



## **Race Info**

### **2015-11-26**

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This document collects useful information about the race, travel to the area as well as specific terms and conditions. It is a living document to be updated with more comprehensive info as the race day approaches.

## Race Details

### Long Course

Total distance: 30.8 km  
Run sections: 10  
Swim sections: 9  
Swims total 4200 m  
Total elevation gain: ~600 m  
Estimated race time (fast): 4h00-4h30

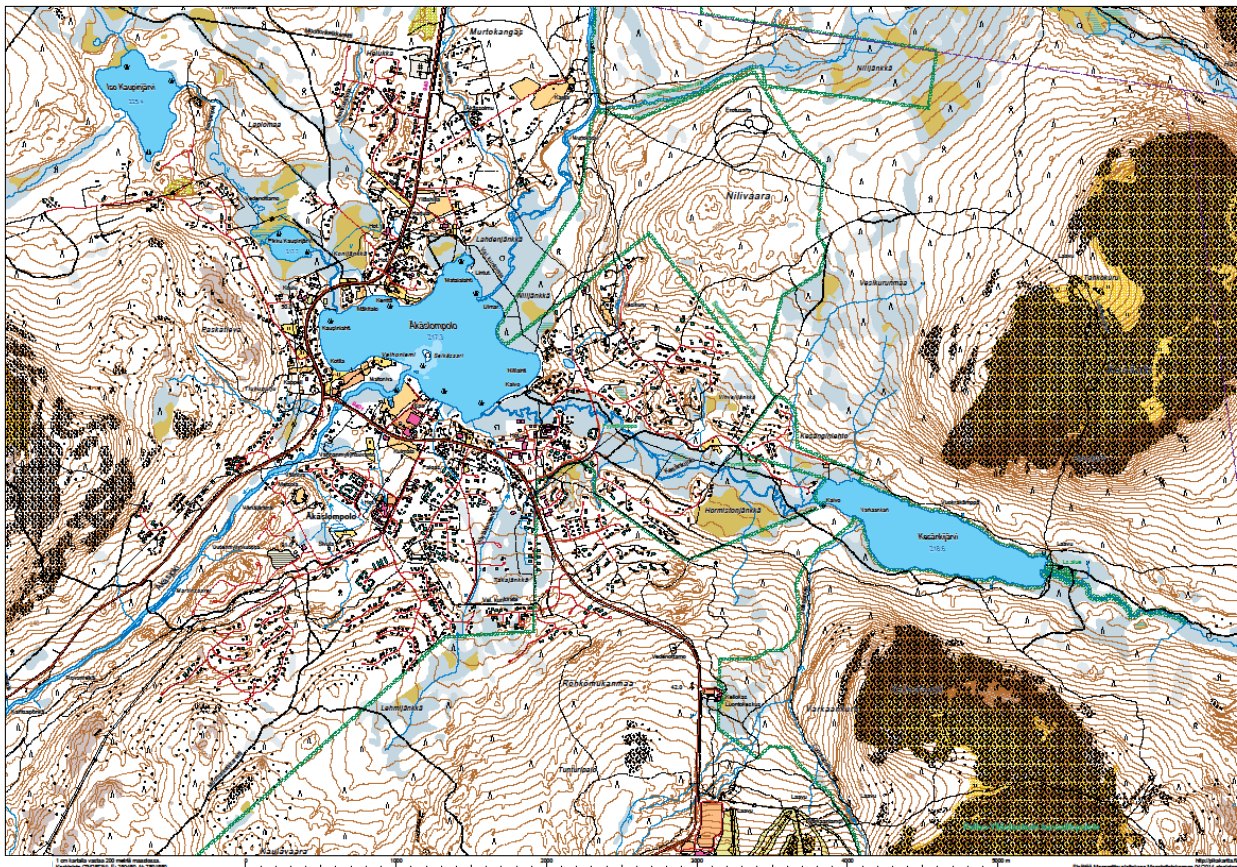


### Short Course

Total distance: 19.3 km  
Run sections: 10  
Swim sections: 9  
Swims total 4100 m  
Total elevation gain: ~250 m  
Estimated race time (fast): ~2h30



The map below presents the race venue for both courses. The detailed maps of the courses will be published later.



