

LAP NIA TRIATHLON

- Race Manual -
(for the long distance race)

v2

2019-06-24

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Program

The race program from 2019-07-04 to 2019-07-06:

Activity	Where	Day	Time
Late registry and pickup of race numbers for Laponia Sprint	Race Office	Thursday	12:00 - 16:00
Pickup of race numbers (Laponia Tri)	Race Office	Thursday	12:00 - 16:00, 18:00 - 21:00
Bike and gear check-in for the Sprint	Vassara river	Thursday	15:30 - 16:30
Laponia Sprint start	Vassara river	Thursday	17:00
Dinner buffet	QHL	Thursday	19:00 - 21:00
Prize ceremony Laponia Sprint	QHL	Thursday	20:30 - 21:00
Pre-race meeting (mandatory)	QHL	Thursday	21:00 - 22:00
Pickup of race numbers	Race Office	Friday	14:00 - 20:00
Bike and gear check-in	Sandviken	Friday	22:00 - 23:00
Laponia Triathlon 67°N race start	Sandviken	Friday	24:00
Laponia Triathlon 67°N last finish time	Hellnerstadion	Saturday	18:00
Brunch buffet	QHL	Sunday	11:00 - 14:00
Awards ceremony	QHL	Sunday	12:00 - 13:00

Race Office is located in Quality Hotel Lapland (QHL), two floors above the hotel reception.

The Quality Hotel Lapland restaurant for buffet, pre-race meeting, prize ceremony and brunch is located one floor above the hotel reception.

Race Office

The race office is located two floors up from the reception at Quality Hotel Lapland, www.qhl.nu. This is the natural point for information for both athletes, supporters and volunteers. Please visit the race office with any questions you might have.

The race office is where to pickup your race numbers for the sprint and long distance races and where you register late entries for the sprint race (we do not accept late entries for the long distance race).

Official merchandise of the Laponia Triathlon and Gällivare Endurance will be sold at the race office.

At the race office you can also buy basic cycling wear parts (like tubes and CO2 cartridges) and some other triathlon merchandise.

The opening hours are:

Thursday 12:00-16:00, 18:00-21:00

Friday 14:00-20:00

Sunday 10:00-12:00

Race numbers

Before the race you must pickup your start kit including:

- Race number for race belt.
- Race number stickers for helmet and bike.
- Plastic bags for your race gear in T1, T2 and finish.
- Swim cap.
- Tickets for Thursday dinner and Sunday brunch.

You pickup your start kit at the Race Office (see opening hours above)

Race numbers shall be visible on your back during the bike leg and on your front during the run. You must have the race number sticks visible on your bike seat post and on your helmet front and sides.

The official race swim cap must be worn during the swim leg.

Timing is done with electronic chips which are handed out in Sandviken at bike check-in.

License

All participants must have a valid race license from their national triathlon federation. The license must be presented at registration (when picking up your race number) together with a valid photo ID. Swedish athletes do not have to bring a license since we will have an updated license list from the Swedish Triathlon Federation.

For Swedish participants there will be an option to buy a one-day license for the race. We do however recommend buying a one-year license since this provides insurance coverage also during training. The one-day license costs 200 SEK and is paid cash or using Swish when picking up your race number. Please note that you must still be member of a club connected to the Swedish Triathlon Federation, even if you decide to buy a one-day license. You can find out more about the race license on <http://www.svensktriathlon.org/Tavling/Tavlingslicens/>

Course description

A more detailed description of the race course can be found on the race website.

Swim

3.8 km in lake Vassara. The water temperature will likely be at least 16°C but unlikely above 20°C. Wetsuit is mandatory and neoprene socks are allowed (but not mandatory). The swim is a three-lap course with start, lapping and finish on the Sandviken beach.

Bike

180 km starting at the Sandviken beach by lake Vassara in Gällivare to the Hellner ski stadium at the foot of the Dundret mountain. The course contains two loops with turning points, one in Tjautjas and one in Nattavaara.

The road surface is generally very good but there are some minor potholes on the 8 km downhill heading back from Tjautjas. Here you must pay attention, especially since you are going downhill at high speed.

Traffic will generally be very limited along the course since most of the bike leg takes place during the night. Still, general traffic rules apply and you must follow all traffic rules and respect the rights of other vehicles on the roads.

The first few km of the Tjautjas loop, you will pass through three roundabouts in the center of Gällivare. Pay attention to the Laponia Triathlon direction signs in these roundabouts (no volunteers here, only signs). After the third roundabout you ride a few km along a two-lane road towards Malmberget and then turn right towards Koskullskulle in a roundabout (the fourth roundabout from the start). About halfway along the above mentioned two-way road the right lane turns right but you should continue straight ahead. After turning right at the fourth roundabout, the rest of the road to Tjautjas is easy to follow. Going back from Tjautjas you ride the same roads in the opposite direction back to Gällivare.

You have completed loop 1 after passing the river Vassara on E45 and turning left into the road to Nattavaara. There will be a volunteer at that left turn but you still have to pay attention to traffic. When coming back the same road from Nattavaara you will be making a left turn into E45 and shortly after that another left turn from E45 into the road towards Dundret and the Hellner ski stadium. There will be volunteers at both these left turns but depending on traffic situation they may not be able to completely stop the traffic so you must pay attention here. You will however be passing here early in the morning so traffic will be limited.

