

Fjordkraft BERGEN CITY MARATHON

Dear participants,

Welcome to Fjordkraft Bergen City Marathon. It's the 10th time the race is held in Bergen. We want to dedicate the anniversary race to our runners. It will be celebrated with entertainment along the entire course. We hope it gives you extra strength when needed. Honor and glory await at the finish line, and our great new anniversary medal. This year 10.000 runners have signed up, and we look forward to a great race day in our spectacular course.

In this document you can read about our Sports Exhibition (where you pick up your bib number), start times, what we serve at the refreshment stations, storage of clothes, changing rooms etc.

Traffic is limited by regulation and detours. After the following schedule the regulation of traffic will cease and runners have to follow normal traffic rules:

Cut-off time

21 km - Passing the harbour/Bryggen after 10:45 AM. (If you pass the time limit point later than 10:45 AM you will be stopped, but you will be approved half-marathon).

Total time limits:

- Half marathon: 4 hours.
- Marathon: 6 hours.

Normal traffic will resume as follows:

30 km - Passing Søndre Bellevue road after 12:00 PM.

40 km - Passing Nordnesparken after 13:15 PM.

We follow international standards and have set the maximum time for full marathon at 6 hours.

We hope you have a great stay in our beautiful city of Bergen and good luck with your race!

If you have any other questions, just send us an email at post@bergencitymarathon.no

Sincerely yours,

FJORDKRAFT BERGEN CITY MARATHON

Janne Jensen | Event Manager

BIB NUMBERS AND SPORTS EXHIBITION:

BIB numbers can be picked up at the Sport Expo.
 The Sport Expo will be open Thursday 28th and Friday 29th of April from 09.00 am to 08.00 pm.
 Place: Vikinghallen, Øvre Dreggsalm. 7, 5003 Bergen. Tlf. + 47 55 36 53 46.
 NB! Medical form on the back of the BIB **MUST** be filled out!
Wednesday 27th of April 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 (half-marathon).
 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. Sport 1 Åsane, Pressio, Craft, Ronhill and SQUEEZY will all have their own shops. Check out all the great offers at page 5-9.

VIKINGHALLEN:



PROGRAM

- kl. 06.30 Opening of Changing rooms in Vikinghallen
- kl. 07.00 -15.00 Storage service in Vikinghallen
- kl. 07.45 Warm up together with our instructor
- kl. 08.00 Start Sport 1 Marathon from Bryggen
- kl. 09.00 Entertainment starts
- kl. 09.30 Warm up together with our instructor
- kl. 09.40 Start BT-relay from Bryggen
- kl. 09.45 Warm up together with our instructor
- kl. 10.00 Start BMW Halvmarathon from Bryggen
- kl. 12.00 Start De Bergenske 5km from Møhlenpris Idrettsplass
- kl. 12.30 Award ceremony
- kl. 13.00 Start Vestkanten KidsRun 2km from Nordnesparken
- kl. 14.00 Traffic opens (Max time marathon 6 hours)

STORAGE SERVICE:



When you collect your BIB number an orange luggage bag will be handed to you. You will also be instructed on how to store your clothes and where to deliver them. No other bags can be used for storing clothes in Vikinghallen. There is only one bag for each runner!

REFRESHMENT STATIONS:

Sandviken Sykehus	3,5 km
Fjellveien v/ "Hesten trenger hvile"	6,7 km
Haraldsplass Sykehus	10 km
AdO-arena	14 km
Nordnesparken	19 km
Bryggen (only for marathon runners)	21,5 km

At the refreshment stations we serve water, sports drinks, bananas and dark chocolate.

SEE BCM COURSE 2022 & ELEVATION PROFILE [HERE](#)



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! Give some "high fives" to the children! Remember that pain is temporary. Endorphins are your friend. Use your own watch – the pacesetters are only humans :-). 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 or Android Phone (from App Store or Google Play - 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, you can use the RaceConnect 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. RaceConnect works along side with other fitness / tracking apps. Live GPS tracking is optimized for 12 hour battery life time on your smart phone device.

BERGEN CITY MILEN 10K. [MORE INFO OG SIGNUP HERE.](#)



10km

Barneløp

Fjordkraft
BERGEN CITY
MILEN

25
JUNI



MELD DEG PÅ

Entertainment during the race

This year, the participants will notice that we are celebrating our 10th anniversary. With eight different entertainment groups in different places in the half marathon course, it will be a fantastic show for the runners. There will be cheerleading, there will be singing, there will be great beats and dance friendly music?. Don't miss the fantastic atmosphere and the talented people, while you are running in one of Norway's most beautiful cities.

Remember to vote
on your favorite, check
SMS after the race!



1

Asalåten toraderlag started in 1992 and consists of 10 happy torader players and a guitarist.



2

The study choir Kalliope are a group of happy girls who enjoy entertaining through song and dance.
Instagram: studinekoretsirenene



3

We are the UKEkoret Optimum, the mixed choir at the Norwegian School of Economics. We sing anything, anytime, anywhere and for anyone!
Instagram: ukekoret optimum



4

The artist Kingsley Anowi also known as DJ NoReQuest is a multitalent. He is a singer, a actor and a awesome DJ.
Instagram: kingsleyanowi



5

DJ-ROLF. The plan was to run myself, but since I can run some other time, i rather enteratin in the course this year. I'm a DJ who loves to play music for dance lovers.



