit to continue this is it..

### Leg 4 – From Gimsøystraumen Bridge/Kleppstad to Svolvær

Distance: 16 km

Keynotes: The final mountain passes are ahead of you, enjoy them!

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.

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.

If you make the cut off for Check Point 4 you will continue along a gravel road until you turn at the end of the lake towards the final mountain – Tjeldbergtinden. 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. External support is ONLY accepted at service station 3 where special need bags are. Receiving support from anyone else but the The Arctic Triple Crew, except service station 3, may lead to time penalties and/or disqualification.

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### Age

All athletes must be over 18 years of age.

### 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. Simple. We like simple.

### 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 must be downloaded on our website and installed on your GPS device before you start the race. GPS clocks are accepted. 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,

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or if participants intentionally expose themselves or other participants to unnecessary risk. Penalties from organizers and officials can be additional race time or disqualification.

### Liability

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



Photo: Kai-Otto Melau

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### 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](http://www.thearctictriple.com)

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

**NOTES?**