



THE ARCTIC TRIPLE

RACE MANUAL
RACE
LOFOTEN ULTRA-TRAIL 100 MILES
2019

Race Manual Lofoten Ultra-Trail // 100 MILES RACE // 2019

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 100 Miles distance from Kirkefjorden 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: 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 4 and 7 where the special need bags are.
- Technical data: 100 Miles (165 KM), about 7000 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 3
Participants for the 100 Miles race must pass check point 3 (145 KM/Kleppstad) no later than 32 hours after start and pass medical check to be allowed to continue the race.
- Cut off time at check point 4
Participants for the 100 Miles race must pass check point 4 (159 KM/Kongsmarka) no later than 36 hours after start
- Service points and check points are collocated (10 service points and 4 of them are check points)
- The two special need bags will be made available at service point 4 and 7
- 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).

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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

Thursday - Arrival and registration in Svolvær

Registration opens at Intersport Svolvær Tuesday 12.00

1900 Prerace briefing 100 miles

Friday - Race Day 100 Miles

0730 Hand in special need bags at drop off point

0800 Bus transport from Svolvær to Reine

1030 Arrival at Reine

1100 Boat ride from Reine to Kirkefjorden (starting line)

1200 Start 100 Miles!

1300 Return boat ride to Reine for supporters and crew

1400 Return bus transport from Reine to Svolvær

Saturday June - Hit the finish line!

Welcome to finish 100 Miles of Lofoten nature!

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

Two special need bags

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)

Boat ride to the starting line for 100 Miles

Meal deals

Finisher shirt

Note! Possibility to leave clothes not needed for the race behind at the starting line to be transported back to 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. Check point 1, 2 and 3 will have toilet facilities.

Where are the check points?

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

- CP 1: 55 km Napp
- CP 2: 117 km Torvdalshalsen
- CP 3: 144 km Kleppstad
- CP 4: 158 km Kongsmarka

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Race Support

This is an ultra-trail where the organizers will do ALL SUPPORT. External support is ONLY accepted at the stations nr 4 and 7 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 and 7 as described above, may lead to time penalties and/or disqualification.

Service Points

SP 1	11 km Selfjord
SP 2	20 km Fredvang
SP 3	39 km Nusfjord
SP 4	56 km Napp – collocated with check point 1
SP 5	77 km Uttakleiv
SP 6	99 km Unstad
SP 7	118 km Torvdalshalsen – collocated with check point 2
SP 8	133 km Vikjorden/Valbergveien
CP 9	145 km Kleppstad – collocated with check point 3 (CUT OFF TIME 1)
CP 10	159 km Kongsmarka – collocated with check point 4 (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 – will be available from Service Point 2 at Fredvang.

Food – The Arctic Triple bun, chips, nuts, fruit and premade sandwiches. Warm food like hot soup with vegetables/pasta will also be available from Service point 2 at Fredvang.

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 bags

For the 100 Miles race there will be two special need bags. The bags 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 bags will be handed out at service point 4 (Napp 55km) and 7 (Torvalshalsen 117km).

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Cut off times

Cut Off 1

Participants for the 100 Miles race must pass check point Kleppstad (144 KM) no later than 32 hours after start and pass medical check to be allowed to continue the race.

Cut Off 2

Participants for the 100 Miles race must pass check point Kongsmarka (158 KM) no later than 36 hours after start.



Photo: 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 minimum 14 days before the race. Please note that the route may change due to weather conditions.

From Lofoten Ultra-Trail 100 Miles

The Arctic Triple // Lofoten Ultra-Trail is an extremely demanding race that covers a total of 100 miles (about 168 km in total). Please take special notice of the fact that the terrain legs are especially hard and that there will be a total of about 7000 meters positive ascent.

Note! There are only two tunnels that you'll run through, the underwater tunnel from Napp to Offersøy and the last tunnel when you are only a km from the finish line in Svolvær. All other tunnels you'll run old trails/roads OVER the mountain ridge.

Leg 1 - From Kirkefjorden to Fredvang

Distance – 23 km

Keynotes: Trails and 3 mountain pass for this leg.

The starting line is in Kirkefjorden in the bottom of Reinefjorden. To get there all participants will be transported by boat from Reine. The boat ride takes about 20 minutes and it is a scenic experience! The first 20 km are terrain and maybe the most demanding part of the entire route with several mountains to pass. The trail is technically demanding and there is only a few km on gravel road from Selfjord till you take off towards Kvalvika. The trails will take you past two beaches in Kvalvika and you will run on the actual beach before the next mountain passing towards Fredvang. Service station located at Fredvang.

Leg 2 – From Fredvang to Napp

Distance: 35 km

Keynotes: Nice flat run over scenic bridges and an historic trail with panoramic views.

From Fredvang you'll get the first leg on asphalt on your way towards Ytre Skjelfjord. After about 8 km the road becomes a gravel road the last 6 km to Nesland. Here you enter a historic fishermen's trail towards the iconic village of Nusfjord. The trail is about 5 km and has a technical trail that also require some light "climbing" over rocks and a

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short ladder. Service station at Nusfjord.

From Nusfjord you'll follow the main road for about 3 km before you enter the trail to Napp. The trail from follows the coastline and has a lot of ups and downs. Very demanding so keep the focus. You will have a great view towards the next island on the race – Vestvågøy. At Napp you must check into the first checkpoint and pick up your first special needs bag.

Leg 3 – From Napp to Uttakleiv

Distance: 20 km

Keynotes: Underwater tunnel and terrain leg around the mountain Offersøykammen before the beaches on Haukland and Uttakleiv awaits you.

The route from Napp continues through an underwater tunnel (1780 km) before you make a sharp turn to the right after the exit to get on the trail around Offersøy.

The trail around Offersøy is very nice and easy to begin with. When you pass the cave from the stone age after about 2 km on the trail, the condition of the trail changes to more technically. There hardly is a trail. In this middle section follow the rocky coastline. The last kilometers of the trail around Offersøy is flat.

When you hit the road again it is a very nice and scenic run along a narrow coastal road towards the beaches at Haukland and Uttakleiv where you'll get to a service station.

Leg 4 – From Uttakleiv to Unstad

Distance: 20 km

Keynotes: Farm trailing towards magical Unstad beach, combination of trails, short terrain leg, gravel road and asphalt.

From Uttakleiv you will follow the old mountain pass road over and thereafter a gravel road for a few kilometers. At the end of the road there is a short terrain leg along the lake Mørkdalsvatnet towards Repp. After Repp you'll farmtrail your way towards the road to Unstad switching between asphalt, gravel roads and trails along the mountain. At the lake Ostadvatnet you'll enter the main road to Unstad. Run OVER the two tunnels on your way to Unstad, where you'll meet an amazing beach and a service point.

Leg 5 – 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.

Leg 6 – 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.

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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 Daltuva 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 7 – From Gimsøystraumen Bridge/Klepstad 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 4 and 7 where special need bags are. Receiving support from anyone else but the The Arctic Triple Crew, except service station 4 and 7, may lead to time penalties and/or disqualification.

Age

All athletes must be over 18 years of age.

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

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Liability

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



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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

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

NOTES?