## Preliminary Schedule

### Important dates

2015-11-26 Registration open. Race fee for a team of two: 160€  
2015-12-17 Accommodation special (-10% discount) at Lodge 67°N ends  
2016-02-26 Race fee steps up to 180 €

### Race Day and Post-race Day

2016-07-02 Race day, preliminary schedule:

- 12:00 to 18:00 Registration, Lodge 67°N
- 17:00 Race briefing, Lodge 67°N
- 20:00 Start of the race
- 22:30- First teams finish the short course
- 24:00- First teams finish the long course
- 00:00 Midnight Sun
- 22:00-04:00 Sauna and finish line dinner and party



2016-07-03 Post-race Sunday

- 11:00 Race Banquet and Prize Ceremony (venue announced later)
- Return from Race Banquet by 14:30
- Final hugs and tears

### What is Included in the Experience?

Our aim is to deliver you a memorable swimrun experience with a Lapland twist. As name of the race suggests, Midnight Sun is part of our plan, as far as forces of weather allow. Our plan is to include the following:

- An unforgettable, very special, probably even spectacular swimrun race, both on the short and the long course.
- Race briefing
- Marked route
- Safety boats and kayaks, First Aid staff
- Energy stations with drink and energy
- Race bib vest (not guaranteed yet, we strive for this)
- Race swimming caps
- Food at Finish line
- Sauna
- Race banquet with food and prize ceremony  
(Note: insurance not included, participants shall have their own insurance coverage)



We will also strive for getting race photos and video online.

## Beyond Midnight Sun Swimrun Experience?

In Äkäslompolo and Ylläs-Levi-Pallas-Hetta area, there are plentiful opportunities for other outdoor activities at your disposal.

Äkäslompolo is surrounded by seven fells. Pallas-[Yllästunturi National Park](#) is at your footsteps, with popular [hiking routes](#). There is a new 44 km [mountain bike trail between Levi and Ylläs](#), the two major fells and skiing destinations in the region. Fatbikes and kayaks can be rented locally. A week after Midnight Sun Swimrun, on July 9<sup>th</sup>, Ylläs hosts a mini-sprint triathlon event, Tunturi Triathlon (Fell Triathlon, 300m-10k-5k, see [www.tunturitriathlon.fi](http://www.tunturitriathlon.fi))

And further, we have locals in our team, so bring your thoughts and questions forward. They might have guidance in store for you.

You will also find a lot of info on the area at [www.ylläs.fi/en](http://www.ylläs.fi/en).

## Where to Stay?

We have partnered with the following accommodation providers (links direct to their websites):

- [Lodge 67°N](#)
- [Ylläksen yöpuu](#)
- [Ylläksen Ykkös Caravan](#)



These are all extremely well situated near the race venue.

[Lodge 67°N](#) offers a special 10% discount for rooms reserved by December 17<sup>th</sup>. The discount also applies for stays longer than just the race weekend.

We will update with more info on further nearby places available. Meanwhile, [www.ylläs.fi/en](http://www.ylläs.fi/en) offers more info.

## How to get There?

An [Up-to-date collection of connection information on Ylläs web pages here](#).

### Flights

Kittilä (KTT, 55km) and Rovaniemi (RVN, 170km), are the closest airports to fly to, Kiruna (KRN, 250km) on Swedish side of the border and Kemi-Tornio (KEM 250km) next. Both KTT and RVN have bus connections. All have good availability of car rentals. From Kittilä the bus connection is directly at the airport. From Rovaniemi and others a rental car is a convenient option.

### Train

Night trains from Helsinki take you to Kolari where a bus connects every train to Äkäslompolo for the last 35km. Timetables are available on VR website [www.vr.fi](http://www.vr.fi). As of writing, VR has not opened summer 2016 yet.

### Bus or Car

There are bus connections from Helsinki that cross the entire country. Timetables and ticketing from [www.matkahuolto.fi](http://www.matkahuolto.fi) and [www.eskelisen.fi](http://www.eskelisen.fi). Driving your own or a rental car is also an option if you wish to take your own routes and see more. The roads are generally in a decent condition.

