



Fjordkraft BERGEN CITY MARATHON

Dear participants,

Welcome to Fjordkraft Bergen City Marathon. It's the sixth time the race is held in Bergen. This year 12.000 runners have signed up, and we look forward to a great racing 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 on 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 completed half-marathon).

Total time limits:

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

Normal traffic will be released 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 (race numbers) are picked up at the sports exhibition. The Sport Exhibition will be open Thursday 27th and Friday 28th of April from 09.00 to 20.00. 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 26th 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.

If you have ordered our BCM t-shirt it will be handed out at the sports exhibition. Additionally our sponsors will line up with their own sports outlets. There will be a lot of great offers and a broad selection of sports equipment for sale. Sportgalleriet, Ronhill, 2XU and Squeezy will all have their own shops. Check out all the great offers at page 4-6.

VIKINGHALLEN:



PROGRAM

kl. 06.30	Opening of Changing rooms in Vikinghallen
kl. 07.00 -15.00	Storage service next to Vikinghallen
kl. 07.45	Warm up together with our instructor
kl. 08.00	Start Ronhill Marathon from Bryggen
kl. 09.00	Entertainment starts
kl. 09.30	Warm up together with our instructor
kl. 09.40	Start Sparebanken Vest relay from Bryggen
kl. 09.45	Warm up together with our instructor
kl. 10.00	Start BMW Halvmarathon from Bryggen
kl. 12.00	Start Thon Run 5km from Nygårdsparken
kl. 12.15	Award ceremony
kl. 13.00	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"	6,5 km
Haraldsplass Sykehus	10 km
AdO-arena	14 km
Nordnesparken	19 km
Bryggen (only for marathon runners)	21,3 km

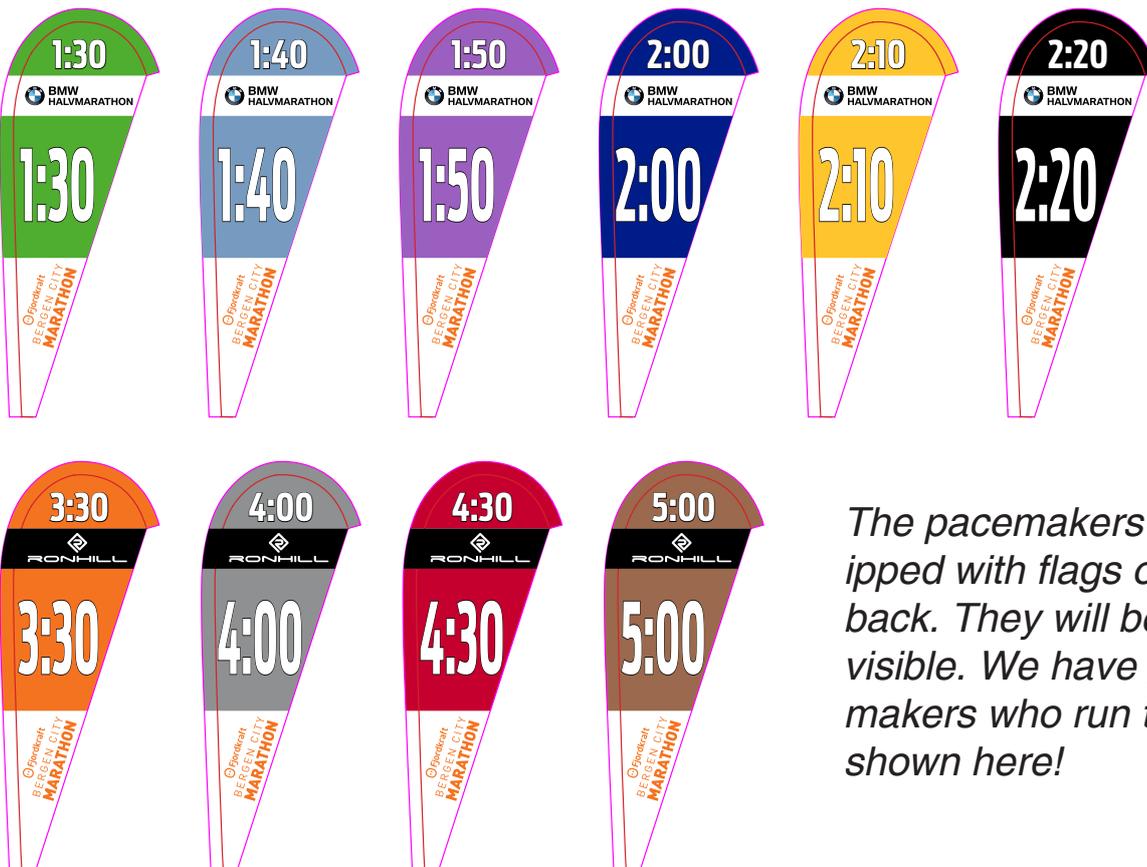
At the refreshment stations we serve water, sports drinks, bananas and dark chocolate.



