

# ICE-O – Information letter two June 29th 2011

Dear participant,

Now we are getting real close to the event. We are starting to feel the excitement building up and hope that you are too.

We have fixed the bus schedule and the bus is leaving earlier. If you plan to use the bus you have to let us know by filling out the form. [You can find the link below or you can click this sentence.](#)

We are finalizing some other things like the starting times. You can find them on our homepage under **ICE-O STARTING LIST** or you can [Click Here](#)

Here is some information on the terrain and how to get to the competition sites by car. You can get to all the sites by car and park close to the start.

**Friday:** first start at 18:00 from the Reykjavik city hall you'll find directions to the start. Registration will be open from 16:00 and you will get your start times for all the days in the week before the race. If there are any special needs for the race please let us know and we will try everything to help you.

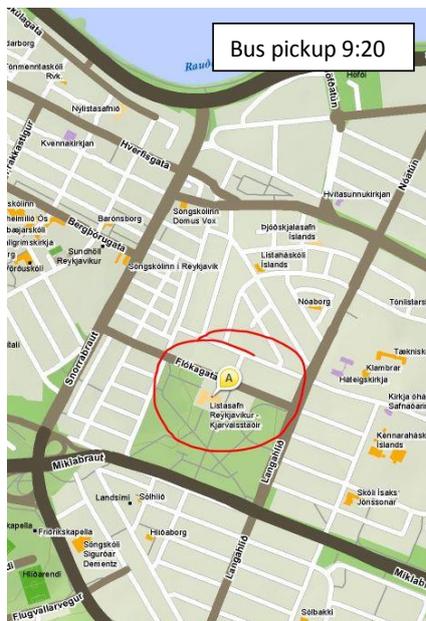
We will have our base in the City Hall. You should be able to find parking close by if you come by your own car.

You can click on this link to see this map:



<http://ja.is/kort/#q=r%C3%A1%C3%B0h%C3%BAs%20reykjav%C3%ADkur&x=356839&y=407971&z=9>

**Saturday:** Starting at 11:00 in Heidmörk. There will be a bus to take you to and from the starting point. **The bus will drive from Kjarvalsstaðir at 9:20 and from Laugardalur Swimming pool at 9:30 and take you back to that place after the race.**



**Sunday:** Starting at 11:00 in Vífilsstaðarhlíð. There will be a bus to take you to and from the starting point. **The bus will drive from Kjarvalsstaðir at 9:20 and from Laugardalur Swimming pool at 9:30 and take you back to that place after the race.**

**The price for the bus:**

One day: €12

Two days: €20

Children under the age of 15 ride for free.

If you need to take the bus you have to let us know by answering this form:

[https://spreadsheets.google.com/spreadsheet/viewform?hl=en\\_US&pli=1&formkey=dGtZMUxGWW93S0ZvajA0WjZqdXlCbUE6MQ#gid=0](https://spreadsheets.google.com/spreadsheet/viewform?hl=en_US&pli=1&formkey=dGtZMUxGWW93S0ZvajA0WjZqdXlCbUE6MQ#gid=0)

You can find the weather forecast here: [www.vedur.is](http://www.vedur.is) or [www.berlgingu.is](http://www.berlgingu.is) or [www.yr.no](http://www.yr.no) so far it is looking OK, we can expect some shower but we should get good running weather. Some information for you.

If you have any questions you can contact us by email at [rathlaup@rathlaup.is](mailto:rathlaup@rathlaup.is) or by phone to 8952409 (Gudmundur) 6926522 (Gisli) 6598452 (Christian taler dansk)

**If you plan to come by car you can follow these directions:**

For Friday:

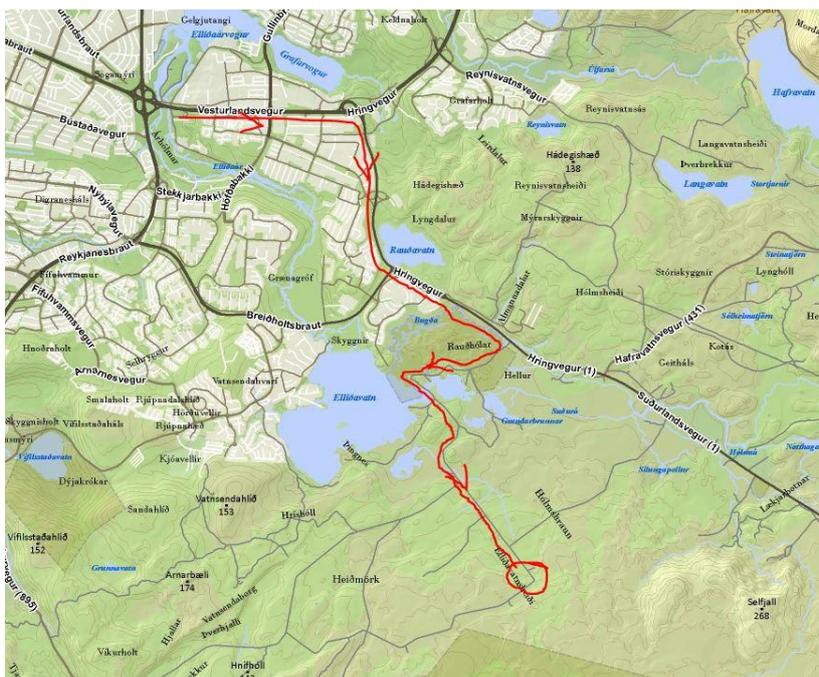
You can park close to the City hall on these parking places.



