

# Fjordkraft BERGEN CITY MARATHON

## Dear runners,

August 28th, the FJORDKRAFT BERGEN CITY MARATHON will be held for the ninth time. It is challenging to host such a venue in the center of Bergen on a Saturday morning. We have invested a lot of time and effort into planning the race course in order to offer a good experience for all parties involved; participants, the public, pedestrians, motorists and residents of Bergen.

All above mentioned are informed about the venue, about traffic regulations and about the race course. Our volunteers do their utmost along the race course, at the refreshment stations and in the finish area so that you get the best possible running experience. Our volunteers along the course lead you through an exciting race course. Among the highlights are Old Bergen Museum, the spectacular view from Fjellveien, Nygårdsparken, narrow streets and alleys on Nordnes and of course the start and finish line on the fantastic Bryggen.

In a demanding time for all of us, we have a close dialogue with Bergen Municipality and the health sector to ensure that the venue is held according to the current Covid 19 regulations. As a participant in the Fjordkraft Bergen City Marathon, rest assured that the Covid 19 regulations are followed. A series of measures have been implemented. Most important of all is that everyone who participates in our race hold a green corona certificate. In addition, we will ask our participants to follow the restrictions that are in force in society at all times.

We know that there are many family members and friends who want to cheer on the participants. However, we kindly ask the spectators to refrain from gathering at the start and finish areas at Bryggen as well as Nygårdsparken. There will be a live broadcast from the race on bt.no and if your supporters take the trip to the city, we recommend that they choose a spot along the 21 km long race course to cheer you along. If everyone respects this, we may avoid congestion at the arenas and you as a participant will experience cheering along the entire course and feel the joy running a unique course.

At this year's venue, a maximum time of 5 hours and 30 minutes (usually 6 hours) is set for the marathon distance. There is also a maximum time in the half marathon relay of 3 hours (usually 3 hours and 30 minutes). As a consequence of the maximum time for the marathon runners, we have set the Cut-off time to 09:30 for passing the start / finish line at Bryggen. If you pass the start / finish line after 09:30, you will be stopped, but your time halfway through the marathon will be approved as a completed half marathon.

On race day, traffic in Bergen city center is restricted. You may read more about this in the attached 'Neighbor warning / Traffic regulations'.

The race course is somewhat changed from 2019. Bergen is a city with many construction projects. Hence, there will always be small changes in the race course. We guarantee you that this year's changes are positive for the race experience and that our skilled volunteers guide you in such a manner that there will never be any doubt about the direction of the race course.

Please be aware that we run past fire stations and hospitals; emergency vehicles must be able to pass. If necessary, our guards will need to stop the race temporarily. We would also like to mention that our marathon runners will go through the race course twice. Half marathon runners will pass / meet marathon runners when they are running their second lap. Pay extra attention to them - remember they have run a long way already and may be much more tired than you.

For environmental reasons, we have replaced plastic bags for storing clothes with cloth bags in collaboration with our main sponsor, Fjordkraft. We have also decided not to use the heating blankets made of aluminum foil after the race anymore. We collaborate with BIR Bedrift, the regional waste management company, for proper waste management. We are proud that we in close collaboration with our partners are able to make the venue more environmentally friendly.

Finally, I would like to wish all participants the best of luck - look forward to the race, enjoy well-deserved cheering along the race course and remember that when you cross the finish line you are a winner!

On 25 August, we will send out an SMS with BIB number and exactly start time.

Sincerely yours,

Janne Jensen, Event Manager

**FJORDKRAFT BERGEN CITY MARATHON**

## Covid-19 certificate and rapid testing.

We offer a rapid test station (rapid antigen test) in collaboration with “Hjemmelegene” in the tunnel at Koengen/ Bontelabo. The test station is open at August 27th from 09:00 – 18:00. The test is free of charge. In order to avoid unnecessary waiting time in the afternoon, we encourage you to book inside normal business hours. Those of you who cannot present a green Covid-19 certificate must book an appointment for a rapid test [HERE](#).

Please note that it takes 1 hour from the time you take the test until the result / certificate is updated.

### Opening hours Sports Expo:

- Thursday August 26th at 09.00-20.00.
- Friday, August 27th at 09.00-20.00.
- Saturday August 28th at 06.30-14.30.

