



THE ARCTIC TRIPLE

RACE MANUAL
LOFOTEN TRIATHLON EXTREME+
2018

WELCOME!

In the unique surroundings of the Lofoten Islands we are offering you the opportunity to do an amazing race – Lofoten Triathlon!

This Race Manual is for the extreme distance – 4 km swim, 196 km bike ride and 45 km run.

At Lofoten Triathlon the organizers will do ALL SUPPORT. No external support is accepted. We would like anyone to be able to come to Lofoten 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 Triathlon 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.

Enjoy the read and look forward to a mind moving experience with The Arctic Triple Lofoten Triathlon Extreme!

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 Triathlon will have removable little flags 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

- o Register at www.thearctictriple.com
- o Age limit 18 years
- o No external support is allowed during the race – you can only be supported by the Lofoten Triathlon Crew
- o Mandatory prerace brief the day before the race
- o The cut off times are as follows:
 - o Swim - 2,15 hours
 - o Bike - 10 hours after start
 - o Run - must pass 25 KM within 12,5 hours after start and 36 KM within 16 hours after start
- o Swim start Saturday at 06:00 (local time) in Svolvær harbor
- o A Special needs bag for the bike leg is optional for the athletes
 - o The bag will be handed out about halfway on the bike leg
- o A backpack is required for the last 20 km of the run leg
 - o The backpack for the run leg must contain the following: warm clothing, wind jacket, drink, food, headlights, emergency blanket and cell phone. There will be checks when you hand in the backpacks Saturday morning.
- o You may change trainers before the terrain leg of the run. Put them in a bag together with the prepacked backpack for the 25 km check point. We'll return the bag to transition zone.
- o 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+

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PROGRAM

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

Thursday - Registration

18:00 Registration for Lofoten Triathlon opens

Friday - RACE DAY OLYMPIC+

09:00 Prerace Briefing Lofoten Triathlon Olympic+ (voluntary) at Thon Hotel Lofoten

12:00 Race start Lofoten Triathlon Olympic +

19:00 **Mandatory Prerace Briefing** Lofoten Triathlon Extreme at Thon Hotel Lofoten
Discounted meal deal at Thon Hotel Lofoten

Saturday - RACE DAY EXTREME

0430-0530 Check-In bike and pick-up GPS Tracker at T1/T2 and get your gear ready at your station

Note! Only registered athletes are allowed to enter T1/T2

From 0445 Athletes and crew early breakfast at Thon Hotel Lofoten

0530 Mandatory last minute briefing at T1/T2 area

0600 Swim start Lofoten Triathlon Extreme!

Discounted meal deal at Thon Hotel Lofoten

Sunday - Fame and Glory

10:30 Get your Finisher shirt

11:00 Finishers and winners ceremony



Photo: Kai-Otto Melau

What's included in the entry fee?

The entry fee includes full support and some nice extras:

Early breakfast (extreme only)

Start kit

Swim cap

The Arctic Triple buff

Timing

GPS tracking

First aid

Evacuation transport

Drink and food stations

Finisher shirt

Warm meal after finish

Meal deals

License

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

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

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).

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Course description

Lofoten Triathlon is an extreme distance triathlon that covers a total of 245 km. Please take special notice of the fact that the last 20 km of the run leg is extremely demanding. The track will be marked, but all athletes are responsible to know the track. It's not complicated – we don't have that many crossroads..

For more details on the route please look at www.thearctictriple.com.



Photo: Kai-Otto Melau

Start - T1 - T2 - Finish

Having the starting line, T1, T2 and the finish line centered around and on the town square in Svolvær makes Lofoten Triathlon both audience friendly and gives a good logistic concept.

Swim Leg

4 km. Water start. The swim leg circles around the pier in Svolvær harbor under normal weather conditions. The alternative route is on the inner side of the pier, protected from strong waves.

Bike Leg

196 km. Start from Svolvær city square. Follow E10 to Leknes before it circles Vestvågøy along the Valberg road to the island Gimsøy. Circle around Gimsøy, which differs from many other islands in Lofoten with its flat land on one side and steep mountains on the other. Back out on E10 at the Gimsøystraumen bridge and towards iconic Henningsvær. In

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Henningsvær the bike leg passes through the village square before heading back to Svolvær for T2.

