



# ICE-O



**Organizer:**

Rathlaupsfélagið Hekla

**Program:**

Friday 4/6 – Laugardalur (sprint)

Saturday 5/6 – Heiðmörk (classic)

**Start list:**

Starting list will be available on the event day at event center.

**Maps:**

*Laugardalur* – 1:5.000 – 2009 (sprint norm)

*Heiðmörk* – 1:10.000 – 2010

**Terrains:**

**Laugardalur:** Nice little park area located around the main sport arenas.

**Heiðmörk:** Our newest area located by the foot of a big lavafield. Very detailed area with a lot of spread dens forest.

**Courses:**

**Friday 4/6 Sprint:**

Course name	Lenght	Difficulty
1	3600m	Black
2	3000m	Red
3	3000m	Blue
4	2500m	Green
5	2100m	Purple

**Saturday 5/6 Classic:**

Course name	Lenght	Difficulty
1	8520m	
2	5030m	
3	4100m	
4	3330m	
5	3020m	

**Difficulties:**      **Difficult long**  
**Difficult short**  
**Intermediate**  
**Easy**  
**Beginner**

**Open courses:**      It will be possible to register on the day at the event center.

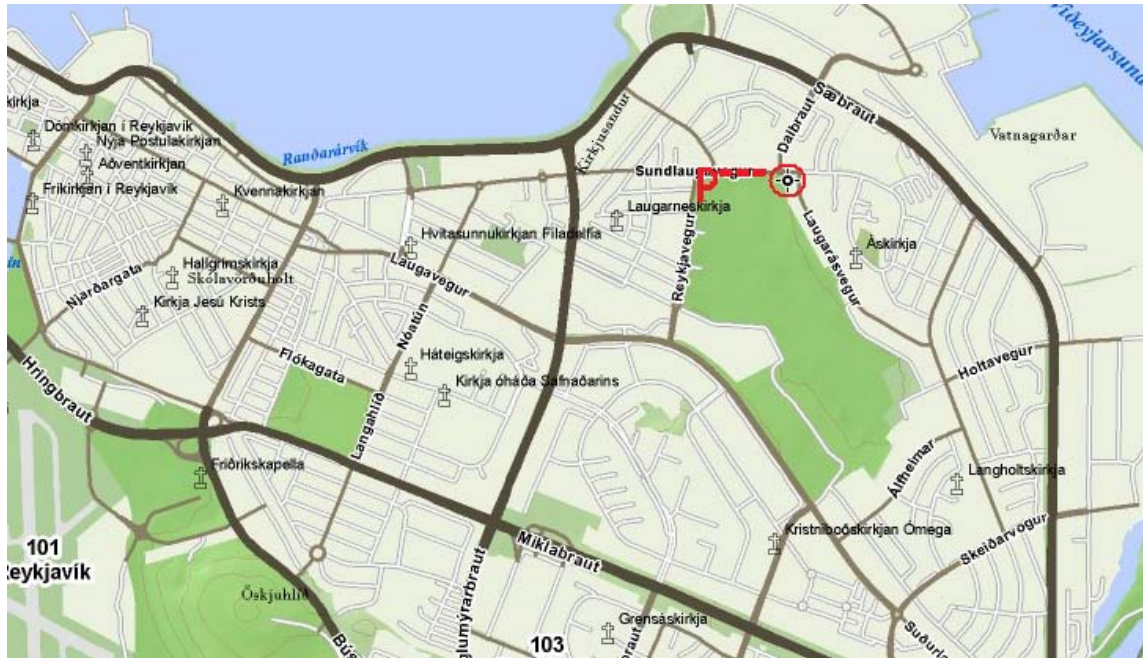
**Prizes:**              There will be prizes for the winner on each course despite of nationality.  
  
