

Antarctic Ice Marathon Races



- **** 2011 IS THE 100-YEAR ANNIVERSARY OF MAN REACHING THE SOUTH POLE ****

Adventure marathoners and ultra athletes are always looking for the next big challenge. It could be a remote desert marathon, a high altitude mountain marathon or a jungle marathon. However, mainland Antarctica represents the last frontier, the final great wilderness to be conquered. And now adventure athletes like you can do it. Introducing the only footraces within the Antarctic Circle.....the Antarctic Ice Marathon, Antarctic 100k, Antarctic Mile and White Continent Half-Marathon.

The Marathon

On November 30th, 2011, the seventh **Antarctic Ice Marathon** will take place at 80 Degrees South, just a few hundred miles from the South Pole at the foot of the Ellsworth Mountains. This race presents a truly formidable and genuine Antarctic challenge with underfoot conditions comprising snow and ice throughout, an average windchill temperature of -20°C , and the possibility of strong Katabatic winds to contend with. Furthermore, the event takes place at an altitude of 3,000 feet.

The Antarctic Ice Marathon is the only marathon run in the interior of the Antarctic and is organised by Polar Running Adventures, the organiser of the annual **North Pole Marathon**.

The five-day itinerary will see competitors fly by private jet from Punta Arenas, Chile, on November 29th to the marathon location at Union Glacier. A marked course of 26.2 miles will already have been prepared and snowmobile support, aid stations and medical personnel will be at hand for the duration of the race.

The Antarctic Ice Marathon is the southernmost marathon on earth and a unique opportunity to complete a marathon that is truly worthy of the seventh continent. Don't

expect to run your quickest time, however, as winds can blow from the Pole at a steady 10-25 knots. Also, forget about penguins or crowds cheering you along the route - no penguins live this far south and you will have to rely upon yourself to push onward in the hushed, indomitable surroundings.

100Km Ultra Race



- The **Antarctic 100k ultra race** will take place on December 2nd. Undoubtedly, “the world’s coldest 100”, this ultramarathon challenge is reserved for only the toughest of endurance athletes. The 100k (62.1 miles) distance will seem endless, run under a sun that never sets against the backdrop of hills, mountains and large expanses of ice. This race presents the only opportunity to complete a 100k event on the frozen continent and creates the prospect of a 100k Seven Continents Club for global ultra athletes.

White Continent Half-Marathon

For those who prefer a half-marathon option, the **White Continent Half-Marathon** will also be run on the day of the 100km race. This half-marathon is your opportunity to cover 21km (13.1 miles) on the 'white continent' and finish the southernmost half marathon on the planet.

Antarctic Mile

If you're a speedster, or simply don't want to run long distances, the Antarctic Mile is new to the 2011 calendar. This event is also ideal for partners, family or friends of marathon participants who want to travel to Antarctica but not run double digit miles! While the 4-minute barrier is unlikely to be broken, could 5 minutes be broken, or even 6 minutes, by the fastest competitor? The Antarctic Mile will take place on November 30th, the same day as the marathon.



Antarctic Triathlon & Duathlon

A limit of 12 people will be accepted to take part in the first ever Antarctic Triathlon and Antarctic Duathlon, which will be held on December 1st. A dedicated website will be launched in mid-February 2011. The triathlon is known as a 'winter triathlon', involving the disciplines of running, mountain biking and x-country skiing over 10km legs approximately. The duathlon will incorporate running, mountain biking and running in that order.

Price

For the registration fee of €9,900, incredible value for the Antarctic, participants will be flown round-trip from Punta Arenas, Chile, to the Union Glacier camp in the interior of the Antarctic. Competitors will also receive accommodation and food for the entire five-day Antarctic trip and entry to their races of choice. Top class photos of each competitor in action will be distributed for personal use, as well as commemorative certificates, medals, t-shirts and patches.

Please note: Weather problems can result in flight re-scheduling and the expected five-day trip could be shortened or lengthened accordingly.

Detailed Marathon Itinerary

The scheduled dates of the overall trip are November 27th - December 4th 2011. The dates of the expedition to the Antarctic are **November 29th - December 3rd.**

- **November 27th** - Arrive at Punta Arenas, Chile
- **November 28th** - Pre-Departure briefings
- **November 29th** - Flight to marathon location at Union Glacier, Antarctica
- **November 30th** - Antarctic Ice Marathon / Antarctic Mile
- **December 1st** - Antarctic Triathlon and Antarctic Duathlon
- **December 2nd** - Antarctic 100k / White Continent Half Marathon
- **December 3rd** - Return flight to Punta Arenas, Chile
- **December 4th** - Departure to homeland

Please note: Every effort will be made to keep to the scheduled departure and return date, but all flights are subject to weather, aircraft serviceability and local conditions. Days of delay are the norm for Antarctic flights and you should not plan anything important for a minimum of two weeks after your expected return. Similarly, your anticipated stay in the Antarctic could actually be shortened due to flight re-scheduling.