Run Leg

45 km. Start from Svolvær city square. The run leg follows Vestfjordgata and then goes on to E10 towards Vestpollen. The first 25 km are on tarmac and mostly flat. From Vestpollen you turn towards Laukvik.

For more details on the route please look at www.thearctictriple.com.

Note! There will be medical crew at the 25 km check point that may remove a competitor from the race, should there be a health or injury risk. The mountain leg is extremely demanding and safety always comes first.

At the 25 km check point you pick up your bag including the backpack for the terrain leg and you may change trainers. The bag will be returned to the pick-up point in Svolvær. The remaining 20 km are mostly terrain and includes two mountain passes. The first crossing passes at 524 meters above sea level (between Isvannet and Botnvannet at about 31 km).

Note! To be allowed to continue towards the last mountain pass after you must have passed the 36 km within 15,5 hours after start at 21:30.

The final mountain is Tjeldberginden at 367 meters above sea level (at about 40 km).

GPS files

The GPS files for The Arctic Triple Lofoten Triathlon can be downloaded at www.thearctictriple.com.

CUT OFF TIMES

Swim leg

Cut off after 2 hours and 15 minutes. Swimmers that are still in the water will be picked up and are not allowed to finish the race.

Bike leg

Cut off time is 10 hours after start.

Run leg

To be allowed to start on the terrain part of the run leg athletes must

- pass the 25 km check point within 12,5 hours after start at 18:30.

- pass the 36 km check point within 15,5 hours after start at 21:30.

RULES

General rules

Lofoten Triathlon general rules are based on the rules and regulations of the International Triathlon Union (ITU).

Age

All athletes must be over 18 years of age.

Identity/license

All athletes must present a valid photo ID (passport or drivers license). Norwegians must have a valid triathlon license to compete, issued by their national triathlon federation at registration.

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 Lofoten Triathlon Crew 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 the bike leg and the run leg. NOT on the swim leg. Remember to put it on in T1! 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.

Rules in start/T1/T2/Finish

All athletes must keep their gear within their given area in T1/T2. If the gear is left outside the box this may lead to time penalties.

Rules on the swim leg

Full wetsuit is mandatory. Neoprene swim cap, vest and neoprene socks are optional, but recommended as the water can be quite cold. Gloves are not permitted at the swim leg.

Note! All athletes are responsible to check in with the responsible crew before entering the water.

Rules on the bike leg

The race number must be visible from the back at all times.

Do not get on the bike until you are out of T1 (passed the mount line) and have strapped on your helmet.

On return to T2 – get off the bike BEFORE you enter the dismount line.

The bike course is open to regular traffic. Road traffic regulations must be strictly observed at all times.

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The following will lead to time penalties and/or disqualification:

- Violating traffic regulations
- Use of headphones, headsets or mobile phones while on the bike
- Pacing on the bike leg, either by car or bike
- Drafting off another athlete or motor vehicle. Minimum distance between each athlete is 10 meters, measured from back wheel to front wheel.

The bike must be in good working order. All bikes must have working lights, both front and rear. Helmets must be approved by a national accredited testing authority, or have the CE stamp.

There will not be any technical support on the bike leg and each athlete have to be self-provided regarding technical issues. However, each service station will have a bike pump and basic umbraco kit.



Photo: Kai-Otto Melau

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Rules at the run leg

The following will lead to time penalties and/or disqualification:

- Violating traffic regulations
- Use of headphones
- Lack of or substandard mandatory equipment

A backpack is required for the last 20 km of the run leg. You must make sure to hand in the prepacked bag on Saturday morning. There will be a return point for the bag after the race in Svolvær.

- The backpack must contain the following: warm clothing, wind jacket, drink, food, torch, emergency blanket, cell phone.
- There will be random checks when you hand in the backpacks.
- You may change trainers before the 20 km terrain leg of the run. Put them in the bag together with the prepacked backpack to hand in Saturday morning.

