Hlaupahátíð á Vestfjörðum 2019
 The Westfjords Runners’ Festival

**Race program and information for participants**

**Thursday, July 18:***Skálavík run*.

This run starts at 20:00 in Skálavík. A bus to Skálavík will depart from the swimming pool in Bolungarvík at 19:15 (included in the registration fee). If you need a bus ride all the way from Ísafjörður, the bus will leave from Austurvegi 2 Ísafjörður at 18:45.

Please note that after the bus arrives at the start in Skálavík, there may not be much time for a warm-up. Therefore you should warm up the best you can before the bus leaves Bolungarvík. You can send your extra clothes and other belongings on the bus back from the start to the finish line. Please note that it is your own responsibility to put your belongings onboard the bus or hand it to our staff at the start line.

In the Skálavík run you can choose between two distances, 12 km and 19 km. The shorter distance goes straight from Skalavík to Bolungarvík while the longer distance offers a detour up the long climb to the top of Bolafjall Mountain and back down. Note that there is a time limit for the 19 km run as you need to reach the turn up towards Bolafjall within one hour after start. Those who miss the time limit will be allowed to continue as participants in the shorter distance.

In the 12 km run there will be one feeding station, located at the highest point of the race after around 6 km. In the 20 km run there is this same feeding station after 6 km, and then another one at the top of Bolafjall Mountain. As the runners return down towards Bolungarvík they will come past the first feeding station once more, so in total they will get three stations. The feeding stations will have water, Isotonic sports drink, banana and chocolate.

After the race the municipality of Bolungarvík offers free access to the swimming pool (and extended opening hours) for the runners. The prize ceremony will be at the swimming pool.

The race office will be open at the Bolungarvík swimming pool between 17:00 and 19:00. Note that on Thursday the office is only open for those participating in the Skálavík run (although they can also pick up their bibs for other events they may be registered for).

Skálavik bike

It is the same as the longer distance in the run but it will start at 19.40 in Skálavik and you have to go there by your own car.

**Friday, July 19: Open water swimming and Arnarnes run**The Race office at Austurvegur 2, open 11:00-19:00 for late registration and handing out of race bibs and timing chips for all remaining events.

*Open water swimming:*
The open water swimming starts at the Kayak Center facilities, next to the Maritime Museum. The 500 m race starts at 16:00 and the 1500 meters immediately afterwards, so it is possible to participate in both distances. Swimmers are asked to show up no later than 15:30. Changing rooms and showers are located in the start/finish area. The Ísafjörður swimming pool will also be open until 23:30, admission fee is ISK 620 for adults.

For your safety we will have kayakers and a boat from the local search and rescue unit monitoring the race.

Please remember to strap the timing chip on your right ankle. Those who participate in the tree-day triathlon keep the same chip for all events, so please be careful not to lose it or forget it.

At the finish we will serve sports drinks, water, bananas and chocolate.

Price ceremony will be at the finish area right after the race.

**Important:** The minimum age for the open water swimming is 16 years.

*Arnarnes run*
Please study the running route in advance. We have marked each kilometer by painting a yellow number on the road. Please note that the numbers are in a descending order, i.e., they show you how many kilometers remain until you finish.

Feeding stations for the half-marathon are at roughly at roughly 5 km, 9 km, 15 km (sports drink and water) and at 18 km (sports drink, water, bananas, chocolate)

Feeding stations for the 10 km run are at roughly 4 km and 7 km (sports drinks and water).

Price ceremony in Ísafjörður town center at 22:15.

The swimming pool in Ísafjörður will be open until 23:30, admission ISK 620 for adults, free for children.

**Those participating in the half-marathon** can take a bus to the start in Súðavík. It leaves from Austurvegur 2 at 19:00. Your bags with warm-up clothes etc will be transported back to the finish area in Ísafjörður. Note that it is your own responsibility to put your belongings in the transportation vehicle or hand it to our staff at the start line.

The race starts at 20:00. Please be careful when crossing the sheep grid, approximately 2 km after the start. The finish is in Ísafjörður town center.

**Those participating in the 10 km run** can take a bus to the start. It leaves from Austuvegur 2 at 20:30. Your bags with warm-up clothes etc will be transported back to the finish area in Ísafjörður. Note that it is your own responsibility to put your belongings in the transportation vehicle or hand it to our staff at the start line. The race starts at 21:00 and the finish is in Ísafjörður town center

Both the half marathon and 10 km are on an open road. Therefore, all participants must obey general traffic rules and conduct themselves in a manner that does not create hazards for themselves, other athletes, staff, spectators or drivers.

 The minimum age for the 21,1 km Arnarnesrun is 16 years (2003 and older) and for the 10 km race it is 12 years (2007 and older).