## Specific Terms and Release from Liability

While entering Midnight Sun Swimrun both of the team members are aware of and agree to the following:

1. I am aware of the risks and hazards associated with or related to participating the competition. Participation is at the participant's own risk.
2. I will be made aware of the swim water temperature at the race briefing. It is possible this will be below the normal permitted range in typical triathlon rules. It is solely my decision on whether to undertake each of the swim sections and I will not hold the organizers or their agents responsible in any way for any claims that may arise.
3. I attest that I am physically fit and able to complete the competition.
4. I will comply with the rules of Midnight Sun Swimrun.
5. I confirm that all my race equipment is in good working order and accept that the Race Directors can remove me from the race if the equipment is suspected to be sub-standard.
6. In the event of race cancellation due to a storm, other "Act of God" or Force Majeure, my entry fee will be non-refundable.
7. The organizer retains the right to change the course at any time.
8. The participant indemnifies the Midnight Sun Swimrun race organization against any claims that may possibly result from participation in the event. The participant also indemnifies Midnight Sun Swimrun for any and all consequences which may ensue as a result of this participation.

## Cancellation Policy

If you need to cancel your participation in the race, please email the Midnight Sun Swimrun team ([swimrun.team@gmail.com](mailto:swimrun.team@gmail.com)). Until 1<sup>st</sup> of May 2016, participation will be transferable to the following year with an administration fee of 50€. After 1<sup>st</sup> of May 2016 until 1<sup>st</sup> of June, transfer to the following year is possible only due to health or injury reasons (with doctor's certificates). After 1<sup>st</sup> of June, you can change one of the original team members only.

The entry can not be resold or transferred to another team. Anyone who starts using the registration of another person will be taken out of the race.

These cancellation rules are in place to protect the event from economic loss. Thanks for your trust and understanding.

## Finnish Translation of the Terms / suomeksi

### Erityiset ehdot ja vapautus vastuusta

Ilmoittautuessaan Midnight Sun Swimruniin, molemmat joukkueen jäsenet ovat tietoisia ja sitoutuvat seuraaviin ehtoihin:

1. Ymmärrän kilpailuun liittyvät vaarat ja riskit. Osallistun tapahtumaan omalla vastuullani.
2. Veden lämpötilasta kerrotaan kisainfossa. On mahdollista että veden lämpötila on alle tavanomaisten triathlonkilpailuissa käytettävien rajojen. On oma päätökseni lähteä kullekin uintiosuudelle, enkä pidä kisajärjestäjiä tästä vastuullisena.
3. Vakuutan olevani riittävässä fyysisessä kunnossa ja omaavani kilpailun läpäisemisen vaatimat taidot.
4. Noudatan Midnight Sun Swimrunin sääntöjä.
5. Vahvistan että kisavarusteeni ovat asianmukaisessa kunnossa, ja hyväksyn että kilpailunjohtajat voivat poistaa minut kisasta, jos varusteiden kuntoa on syytä epäillä.
6. Kisan peruuntuessa myrskyn tai jonkun muun pakottavan, ylivoimaisen esteen vuoksi ("Act of God", Force Majeure) osallistumismaksuja ei palauteta.
7. Järjestäjä varaa oikeuden muuttaa rataa tarvittaessa.
8. Osallistuja vastaa osallistumisestaan aiheutuvista Midnight Sun Swimruniin kohdistuvista korvausvaatimuksista ja aiheuttamistaan vahingoista.

### Peruutukset

Jos ilmenee tarve perua osallistumisenne, lähettäkää sähköpostia Midnight Sun Swimrun -tiimille (swimrun.team@gmail.com). 1.5.2016 asti osallistuminen voidaan siirtää seuraavaan vuoteen 50€ siirtomaksulla. 1.5.2016 – 1.6.2016, siirto on sallittu vain terveys- tai loukkaantumissyistä (lääkärintodistuksin). 1.6.2016 jälkeen on vielä mahdollista vaihtaa toinen joukkueen alkuperäisistä jäsenistä.

Osallistumista ei voi myydä eteenpäin tai siirtää toiselle joukkueelle. Jos joku starttaa toisen henkilön paikalla, hänet poistetaan kilpailusta.

Peruutusehtojen tarkoitus on ainoastaan suojata tapahtumajärjestäjää taloudelliselta tappiolta. Kiitämme ymmärryksestänne ja luottamuksestanne.