Accommodation Facilities in Antarctica



Nestled within the heartland of Antarctica, Union Glacier is now the home of Adventure Network International's base camp, the only private camp in Antarctica. The camp houses up to 50 visitors in expedition style accommodations. These have been specially designed for our needs and tested for their security and comfort in polar regions.

The camp is about 1/2 mile (1 km) from the ice runway on which you land when arriving from Punta Arenas. Most people like to walk this distance after the flight but transportation is readily available. The tent camp is situated on snow which may become hard and a bit icy at times but never deep.

Sleeping

Guests on "Polar Dream" programmes sleep in two-person, double lined tents constructed of a high-tech nylon covering, stretched over a durable aluminum frame. Maximum heat is maintained with zippered doors and plywood floors. Guests sleep in their own sleeping bags, on mattresses, with bed linen and pillows provided by ANI. Those participating in "Expedition" and "Adventure" programs, will practice setting up and sleeping in the mountaineering style tents that they will use in the field. Staff occupy similar, mountaineering style tents around camp and Antarctic Ice Marathoners will most likely sleep in these tents with a thermarest and pillow as the staff do.

Dining



The "Dining Tent" is truly the heart of the camp in Antarctica. It has a complete kitchen and dining area and serves as a regular gathering place for guests to meet staff and other travellers and enjoy tea and coffee while discussing the day's adventures.

Cooks prepare wonderful delicacies from their diverse menus. Three meals a day are served and snacks and beverages are available on an ongoing basis. Food is flown in from Punta Arenas, Chile – including fresh fruits, vegetables, fish, meats, a variety of beers and Chilean wines.

Included in the dining tent is a small library of books and games for guests to enjoy. It is a place to relax, write diaries or postcards, play cards or games, or just read.

Wash Facilities and Laundry

There is no reason why your standard of personal hygiene should change in Antarctica; you may just have to approach it differently. Adventure Network estimates, from government tables, that if all its clients plus staff had the opportunity of using its shower facilities once a week they would generate approximately 10,000 gallons (37,500 litres) of water in the course of an Antarctic season. That is equivalent to a small swimming pool.



Adventure Network International will not justify producing this amount of "grey water" and pouring it back into the Antarctic ice. In tune with its environmental policy and concerns to keep its impact to a minimum, Adventure Network offers instead facilities for "sponge bathing" using a bowl of hot water and a wash cloth. Your body will be just as clean as with a shower and you will feel more energised and invigorated. Some travellers also choose to bring pre-moistened toilettes such as "Wet Wipes" with them. For the brave the other option is a "snow bath".

Toilet facilities are located in the main camp and all human waste is removed from Antarctica.

Time

As there is 24-hour daylight in Antarctica during the summer and weather conditions rather than clocks dictate our activities and schedule, "time" takes on a different meaning. Clocks are primarily used to coordinate activities with other stations. For convenience more than anything else, it is elected to keep the Antarctica camp on the same time as Punta Arenas, Chile, where the flights originate. Union Glacier time is 3 hours behind GMT (UK time), 2 hours ahead of Eastern Standard Time (NYC time), and 5 hours ahead of Pacific Standard Time (LA time). Vinson and the Emperor Penguin Colony also operate on the same time. Amundsen-Scott station, located at the South Pole functions on the same time as New Zealand, which is GMT plus 13 hours.

Medical

ANI employs the services of a medical doctor and stocks a selection of medications and fundamental equipment for the care and stabilisation of visitors if they become ill. This service is provided free of charge to travellers. Please bear in mind while preparing for your journey and throughout your expedition that you will be nearly 2,000 miles (3200 km) from "full-serve" medical attention or a pharmacy. If you take regular, essential medication, bring enough with you for your anticipated stay in Antarctica, PLUS a minimum of 4 week's extra supply. Even in Punta Arenas compatible prescription medications can be difficult to source so please be sure to bring ample supply from home. We recommend a careful and considered approach to any activities that you undertake while on expedition. Should you have an accident or become seriously ill, every effort will be made to repatriate you as soon as possible to more advanced medical facilities in Punta Arenas; this however will be at your expense. You should carry medical evacuation insurance to cover you for this eventuality. Please refer to Adventure Network International's "Terms and Conditions" for further information about insurance and evacuation costs.

