



## **Athlete Race Manual 2017**

## 1. SCHEDULE

Below follows the detailed athlete schedule:

### Thursday 13th July

17:30-19:00 Early participant registration at Victoria Hotel (voluntary)

### Friday 14th July

15:00-17:00 Participant registration at Victoria Hotel (compulsory, if you didn't register on Thursday)

17:30 Dinner at Victoria Hotel for all participants

18:45 Pre-race brief at Victoria Hotel (compulsory)

### Saturday 15th July

04:30 Breakfast opens for those staying at Victoria Hotel

06:00 Boarding ferry outside Victoria Hotel

06:15 Athlete ferry departure

07:15 Ferry arrival start area

07:30 Start from ferry (athletes jump into the water)

14:30 Expected first team to finish in Flørli (Dinner and shower as Rockmen finishes)

19:50 Expected last team to finish in Flørli

19:00 Prize Ceremony

20:30 Ferry departure from Flørli

22:00 Arrival Stavanger



*Rødne Fjord Cruises are providing the high-speed ferry service*

## **2. TRAVEL TO STAVANGER BY AIR**

Stavanger airport is called Sola and is located 14 km away from Victoria Hotel and Stavanger city center. We recommend packing your most critical race gear in your hand luggage in case the check-in luggage is lost for any reason.

## **3. REGISTRATION AND RACE BRIEF AT VICTORIA HOTEL (RACE HOTEL)**

Victoria Hotel is located in the city center.

At registration you will have to go through following steps:

1. Start number pick-up including map and swim cap
2. Provide required information and sign-off of disclaimer agreeing on that you and your team mate are participating at your own risk
3. Compulsory race equipment check ([see rules on the website](#))
4. Attend race brief

## **4. RACE DAY TRANSPORT AND PACKING**

All athletes will be taken to the start line with fast ferries from Stavanger. There will be two ferries. It does not matter which one you choose. The trip takes just over an hour. Below are some guidelines to take note of:

- Pack a bag with the belongings that would like to have after the race in the finishing area. This should as a minimum contain:
  - Warm clothes
  - Comfortable shoes
  - Towel and soap
  - Bathing suite (for use in the wooden tub)

Use only one bag per team if possible and pack lightly, please. Bring this bag onto the ferry and you will have it back in Flørli.

- We recommend you wearing your wetsuit prior to boarding the ferry.
- We recommend you to do what you need to do (i.e. visit the toilet) in Stavanger prior to boarding the ferry. There is only one toilet onboard per boat.
- When the ferry arrives to Fantahåla; organize yourself - faster teams forward, slower teams further aft.
- When the start signal goes off at 07:30, please carefully exit the front of the ferry and enter the water by jumping together with your partner in an organized manner. Please do not enter race mode until you are in the water. There is no rush. You have all day to complete the adventure.

## **5. WEATHER AND CHOICE OF EQUIPMENT**

The weather in the Lysefjorden area depends much on the altitude and can change rapidly. Be prepared for close to 5 deg air temperatures, wind and rain, on the 1000m high mountain plateau of the south side. At sea level temperate could be up to 25 degrees. Expect water temperatures from 10 to 18 degrees Celsius in the various lake and fjord swims.

Tip: Many swimrun teams use an elastic cords between each other's waists in order to equalize energy during swims and runs.

## **6. RULES**

The race rules are found on the website. ([see rules on the website](#)).

## **7. COURSE**

Rockman Swimrun is not like any other swimrun. The terrain is extremely complex and the vertical meters shall not be underestimated. Come prepared for a full day of racing and you will love it! Have a look at the Distance & Duration table; it gives you an idea of the durations we expect for the faster and slower teams. Course Map and the Distance & Duration table is found [here](#).

### **7.2. PRIVATE LAND AND GATES**

The majority of the course runs on public paths maintained by the Norwegian Trekking Association "DNT". However, small parts of the course run on private land. It is very important that any gates found closed, are closed after passing. Sheep and cattle may otherwise escape.

### **7.3. DROP-OFF / PICK-UP OF EQUIPMENT**

Teams will **not** be allowed to drop-off or pick-up any equipment along the course. All equipment will need to be brought from start to finish.