**Saturday, July 20: Vesturgatan bike, Family bike, Fun run**

The race office will be located in a tent by the sports hall in Þingeyri. It is open for late registration and handing out of bibs and chips from 09:00.

*Vesturgatan bike* is 55 km. It starts by the sports hall in Þingeyri at 10:00. The first two km are on a paved surface, behind a control vehicle. As you come past the airport outside Þingeyri the control vehicle will yield and you will find yourself on a gravel/mud trail that takes you through the narrow valley Kirkjubólsdalur. At the end of the valley you come to the biggest climb of the day, which takes you up to 550 m altitude. At the highest point you will go through a mountain pass right under the highest peak in the Westfjords area, Kaldbakur. Note that it is not impossible that you might have to walk the bike through some patches of snow close to the highest point. The following descend must be navigated with care as the trail is very rough and winding. When you come down to sea level again you turn right and follow the trail by the shore of the fjord Arnarfjörður all the way to the very tip of the peninsula where you enter the fjord Dýrafjörður again and set your aim for the finish in Þingeyri.

We want to stress that the surface of this trail is very rough and it is not uncommon to suffer falls and/or punctured tires. So, please bring some extra tubes by all means. The trail is open for jeeps and good 4WD vehicles. It is, therefore, likely that there will be some cars on the course although the traffic is usually very little. However, all participants must obey general traffic rules and conduct themselves in a manner that does not create hazards for themselves, other athletes, staff, spectators or drivers.

There are two self-service feeding stations on the way (drinks only). They are located at the highest point (in the pass under MT Kaldbakur), and out at the tip of the peninsula, not far from the Svalvogar lighthouse. Otherwise we strongly advise you to bring your own drinks and other energy/nutrition with you.

AT the finish area we will serve sports drinks, waffles, bananas, chocolate and more.

Price ceremony at the finish area after the race.

*Vesturgatan Family Bike* is 8 km long. It starts at 10:15 by the sports hall in Þingeyri and goes around Sandafell, the small mountain above the village. Early on in the race there is a long and strenuous uphill before coming to an easier terrain and finally crossing the finish line in Þingeyri again. Like in all other races at this festival, everyone will get a medal for their participation. Waffles, chocolate, sports drinks and more will be served at the finish area.

**Important:** All children younger than 10 years old must be accompanied by an adult.

Price ceremony at the finish area after the race.

*Fun run, 2 and 4 km* starts at 11:15 by the Þingeyri sports hall and finishes at the same place. Registration starts at 10 in the race office tent and the fee is ISK 500.

Price ceremony at the finish area after the race.

After all competitions have finished on Saturday, everyone is welcome to join in a free outdoor-yoga session outside the Þingeyri sports hall.

The swimming pool in Þingeyri is open until 18, admission is ISK 850 for adults, free for children.

**Sunday, July 21: Vesturgatan run**

Vesturgatan has three distances:

**45 km:** Start at 08:00 by the Þingeyri sports hall. Runners please show up no later than 07:45.
**24 km:** Start in Stapadalur at 11:00. Runners please show up no later than 08:30. Buses to the start will leave from Þingeyri sports hall at 09:00.
**10 km:** Start in Svalvogar at 12:45. Runners please show up no later than 11:00. Buses to the start leave from Þingeyri sports hall at 11:15.

The finish in all distances is at Sveinseyri, around 10 km outside Þingeyri.

Remember that this run is on a rough surface so please be careful and pay attention to the conditions. Through the years there have been quite a few nasty falls resulting in bruised knees and elbows, so please be cautious.

Your clothes will be brought to the finish area, but please remember that it is your own responsibility to put your belongings in the transportation vehicle or hand it to our staff at the start line.

There are no toilets at the finish line (and not in the start of the 24 km and 10 km runs either).

Please remember that the trail is open for jeeps and good 4WD vehicles. It is, therefore, likely that there will be some cars on the course although the traffic is usually very little. However, all participants must obey general traffic rules and conduct themselves in a manner that does not create hazards for themselves, other athletes, staff, spectators or drivers.

The 45 km course has seven feeding stations, the 24 km course has four stations and the 10 km race has two. The stations will have water and sports drinks and most of them will have bananas and chocolate as well. The last station in all distances and the first two stations in the 45 km are drinks-only stations with self-service.

There will be plenty of drinks and snacks at the finish area in Sveinseyri. The price ceremony will be there immediately after the race. Your family can drive there and watch you finish, it is about 10 km outside Þingeyri.

Buses from the finish line back to Þingeyri are included in your registration fee.

It is extremely important that you remember to put on your timing chip. Remember: No chip=no time!