Aid stations are located at 35k, 81k and 123k. You will be able to receive bottles of water and energy drinks (Umara) handed to you while passing the aid station. There will also be Umara energy bars available. Make sure you slow down properly before these aid stations, otherwise it will be difficult to grab the bottles. Yell out to the volunteers whether you want water, sports drinks or bars since this will make it easier for the volunteers to provide what you need.

Run

42.2 km starting and finishing at the Hellner ski stadium with turning points by lake Nietsak and up at the "Åke på toppen"-cabin on the top of Dundret.

The first 4 km is through the forest by the foot of Dundret on an undulating gravel trail. You then turn right heading downhill for 1.5 km and then turn left along E45. You run on the right side of the E45 for 1 km before turning right on a gravel road towards Rallarstigen which is an old hiking trail through the forest. You run along Rallarstigen (marked with red paint on trees and with text "Rallarstigen" on signs) for 6.6 km and then turn right when reaching the gravel road. You follow the gravel road for 2 km towards lake Nietsak and turn back at the turning point at 16.0 km. After the turning point you go back along the same gravel road continuing passed Rallarstigen following the gravel road all the way up to road E45 which you reach after 20.3 km. You turn left onto E45 running on the left side of the road. The 5 km downhill along the E45 asphalt will be a welcoming easy section to stretch your legs before crossing E45 when turning

right into the road up towards Dundret again. You now face a 7 km climb of 440 m elevation up to the "Åke på toppen"-cabin. The first 5.5 km of the climb are on asphalt and the last 1.5 km on a gravel road. You reach the cabin at 32.6 km and then turn back downhill the same way. The downhill is 5.5 km/360 m descent before turning right into the final 4.1 km on the same trail as the first 4.1 km of the run.

There will be aid stations about every 4-5 km offering water, energy drinks (Umara), energy bars (Umara), cola drinks, potato chips and energy gels (Umara) with and without caffeine.

	Femman- vägen	Rallar- stigen	Nietsak	Nietsak	Porjus- vägen	Femman- vägen	Mast- leden	Mast- leden	Femman- vägen
Location (km)	4,1	9,1	14,0	18,0	22,3	27,1	31,0	34,1	38,0
To next aid (km)	5,0	4,9	4,0	4,3	4,8	3,9	3,1	3,9	4,2

Table: Location of the run course aid stations

Course markings

The swim course is marked with yellow buoys. You shall always keep the buoys on your left side. Each corner of the triangular swim course is marked with a yellow buoy and there is also a yellow buoy halfway between each corner.

The bike course is marked with orange arrows painted on the asphalt. If you do not see any orange paintings on the asphalt, just follow the road straight ahead! At some places there will be volunteers helping you out to make a safe left turn when crossing major roads, but remember that the roads are not closed to traffic and the volunteer may not be able to actually stop traffic so it is your responsibility to take all traffic into consideration. Some turns are only marked with orange painting (no volunteers) on the asphalt so pay attention! It is a good idea to check out the course map and ride the initial 15 km of the bike course on a training ride before the race. However, if you just pay attention to the orange markings, you will be fine. If you do not see any orange markings, just continue straight ahead.

The run course is marked with orange paint on the ground and with official Laponia Triathlon signs. The section along Rallarstigen is marked with red colour painted on trees and on wooden signs. At some critical places along Rallarstigen there are also Laponia Triathlon specific signs.

Cut-off times

There are two cut-off times. Athletes who fail to reach the cut-offs within the maximum times may not continue the race.

Swim finish (T1)= 2 hours 15 minutes

Bike finish (T2) = 12 hours

Finish line = 18 hours

Weather, safety and support

Air temperature in July is typically 20°C during daytime and 10°C during the night. Wind conditions are normally very calm in Gällivare. Rainfall is normally moderate. Water temperature in lake Vassara will likely be within 16-20°C. However, Gällivare is located above the arctic circle and temperatures can drop significantly lower than normal, especially during the night. So you must be prepared for air temperatures down to 0 °C during the bike and water temperatures around 15 °C. Pay attention to weather forecasts the days before the race.

General traffic rules apply on both the bike and run course. The roads are not closed for traffic so you must pay extra attention at roundabouts and when crossing roads.

Medical support is stationed at the start and finish. All aid stations have first aid kits. At the start in Sandviken there will also be a defibrillator available.

If you need medical assistance during the race, contact the crew in the aid stations or call the race medical team at +46725057556 (Greta Lerenius).

In case of emergency, always call 112.

If you withdraw from the race after the start, you must inform the race organisation as soon as possible on telephone +46738016908 (Robert Johansson) or inform the crew in any of the official aid stations. This is very important due safety reasons.

Race day

There will be floor pumps available in the start area. Official plastic bags received together with your race numbers shall be used for all gear in T1, T2 and finish line.