### **7.4. CUT-OFF TIME**

There will be a two-part cut-off. The following timings apply:

- 13:00 Cut-off at Brattli. All teams reaching Brattli after this time will be taken out of the race.
- 16:30 Cut-off at Flørli. All teams reaching Flørli after this time will be taken out of the race. If you find yourself somewhere along the course prior Flørli at this time you should continue your way to the next checkpoint. You will then be transported to Flørli.

- 17:15: Cut-off at Klubbatjørna. All teams reaching the checkpoint after this time will not be able to complete the Dragon's Neck. These teams will take a shortcut and follow the trail down to the finish. This cut-off will be tough for many teams, however, the teams that don't make it will still be able to finish the race and claim ÖTILLÖ merit points. You will get a time penalty equivalent to the Dragons Neck slowest team split time. Course Map and the Distance & Duration table is found [here](#).

## 6. ENERGY PLAN

At the checkpoints you will receive a variation of nutrition. Rockman is not your everyday race, so the nutrition might not be what you are used to from other events. If you have strong preferences we recommend you carry your own energy. Below is a summary of what you can expect to come across:

- Gels, bars and sports drinks
- Fruit, mainly bananas
- Soup (after the long fjord swims)
- Cinnamon buns
- Candy/chocolate
- Red Bull
- Water

In addition to the official checkpoints we highly recommend making use of the natural springs along the course. Bringing a small flexible bottle can be a good idea. Approximate positions of these natural springs is marked on the race map and are considered safe to drink from.



## **7. HEALTH, SAFETY & ENVIRONMENT**

### **7.1. MEDICAL ASSISTANCE**

There will be medical personnel from Norsk Folkehjelp placed out along the course. They are there for your safety and wellbeing.

### **7.2. IN CASE OF EMERGENCY**

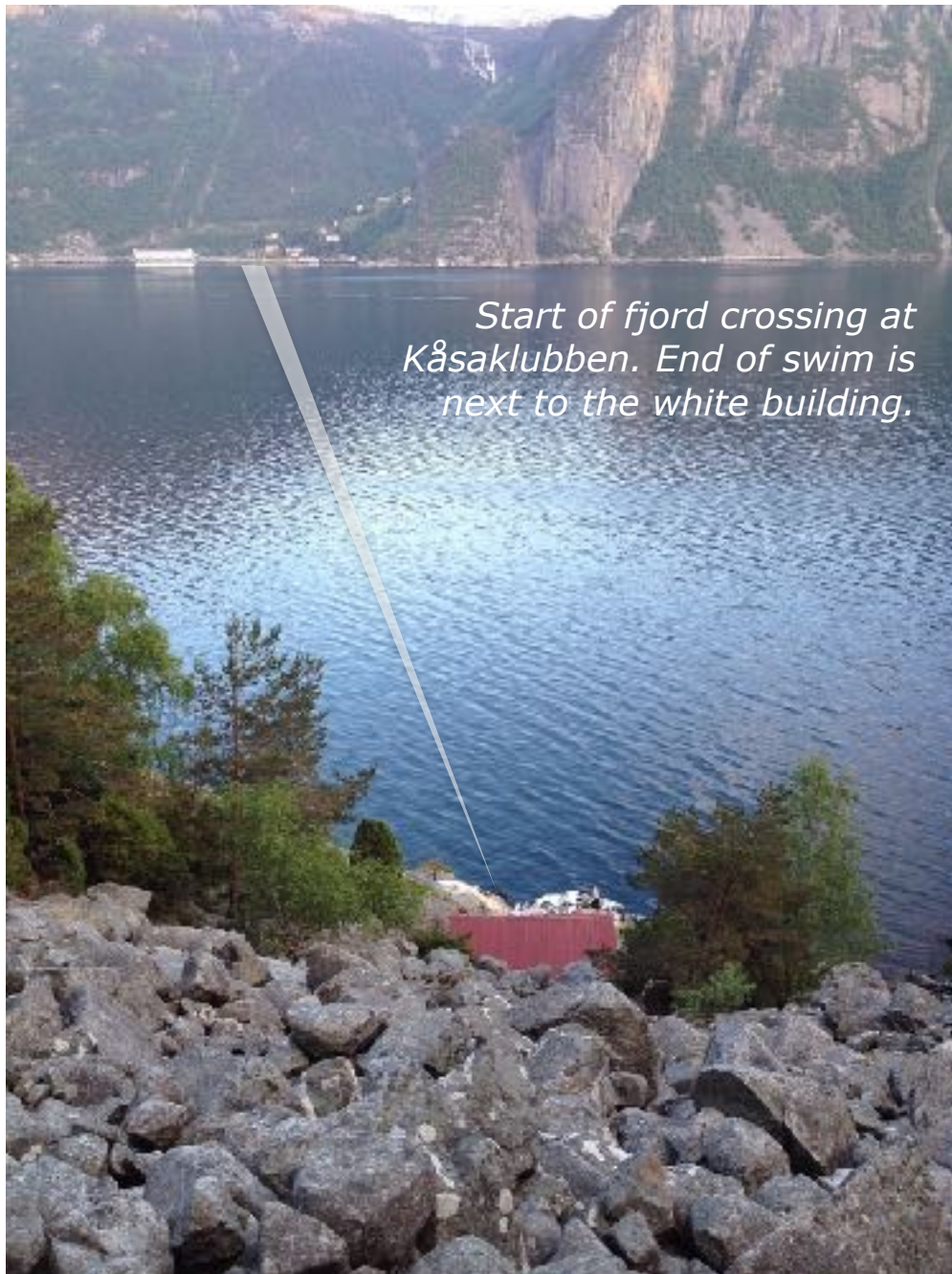
All checkpoints are equipped with either a phone or radio. In case of an emergency, notify the race crew and they will take appropriate action based on the race crises management plan.