Pacemakers on marathon and half marathon

The pacemakers will be a few minutes ahead of schedule to be able to “slow down a bit” at the end. Descents and ascents will also affect the speed. It is not smart to run too fast in the uphill and become tired, or to run too fast in the downhill and become injured.

Consider your own strengths and weaknesses during the race. If you lose the flag at the drinking stations, do not stress, you will soon catch up with them in a few kilometres. With many runners the drinking stations can become a bit chaotic, but try to get enough nutrition. Think positive! Smile to the crowd! Give out some “high fives” to the children! Remember that pain is temporary. Endorphins are your friend. Use your own watch – the pacemakers are only human ;) Good luck!



The pacemakers are equipped with flags on their back. They will be very visible. We have pacemakers who run the times shown here!



RESULT - LIVE TRACKING - LIVE VIDEO

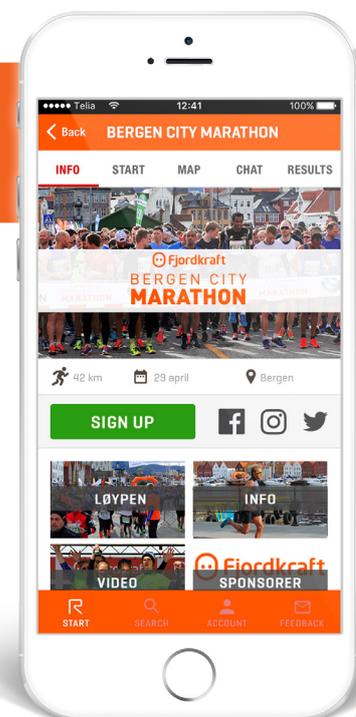
Download our RaceONE app!

Share your race LIVE

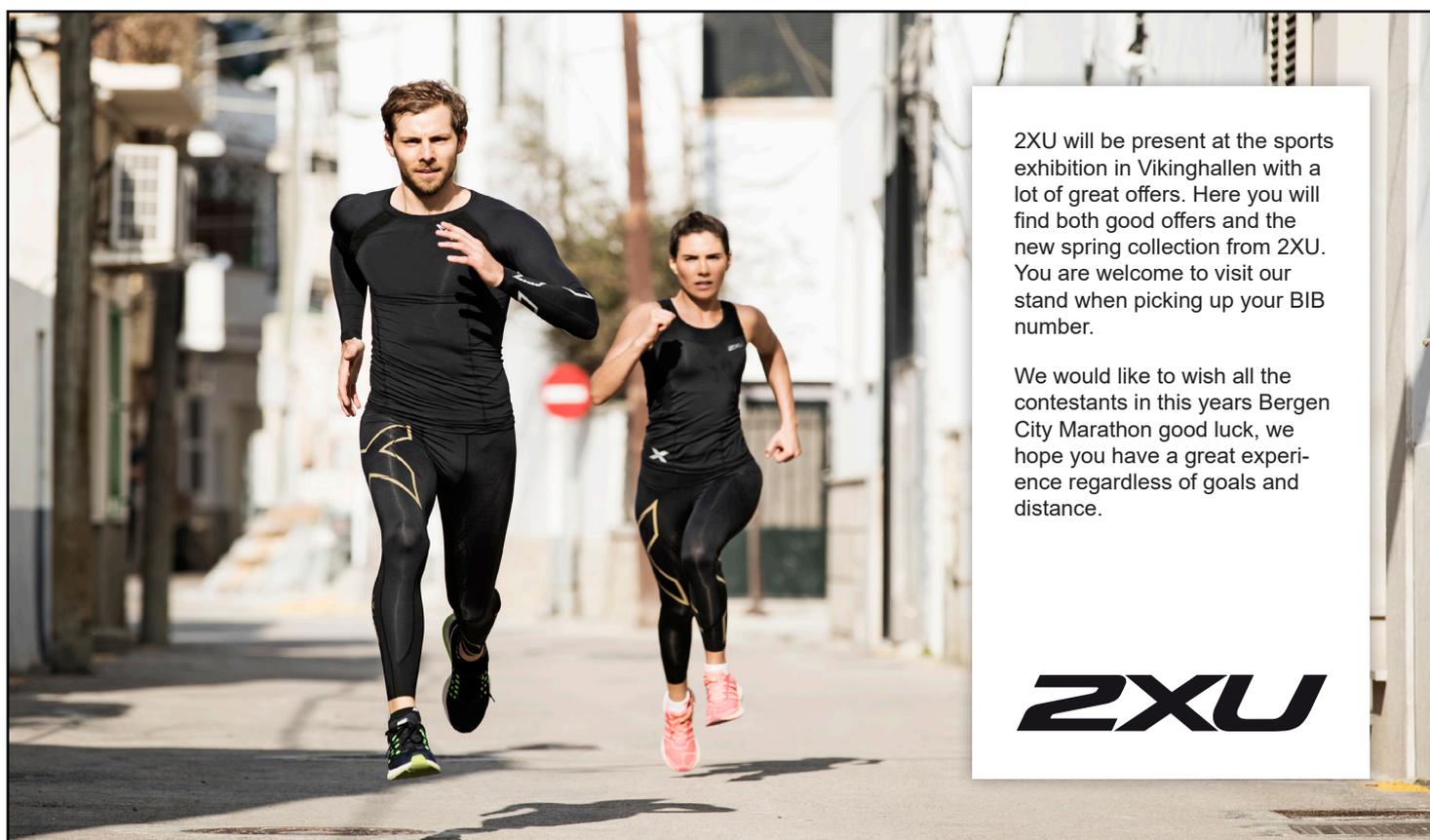
Now you can LIVE-track your race with RaceOne! Download the app to LIVE-tracking, LIVE-video and official result during the race. Friends and family can also follow your LIVE-track during the race, from anywhere in the world.