If you need a rapid Covid-19 test, Friday will therefore be the day you must complete the test and retrieve your start number.

### Who has a green covid-19 certificate?

- Anyone who has received at least one vaccine dose at least three weeks before the race. (That is, the first vaccine dose no later than Saturday August 7th)
- Those who have been fully vaccinated
- Those who have had Covid-19 during the past six months.

If you do not meet the above criteria, you may take a free rapid Covid-19 test within the last 24 hours before for your race start. In the event of a negative test, you will receive a green Covid-19 certificate valid for the next 24 hours. Order rapid test [HERE](#).

We kindly ask you to check the status of your Covid-19 certificate in advance at [helsenorge.no](https://helsenorge.no) to verify that your certificate is green.

### I have children who will participate in the children's race, do they have to test themselves?

No, but parents who are to accompany their children during the race must also have a green corona certificate and present this when collecting the start number.

### We will participate in the relay, do all 10 participants have to present a green Covid-19 certificate?

At the relay, the team leader is responsible for checking the covid-19 certificate of the participants on the team. Each team member must present a valid certificate to their team leader before the start number is handed out to the runners. Those who do not have a green certificate must, in the same way as participants at the individual races, book a rapid test at our test station in order to get a green certificate before the race. The risk of 300 team leaders attending the sports expo versus 3,000 individual team members presenting their Covid-19 certificate for the organizers is the background for decision. This means that the arrangement is based on trust and we kindly request that the participants respect these guidelines.

### What do I do if I do not have a smartphone, BankID or a Norwegian social security number?

If you do not have a smartphone, BankID or a Norwegian social security number, you must inform “Hjemmelegene” at the test station. They will provide you with a printed Covid-19 certificate.

### How to use your corona certificate:

Please log in to [helsenorge.no](https://helsenorge.no) to check the status of your Covid-19 certificate is valid or not at least a few days before the venue. In order to be able to take part in the venue, you must be able to present a green control page of your Covid-19 certificate.

If you need a negative test to get a green Covid-19 certificate, you may order a test [HERE](#).

Your test results must be registered in MSIS before the results are updated in your Covid-19 certificate. Please check that your test result is updated in your covid-19 certificate well in advance of participation. The test is valid for 24 hours from the time of sampling.

To avoid queuing at the sports expo, please log in and find your certificate before you enter the sports fair to pick up your start number. If you do not have internet access, you may download a copy of the certificate to your phone or print it before leaving. WE RECOMMEND DOWNLOADING OR PRINTING!

The inspector scans the QR code on your Covid-19 certificate.

### Support:

If you have questions regarding the booking system or testing, you may contact Hjemmelegene at [hei@hjemmelegene.no](mailto:hei@hjemmelegene.no) or in the chat at [hjemmelegene.no](https://hjemmelegene.no)

## BIB NUMBERS AND SPORTS EXHIBITION:

BIB numbers can be picked up at the Sport Expo.  
The Sport Expo will be open Thursday 26th and Friday 27th August from 09.00 am to 08.00 pm, and on Saturday from 06.30 am to 14.30 pm. Place: Vikinghallen, Øvre Dreggsalm. 7, 5003 Bergen.  
NB! Medical form on the back of the BIB **MUST** be filled out!

**Wednesday 25th of August you will receive a SMS with your BIB number. You use this when collecting your BIB number in Vikinghallen. The SMS will also give you information about your starting group.**

If you have ordered our BCM t-shirt it will be handed out at the Sports Expo. Additionally our sponsors will be present with their own sports outlets. There will be a lot of great offers and a broad selection of sports equipment for sale. Sport1, Craft, Ronhill and Squeezy will all have their own shops. Check out all the great offers at page 5-9.

## VIKINGHALLEN:



## Program Saturday 28th of August

- 06:15 Storage service for 42km/marathon opens at Bryggen
- 06:30 The Sportsexpo opens in Vikinghallen
- 07:00 Start marathom, Place: Bryggen
- 08:50-09:20 Start half marathon, Place: Bryggen
- 11:00 Award ceremony Marathon & Half marathon, Place: Bryggen
- 12:30 Start Relay, Place: Sandbrogaten
- 13:30-13:4 Start 5 km, Place: Nygårdsparken
- 14:00 Start Kids Run, Place: Nordnesparken
- 14:30 Award ceremony Relay & 5 km Place: Bryggen

Due to Covid-restrictions, there will be no storage of clothes for runners, others than the runners who participate on 42km/marathon.