Medical

Medical Crew from Lofoten Triathlon 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-doping Norway may perform random drug tests of the athletes.

Liability

All athletes will sign the document «Release from Liability» when enrolling for Lofoten Triathlon on www.thearctictriple.com.



Photo: Kai-Otto Melau

WEATHER AND SAFETY

Expected Weather Conditions

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.

Please make notice that 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!

Water temperature: 13-16 °C

Air Temperature: 12-25 °C

Winds: Be prepared for heavy winds!

Note! If the winds are too strong athletes might have to get off the bikes and walk over some of the bridges.

Safety

The Arctic Triple – Lofoten Triathlon 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.

Swim

- All athletes must check in to do the swim leg
- Kayaks and rib will follow swimmers
- Signal to kayaks if need for assistance
- Short distance to land at the entire swim leg

Bike

- No headphones
- Follow traffic rules
- Bike must be in good condition and have lights in back and front
- No drafting!

Run

- No headphones
- Follow traffic rules on the road towards the 25 km check point, run on the left side of the road.
- There is one short tunnel after ca 3KM, pay attention.
- On the terrain leg there will be safety crew present on crucial spots with gear available to keep any athlete warm and safe in case of need for evacuation.

Note! It is an extremely demanding terrain leg – athletes MUST be prepared to use many hours to cross the two mountains. The run is highly technical.

RACE SUPPORT

This is a triathlon where the organizers will do ALL SUPPORT. No external support is accepted. We would like anyone to be able to come to Lofoten 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.

Social running is allowed, but the person must not run in front or give any form of race support.

Note! Receiving support from anyone else but the Lofoten Triathlon Crew will lead to time penalties and/or disqualification.



Photo: Kai-Otto Melau



We're minimizing the footprint!

We want to contribute to less plastic garbage and less waste in general. The pile of used water bottles after a race is a sour sight and there is always lots of sports drink mix that goes down the drain. You may refill your bottles at the stations on the bike leg with water, and add sports drink mix if needed.

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Service Stations

There will be a food and drink station at Svolvær Torg (start, T1/T2, finish line). In addition, there will be 5 stations with food and drink at the bike leg. At the run leg there will be 4 food and drink stations and 3 self-service water stations. Running water in nature are ok to drink.

Content Service Stations

Drink – water and sports drink. Coca Cola on the run leg.

Food – The Arctic Triple bun, chips, nuts, bananas and sandwiches. Warm soup at BLS 4, CP 3, CP 4 and T1/T2.

Basic medic kit and warm blankets.

Each service station at the bike leg will have a bike pump and umbraco kit.

Stations Lofoten Triathlon //Extreme	Where	WC
T1	Svolvær Torg	Yes
Bike Leg Station 1	Sundklakk/Smorten 34 KM	No
Bike Leg Station 2	Leknes/ESSO 68 KM	YES
Bike Leg Station 3	Stamsund 95 KM	No
Bike Leg Station 4	Sundklakk/Smorten 132 KM	No
Bike Leg Station 5	Henningsvær 177 KM	No
T2	Svolvær Torg 200 KM	Yes
Self Service Water Station	Helle 205 KM	No
Run Leg Station 1	Vaterfjorden 210 KM	No
Self Service Water Station	Amfinnvika 215 KM	No
Run Leg Station 2	Tjønnbakken 219 KM	Yes
Turning point (miss cut-off at 25KM you can turn and run marathon distance 42km back, you will NOT be an Exteme Finisher)	Kudalen 221 KM	No
Run Leg Station 3 CP	Haugen Gård 225km	No
Run Leg Station 4 CP	Svolværvannet 236 KM	No
Self Service Water Station	Kongsmarka 240 KM	No
Finish area	Svolvær Torg 245 KM	Yes

Note! Athletes are advised to have their own drink and food at T1/T2 on the town square in Svolvær, in the optional special needs bag for the bike leg and in the run leg bag. In the backpack for the terrain leg of the run all athletes MUST have food and drink.

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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 do our best to make sure you are kept safe and warm during the wait, but please be patient while waiting for transport.

TRAVEL AND STAY

Please find updated information on www.thearctictriple.com.

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

NOTES?