All T1-gear shall be put into the official transition bag and be placed next to your bike in T1. All gear must be put inside the transition bag which shall be closed. You may not leave any gear outside the bag in T1. The only exception is your helmet and cycling shoes which can be put on your bike. The ground surface in T1 is pretty ok so it is possible to run barefoot with your cycling shoes in the pedals. The bike shall be placed on the bike rack at the spot marked with your race number.

In T1 there will be tents (one for women and one for men) in which you can change clothes after the swim if you like. In case of cold weather, heaters will be placed inside the tents.

After the swim, put all your swimwear in the T1 transition bag before uncracking your bike. Leave the T1-bag at the bike rack. The T1-bag will be transported to the finish line by the race organisation.

All T2-gear shall be put into the official transition bag and be handed over to the race organisation in Sandviken at the gear check-in before the start. The race organisation then drives the transition bag to T2.

The finishing bags will be taken to the finish line by the race organisation. So put all gear that you need after finishing the race into the finishing bag and hand it over to the race organisation in Sandviken at the gear check-in before the start. Don't forget to include a towel and whatever you need for the shower and sauna at the finish line by the Hellner ski stadium.

The last 200 m before T2 are on gravel and you dismount your bike when reaching a soccer size lawn. You then run/walk with your bike into T2 on the lawn.

You place your bike on the bike rack at the spot marked with your race number. Your T2-bag containing your run-gear will be placed at your spot on the bike rack. All your cycling gear shall be put into the T2-bag and be left next to your bike before leaving T2.

Next to the finish line you can shower and relax in the sauna. Hang around in the finishing area, eat and drink from the buffet, enjoy the success of finishing, chat with other athletes about the race and cheer on the ones reaching the finish line.

Pick-up of race gear and Transportation to Gällivare

You pick-up your bike and three transition bags by showing your race number in T2. This must be done no later than Saturday evening at 19:00.

We then offer transportation (including your bike) by car back to your accommodation in Gällivare. The car leaves hourly and requires no pre-reservation.

Rules

The Laponia Triathlon 67°N is sanctioned by the Swedish Triathlon Federation which race rules applies for this race with some restrictions (see below).

Here is a summary of the rules including special rules for Laponia Triathlon:

1. Athletes must be at least 18 years of age (it is sufficient that that the athlete reaches 18 years during the same year as race day).
2. At registration, all athletes must present a valid photo ID (passport, driver's license or similar) and a valid race license from their national triathlon federation. Swedish athletes do not need to show their licenses since we already have this information from the Swedish Triathlon Federation.
3. Drafting on the bike is not allowed and 12-meter distance applies. The distance is measured from front wheel to front wheel. See illustration in the STF race rules which are the same as in the ITU race rules.
4. Maximum time to complete the race is 18 hours.
5. The swim must be completed within 2 hours 15 minutes.
6. Wetsuit is mandatory (this is an exemption from the rules of the Swedish Triathlon Federation).
7. Neoprene cap is allowed during the swim but you must wear the race official swim cap visible on top of that.
8. Gloves are not allowed during the swim.

9. Socks/booties are allowed during the swim (this is an exemption from the rules of the Swedish Triathlon Federation).
10. If the water temperature is below 15°C the distance will be shortened (this is an exemption from the rules of the Swedish Triathlon Federation where also the air temperature is taken into the equation).
11. Helmet is mandatory during the bike leg.
12. Disc-wheels are allowed on the bike leg. We will inform about expected wind conditions on the pre-race meeting but it is up to each athlete's own judgement to decide whether a disc wheel or deep front wheel will be possible to control during the conditions.
13. Earphones (for music etc.) are not allowed due to safety reasons. We want you to hear traffic and calls from the race officials.
14. Private aid stations are allowed anywhere along the race.
15. Pacing is not allowed. You are not allowed to have a supporter for example drive a car, ride a bike or run next to you during the race.
16. Other outside assistance such as bike mechanics is not allowed other than from the race organization.
17. Littering is strictly forbidden.
18. The race number must not be worn during the swim.
19. The race number must be visible from the back during the bike segment and from the front during the run.
20. The electronic timing chip must be worn during the entire race.
21. If given a yellow card, you have to serve a 1 minute penalty at the next penalty box.
22. If given a blue card, you have to serve a 5 minute penalty at the next penalty box.
23. If given a red card, you are disqualified.

Medical crew and race marshals appointed by the organizers may at any time during the race stop an athlete from continuing the race due to health issues.

There are two penalty boxes along the course. One is located just before entering T2 and one just before the finish line.

Release from liability

All athletes starting in Laponia Triathlon agree to the following conditions:

- I attest that I am physically fit and able to complete the competition.
- I grant the race organisation full permission to free of charge use of photos and film taken of me during the race, for use in promotion of the event in print, and on the Internet, TV and video.
- Medical personnel and race marshals appointed by the organizers may remove me from the race, should they consider there being a health or injury risk to me.
- I acknowledge that use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden. I will comply with and accept the ITU anti-doping rules.
- Participation takes place at my own risk.

- I indemnify the organisation against any claims that could possibly result from participation in the event. I also indemnify Laponia Triathlon 67°N and Gällivare Endurance Club for any consequences which may ensue as a result of this participation.