Communications



The communications tent is the centre of "on-ice" operations. For quiet and to minimise environmental impact, systems are supplied entirely by solar power. Daily contact is maintained with the Adventure Network International office in Punta Arenas and with all field parties using HF radio, Iridium telephone, and satellite beacons. Contact is also maintained with other bases, and with aircraft whenever they are flying, taking regular position reports.

If you would like to make a phone call from camp, pre-paid Iridium phone cards are sold for US\$40 for 20 minutes. Charging facilities for video batteries are also available on a limited basis. Please ensure your batteries are fully charged prior to leaving Punta Arenas. Plan to bring at least one spare battery, as well as your own charger and an adaptor to North American style 3-pin plug. As the communications tent tends to be a busy place, please coordinate with ANI client services staff if you would like to make use of either of these services.



Other Facilities

Several other tents and structures, including vehicle workshop, equipment and food stores round out the camp facilities. At the side of the camp, two ski-equipped Twin Otter aircraft are parked. They use a separate ski runway to the north. When you arrive at camp, staff will be happy to give you a tour to introduce you to your temporary home on the ice.

Frequently Asked Questions

- Can I be guaranteed to be in and out of the Antarctic as scheduled?
- Where is our departure point for Antarctica?
- How do I get to Punta Arenas, Chile?
- Where will I stay in Punta Arenas?
- By what means am I transported to the Antarctic?
- What date will the races take place?
- Where exactly will the races take place?
- I have no prior extreme weather experience. Is it ok for me to run in the Antarctic?
- Will it be safe to run?
- With little or no marathon experience, will I be able to finish the Antarctic Ice Marathon?
- What is the weather usually like?
- What are the underfoot conditions at Union Glacier?
- What shoes should I wear when running?
- What clothes should I wear when running?
- Will there be media coverage of the race?

Can I be guaranteed to be in and out of the Antarctic as scheduled?



No. You are going to one of the most difficult places in the world to fly to. Days of delay can be normal for Antarctic flights and you should not plan anything important for a minimum of two weeks after your expected return. Allow yourself time to enjoy this unique experience without the stress of time pressures. Of course, every effort will be made to keep to the scheduled departure and return date, but all flights are subject to weather, aircraft serviceability and local conditions.

Where is our departure point for Antarctica?

Our departure point for Antarctica is a town called Punta Arenas in Chile, South America. You will arrange round trip flights from your homeland to Punta Arenas and you should arrive in Punta Arenas by November 27th at the latest. From there, you will be flown to the Union Glacier camp in Antarctica. Detailed information about Punta Arenas will be given to registered entrants.

How do I get to Punta Arenas, Chile?



You will book your international flight to arrive in Santiago, the capital of Chile. There are regular internal flights from Santiago to Punta Arenas via the Lan Chile airline. Specific advice on flights will be given to registered participants, but you should essentially ensure that there is flexibility with your return date. On arrival in Punta Arenas, you will go to your hotel and be briefed further about onward travel arrangements to the Antarctic.

Where will I stay in Punta Arenas?

Participants will be issued with a list of hotels to choose from. These will range in price from US \$50 - US\$300 per night depending on quality and services. When booking a hotel, bear in mind that your budget should cover the possibility of being stuck in Punta Arenas for several days before the jet actually takes off for the Antarctic.

By what means am I transported to the Antarctic?

