

LULEKAMRATERNAS

FRONTYARD 2026

RACE INFORMATION • SATURDAY 24 OCTOBER

Welcome to an end-of-season event filled with running, challenge and community at Gältzauudden!

DATE Saturday 24 October	START 12:30	CHECK-IN No later than 12:15
LOCATION Gältzauudden	LAP DISTANCE 3 km	FORMAT 24 min, then 1 min shorter

How Frontyard works

Each lap is 3 km. You have 24 minutes to complete the first lap. After that, the time limit is reduced by one minute per lap: 23, 22, 21 minutes, and so on.

If you finish within the current time limit, you may start the next lap. If you miss the time limit, your race is over. You decide how many laps you want to run.

Important before the start

- **Check in** at the start and finish area no later than 12:15.
- **Attend** the joint race briefing at 12:15.
- **The first lap** starts at 12:30.
- **Bring** your own drinks and energy supplies. The organiser provides cordial, coffee and light refreshments.
- **Bring** a change of clothes and warm clothing. Spare clothes may be left at the start and finish area during the race.

When you finish the race

You must check out. Tell the official your name and number of completed laps at the same place where you checked in. This is required for your result to be valid.

A lap counts as completed only if you finish within the current time limit. Results are shown as the number of completed laps, followed by the total number of laps run in parentheses, for example 10 (11).

Location, parking and services

Start and finish

The start and finish area is by the barbecue area on the grassy section at the top of Gültzaudden, above the slope and not down by the beach. It is close to the old town hall, the red building.



Course map and directions to Gültzaudden.

Parking

- Recommended free parking is available at Hälsans Hus/Gamla färjlägets marina, about a 400-metre walk from the start area.
- Other parking options are also available in central Luleå.

More information about parking: www.lulea.se/boende--gator/gator-och-trafik/parkering.html

At the race venue

- Four portable toilets are available at the venue, sponsored by Vessan Hyrtoaletten Norrbotten.
- Small prizes will be raffled among participants during the race.
- The organiser may take photographs and record short video clips. Tell the race officials at check-in if you do not wish to appear in photos or video.
- The results will be published on Lulekamraterna's website 1-2 days after the race.

Practical checklist

☐ Your own drinks and energy supplies	☐ Change of clothes and warm clothing	☐ Arrive in good time
☐ Check in	☐ Attend the briefing	☐ Check out when you finish

Start times and time limits

Each new lap starts according to the table. The time limit is reduced by one minute for each lap.

Lap	Distance	Time limit	Pace	Start time	Total
1	3 km	24 min	8.00 min/km	12.30	3 km
2	3 km	23 min	7.40 min/km	12.54	6 km
3	3 km	22 min	7.20 min/km	13.17	9 km
4	3 km	21 min	7.00 min/km	13.39	12 km
5	3 km	20 min	6.40 min/km	14.00	15 km
6	3 km	19 min	6.20 min/km	14.20	18 km
7	3 km	18 min	6.00 min/km	14.39	21 km
8	3 km	17 min	5.40 min/km	14.57	24 km
9	3 km	16 min	5.20 min/km	15.14	27 km
10	3 km	15 min	5.00 min/km	15.30	30 km
11	3 km	14 min	4.40 min/km	15.45	33 km
12	3 km	13 min	4.20 min/km	15.59	36 km
13	3 km	12 min	4.00 min/km	16.12	39 km
14	3 km	11 min	3.40 min/km	16.24	42 km
15	3 km	10 min	3.20 min/km	16.35	45 km
16	3 km	9 min	3.00 min/km	16.45	48 km

How long can you stay in the race?

Welcome to a fun and challenging day with Lulekamraterna!

Questions on race day will be answered by the race officials at check-in.