

ICE-O 2015

June 26-28 Reykjavík area

Information letter 2, June 16

ORGANIZERS

Club:

- Rathlaupafélagið Hekla

Event management:

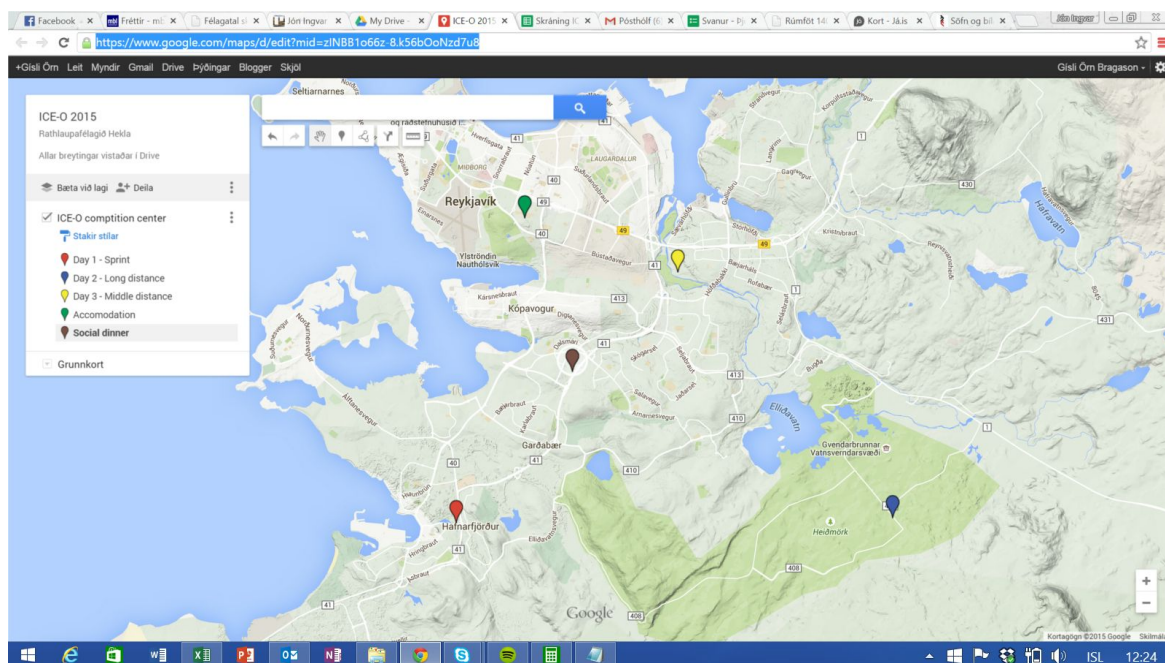
- Event director: Gísli Örn Bragason | +354 692 6522, e-mail: gbragason@gmail.com
- Treasurer: Gísli Jónsson | +354 6941874
- Courses and event secretary: Gísli Örn Bragason | +354 6926522

EVENT

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

EVENT VENUE MAPS

[Link to online map with competition information](https://www.google.com/maps/d/edit?mid=z1N881o66z-8k56bOeNzd7u8)



TRANSPORTATION

Transport to competition is available for both weekend days, the fee is € 20 for both days and latest registration before Friday sprint competition.

The Friday event centre in Hafnarfjörður is easily accessible from downtown Reykjavík by public transportation, strætó. Take route Nr. 1 to Lækjargata stop (ca 300 m walk), or any other route to Fjörður (about 1 km walking distance). Find more information and timetables at straeto.is.

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

09:00 Pick up in Reykjavík, [Bus Terminal](#)

09:10 The scout house accommodation (Háuhlíð 9)

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 Pick up in Reykjavík, [Bus Terminal](#)

08:40 The scout house accommodation (Háuhlíð 9)

09:05 [Competition centre](#)

The bus will take the opposite route back starting 13:30 making the same stops.

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

PROGRAMME

Friday June 26. - Sprint @ Hafnarfjörður centrum.

Competition centre at Lækjarskóli (Public school building), Sólvangi 4, 220 Hafnarfjörður.

(GPS: 64° 4.033' N, 21° 56.357' W)

16:30 Competition center opens

17:20 Introduction and a short welcome speech.

18:00 - 19:00 Runners start

Saturday June 27. - Long distance @ Heiðmörk E of Reykjavík.

Competition centre at Furulundur (GPS: 64° 4.107'N, 21° 44.145'W)

09:00 - 10:00 ICE-O bus to venue

10:00 Competition centre opens

11:00 - 12:30 Runners start

14:00 ICE-O bus leaves from venue

19:00 - 22:00 Dinner

Sunday June 28. - Middle distance @ Elliðaárdalur, Reykjavík.

Competition centre at Rafstöðvavegur 14. (GPS 64° 7'7.11"N, 21°50'7.67"W)

08:30 - 09:05 ICE-O bus to venue

09:00 Competition centre opens

10:00 - 11:30 Runners start

13:00 - 13:30 Awards ceremony

13:30 ICE-O bus leaves from venue

PARTICIPANTS AND COMPETITION CLASSES

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

There are open courses of various length and difficulties on each day with registration in the information table.