How to LIVE-track your race:

1. **Download the RaceOne-app** from Appstore or GooglePlay (Read more on www.raceone.com)
2. **Register**
Start the app, choose Bergen City Marathon and register.
3. **Share**
Tell your friends and family about RaceOne so they can follow your race LIVE.
4. **Start**
Activate the race in the app before start. Bring your smartphone during the race, And tracking starts automatically when you cross the starting line.



WELCOME TO THE SPORT EXPO IN VIKINGHALLEN:



Ronhill

Ronhill is the specialist on clothes for running. In our Sport Expo in Vikinghallen you will find a great assortment of jackets, tights, shorts, long and short t-shirts, running singlets and many more products at very good prices. We have special products you will not find in regular sport stores.

Hilly Socks specializes in running socks with a great assortment of products. The test winning Hilly Twinskin (long distance – anti-chafing sock) is sold for 200,- kr. Please ask us for advice – we have the products and the experience.

Squeezy

Squeezy launched the worlds first energy gel in 1987 and has since then been a leader in nutrition for endurance sports. We have all the nutrition you need for Bergen City Marathon. In addition we have the brands Crampfix and Sportique (heat cream and anti-chafing cream for thighs, chest and feet).



RONHILL



Windlite Jacket

Årets løpejakke 2 år på rad i Mens Running!

Superlett (143g). Vindtett. Materialet ActiveLite gir jakken unike pusteegenskaper. En suveren jakke til en suveren pris. Mulighet for LED lys i rygg.

(Farger kan avvike fra bildet) Messepris: kr 600,-



HILLY®
Aldri mer gnagsår!



Twinskin

Twinskin består av 2 lag hudvennlige materialer. I stedet for friksjon mellom hud og sokk, oppstår friksjonen mellom lagene med stoff. De tekniske materialene transporterer fukt bort fra huden og kombinert med utvendig søm på oversiden gir det en unik anti gnagsår effekt.

Messepris: kr 200,-



Ron Hill var en av verdens beste maraton løpere på starten av 70-tallet. Samtidig tok han sin doktorgrad i tekstil kjemi og startet utfra dette sitt eget klesmerke. Ronhill har siden starten vært et av verdens mest dedikerte og innovative løpetøymerker.

På 80-tallet ble Hilly Socks grunnlagt av Dr Ron Hill og er idag er kjent som sokkespesialisten med stort utvalg tekniske sokker.

www.ronhill-norge.no • Følg oss på Facebook og Instagram (Ronhill Norge)

**All
running
shoes
25/50%off**



*Merker:
Nike , Saucony,
New Balance, Asics,
Salomon, Inov8,
Salg av Polar Pulsklokker*



Sports  Galleriet