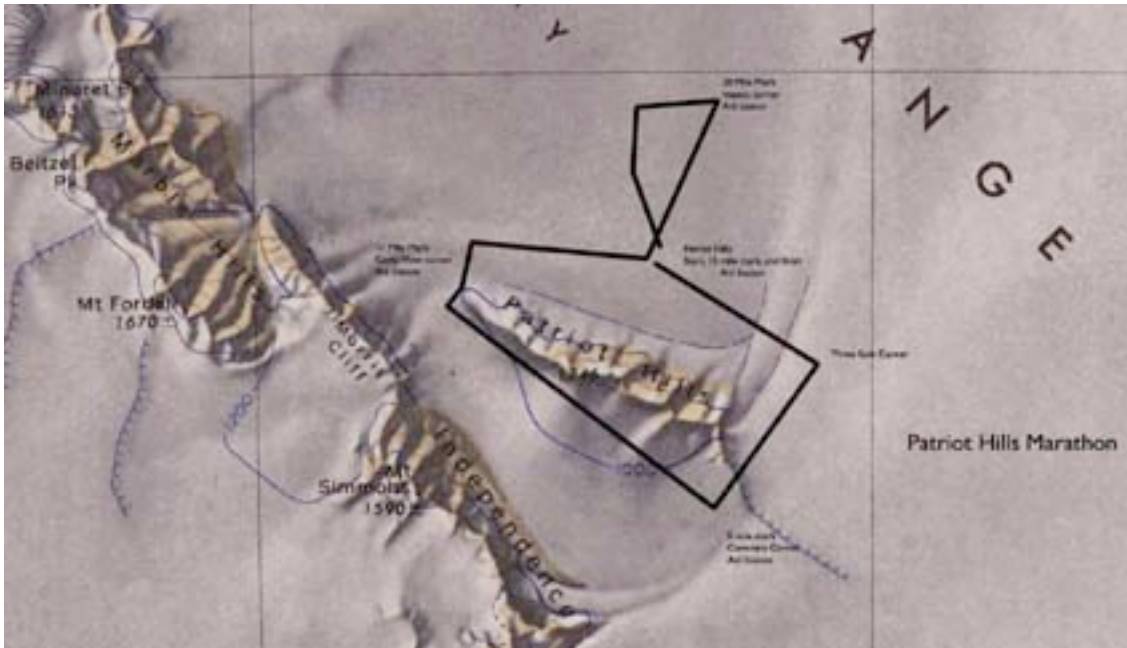


An Ilyushin-76 (IL-76) plane will fly you to the Union Glacier camp at the foot of the Ellsworth Mountains in Antarctica. It's a 4.5-hour flight that will see you fly over Tierra del Fuego and the Drake Passage before getting your first glimpse of frozen seas below. At 66 degrees latitude you will cross the Antarctic Circle and continue towards the icy continent. The ice sheet will continue to stretch inland until you see the spectacular Ellsworth Mountains. We will land on an ice runway at the southernmost extension of these mountains - 80 Degrees South.

What date will the races take place?

The Antarctic Ice Marathon is scheduled to take place on November 30th 2011 and the Antarctic 100k will be run on December 2nd 2011. All dates are subject to change in accordance with weather conditions and related flight re-scheduling. For example, if our stay in the Antarctic needs to be shortened significantly then some events could even be run simultaneously.

Where exactly will the races take place?



The races will be run in the vicinity of the Union Glacier camp, meandering on a course that encompasses long stretches of open white terrain and alongside hills.

I have no prior extreme weather experience. Is it ok for me to run in the Antarctic?

Yes. Proper clothing should ensure the cold is not a completely overwhelming problem when running or walking these races. You will be fully advised on what to wear and your clothing will be checked for suitability prior to leaving Punta Arenas. A number of aid checkpoints are available on the course as well as one large heated structure at the half-way point. Some participants will probably never have encountered extremely cold conditions before travelling to the Antarctic, though it is preferable that you did have such experience.

Will it be safe to run?

Yes. Flags will guide athletes around the course and participants should be visible at almost all times. However, it is important to keep your peripherals covered and to be alert to any signs of frost damage.

With little marathon experience, will I be able to finish the Antarctic Ice Marathon?



Yes, it's possible. If you are determined, train properly and can run or walk a distance of 26.2 miles very comfortably, then you should be able to complete the Antarctic Ice Marathon successfully. However, it will be a slow and difficult experience as running for long periods on snow in sub-zero temperatures can be very draining. Nevertheless, one of the priorities of the organiser is to have everybody finish the race and there is no cut-off time. However, only experienced ultramarathon and endurance athletes should attempt the 100k race.

What is the weather usually like?

The temperature at Union Glacier typically ranges from -10°C to -20°C at this time of year. However, with fairly steady winds blowing from the Pole, the wind chill will lower the apparent temperature by some 10 to 20 degrees. On the other hand, the air temperature on a calm day can feel much warmer, almost balmy! Winds will more generally blow at a steady 10 – 25 knots.

What are the underfoot conditions at Union Glacier?



The course will be groomed before the race and may comprise a reasonably solid ice surface. However, it can also be comprised of soft and loose snow in places, and both features may be evident on the circuit.

What shoes should I wear when running?

A pair of trail running shoes will work out best.

What clothes should I wear when running?



A layering system is best, which should incorporate the following:

Upper body – thermal layer, fleece layer and outer windproof shell

Legs – thermal layer and windproof pants (middle fleece layer optional)

Hands – pair of gloves and mittens

Feet – sock liners and woollen socks

Head – balaclava, facemask, hat, neck gaiter, goggles

It is extremely important to keep the peripherals warm (hands, feet, face) as these are the most vulnerable to cold-related conditions such as frost nip. Specific clothing advice is given to registered athletes.

Will there be media coverage of the race?

Yes. A press release will be issued to a worldwide database after the event. Leading international sports photographers and / or TV have been present at all previous races.