MAP SCALES AND CONTOUR INTERVALS

Sprint map Hafnafjörður is scale 1:4000 with 2 m contours, on A4 sheet. ISSOM 2007.

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

Middle distance map Elliðaárdalur is scale 1:7500 with 2 m contours, on A4 sheet. ISSOM 2007

Terrain and map information

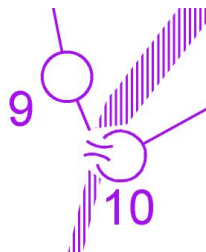
Sprint. Hafnafjörður map.

Map has been drawn 2012-2013.

Sprint is run in the middle of Hafnafjörður and offers two different types of terrain: Hafnafjörður centre is with irregular street network and many details, and a well rough open park and open area of lava field. These open lava fields area are drawn in a generalized manner.

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.

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.

There are no forbidden areas, however pay extra attention while crossing or running on roads.



Middle distance. Elliðaárdalur map

Map drawn in 2011.

As well as most of our map areas, this one is based in a lava field, 4,500 years old. Even though unlike in the previous two days, you shouldn't be afraid of sharp and bizarre lava formation. The lava there are mainly bare flat rocks.

The main, central part is bordered by two river branches. Due to main fishing season during ICE-O event, The bigger, eastern one of them is closed for runners and crossing it is strictly forbidden.

This central island is mostly forested with a dense network of paths and hidden picnic sites. Terrain details and marshes are many in this part, too.

The surrounding slopes in north and south part of the map are mainly semi-open land overgrown by lupinas and minor woods and grass open land. The western edge, as well as a few other smaller areas include detached houses and private yards.

As this is a very popular outdoor area, one should be attentive to other visitors and pay special caution whenever crossing a river and to bikers, especially on the paved trails.

DO NOT ENTER OR CROSS the eastern river and highways (marked as forbidden in the map). There will be compulsory crossing for some of the longer courses.



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 3 map package.

Open areas in Iceland do generally not have access restrictions.

[Here](#) is link to location of our orienteering maps and we can send you pdf file with email before ICE-O, please contact Gísli Örn Bragason (e-mail: gbragason@gmail.com) for earlier maps.

START AND STARTING PROCEDURE

Start list will be announced on Hekla's website start-list and at each Competition centre.

Start interval:

- 1 min in sprint
- 2 min in long and middle

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

2 min before the start competitor is called by the name and their SI-card number is 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 their 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.

STARTING LIST

There is open starting time for the following categories: W10, M10, W12, M12, W14, M14, Open 1, Open 2 (more information at the registration)

The starting list for W17, M17, W21, M21, W50, M50, Open 3, Open 4 is to be found at the following [link](#).

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.

PRIZES

Prices are given for classes W12, M12, W14, M14 for each day and W17, M17, W21, M21, W50, M50 for best total time over the three competition days.

SOCIAL DINNER - NEW LOCATION!

The dinner will be at the following address Hlíðarsmári 19 in Kópavogur at 7 p.m. on Saturday evening. You can reach the place by public transport. The easiest from the Reykjavík downtown is by bus Nr. 2 to the stop "Smárar". It is about 5 minute walk from there.

The entrance to the building will be marked.

Please, let us know in case of allergies or any food restrictions.

Price is 28€ for adults and 16€ for children. You can sign for the dinner latest at Friday registration.

ACCOMMODATION - NEW LOCATION!

The address is Háuhlíð 9, Reykjavík. If you come by public transport from the airport, it is within a walking distance (2 km) from the main bus terminal, BSÍ. You will find the direction on the map above. You will need sleeping bag and linen. There will be mattresses. There are cooking facilities at the place. Please contact Gísli Örn +354 692 6522 by SMS upon your arrival to open accommodation for you.

ADDITIONAL SERVICES AT COMPETITION CENTRE

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

SPONSORS

Icelandic Mountain Guides

Icelandic Mountain Guides is a leading Iceland tour operator with over twenty years of experience servicing clients from all over the world. The IMG tour company offers a great selection of guided adventure tours in Iceland and Greenland, including hiking, glacier tours, backpacking, trekking, mountain climbing, ice climbing, cross country skiing and more. There is a tour for people of all levels. If you or your travel group is looking for a specialist in the wilderness of Iceland or Greenland, one that emphasizes cooperation, environmental sustainability and safety then, Icelandic Mountain Guides is the tour operator for your next Iceland vacation.



Dohop

Dohop was born in 2004, out of the lack of a proper way to find and connect flights online. We didn't invent the wheel or anything, but we did create a pretty neat flight search that has some very unique features. At heart, Dohop is simply a search engine, much like Google, except only for flights. We search and match routes to find the best way to fly between two places, and then we search for the best prices for those routes. We also find rental cars and hotel rooms, cheaper than most.



CONTACT INFORMATION

Organizing club:

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

ICE-O on [Facebook](#)