### **7.3. SWIMS**

There will be safety boats and kayaks along all of the longer swims. In addition, for improved visibility, all teams will be provided with a HEAD safety buoy at the start of the fjord crossing swim.



**Remember:** Diving head first is strictly prohibited. Race organisation will disqualify teams not complying with this rule. Some swim starts are not deep!



#### **7.4. STEEP RUNS**

There are a number of very steep areas. Show respect and be careful. The cliff edge leading towards Preikestolen is what we call a "danger zone" where the following rules apply: Athlete shall not overtake other teams and shall walk past tourists.

#### **7.5. LITTERING**

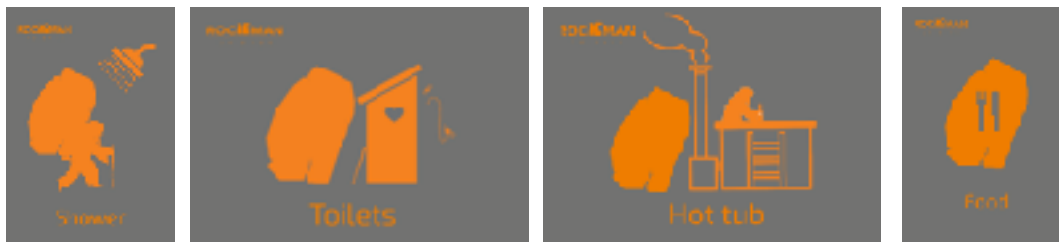
Littering is strictly forbidden. All garbage must be brought with you and left at checkpoints.



## 8. FLØRLI RACE BASE

After finishing you can recover in the race base set up in Flørli. There will be showers to freshen up and you can have a soothing bath in the wooden tub. The "Skolepub" (bar) will be open for everyone to enjoy a post-race beer. Dinner will be available for you as soon as you cross the finish line. We recycle all our waste. Please throw your garbage in the correct bin.

In general the atmosphere in Flørli will be laid back, with good music and a lot of nice people. As evening falls, the fast ferry will bring you back to Stavanger.



## 9. LIVE TEAM TRACKING

Family and friends can follow your progress along the course with our live tracking system which is found on our website [www.rockmanswimrun.com](http://www.rockmanswimrun.com).

## 10. IMPORTANT CONTACTS NUMBERS

**Norwegian Emergency number (air ambulance): 113**

### **Primary point of contact during race**

Simon Börjeson: +46 73 725 29 39

### **Remaining Race Organization (contingency point of contacts)**

Kristian Hoff – PR and Volunteers: +47 482 76 559

Anders Rimehaug – Pre-race and Transport: +47 928 27 062

Oskar Landén – Marketing: +46 73 241 10 45

## 11. #ROCKMANSWIMRUN

Use our hashtag on Instagram before, during and after (basically always 😊) the event and follow @rockmanswimrun. Also, make sure to follow us on Facebook where we share useful information and advice.