



THE ARCTIC TRIPLE

RACE MANUAL
LOFOTEN SWIMRUN 2019

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WELCOME!

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

This Race Manual is for Lofoten Swimrun – 2,5 km swim, 12,5 km run.

At Lofoten Swimrun 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 Swimrun 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. Be prepared.

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

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 Swimrun will have removable flags/banners 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
- No external support is allowed during the race – you can only be supported by the Lofoten Swimrun Crew
- Mandatory Prerace brief Wednesday 19 pm!
- Maximum time to complete the race is set to 5 hours
- Swim start at 1400 (local time) at Rørvikstranda (beach)
- 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.

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PROGRAM

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

Registration

Registration at Intersport Svolvær from Tuesday 12.00 a.m. (AMFI shopping mall)

Wednesday - Pre race day

19:00 Prerace brief

Thursday - Race day

12:45 Bus transport to start – leaves from Thon Hotel main entrance

14:00 Start Lofoten Swimrun

19:00 Finishers ceremony



Photo: Kai-Otto Melau

What's included in the entry fee?

The entry fee includes full support and some nice extras:

- Start kit
- Swim cap
- The Arctic Triple buff
- Time tracking
- First aid
- Evacuation transport
- Drink and food stations
- Finisher shirt

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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 Swimrun 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).

Course description

The run track will be marked. On the swim legs the entry and exit points will be marked with beach flags.



Photo: Kai-Otto Melau

Start – Rørvikstranda

Rørvikstranda beach offers a scenic beach start and you can look forward to an amazing race.

Section 1: Rørvikstranda - Festvåg

4 km. Mix of road running and smaller swim sections.

Section 2: Festvåg – Festvågtind (mountain) - Ausa

3 km. From Festvåg you will meet a steep climb towards Festvågtind mountain, which will offer a epic view of Henningsvær and surrounding area. Watch out for loose rocks in the path when ascending and descending the mountain. Half way down you will have a short swim in a fresh water lake.

Section 3: Ausa - Finish

8 km. Back at sea level you will now have several sections of swims and short runs on smaller islands on the way to Henningsvær. In Henningsvær you will run across the famous soccer field next to the light house before heading for the finish line next to Kaviarfactory.

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

GPS files

The GPS files for Lofoten Swimrun can be downloaded at www.thearctictriple.com.

CUT OFF TIMES

The maximum time for Lofoten Swimrun is set to 5 hours.

RULES

General rules

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 Swimrun Crew to get a new chip.

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

Mandatory equipment

All teams need to bring all their equipment from start to finish. If a team fails to bring all their equipment to the finish line they will be disqualified. Before the race start there will be a mandatory gear check.

Per team:

- Wetsuits suitable for water temperature of 13degrees Celsius
- 2 whistles pr team, locked to your wetsuit
- Race bibs
- Swimcaps

Recommended equipment:

- Trail running shoes
- Swim goggles
- Paddles
- Pullbouy with locklaces or similar
- Pullcord or similar to pull your friend in the water or on land side

Floatation help that's bigger than 100 cm x 60 cm is not allowed.

Medical

Medical Crew from Lofoten Swimrun 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

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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

Safety

The Arctic Triple – Lofoten Swimrun 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.

Take care of your swimrun teammate. You will have to stop for other teams in distress.

Swim

- Kayaks and rib will follow swimmers
- Signal to kayaks if need for assistance
- When entering the water – DO NOT DIVE! This is our first and most important swimrun rule.
- Stay together in the water with max 10 meters apart.

Run

- Follow traffic rules on the roads, run on the left side of the road. Violating traffic regulations will lead to time penalties and/or disqualification
- On the terrain leg there will be safety crew present on the top of Festvågind.
- While running you should be together within a 30 meter distance

Note! It is a demanding terrain leg –run is highly technical.

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RACE SUPPORT

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



Photo: Kai-Otto Melau

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Service Stations

There will be a food and drink station at Festvåg and at the finish line.

Content Service Stations

Drink – water and sports drink.

Food – The Arctic Triple bun, chips, nuts and bananas.

Basic medic kit and warm blankets.

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?