

# IOF Family/Media race 2019

**On Thursday Aug 15th we would like to welcome you to a spectacular IOF Family/Media race at Hvaler. One of the route choices might be solved the ocean way, and in any case we promise fantastic surroundings. Some serving of refreshments will be offered.**

## **Thursday 15. August**

Free start between 15:00 and 17:30

Long course: 3.5 km

Middle course: 2.5 km

Short course: 1.5 km

**Course planner:** Terje Mathisen

**Entry fee:** Free for IOF family, VIP and Media

**Entry:** [vigdis@idrettsforbundet.no](mailto:vigdis@idrettsforbundet.no) latest 14. august.

**Terrain:** Spectacular coastal terrain with very little vegetation. Good runnability and hard surface, the terrain is 60-70% naked granite rock, with some heather and bushes growing along the cracks generated by the last ice age. The long course will force the runners to get wet: Swimming is legal for this race but not required and the map shows where wading across is possible.

**Map:** Scale 1:5000, contour interval 2 m, ISSOM 2007.

**Arena:** [Google maps til Moloveien 244, Vesterøy!](#)

Possibility for sea bath for those who dare.

Light snacks and drinks. Please inform of any allergies or special dietary necessities upon entry.

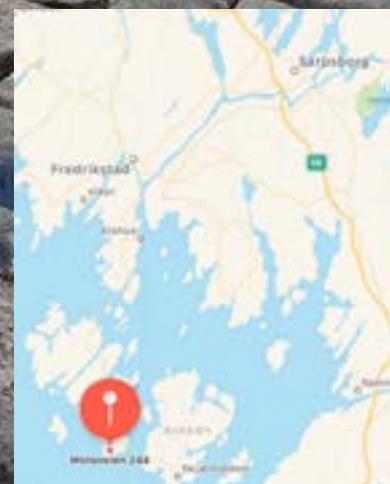
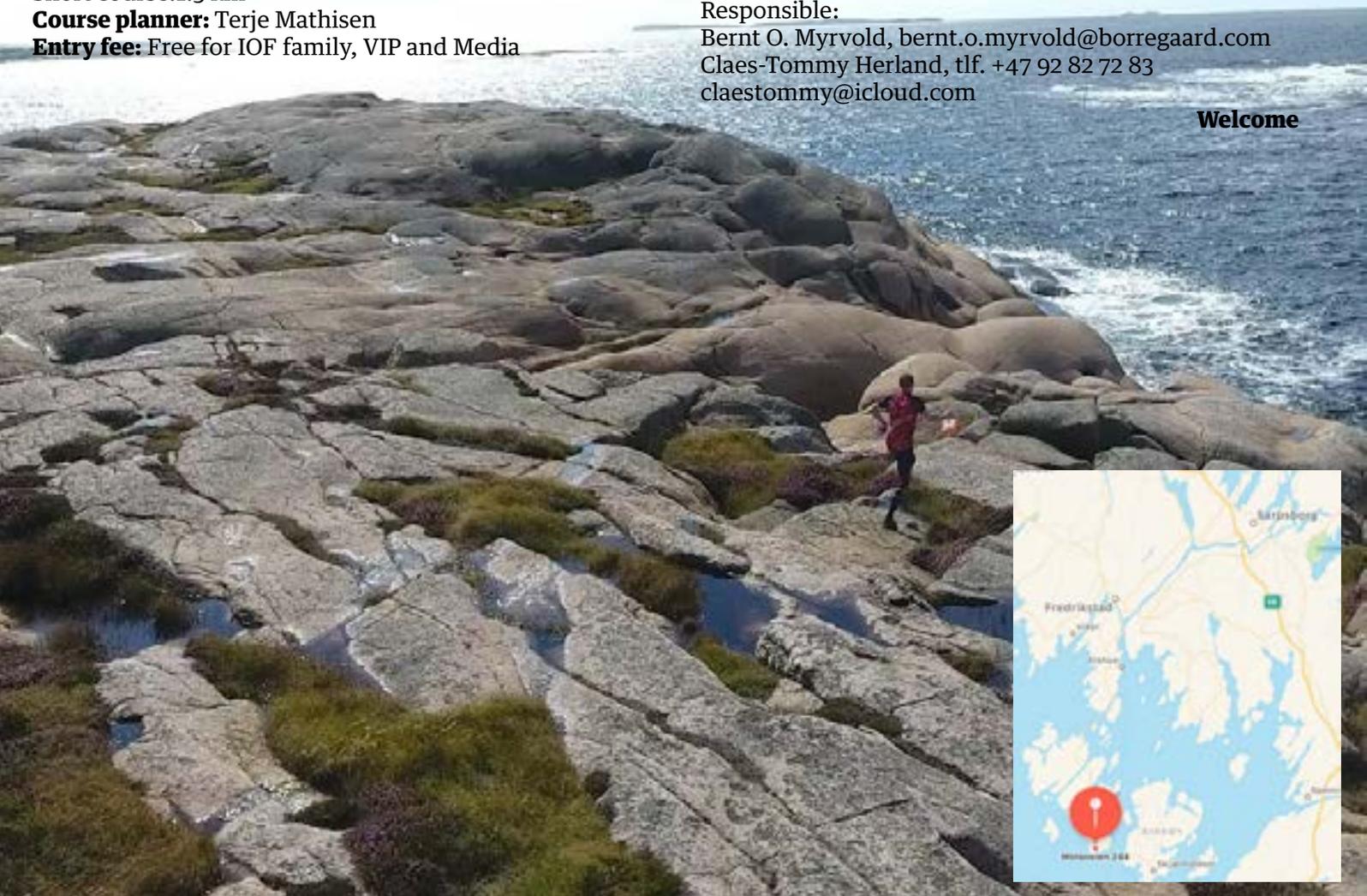
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**Welcome**



# WOC 2019

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