



EUROPEAN ASSOCIATION FOR SPECIAL SOCIAL GROUPS

"INTEGRATIVE MEETINGS OF FRIENDS "
VIENNA, AUSTRIA



**Mrs. Mayor of Akureyri
Ásthildur Sturluddóttir**

Vienna, 20.01.2020

Dear Madame Mayor.

Since 1999, the group about 60 mental disabled people from Austria, Germany, Czech Republic, Hungary, Poland, Romania and Ukraine, within fortnight every year is running about 500 kilometres. We have crossed so far route 35.700 km but as run 15.300 km near. To this time, we have visited the all countries of Europe except Russia and Belarus.

Now we have decided to visit again your country and the town which we have visited in 2007 year during our 9th relay run.

In our memories it is a nice welcome by the city authorities (I connect some your information from this time).

In this year, the route of 22nd. Relay Run leads from Hirtshals in Denmark, where we have ferry to Iceland. After one week in Iceland we go home, also by ferry.

We would much appreciate it, when your town could welcome 45 people (total with guardians), when we come to Akureyri on 22nd April 2020 year. Arrival to your town about 13:30 o'clock.

On this day we would also appreciate a possibility of getting free hospitality for the night after the run. Usually we sleep on the floor in sports halls or school classes. We have our sleep bags and mattresses.

Important for us are also the showers and not expensive supper no more as 7 € per person. Each assistance (help) of the town has for us big meaning.

At the next day on 22nd April at 9⁰⁰ o'clock we will be started to the stage to Reykjavik.

You can contact us by e-mail >jerzy.chrabecki@chello.at> or mobile 0043 676 55 031 88. We advise also our home page [www. imfriends.org](http://www.imfriends.org).

Looking forward to your replay, we remain yours faithfully.

Best answer via Email: jerzy.chrabecki@chello.at

Jerzy Chrabecki
"Integrative Meetings of Friends"
President of Association



Address: „Integrative Meetings of Friends“, Ziegelofengasse 12-14/6/3,
1050 Wien, Austria, Contact : Mobile : **+43 676 5503188**. Email : jerzy.chrabecki@chello.at,

Total: 82,5 km

Run: 8 km

STAGE 2nd
HUSAVIK – AKUREYRI
22. 04. 2020

km	Localities, Direction & Nr of Street	Time next	km circulation
000,0	HUSAVIK № 85 📍 Akureyri	09:00	04,0 car
004,0	hot lake “ <i>Goldfish pond</i> ”	09:10	00,0 stop
004,0	geothermal lake “ <i>Goldfish pond</i> ”	10:00	05,0 run
009,0	X № 87 & № 85 📍 № 87 Akureyri	10:40	00,0 stop
009,0	X № 87 & № 85 📍 № 87 Akureyri	10:50	11,0 car
020,0	X № 85 & № 845, ↑ № 845		17,0
037,0	X № 845 & № 1, →R, № 1 📍 Akureyri		11,0
048,0	→R, 📍 Godafoss (<i>no Fossholl, only 300 m after</i>)		00,5
048,5	Waterfall “ <i>Godafoss</i> ”	11:30	00,0 stop
048,5	Waterfall “ <i>Godafoss</i> ”	12:00	00,5 run
049,0	← L, № 1 📍 Akureyri		06,0
055,0	Ⓜ/ Ljósavatn “ <i>Mirror Lake</i> ”	12:50	00,0 stop
055,0	Ⓜ/ Ljósavatn “ <i>Mirror Lake</i> ”	13:00	12,0
067,0	≈≈≈ brige „ <i>Fnjóská</i> ” + 200 m Ⓜ		09,5
076,5	Tunel, (<i>toll road</i>)		02,5
079,0	Bridge, 2 km long		02,0
081,0	→R, 📍 Akureyri	13 :00	00,0 stop
081,0	→R, 📍 Akureyri	13 :15	01,05 run
082,5	Ambassador - Whale watching . End of the stage	13 :30	

Total: 430 km
Run: 10 km

STAGE 3rd
AKUREYRI – REYKJAVIK
23. 04. 2020

km	Localities, Direction & Nr of Street	Time next	km circulation
000,0	AKUREYRI SM “Bonus” Langholt street № 1  Dalvik	09:00	01,7 run
001,7	 ^{1/2} № 1  Dalvik , Reykjavik		08,3
010,0	№ 1  Reykjavik	10:15	00,0 stop
010,0	№ 1  Reykjavik	10:20	20,0 car
030,0	Ⓟ/ Jónasarlundur	10:45	00.0 stop
030,0	Ⓟ/ Jónasarlundur	11:15	59.0 car
089,0	≈≈≈ brige „Héradsvötn”		04,0
093,0	VARAMAHLID, ← L, № 1  Dalvik , Reykjavik		50,0
143,0	BLÖNDUÓS, ≈≈≈ brige „Blanda” longest river in Iceland		80,0
223,0	PS „N 1” Stadarskáli (65.144943, 21.081431)		86,0
309,0	PS „Atlanolia” (64.568001, 21.893103)		01,0
310,0	BORGARNES,  ^{1/2} № 1  Reykjavik		03,3
313,3	≈≈≈ brige „Borgarfjörður”(520 m long) № 1  Reykjavik		20,2
333,5	X № 1 & № 47  № 47 no № 1  Reykjavik		45,0
378,5	X № 48 & № 47  № 47  Reykjavik		15,5
394,0	X № 47 & № 1  № 1  Reykjavik		24,0
418,0	№ 1 & № 49  № 49 ↑  Reykjavik		12,5
430,5	PS „N 1” Hirnbraut 12 str. (64.138713, 21.938012)	17:00	

End of the stage

22. RELAY RUN, DENMARK – ICELAND

18.04 – 02. 05. 2020

April

- 17. (Fr.) – Meeting in Aarhus, Denmark**
- 18. (Sa.) – 1. stage, Aarhus – Hirtshals**
Ferry to Iceland, at 16:00 o'clock
- 19. (Su.) – on the sea**
- 20. (Mo.)– Torshavn (Faroe Island) 07:00 – 14:00 o'clock**
- 21. (Tu.) – Iceland at 09:00,**
2. stage Saydisfjörður - Húsavík
- 22. (We) – 3. stage Húsavík – Akureyri**
- 23. (Th.) – 4. stage Akureyri – Reykiavík**
- 24. Fr.) – 5. stage – Reykiavík – Grindavík**
- 25. (Sa.) – 6. stage – Grindavík – Selfos**
- 26. (Su,) – 7. stage – Selfoss**
- 27. (Mo.) – 8. stage – Selfoss – Vik**
- 28. (Tu.) – 9. stage – Vik – Höfn**
- 29. (We.) – 10. stage – Höfn – Saydisfjörður (ferry at 20:00)**
- 30. (Th.) – Faroe Islands (15:00 – 21:00)**

May

- 01. (Fr.) – on the sea**
- 02. 02. – Denmark at 11:30 o'clock**