



ICE-O 2013

June 28-30 Reykjavík area

Information letter 2

ORGANIZERS

Club:

- Rathlaupafélagið Hekla

Event management:

- Event director: Baldur Eiríksson | +354 6901311, e-mail: rudlab@gmail.com
- Treasurer: Gísli Jónsson | +354 6941874
- Courses and event secretary: Gísli Örn Bragason | +354 6926522
- Maps: Markus Puusepp

EVENT

ICE-O is a three day event at three different venues in and around Reykjavík. See event venue map. A competition centre is located at each venue.

EVENT VENUE MAPS



28/6 Sprint
64° 8,262'N, 21° 56,785'W



29/6 Long
64° 4,112'N, 21° 44,070'W

30/6 Middle
64° 7,305'N, 21° 55,624'W



(Download as a [PDF](#))

TRANSPORTATION

Transport to events for both days is € 15 and latest to register is Friday sprint competition.

On Saturday the ICE-O bus will take the following route:

08:45 [BSÍ bus terminal](#)

08:50 [Hlemmur](#)

09:00 [Laugardalur campsite](#)

09:15 [Jötunheimar scout house](#)

10:00 [Competition centre](#)

The bus will take the opposite route back starting 15:00 making the same stops.

On Sunday the ICE-O bus will take the following route:

08:30 [Jötunheimar scout house](#)

08:45 [Laugardalur campsite](#)

08:50 [Hlemmur](#)

09:00 [BSÍ bus terminal](#)

09:05 [Competition centre](#)

The bus will take the opposite route back starting 14:30 making the same stops.

Each competition centre can be reached by one's own/rental car. There is free parking close to the competition centre.

PROGRAMME

Friday June 28. - Sprint @ Reykjavík centrum.

Competition centre at Askja (House of natural sciences, University of Iceland), Sturlugata 7, 107 Reykjavík. (GPS: 64° 8,262'N, 21° 56,785'W)

15:00 Competition center opens

18:00 - 19:00 Runners start

Saturday June 29. - Long distance @ Heiðmörk NE of Reykjavík.

Competition centre at Furulundur (GPS: 64° 4,112'N, 21° 44,070'W)

08:30 - 09:30 ICE-O bus to venue

09:00 Competition centre opens

11:00 - 13:00 Runners start

15:00 ICE-O bus leaves from venue

19:00 - 22:00 Dinner

Sunday June 30. - Middle distance @ Öskjuhlíð, Reykjavík.

Competition centre at Nauthólsvík. (GPS: 64° 7,305'N, 21° 55,624'W)

08:30 - 09:30 ICE-O bus to venue

09:00 Competition centre opens

10:00 - 12:00 Runners start

14:00 - 14:30 Awards ceremony

14:30 ICE-O bus leaves from venue

PARTICIPANTS AND COMPETITION CLASSES

M50, W50, M21, W21, M17, W17, M14, W14, M12, W12, M10, W10

There is an open course on each day with registration in the information table. Cost 20 EUR day

COURSES

Sprint. Maximum running time 60 minutes

Distance from the competition centre to start: 1,0 km

M10, W10, Open Easy	- 1,7 km, 11 CP
M12, W12, M14, W14, Open Intermediate	- 2,2 km, 16 CP
W17, W50, W21S, M50	- 2,9 km, 18 CP
W21, M17, M21S	- 3,0 km, 19 CP
M21	- 3,2 km, 21 CP

Long. Maximum running time 180 minutes

Distance from the competition centre to start: 0,4 km

M10, W10	- 1,7 km, 8 CP
W12, M12, Open Easy	- 3,0 km, 9 CP
W14, M14, Open Intermediate	- 3,5 km, 9 CP
W17, W50, W21S, M50	- 4,7 km, 14 CP
W21, M17, M21S	- 5,3 km, 15 CP
M21	- 7,8 km, 20 CP

Middle. Maximum running time 120 minutes

Distance to the start is 0,3 km.

M10, W10	- 1,6 km, 8 CP
W12, M12, Open Easy	- 2,1 km, 10 CP
W14, M14, Open Intermediate	- 2,5 km, 14 CP
W17, W50, W21S, M50	- 3,4 km, 25 CP
W21, M17, M21S	- 3,6 km, 22 CP
M21	- 4,5 km, 24 CP

MAP SCALES AND CONTOUR INTERVALS

Sprint map Miðbær-Háskóli is scale 1:5000 with 2 m contours, on A4 page. ISSOM 2007.

Long distance map Heiðmörk is scale 1:10.000 with 2,5 m contours, on A4 page. ISOM 2000

Middle distance map Öskjuhlíð is scale 1:5000 with 2 m contours, on A4 page. ISSOM 2007

Terrain and map information

Sprint. Miðbær-Háskóla map.

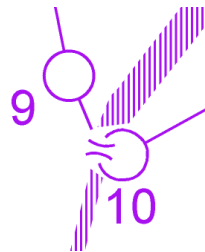
Map has been drawn 2009-2012. New part added 2013.

Sprint is run in the middle of Reykjavik and offers two different types of terrain: Reykjavik city centre in the northern part with irregular street network and many details, and a well runnable open park and University of Iceland campus in the southern part.