The exact start time for those who participate in the half marathon and 5 km will be sent out in participant information on 25 August.

## STORAGE SERVICE FOR 42KM:



**CLOTHES STORAGE!** Due to Covid-restrictions, there will be no storage of clothes for runners, others than the runners who participate on 42km/marathon. To store clothes on the race day, use the sticker in this envelope. Tape the sticker to the orange storage bag. No other bags/sacks can be used for storing clothes. The storage area is located in Vikinghallen. Only one bag per participant!

## REFRESHMENT STATIONS:

Sandviken Sykehus	3,5 km
Fjellveien v/ kiosken	6,6 km
Haraldsplass Sykehus	10 km
AdO-arena	14 km
Nordnesparken	19 km
Bryggen (only for marathon runners)	21,3 km

*At the refreshment stations we serve water and sports drinks.*



## Pacesetters on marathon and half marathon

The pacesetters will be a few minutes ahead of schedule to give the participants some slack if really exhausted towards the end. Descending and ascending will affect the speed. It might not be smart to run too fast in the uphill and lose momentum on the flats following. The same applies for downhill running, as this is really straining on your feet.

Consider your own strengths and weaknesses during the race. If you fall behind the pacesetter at the refreshment stations, you will soon catch up with them in a few kilometres. With many runners the refreshment stations can become a bit chaotic, but try to get enough nutrition. Think positive! Smile to the crowd! Remember that pain is temporary. Endorphins are your friend. Use your own watch – the pacesetters are only human :-)

Good luck!



*The pacesetters are equipped with flags on their back. They will be very visible. Our pacesetters run the times shown here!*

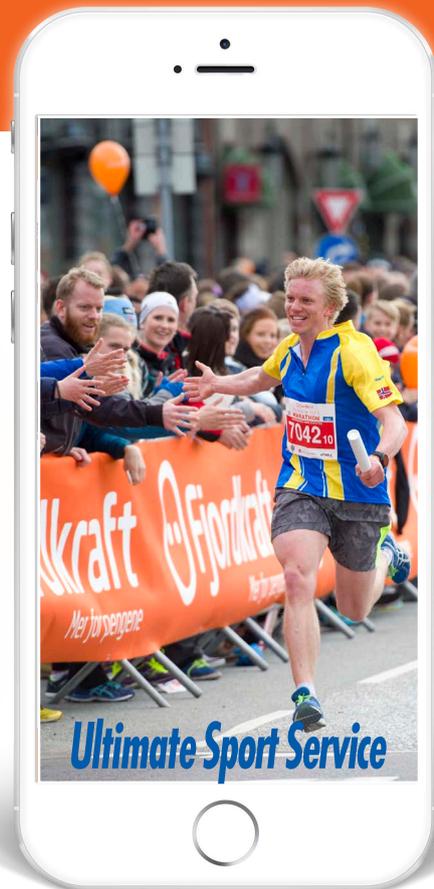
## LIVE RESULTS - LIVE TRACKING

### **LIVE results on the internet**

All results are updated LIVE during the event. Your online certificate and photos are ready for you once you have finished the race.

### **LIVE on the UltimateLIVE app**

The results are available live on your mobile device as you go through the timing points on the course. Download the UltimateLIVE results- and event information app for iPhone, Android or Windows Phone (from App Store, Google Play eller Windows Store - or from <http://app.ultimate.dk>).



### **LIVE GPS tracking**

Fjordkraft Bergen City Marathon offers LIVE GPS-tracking to all participants who wish to share their real time GPS position during the event with their friends and family. If you wear your smart phone device while participating (iPhone 5+ / Android 4.3+ users only), you can use the UltimateLIVE app as a LIVE GPS tracker connected directly to your entry profile.

This is how it works:

- Click/tap the GPS / satellite icon in the bottom right corner (for Android top right corner menu)
  - Enter your tracker-id: B[TICKETID] (your tracker-id will be sent to you by mail on wednesday the 25th of April)
  - Click/tap start tracking (do this 10-15 minutes before race start)
- Once started, please put your smart phone device to standby mode to save battery power. UltimateLIVE works along side with other fitness / tracking apps. UltimateLIVE GPS tracking is optimized for 12 hour battery life time on your smart phone device.

WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:



**STORT  
UTVALG!**

**30-50%**

på **ALLE** varer fra Nike,  
New Balance og Adidas

**sport 1**  
ekte sport.

Galleriet kjøpesenter  
Torgallmenningen 8

Man - fre: 09:00 - 21:00  
Lør: 09:00 - 18:00

**Sports**  **Galleriet**

# WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:



## HOKA CLIFTON EDGE DAME / HERRE

- Dropp: 5 mm
- Vekt: 239 gram
- Innovativ mengdetreningsko/temposko
- Nytt skum i mellomsålen og premium materiale i overdelen!

Relativt tight passform som opprettholder stabiliteten ved høyere tempo og kraftigere bevegelser. Ny hælkappe-teknologi er skånsom for akilles. Det nye skummet i mellomsålen er 15% lettere kontra skummet i Clifton 6/7. Allikevel er det vesentlig mer responsiv i tillegg til å ha fantastisk evne til å trekke seg ut igjen mellom hver landing for å gi maksimalt med energi til neste steg.

**Kort oppsummert; godt dempet, stabil, responsiv og en god løpsfølelse!**

**sport 1**  
ekte sport®

Galleriet kjøpesenter  
Torgallmenningen 8

Man - fre: 09:00 - 21:00  
Lør: 09:00 - 18:00

**Sports**  **Galleriet**

**WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:**

**CRAFT** 

**EN MENGDE TRENINGSKLÆR  
TIL DAME OG HERRE**

**-50%**

**STOLT SAMARBEIDSPARTNER AV**

 **Fjordkraft**  
**BERGEN CITY**  
**MARATHON**

# MESSETILBUD Ronhill



**RONHILL Fortify vanntett løpejakke**  
(dame/herre)

- Fantastisk jakke til løp og tur
- Vannsøyle: 30.000. Gode pustegenskaper.
- Ass. farger, begrenset antall

Før 2.400,- **Nå 1.500,-**



**RONILL Tornado Jakke**  
(dame/herre)

- Den ultimate lettvektsjakken
- Ass farger

Før 1200,- **Nå 850,-**



**NYHET RONHILL Ultra Twin Shorts**  
(dame/herre)

- Unik shorts for lange løp m plass til mye
- 12 lommer/lagringsalternativ
- Suveren komfort

Før 999,- **Nå 780,-**



**RONHILL Marathon Twin Shorts**  
(dame/herre)

- Vår toppmodell med plass til alt du trenger
- Innershorts m romslige lommer på lår
- Gel lommer – romslig lomme bak på yttershort

Før 900,- **Nå 650,-**

**RONHILL Stretch Tight**  
(dame/herre)

- Ronhills toppmodell
- Klassiker i resirkulerte materialer
- Lomme på lår til mobil og bak

Før 799,- **Nå 600,-**

**RONHILL Stretch Crop Tights** (dame)

Rå, lett crop tights for rask løping på litt kjølige dager.

Før 700,- **Nå 500,-**



# MESSETILBUD Hilly og SQUEEZY

ALDRI MER GNAGSÅR!



NORGESLANSERING!



**Hilly Twinskin**

Testvinneren i oppgradert versjon

MESSEPRIS  
kr **200,-**



**HILLY Kompresjon**  
Sokk eller legg  
**Nå 300,-**



**RONHILL Nano 3 L vest**  
Før 899,- **Nå 600,-**



**RONHILL Pioner 8 L vest**  
Før 1399,- **Nå 900,-**



**SQUEEZY løpebelte**  
med 2 flasker  
Før 600,- **Nå 400,-**



**SQUEEZY lett løpebelte**  
2 lommer / startnummer feste  
Før 350,- **Nå 250,-**



**SQUEEZY løpebelte**  
inkl 3 geler **Nå 150,-**  
inkl 6 geler **Nå 250,-**



**SQUEEZY Drink Gel 12-pack**  
med/uten koffein  
**Nå 300,-**



**SQUEEZY Energy Gel 12-pack**  
med/uten koffein, mange smaker  
**Nå 250,-**



**CRAMPFIX**  
mot krampor og forbedret  
muskelfunksjon  
Før 290,- **Nå 230,-**



**Nipguard og Runguard**  
- mot gnagsår og friksjonsskader  
Før 200,- **Nå 160,-**