

4TH OF MAY 2013



Fossavatn Ski Marathon

65th Fossavatn Ski Marathon

Welcome to the Fossavatn Ski Marathon

It looks like 2013 will be yet another record breaking year for the Fossavatn Ski Marathon. Pre-registration has gone better than ever before and we have never had the pleasure of welcoming as many nationalities as this year, when we will have representatives from 15 different countries.

Program:

Thursday, May 2

17:00 Masterclass. Free skiing instructions at Seljalandsdalur (the finish area). Instructors: Seraina Boner, Toni Livers, Peeter Kümmel, Marcus Jönsson.

Friday, May 3

14-18 Race number pick-up and late registration at Hótel Ísafjörður.

14:00 Track inspection on skis with a guide. Free admission. Bus leaves from Pollgata bus stop, behind Hótel Ísafjörður.

19-21 Pasta party at Torfnæs Sports Hall. Admission included in registration fee.

Saturday, May 4

10:00 Start 50 km.

11:00 Start 20 km

11:10 Start 7 km and 10 km

15:30 Cake buffet and prize ceremony at Torfnæs Sports Hall. Admission included in registration fee.

19:00 Afterparty at Edinborg culture house. Admission ISK 2500.

Many world-class skiers have announced their participation in the Fossavatn this year. Amongst them is Seraina Boner from Switzerland, arguably the best female long distance skier in the world. Her victories this winter include the Birkebeiner race in Norway, Marcialonga in Italy and a total win in the Ski Classics cup competition. Her partner, Toni Livers who is also here, is an elite skier who has represented Switzerland in the World Cup, World Championships and at the Olympic games. He can expect some tough competition from another world class skier, Peeter Kümmel of Estonia, as well as from Sweden's Marcus Jönsson who is aiming for his third Fossavatn victory, following his success in 2010 and 2012.

Teemu Virtanen from Finland should not be underestimated, either. According to the Guinness Book of Records, Virtanen holds the world record for distance skied in 24 hours - an unbelievable total of 433 km!

But although we feel privileged to receive stars of such quality, let's not forget that the Fossavatn Ski Marathon is a festival for skiers of all levels. Whether you are a professional or a beginner, young or old, you participate on your own terms. And if you fail to reach your goals in the race, you can always make up for it at the cake buffet or on the dance floor at the after party!

The race

The Fossavatn Ski Marathon has four distances: 50 km, 20 km, 10 km and 7 km. All distances start at Botnsheiði, the old mountain road which connected Ísafjörður and the neighboring village Suðureyri before a road tunnel was opened in 1996.

Fossavatn is Iceland's oldest ski competition, established in 1935. For the first half century it was a small event exclusively for skiers from Ísafjörður, and the only distance offered was 20 km. Just getting to the start was strenuous enough as it was way up in the mountains, far from any roads, almost exactly where the current 50 km track has its half way mark.

In 1987 the Fossavatn became a part of a national cup competition and thus was opened up for all skiers. The 10 km distance was added, and two years later an easy 7 km track for children and beginners. The 50 km distance was added in 2004.

After several cancellations in the forties and early fifties, the Fossavatn Ski Marathon has been held every year since 1955. The most successful Fossavatn skier is a local, Kristján Rafn Guðmundsson, who won 12 times in the sixties and seventies, and is still a very active racer. Another local, Sigurður Jónsson, holds the record for most Fossavatn races skied. He participated in the fourth race in 1938, and then almost every year until 2007!

Bus service

Bus to the start area will leave approximately every 30 minutes from 07:30 to 10:00 on racing day. Departure from the bus stop at Pollgata, behind Hótel Ísafjörður. The price for adults is ISK 500 one way. Free for children 12 and younger. Tickets can be purchased during race number pick-up, or pay directly to the driver (cash only).

Cut-off time for 50 km

Please note that the 50 km track will be closed by the drinking station close to the 34 km mark, five hours after start. Those who fail to cross this point in time will have to abandon the race. Cars will take the unlucky skiers to the finish area or to Ísafjörður.

Yoga class

On Friday, May 3, Olympic marathon runner Martha Ernsts dóttir will host two yoga classes for Fossavatn skiers. The classes are held at Hlíf II, senior citizens' building at 12:00-13:00 and 16:30-18:00, Admission is ISK 500.

Important information

- It is very important that you fasten your race bib on the front of your racing suit.
- Please note that the 50 km track will be closed by the drinking station close to the 34 km mark, **five hours after start**. Anyone who does not reach this point in time has to abandon the race. A car will take the racers back to the finish area or to Ísafjörður. **This applies only to the 50 km race.**
- We are using ChampionChips timing system. In your envelope you will find a chip and a strap. It is vital that you fasten your chip on your **right** ankle with the strap. A staff member will collect the chips at the finish. **Fine for losing a chip is ISK 3.000.**
- Please remember that you are responsible for bringing your chip to the race. **No chip = no recorded time!**
- Tickets for the pasta party, swimming hall and the cake buffet are in your envelope.
- Stickers for ski marking in your envelope. Please attach them to your skis before the race.
- Please use the plastic bags for your clothes and rucksacks. Everything will be transported to the finish line. The bags and stickers for marking them are in your envelope.
- Children born 2001 and later must be accompanied by an adult. Each adult can be responsible for more than one child.

