



Information Regarding the 5K Fusion Fun Run!

UPDATED THE 22.06.2026!

General information

We are happy to invite all Fusion 2026 participants to the 5k Fusion Fun Run. We will be running on the gravel paths around the lovely Nidelven for a 5 km lap. We hope many want to participate and start the conference day with us.

The course

The track goes around the lovely Nidelven, and approximates 5 km.

Note that this course is updated from earlier versions due to increased construction work at Bakklandet. An (unfortunate) 180 degree turn has therefore been added before Bakklandet, and the runners will turn around and run back, and cross the river over Elgeseter bridge. Some small adjustments to the course have also been made to ensure the correct course length. Sorry for the inconvenience.



The surface is mostly gravel with some instances of tarmac. The course is mostly flat with some short up and downhills, as shown in the following profile of the course. Runners are responsible themselves for respecting any other pedestrians or traffic along the paths.

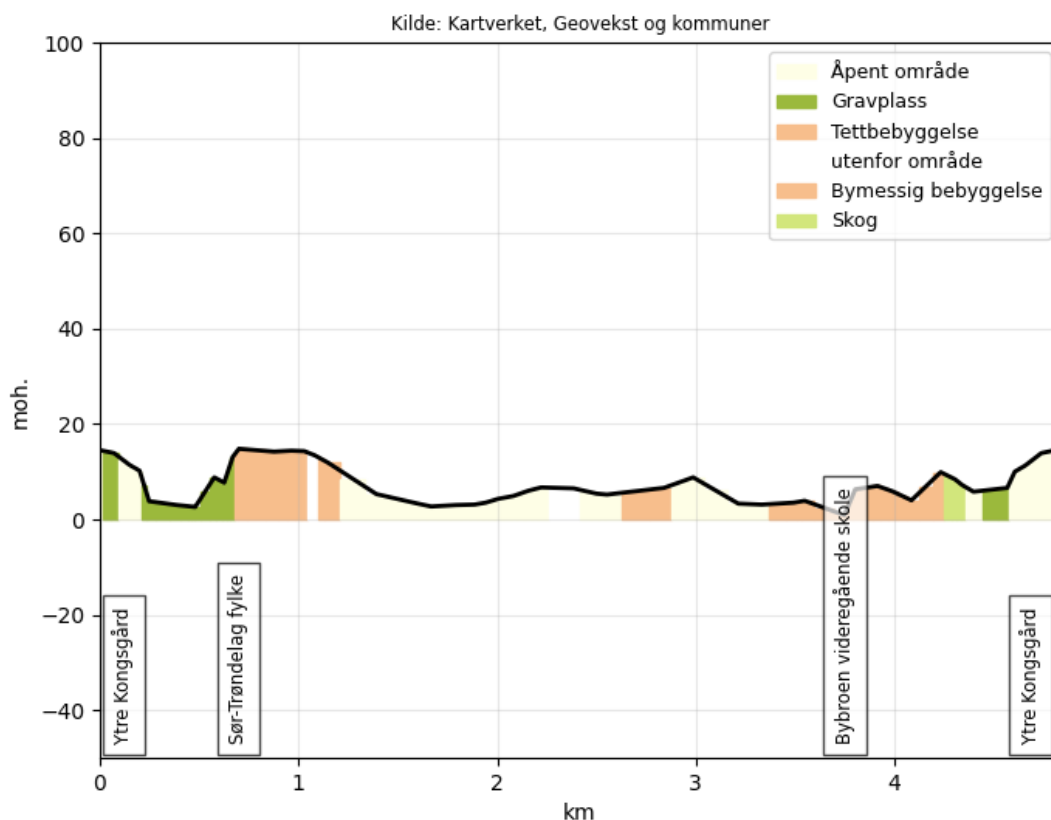
The course will be marked by multi-colored bands, and local students **IN Reflective vests**, showing the way at certain intersections.



Start and Finish

The start is at [Ytre Kongsgård](#), right next to the famous Nidarosdomen. Due to the schedule of the conference the mass start is set to be relatively early, at **07.05**.

The runners are responsible for arriving within sufficient time to **acquire their bib** and perform necessary preparations before the race.



The finish will be at the exact same place as the start. Thus, runners can safely leave belongings within the vicinity, which will be supervised for the entire duration of the race.

We will set a maximum time of 45 minutes on the race.

Entry

There entry can be done [here](#), where each participant will enter their details. No organisation is required to be entered.

There will be charged no fee for participating, but failing to return the bib number after race will result in a penalty of 500 NOK.

Arrival

The participants can either take a bus or run from the hotel. The distance from the hotel by foot is approximately 2 km.

The alternative is to take a bus. For routes, see the [AtB](#) or [Entur](#) app.

Contact and questions

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