This parkin is big and located close by. To get to the City hall you only have a short walk of about 10 minutes. The City hall is marked with a yellow A. If you can find parking closer by your free to use that as long as it is public parking.

For Saturday:

You have to drive out of the city on rout 1 south. You will drive past a Gas station named OLIS on your way out. After the Gas station youll go throug a roundabout. You take the first right after the roundabout (there will be a flag here to guide you along) and follow that road untill you find the competition site.



For Sunday:

On Sunday we are competing in Garðabær. You drive the Reykjanesbraut South out of Reykjavik. When you get in to Garðabær you turn left to Vífilsstaðavatn this will take you past a big old hospital called Vífilsstaðir. It is a big white house.

Drive past that and turn right past Lake Vífilsstaðavatn (there will be a flag here to guide you along). This will take you on a winding road, take the first left at Mariuhellar. Follow the road until you find the competition center to your left.



## **Here is some terrain information:**

### **Vifilstadahlid terrain description**

The middle distance terrain at Vifilstadahlid varies very much in its nature from flat detailed lava-field to gently sloped hills on the southwest to the steep and partly forest-covered slope in the east.

Urridavatnhraun lava-field in the middle of the map was formed around 8000 years ago during the eruption of the nearby Burfell volcano that sent its lava flowing northwest in three different branches of which the Urridavatnhraun is the youngest and largest. About a half of the lava-field used for the competition is rather featureless with few details but the better half has innumerable strangely shaped rock features and depressions formed by the collapse of the cooling lava. Rocks with sharp edges and many cracks in the ground present danger in this area.

Hills in the southwest are open with thick birch bushes on the northern slopes. Many stones and rock faces of different size can be found as well as numerous erosion features which may strike the runner with illogical appearances.

Hills on top of the slope in the east sit at around 75m higher than the tricky lava-field in the middle of the map. Top of the slope is similar to the south-western hills with stony ground and some bare rock areas. Slope, in the other hand, has been partially, but unsystematically forested in the last 50 years, leaving behind thick spruce forest with many tracks and small clearings.

Many areas of the southwest and east are covered with the invasive alien species lupines that colours the slopes beautifully purple, but at the same time hinders the runability and hides some rocks underneath – be aware!

### **Midbaer (city center)**

Sprint terrain is situated in the middle of Reykjavik around the Pond and extending a couple of streets to the north into the centre. Southern end of the map is an open park with two ponds, numerous paths, flowerbeds and some higher vegetation. Central part is mostly taken up by the Pond, but has a couple of small parks and offers route choices between municipal buildings and streets in a residential area. Northern end is the true centre with many bustling streets with pedestrians and cafés.

NB! Frikirkjuvegur/Laekjargata which cuts the map into two can only be crossed in one place during the competition due to safety reasons! Traffic has not been stopped in any parts of the competition area – be aware of cars, motorcycles and pedestrians!

If you need a SportIdent Si-card you can rent that with us for €3 for the entire competition. Use the same form to tell us about this.

On Saturday and Sunday there will be a big tent that you can go in to and use, there will also be toilet facilities.

There will be first aid close to the finish on Saturday and Sunday.

We would like you to pay for your race, bus and rentals in Euros. This will make it easier for us to pay our mapmakers since there are currency restrictions in place in Iceland. These restrictions will not affect you in any way. We cannot accept credit cards or debit cards so please have the exact amount in € (Euros). If this is a problem contact us and we will find a way to solve that.

**The registration fees are:**

Adult: € 20

Child (under 17): € 12

+ € 1 per competition day for late payment/registration

There will be a small shop at the competition site (on Saturday and Sunday) where you can buy coffee, drinks, cakes, candies and hotdogs (the BBQ will be lit). The shop will take IKR and € but not cards.

The pricelist is simple:

Hotdog with everything: €4 (550 IKR)

Drink (soft, coffee, juice): €2 (300 IKR)

Cake or candybar: €2 (300 IKR)

We recommend a stop at the Swimming pool after the race. For information on the location and prices you can visit: <http://www.swimminginiceland.com>

There are plans for an extra run in Öskjuhlíð on Friday morning (time has not been decided). **We will put this information on the homepage as soon as we have it. This is a plan from WWOP and Hekla is not organizing this.**

An extra run on Monday in Galgahraun (estimated time is 8:30).

And an extra run in Borgarnes (about an hour's drive from Reykjavik) on Tuesday afternoon around 18:30. These races are arranged by Frodo Konst from WWOP. He has invited other runners to take part if they want. You can use the same form as for the bus to let us know if you or your group is interested. We cannot promise a bus ride to these locations. That will depend on how many would like to participate and if there is a bus there will be a fee for that service.

## **Hekla OC as been fortunate to get support from Icelandic companies.**



ICE-O is sponsored of Icelandic Mountain guides. They are a leading company in the travel industry and specialize in short and long trips in Icelandic nature. If you are planning some sightseeing or recreations for your trip in Iceland we would recommend that you direct your business to Icelandic Mountain guides. [You can find their homepage here.](#)

**With this letter you get a coupon from Icelandic Mountain guides.**

**Your business with them will help orienteering in Iceland.**

We are looking forward to your participation in ICE-O and we wish you a safe journey to Iceland.

Sincerely

**Hekla Orienteering Club**