

RUN ICELAND

adventure trail

2024 WORLD CHAMPIONSHIP

Runner's Guide & Regulation



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About the Race

- 1) The One Hundred® Run Iceland is a crucial race in the One Hundred® Trail Endurance World Championship series. This event offers an unforgettable trail running experience, taking participants through Iceland's stunning landscapes, from its active volcanoes and frosty glaciers to expansive deserts, captivating lava fields, and dramatic black sand beaches.
- 2) This adventure includes a captivating non-stop 100km race, scheduled September 7th 2024.
- 3) The race is navigated entirely through GPS, requiring all athletes to be prepared with essential equipment, a preloaded GPX file, and an extra battery, ensuring they can tackle the distance with confidence.
- 4) Racers may participate individually, with support from 3-5 (to be determined) aid stations strategically positioned throughout the course.

About the Race

- 5) In case of cancellation due to circumstances beyond our control, the organization will inform all athletes by email.
- 6) Should the race be cancelled for not meeting a minimum number of participants, the organizers reserve the right to cancel the race up to 45 days before the event, without the obligation to cover any expenses related to hotel bookings or other travel expenses, including airfares and any other costs the runner may have incurred for themselves or others accompanying them, as well as any additional compensation.
- 7) All athletes must present a medical certificate/attestation, signed and stamped by a doctor, with a validity of no more than 12 months.
- 8) Registered athletes must send proof of results in endurance races to the email: iceland@onehundredtrail.com by 31/07/2024.



100 km Course

DISTANCE

100
KILOMETERS

ELEVATION

1,130+
METERS

TIME LIMIT

26:00
HOURS



100 km Map

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Fjallabak
Nature Reserve

Elite Guidance for Competitive Runners

- The race courses have been designed with the precious cooperation of the **multi-champion Marco Olmo**, 20x Marathon des Sables Finisher, 2x Ultra Trail du Mont Blanc winner and 4x Desert Cup winner.
- The participants must have a **sports license**, for which it is required a **medical clearance** to compete in competitive sports, signed by one of the physicians of the **Federation of Sports Medicine** and whose date does not expire before the end of the competition. Non-licensed participants must show the same kind of certificate attesting the athlete's fitness to competitive athletics, been issued for less than a year.
- Copies of Clearance will **not** be given back.
- For certain countries where sports medical certificates are not issued or difficult to come by, we'll be asking for a **signed declaration of self-liability**.

Event Safety, Rules, and Logistics

- There will be a subscription to a **civil liability insurance** (the policy can be consulted on request) whose coverage includes a third Party and the competitors against damages and repatriation, as long as they are in the race, that is as long as they are not disqualified, withdrawn or after the cut-off time. Athletes are **recommended** to subscribe an **additional individual insurance policy**.
- There will also be **checkpoints and passage points**, and even surprise ones, where the competitors must have their bib stamped and must sign the transit card.
- The organisers reserve the right to make **rule, course and start times changes at any time**.
- The participants grant **press and the organizing committee permission** to use and publish the pictures taken during the race.
- **Race bag pick up** will be during the **general briefing**. Briefings will be also held at the starting line of each single stage half an hour before the start.

Criteria for Participant Disqualification

Participants can be disqualified if they:

- Miss the check at the start or in one of the checkpoints over the courses;
- Do not have one of the mandatory pieces of equipment (see article 7);
- Use a means of transport;
- Receive non-authorized aid;
- Throw rubbish out of the aid stations;
- Refuse to be visited by the race doctors in any time of the race;
- Are tested positive for doping. Any athlete can be drawn at random to undergo drug testing, during or after each single stage;
- Use threats or verbal abuses to the Organizing Committee or behave improperly. The Organizing committee have the ultimate and final authority to disqualify athletes.

Upon registration, **athletes acknowledge that they have read and understood the contents of these Rules and they have agreed to the terms.** Any possible complaint can be lodged within an hour of the race, leaving \$50 deposit which will be given back only in case the complaint is accepted

Aid Stations & Assistance

Aid Stations:

- Aid stations **may include**: water, salt, coke, jelly and/or energy bars, bananas.
- At each aid station, all **participants MUST fill in their flasks** with at least 1 litre of water.
- It is strictly **forbidden to throw rubbish** anywhere along the course, **ON risk OF DISQUALIFICATION**. Rubbish must be **disposed of at the aid stations**.

Assistance:

- **Medical assistance** will be provided at the start and end of the race as well as over the course, thanks to an off-road vehicle which will follow the whole competition. Moreover, a **medical off-road vehicle or ambulance** will always be on the tracks.
- There will be a **“sweep” service** by one of our vehicles when possible or on foot.



Rankings

Starting from 2024, qualifying for the Gold, Silver, or Bronze starting Boxes in the One Hundred® Endurance Trail World Championship Final will be a fairly simple process. The path to the Final can follow one of three routes:

- 1) Earn a spot in one of the full-distance qualifying races held worldwide, by winning or placing well in your age group.
- 2) Legacy spot: Run in a minimum of 10 One Hundred® races to get direct entry (valid from the 1st edition in 2022).
- 3) Be invited to the race, as is the case for celebrities, ambassadors, or slots for Physically Challenged (PC) athletes.

Miles (points) can be earned in any One Hundred® World Championship qualifying race, as well as in the Final.



Rankings

There are three levels in the One Hundred® Elite status:

- **Gold** - The top 5 percent fastest.
- **Silver** - The top 10 percent.
- **Bronze** - The top 15 percent.