There will be Icelandic Championship medals for the 1<sup>st</sup> Icelander in the age groups as listed below:

**Time taking and controlling:**      Watch and old stamp cards.

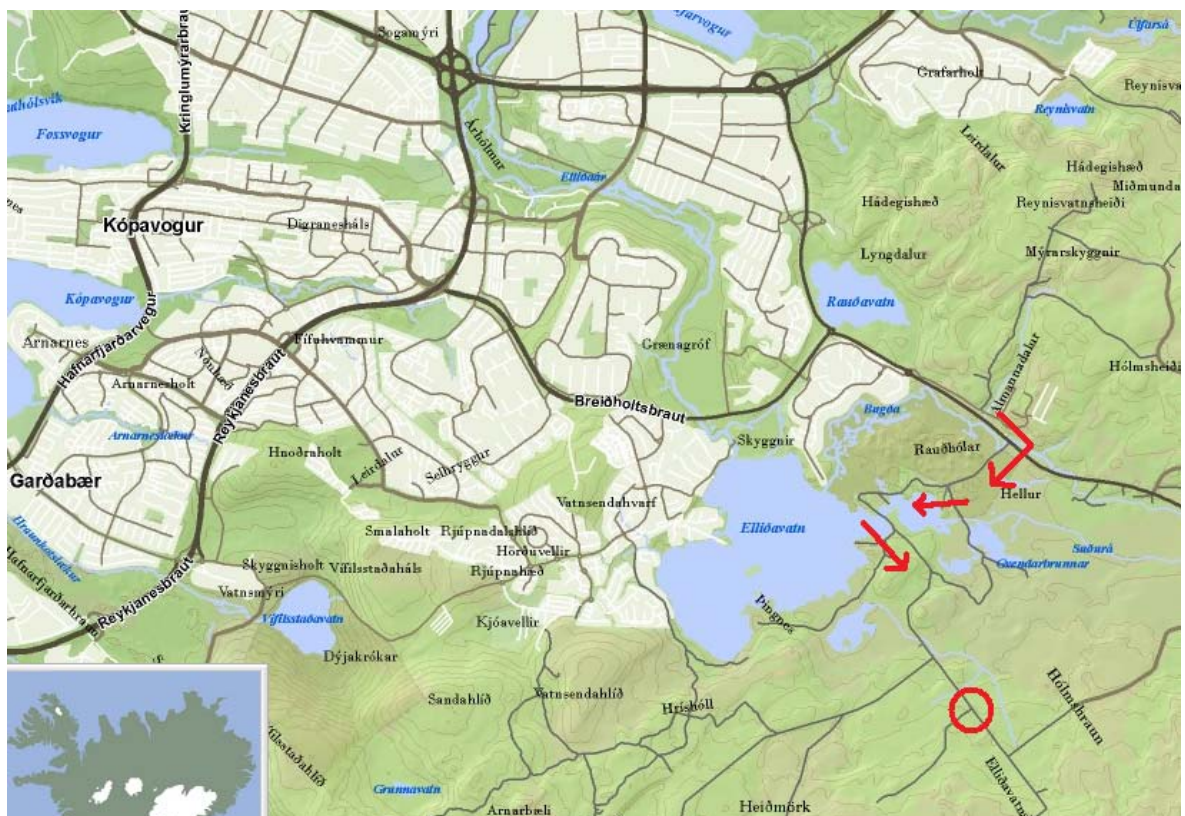
**Start:**                      **Friday 4/6 Sprint: 18:00**  
  
**Saturday 5/6 Classic: 11:00**

**Locations:**              **Find the events by using the directions as follows:**

Friday's event is held behind the Reykjavik Hostel. Parking by Laugardalslaug.



Saturday's event is found by driving on highway 1 going south (towards Selfoss) and turn to the right by the sign saying Heiðmörk.



**Distances:**                   **Friday**  
From parking to event center: 500m  
From event center to start: 900m  
**Saturday**  
Everything on the same location.

**Children:**                   No caretaking of children

**Fees:**                       **June 4th — Sprint:**  
Adult 17 and older: 2.000 ISK  
Children up to 16: 1.000 ISK  
**June 5th — Classic:**  
Adult: 3.000 ISK  
Children: 1.500 ISK

**Price for both days:**  
Adult: 4.200 ISK  
Child: 2.000 ISK

**Too late entry:**  
Normal fee + 250 ISK

**Payment:**                   Payment can be done through the [bank info](#) or  
paying on the day.

**Event managers:** Christian Peter MacLassen  
Guðmundur Finnbogason  
Mihkel Jaerveoja  
Annelise MacLassen  
Johan MacLassen

**Contacts:**                   Christian Peter MacLassen

[macc85@hotmail.com](mailto:macc85@hotmail.com)

Phone +354 615 2706