Be aware that the traffic is open during the competition day! It is up to the competitor to look after his or her safety when crossing streets and road. There are mandatory crossing points on the course that are marked both on the map and in the control description (see samples below). Traffic is watched by the organizers but one must take care that the cars have stop/will stop before crossing the street.

NB! MW10, MW12 and MW14 will not have to cross big streets open to the traffic.

There are many areas which are forbidden for the runners - most of the higher vegetation, flowerbeds, as well as gardens and yards and big streets open for traffic. See the forbidden symbols below.



9	64						
⊗							⊗
10	60						

DO NOT CROSS
OR ENTER THESE!

-  Impassable waterbody
-  Impassable marsh
-  Impassable vegetation
-  Impassable wall
-  Impassable fence
-  Building
-  Area with forbidden access
-  Out-of-bounds area
-  Temp. construction or summer cafe

Long distance. Heiðmörk map

The map has been drawn in 2010 and revised in June 2012 and in some parts again in June 2013.

It is mainly lava-terrain which in some parts offers good runnability and visibility – but in other parts the lava is very uneven and with sharp edges and since much of it is moss-covered, it can be treacherous! So take care! Most of the courses go through the best and most pleasant parts, but particularly to the far west and far east of the map, there are open lava sections with many details and rough parts.

The forest parts vary quite a lot and in some/most parts they are very dense. Passable passages have been indicated wherever they have been found, but since there is a lot of undergrowth which grows rapidly, the passages may be visible but not necessarily easy to follow.

There are 2 signatures which we would like to mention in particular. “Bare rock” has been used in some places in the southern part of the map, where it is rather bare parts with big and even boulders (not really lava-like!) without moss. “Seasonal marsh” has been used in most places where there are “mud-like” sections – but when these sections are dominated by stones, the symbol “sandy ground” has been used.

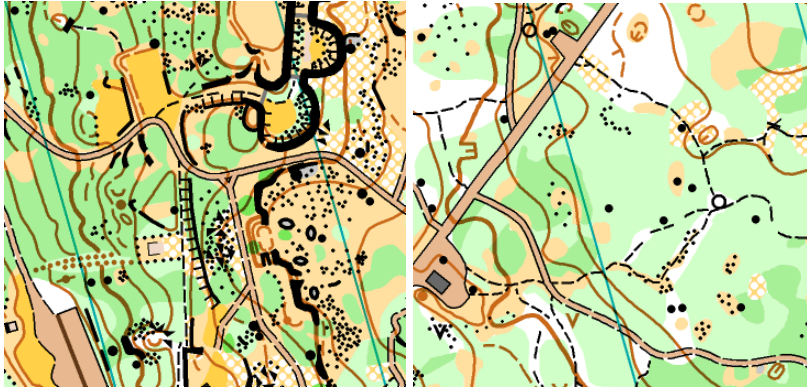


Middle distance. Öskjuhlíð map

Map drawn 2008-2011. Updated 2013.

Located around a hill mostly covered by forest. Part of the area is with very dense forest while other parts have more runnable forest. Open areas, both small and large occur. Small cliffs, boulders and stony ground are common features. There are many maintained footpaths and tracks in the area as well as many downhill biking tracks. Bikers might be riding there during the competition time - take care!

There are a number of dangerous cliffs in the area - do not attempt to climb any of the huge cliffs!



TRAINING POSSIBILITIES

Maps of different areas can be downloaded at Hekla's [website](#) in jpg format. Printed maps can be obtained at the competition centre for the price 7 EUR for 5 map package. Open areas in Iceland do generally not have access restrictions.

START AND STARTING PROCEDURE

Start list will be announced on Hekla's website [startlist](#) and at the Competition centre.

Start interval:

- 1 min in sprint
- 2 min in long and middle, except for M50 and W50 that have 3 min.

SI-card must be cleared and checked before entering the start.

2 min before the start competitor is called by the name and his/her SI-card number checked. Separate control descriptions are available after this point.

1 min before the start each competitor must stand in the start box and on the start signal can take the map from the map box of his/hers class. Each competitor is self-responsible to take the right map from the right map box.

NB! Runners must punch START after the last beep.

ELECTRONIC PUNCHING SYSTEM

SportIdent punching system will be used. Runners must wait for a sound (beep) or the blinking light. In case SportIdent does not work (no sound and no beep), runners must punch with the manual punch hanging from the control flag.

Shower

Will only be available on Sunday and participants will also have access to sauna and hot water bath for free.

PRIZES

Prizes are given for classes W10, M10, W12, M12, W14, M14, W17, M17, W21, M21, W50, M50 for best total time over the three competition days.

SOCIAL DINNER

The dinner will be at the scout club (same location as the accommodation, Bæjarbraut 7, Garðabær.) at 19.00 Saturday evening.

Price is 20€ for adults and 12€ for children. You can register at latest on Friday's sprint at the information table.

ADDITIONAL SERVICES AT COMPETITION CENTRE

A small shop will be at each venue, selling light refreshments and souvenirs. Only cash accepted. Each venue has a basic toilet.

SPONSORS

- Íslenski fjallaleiðsögumenn: <http://www.fjallaleidsogumenn.is>
- Ölgerðin: <http://www.olgerdin.is/>
- Olis: <http://www.olis.is/>
- 66°N: <http://www.66north.com/>

CONTACT INFORMATION

Organizing club:

- Rathlaupafélagið Hekla | rathlaup.is | rathlaup@rathlaup.is