

# *Salomon Hengill Ultra Trail* **PROGRAM**

## **SALOMON HENGILL ULTRA TRAIL 2022**

### **WEDNESDAY 1 JUNE REYKJAVÍK**

Kl. 12: 00-18:00 Bib pickup and registration at the Salomon store Reykjavik ( Alparnir , Faxafen 12 , Reykjavik )

Kl. 18: 00-18: 30 Salomon Hengill Ultra course presentation at the Salomon store in Reykjavik. Will be streamed live on Facebook

### **THURSDAY 2 JUNE REYKJAVÍK**

Kl. 12: 00-18: 00 Race bib pickup and registration at the Salomon store Reykjavik ( Alparnir , Faxafen 12 , Reykjavik )

### **FRIDAY 3 JUNE REYKJAVÍK**

Kl. 12: 00-18: 00 Race bib pickup and registration at the Salomon store Reykjavik ( Alparnir , Faxafen 12 , Reykjavik )

### **FRIDAY 3 JUNE HVERAGERDI**

Kl. 19: 00-22: 00 Race bib pickup at the Expo hall ( Íþróttahús Hveragerðis, Skólamörk, 810 Hveragerði )

Kl. 12: 00-13: 30 Gear and safety check for 100 miles runners at the Expo hall

Kl. 13: 30-13: 40 The 100 mile course presentation at the Expo hall

Kl. 13: 45-14: 00 Introduction of competitors start 100 miles (161 km)

Kl. 20: 00-21: 30 Gear and safety check for 106 km and 53 km + 26 km Midnight Express runners at the Expo hall

Kl. 21: 30-21: 40 The 106 km and Midnight Express course presentation at the Expo hall

Kl. 21: 45-22: 00 Presentation of competitors in 106 km

Kl. 22: 00-22: 05 Start of the 106 km race

Kl. 22: 10-22: 20 Start of the 10 km, 26 km and 53 km MIDNIGHT EXPRESS

### **SATURDAY 4 JUNE HVERAGERDI**

Kl. 06:00 Public car park for competitors opens at Hamarshöll ( Vorsabæjarvöllur, 810 Hveragerði )

Kl. 06: 00-07: 30 Gear and safety check for 53 km runners at the Expo hall

Kl. 06: 30-14: 00 Race bib pickup at the Expo hall.

Kl. 07: 30-07: 40 The 53 km course presentation at the Expo hall.

Kl. 08: 00-08: 10 Start of the 53 km race

Kl. 09: 00-18: 00 Expo hall opening hours

Kl. 10: 00-10: 15 Start of the 10 km race

Kl. 12: 00-13: 00 Warm-up and course meeting for the 26 km race at the start/finish line.

Kl. 13: 00-13: 15 Start of the 26 km race

Kl. 14: 00-14: 10 Start of the 5 km race

### **THE EXHIBITION HALL IN HVERAGERÐI:**

The main site is Expo hall / sports hall in Hveragerði which is closest to the competition area. Various services are available to runners at the Expo hall. Race bib pickup, gear and safety check, food, water, showers etc. All course presentations will take place at the Expo hall, apart from the 26 km presentation. That one takes place at the start/finish line just before the race. Awards ceremonies will take place at the Expo hall.

**AWARD CEREMONIES:** They will take place at the Expo hall as soon as the first three runners of each category have crossed the finish line.

**COURSE MEETINGS:** All course meetings will take place at the Expo hall, please notice the time table above.

**FACILITIES:** Swimming at Hveragerði local pool is free for all competitors, but there are changing facilities as well for 53 km, 106 km and 100-mile runners at the Expo hall.

**PARKING:** Parking spaces for competitors are at Hamarshöll. There will be frequent bus services between the parking lot and the competition area (5 min).

**TRAIL BINGO:** All runners are automatically registered in the race course bingo. Lucky ones will be handed out awards once they finish.

**FAMILIES AND FRIENDS CAN FOLLOW THE RUNNERS ON A LIVE STREAM FROM THE AID STATIONS AND AT THE FINISHING LINE. THE LIVE STREAMING WILL BE UP AN RUNNING ON THE SALOMON HENGILL ULTRA FACEBOOK.**