Bus to start and back from finish

- Bus rides to the start will leave from the bus stop in Pollgata, behind Hótel Ísafjörður. A stop will also be made at the Bónus supermarket. Departure times: 07:30, 08:00, 08:30, 09:00, 09:30, 10:00. **Price for the bus is ISK 500, free for children 12 years and younger. Please use bus tickets (sold at the race centre in Hótel Ísafjörður during race number pick-up) or pay in cash to the driver.**
- Bus rides from the finish back to Ísafjörður will be approximately every 45 minutes from 12:00, according to demand. **Price for the bus is ISK 500, free for children 12 years and younger. Please use bus tickets (sold at the race centre in Hótel Ísafjörður during race number pick-up) or pay in cash to the driver.**

The parties

You might be an ambitious skier, but please remember that the parties are almost as important as the race itself!

On Friday night you are invited to our pasta party at Torfnes Sports Hall. Fill your tank with carbs - you are going to need them on Saturday!

Following the race on Saturday you are invited to our famous cake buffet and prize ceremony at Torfnes Sports Hall. Homemade, Icelandic delicacies. All you can eat – and a little bit more.

On Saturday night it is time for the afterparty at the Edinborg culture house. Delicious soup and a lot of singing and dancing. This is your chance to be a cultural ambassador for your country, as each nationality is expected to use the "open mic" to display some fine examples of their singing, dancing, acting or whichever skills they want to show. Admission is ISK 2500.

Race number pick-up

Race numbers can be picked up at Hótel Ísafjörður, in the centre of town, on Friday at 14:00-18:00. This is also the venue for late registrations.

Bus tickets and tickets to the afterparty will also be sold at Hótel Ísafjörður.

CraftSport waxing service

CraftSport in Ísafjörður offers waxing service to participants in the Fossavatn Ski Marathon. You can choose between three different packages:

Glide and kick wax	ISK 7000,-
Fluoro glide and kick wax	ISK 9000,-
Cera glide and kick wax	ISK 12000

Please make sure your skis are clean when you bring them to CraftSport, or use their ski cleaning service for ISK 5000.

Please bring your skis before noon on May 3.

Parties:

Friday, May 3

19-21 Pastaparty at Torfnes Sports Hall. Admission included in registration fee.

Saturday, May 4

15:30 Cake buffet and prize ceremony at Torfnes Sports Hall. Admission included in registration fee.

19:00 Fossavatn afterparty at Edinborg culture house. Admission ISK 2500.

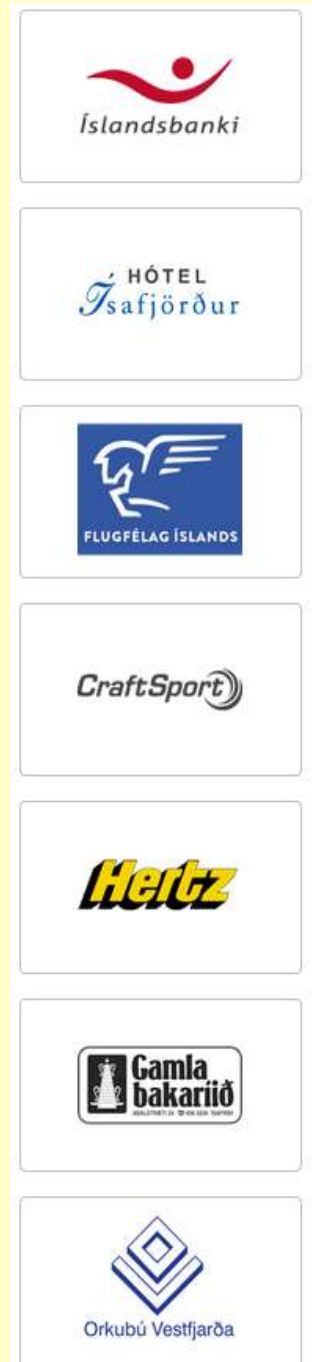
Waxing facilities

Please note that you are welcome to use the waxing facilities at Sindragata 12, just some five minutes' walk from the town centre. It will be open from noon on Thursday until the race. You can also clean your skis and put on the travel-wax there on Sunday.

Using this facility is free of charge.

Map of Ísafjörður

Proud partners of
Fossavatn Ski Marathon



The Fossavatn info line is (+354) 878-1011. All necessary information, including possible changes, can be heard there.