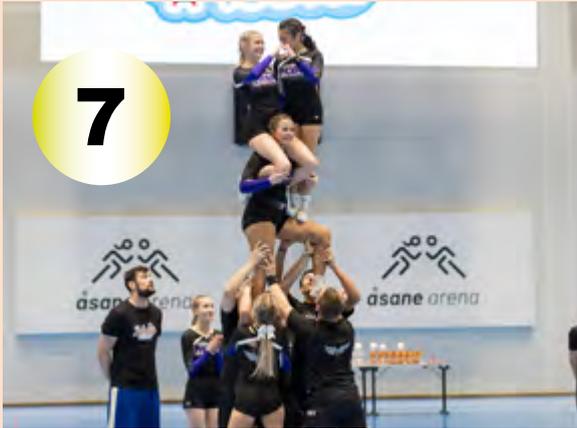
6

We are Storm Bergen Cheerleading club. We do cheerleading and love to hold shows! Therefore, we look at this as an incredibly fun experience. We want to contribute to making ourselves even more visible in Bergen and the surrounding area.
Instagram: stormcheerleading

Entertainment during the race

Remember to vote on your favorite, check SMS after the race!

7



We are BTSI Cheerleading and Cheerdance, and make up the cheerleading teams at Western Norway University of Sciences. With big smiles, and an joy, BTSI Cheerleading makes the sport look easy. Instagram: btsicheerleading

8



We in Nordnæs Bataillon are proud to be able to call ourselves the flagship within the bow corps movement. In addition to marching, we also do various sports during our season, such as football, 60m, high jump and long jump. We look forward to cheering on the good participants in the Bergen City Marathon. '

Afterparty



True to tradition, we meet at Zachariasbryggen after the race! It's time to celebrate with friends and colleagues. Food service starts at 13.00. Seating in the restaurant at 15, 17, 19 and 21. Table reservation restaurant: Anna@zachariasbryggen.no
At 20:00 there will be a party with Bad Brooks on stage! We expect a queue from 22.00, see you at Afterparty!

Kids Run



The participants in Vestkanten Kids Run can look forward to an eventful day. The children will meet these two fun mascots, plus lovely Duffe who they may have met at Vannkanten Badeland. The mascots run with the children to the finish at Bryggen (2 km). All participants in the children's race receive a medal and a t-shirt as a prize. In addition, everyone gets a ticket to Minigolf at Bowling Vestkanten. It is still possible to sign up for the Children's Race

Go to registration [HERE](#).

WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:

TORSDAG 28. OG FREDAG 29. APRIL!

STORT SPORTSMARKED I VIKINGHALLEN!



CRAFT 
FUNCTIONAL SPORTSWEAR

25 -50%

PÅ ALLE VARER FRA CRAFT!

ÅPENT FOR ALLE!

sport 1 ekte sport®

SPORTSMARKED
Øvre Dreggsallmenningen 7
5003 Bergen

ÅPNINGSTIDER:
Torsdag 09 - 20
Fredag 09 - 20

Tilbudene gjelder 28. og 29. april på sportsmarkedet i Vikinghallen, eller så langt beholdningen rekker. Forbehold om trykkfeil.

WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:



-25%
PÅ ALLE VARER FRA ON!

on
Run on clouds.



HOKA

20
-50%
PÅ ALLE SKO FRA HOKA!

ÅPENT FOR ALLE!

sport 1 ekte sport®

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/lagingsalternativ
- Suveren komfort

Før 1050,- **Nå 800,-**



RONHILL Marathon Twin Shorts (dame/herre)

- Luftig komfort m plass til alt du trenger
- Innershorts m romslige lommer på lår
- Gel lommer – romslig lomme bak på yttershort

650,-

RONHILL Stretch Tight (dame/herre)

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

Før 850,- **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



NYHET RONHILL Løpeskjørt

- Luftig og elegant med de rette detaljene
- Lomme på innershorts og bak

Før 850,- **Nå 650,-**



RONHILL Mens Flex Pants

- Løpebukse for deg som ikke ønsker tights
- Lett og komfortabel

Før 900,- **Nå 650,-**



RONHILL Nano 3 L vest

Før 900,- **Nå 600,-**



RONHILL Pioner 8 L vest

Før 1400,- **Nå 900,-**



HILLY Kompresjon

Sokk eller legg

Nå 300,-



SQUEEZY lett løpebelte

2 lommer / startnummer feste

Før 400,- **Nå 300,-**



ALDRI MER GNAGSÅR!



Hilly Twinskin

Testvinneren i oppgradert versjon

MESSEPRIS
kr **200,-**



NYHET

SQUEEZY Energy Drink, 650g Ulike smaker

Nå 200,-/250,-



CRAMPFIX

mot kramper og forbedret muskelfunksjon

Før 300,- **Nå 250,-**



NIPGUARD og RUNGUARD

- mot gnagsår og friksjonsskader

Før 200,- **Nå 160,-**

PRESSIO



Pressio er grunnlagt på ideen om å utvikle og tilby førsteklasses, behagelige og slitesterke sportsklær som hjelper utøvere til å prestere bedre – uten å gå på akkord med ekte bærekraft.

Overdeler og shorts av resirkulert garn fra blant annet plastflasker! Kompresjonsstrømper laget av gjenvunnet fiskegarn!



Kom innom vår stand under BCM Maraton og sjekk ut vårt sortiment!

Vi vil ha gode tilbud på en rekke utvalgte produkter under messedagene!