

# LAP NIA TRIATHLON

- Race Manual -  
(for the long distance race)

V2

2023-06-24

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## Program

The race program from 2023-07-06 to 2023-07-09:

Activity	Where	Day	Time
Bike and gear check-in for the Sprint. Race-numbers are received at check-in.	Sandviken	Thursday	15:30 - 16:30
Laponia Sprint start	Sandviken	Thursday	17:00
Pre-race meeting (mandatory) and lunch	Kunskapshuset	Friday	12:00 - 13:00
Pickup of race numbers	Kunskapshuset	Friday	11:00 - 12:00, 13:00 - 14:00
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	Sandviken	Saturday	18:00
Awards ceremony and lunch	Kunskapshuset	Sunday	11:00 - 13:00

Kunskapshuset is the new high school and knowledge center in Gällivare. The building has been acknowledged for its architecture (<https://www.liljewall.se/kunskapshuset>) and is a great place for prize ceremony and lunch on Sunday.

## Merchandise and spare parts

Official merchandise of the Laponia Triathlon and basic cycling wear parts (like tubes and CO2 cartridges) and some other triathlon merchandise will be sold according to below;

Friday between 11:00-12:00 and 13:00-14:00 at Kunskapshuset

## Race numbers

Before the race you must pickup your start kit including:

- Race number for race belt.
- Race number stickers for helmet (to be placed on the front of helmet) and bike (to be placed around the seatpost).
- Plastic bags for your race gear in T1 (bike), T2 (run) and finish.
- Race number stickers to be placed on your respective bag (T1, T2 and finish).
- Swim cap.

You pickup your start kit at Kunskapshuset on Friday between 11-12 and 13-14.

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 stickers visible on your bike seat post and on your helmet front.

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

Timing is done with a web-based timing system but without electronic timing chips. We will mark the upper side of your hands with race numbers before the swim start. Timing

at swim-lapping will be done manually by checking the numbers marked on your hands and swim caps.

## License

All participants must have a valid race license from their national triathlon federation. International athletes need to email (<mailto:info@laponiatriathlon.com>) a photo of their license to the race organisation before picking up the race numbers. Swedish athletes do not need to show their license since we will have an updated license list from the Swedish Triathlon Federation.

For Swedish participants there is 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 must be paid before picking up your race numbers. 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 how to pay the race license on <http://www.svensktriathlon.org/Tavling/Tavlingslicens/>

If you don't know which triathlon club to join, you can always join the local Gällivare Endurance Club. An annual membership costs just 100 kr. More information on <https://www.gallivareendurance.se/Medlemskap/>

## 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 and finishing at the Sandviken beach by lake Vassara in Gällivare. 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 (orange arrows on the asphalt) 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 turn 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. There will be volunteers at this left turn but depending on the 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, mixed to 360 kcal/liter) 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 Sandviken beach with turning points on Rallarstigen and up at the "Åke på toppen"-cabin on the top of Dundret.

The start of the run are along the Vassara river and then runs along the Repisvaara neighbourhood. After 4.8 km the course reaches the Hellner cross country ski stadium where the course continues through the forest by the foot of Dundret on an undulating gravel trail. After 9 km you 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 at some critical points orange paint on ground) until reaching 15.6 km and then turn around going back the same track. You return back to E45 after 19.5 km. You turn left onto E45 running on the left side of the road for 1 km and cross E45 back 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 27.5 km and then turn back downhill the same way. The downhill is 5.5 km/360 m descent before turning right into the final 9 km on the same course as the first 9 km of the run.

There will be aid stations about every 4-5 km offering water, energy drinks (Umara Citrus, mixed to 360 kcal/liter), energy bars (Umara, mixed tastes), Coca-Cola, potato chips and energy gels (Umara) with and without caffeine.

	Hellner-stadion	Femman-vägen	Rallar-stigen	Rallar-stigen	Femman-vägen	Mast-leden	Mast-leden	Femman-vägen	Hellner-stadion
Location (km)	4,8	9,0	14,0	17,1	22,1	26,0	29,1	33,0	37,2
To next aid (km)	4,2	5,0	3,1	5,0	3,9	3,1	3,9	4,2	4,8

*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 at some sections with orange plastic bands. The section along Rallarstigen also has its own permanent markings with red colour painted on trees and on wooden 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 16-18°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 transition area. All aid stations have first aid kits. At the transition area in Sandviken there will also be a defibrillator available.

If you need medical assistance during the race, contact the crew in the aid stations.

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 to safety reasons.

## Advice on equipment and clothing

Even if the weather often is sunny and warm also in Gällivare, there is a significant difference compared to more southern parts of Sweden in that when the weather gets bad, it gets really bad up here, also in the summer! So you should at least be prepared for the worst and thereby not risk having to abandon the race just because you didn't bring proper clothes. So bring the stuff mentioned below with you on the travel up here and then you will hopefully be able to leave most of it in the hotel room. Don't trust the weather forecasts several days before the race since the weather can be very local up here and vary a lot from day to day.

Water temperature can be as low as 12-13 degrees and even if the swim course will be shortened in case of such low temperatures we recommend bringing neoprene socks because there is a significant risk that you will need them. Using neoprene socks reduces the risk of getting calf muscle cramp in cold water.

Bring an extra swim cap to use under the official Laponia swim cap. Using double swim caps keeps the head warmer in case of cold water.

You need to be prepared for enduring 0 degrees and rain during the bike since it is done during night time when temperatures can drop significantly. This means bringing a proper rain jacket, rain covers for the cycling shoes, long fingered gloves, knee warmers and a cycling helmet cap.

The run up to the Dundret mountain top takes you up to 823 m above sea level and above the tree line. The weather up there can be much more windy and several degrees colder than down at the start area in Sandviken. This means that you need to bring a light wind jacket, a beanie and gloves for the run.

We don't mean to make you terrified with all this talk about extreme weather conditions it is just that we know from experience how disappointing it would be travelling all the way up here and not being able to finish just because you didn't bring a proper rain jacket or similar.

## Race day

There will be floor pumps available in the start area. Official plastic bags and bag stickers received together with your race numbers shall be used for all your gear.

The bike shall be placed on the bike rack at the spot marked with your race number.

All T1-gear shall be put into the official transition bike-bag and be placed next to your bike in the transition area. All gear must be 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.

All T2-gear shall be put into the official transition run-bag and be placed next to your bike in the transition area.

All gear that you need after finishing the race shall be put into the official finish-bag and be placed next to your bike in the transition area.

The ground surface in T1 is grass so it is possible to run barefoot with your cycling shoes in the pedals.

In the transition area there will be tents (one for women and one for men) in which you can change clothes after the swim and bike 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 and put it on the ground by your bike before unranking your bike.

After finishing the bike course you place your bike on the bike rack in T2 at the same place as in T1. Your T2-bag containing your run-gear will be by your bike where you left it before the race. All your cycling gear shall be put into the T2-bag and be left next to your bike before leaving T2.

After finishing you will get your finisher T-shirt, medal, food, snacks and drinks. It is possible to take a bath in lake Vassara but most athletes will probably wait for the showers at their accommodation. It is not possible to shower at the finish in Sandviken.

## Pick-up of race gear

Before leaving the finishing area you pick-up your bike and three transition bags by the bike rack. This must be done no later than Saturday evening at 19:00.

Sandviken is located just one km from the Gällivare town center so you can easily walk back to town.

## 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. Your bike seatpost and front of helmet must be marked with the dedicated race number stickers.
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 is one penalty box along the course. It is located just before the transition area (and finish) in Sandviken.

### **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.