Note: Provided that athletes complete a race of 200 miles, 100 miles, or 100 km, they will also be able to earn points for other One Hundred® races, such as the Special Stages and/or others to be introduced in the future.

FOR MORE DETAILS CHECK OUT OUR WEBSITE RANKING AND QUALIFYING PAGE:

<https://onehundredtrail.com/en/world-championship/rank-qualifying>

Program

06/09/2024 FRIDAY

Arrival in Iceland

Departure for the location of Run Iceland 100km. Optional tours available.

18:00 Online Technical Congress (100 km)

07/09/2024 SATURDAY

07:00 Kit Distribution Run Iceland (100 km)

08:00 Departure (100 km)

08/09/2024 SUNDAY

10:00 Time Barrier for Run Iceland (100 km) – 26 hours cut-off

11:00 Award Ceremony for Run Iceland 100km

NOTE

A stage will begin at midnight to experience 24-hour daylight, weather permitting.

Important Information

- **Aid Stations Provision:** The race includes 3-5 aid stations along the course for essential food and hydration needs.
- **GPS Navigation Required:** All runners are required to use GPS for navigation, pre-loaded with the official GPX route. Organizers will provide a GPS tracker that must be carried at all times.
- **Support at Aid Stations:** Support and assistance for runners are confined to designated aid station areas to maintain race fairness and runner safety.
- **Diet and Hydration Tips:** Emphasis on regular hydration and maintaining energy levels with carbohydrates and proteins is advised. Avoiding heavy or unfamiliar foods before and during the race is recommended to ensure optimal performance.

Runwards



JOIN OUR RUNWARDS MILES CLUB:

- **Benefits of running with us** - You transform miles into discounts on race registrations or in our online store.
- **Turn miles into pounds** - You earn £1 for every 10 miles run in our races.
- **Turn pounds into miles** - You earn 1 mile for every £10 spent in our online store.
- **No Limits** - You earn miles that last forever. Just visit our online store and do what you love most: RUNNING!

All accumulated miles will be automatically calculated at the end of the first year.

More information at www.onehundredtrail.com.



Race Planning

Manage your race with the fantastic Gretel Planner software. Simply access the website, register for free, and you can plan your adventure in detail, across all segments. until you reach the finish line in Leh!

www.gretelplanner.com



Mandatory Equipment

- GPS device with the race course loaded by the athlete in advance and an additional battery (Powerbank);
- Hydration pack or water bottle holder with a combined capacity of at least 1 liter;
- Waterproof jacket with integrated hood and waterproof membrane such as Goretex or similar (minimum: 10,000 mm) and breathable (recommendation: RET less than 13);
- Thermal blanket;
- Whistle;
- Two flashlights with respective spare batteries (during the night); GPS-Tracker provided by the organization;
- Active and charged mobile phone;
- Race bib visible throughout the race.
- Warm beanie or hat
- Food supplies according to each one's need
- Trail shoes or closed running footwear are mandatory. It is forbidden to wear sandals or open shoes
- According to weather conditions we might have to ask you to wear long pants. Athletes' equipment will be checked at the start and end of each stage.

Recommended Equipment

RUNNERS:

In addition to the mandatory equipment, race participants are advised to bring:

- First aid kit;
- Waterproof trousers;
- Warm base layer long sleeve shirt;
- Long pants or pants that cover the knees;
- Energy bars or solid food;
- Elastic adhesive tape;
- Cash for use in any eventuality;
- Running/walking poles are allowed.

Money Prizes

	100 KM	
	MEN	WOMEN
1ST PLACE	\$ 400.00	\$ 400.00
2ND PLACE	\$ 200.00	\$ 200.00
3RD PLACE	\$ 150.00	\$ 150.00
4TH PLACE	\$ 100.00	\$ 100.00
5TH PLACE	\$ 65.00	\$ 65.00
FIRST TEAM	\$ 300.00	\$ 300.00
RACE RECORD	\$ 250.00	\$ 250.00
KING OF THE HILL	\$ 250.00	\$ 250.00
MOUNTAIN GOAT	\$ 250.00	\$ 250.00

Safety

EMERGENCY CONTACTS:

Race Director

Giorgio Codias: +39 338 689 3506



Environmental Impact

Keep the course clean! Keep all trash with you. Respect the local Fauna and Flora.

As part of its **partnership with www.Evertreen.com**, **One Hundred Sports Group** will be planting one tree for every participant in our running events, which is expected to result in the **planting of over 10,000 trees in the next two years**. By embedding Evertreen's tree-planting model into our races, One Hundred Sports Group aims to make a tangible difference for the environment while inspiring our athletes to get involved.

One Hundred Sports Group is committed to **promoting sustainability and environmental stewardship** through our athletic events and youth development programs and **Evertreen's mission to plant and protect forests worldwide** aligns perfectly with our values.



Live Streaming Media Coverage

Follow the race on One Hundred TV in 15-minute segments that we will broadcast 2 to 3 times a day during the race:

<https://www.youtube.com/c/onehundredtv>

We will publish the schedule on our social networks up to 24 hours before the start of the race.

We invite you to share this information with your family and friends so they can follow your adventure, as well as the GPS tracking link that we will provide in due time.

Share your moments using the hashtag [~#LadakhTrail](#)





Sponsors & Partners

We appreciate the support of our sponsors and all the involved municipalities.



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RUN 
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Have a Great Race!

FIND YOUR SUMMIT

www.onehundredtrail.com