



HARDANGERJØKULEN U L T R A



RACE MANUAL 2019

All participants must read and understand this document before entering the start line for Dynafit Hardangerjøkulen Ultra.



HARDANGERJØKULEN U L T R A

Table of content

1. FEES	3
<i>Participation fees include:</i>	<i>3</i>
2. CONDITIONS FOR WITHDRAWAL	3
3. REGISTRATION/PRE-RACE MEETING	3
<i>Minimum requirements equipment:</i>	<i>3</i>
<i>Pre-race meeting:</i>	<i>4</i>
4. STARTING POINT BY VØRINGSFOSSEN	4
5. TRAIL DESCRIPTION	5
<i>Checkpoints.....</i>	<i>6</i>
<i>Food stations:</i>	<i>6</i>
<i>Kart:.....</i>	<i>7</i>
6. CUT-OFF TIME.....	7
7. RULES.....	7
<i>Age limit</i>	<i>7</i>
<i>Help and aid</i>	<i>7</i>
<i>General rules</i>	<i>8</i>
<i>Breaking the rules.....</i>	<i>8</i>
8. ACCOMMODATION.....	9
9. AWARD CEREMONY	9
10. SELF-DECLARATION	10



1. FEES

Participation fees for 2019 are set to NOK 1.500 until February 1st and increased to NOK 1.800 after February 1st.

Participation fees include:

- Participating in an amazing ultra-race in untouched nature in Hardangervidda
- Winforce sports drinks and light snacks in check points/food stations
- Reward for participation
- Electronic stop watch with tracker under the race

2. CONDITIONS FOR WITHDRAWAL

Participation fees will not be refunded, unless the participant can put forward a valid medical certificate (a certificate from physical therapy is not valid) NOK 350 would be taken from the participation fees to cover administrative fees.

After July 1st the participation fees will not be refunded, no matter the reason. It is also not possible to transfer the fees to future races. Participating in Dynafit Hardangerjøkulen Ultra is personal, and one's spot can therefore not be sold or given away to someone else. These conditions are set to protect the events financials, and for security reasons.

3. REGISTRATION/PRE-RACE MEETING

Registration will be held in Eidfjord community hall located next to Lægreid school in Eidfjord. The registration will happen on Friday 12th of July from 6 pm to 8 pm.

For the registration, bring the rug sack you will be wearing when running. There will be a run through what is in your rug sacks, to check that you have the minimum requirements for equipment/clothing.

It will also be possible to bring one rug sack/bag to Finse, this has to be checked in by the evening on Friday, it will also not be possible to get a hold of it until you reach Finse. Mark the rug sack with the participation number.

Minimum requirements equipment:

- Survival shelter/Jerven bag/Emergency foil blanket
- GPS with the tracked route, this is available on Xtremeidfjord's web page.
- Extra batteries for the GPS
- Headlight
- Map and compass (the map is available as "Hardangerjøkulen" Norway series in kartbutikken.no)
- Thermal underwear
- Hat
- Wind and water proof jacket and pants
- Food for in between check points
- A fully charged phone

Pre-race meeting:

There will be held a pre-race meeting in Eidfjord community hall Friday 12 July 8.30 pm, after registration. It will go through the route and security. It will also be possible to ask questions.



4. STARTING POINT BY VØRINGSFOSSEN

Fossatromme by Vøringsfossen is the hub for the entire event. This is where participants will meet up. There are plenty of parking spaces available. There is no transport to/from Fossatromme to/from Eidfjord centrum.

The race starts precisely at 7 am Saturday July 13th, be there well in advance. It is possible to park your car here and be parked here until you finish the race, 100 kilometres, and a few hours later after finishing. See the maps with overview of the starting point and the finish line area.



HARDANGERJØKULEN U L T R A



5. TRAIL DESCRIPTION

The complete distance of Dynafit Hardangerjökulen Ultra is 100 km.

There is little to none existent phone service in the trail and there is a far distance between the check points. The checkpoints are as follow; Finse, Krækkja and Kjeldebu.

The trail follows the Norwegian trekking associations trail throughout the race, except from the last bit to the finish line. This last bit will be marked using adhesive bands. All participants must have a GPS for navigation. A GPS watch is good enough. There will be no indication in the trail of km, crossroads or similar indications.

There are long distances in between huts, and the weather could change very quickly in Hardangervidda. It is very important that your rug sack contains the right equipment for you to be able to help yourself for some time in the mountains, if something were to happen. There will be crew located in Rembesdal, crew and a food station in Finse, crew and a food station in Krækkja, and a crew and a food station in Kjeldebu. Participants could be eliminated at any point in the trail by crew or medical crew, if they see it fit.

Checkpoints

It is important that every participant goes by the hut in Finse, Krækkja and Kjeldebu as these are check points. It is also important that there is given a clear message if a participant wants to cut off.



Food stations:

Finse 38 kilometres - tomato meat soup and bread, nuts, bananas, water and sports drinks delivered by Winforce.

Krækkja 62 kilometres - Tomato soup, light sandwiches, bananas, water and sports drinks delivered by Winforce.

Kjeldebu 75 kilometres - nuts, bananas, instant meals, water and sports drinks delivered by Winforce.

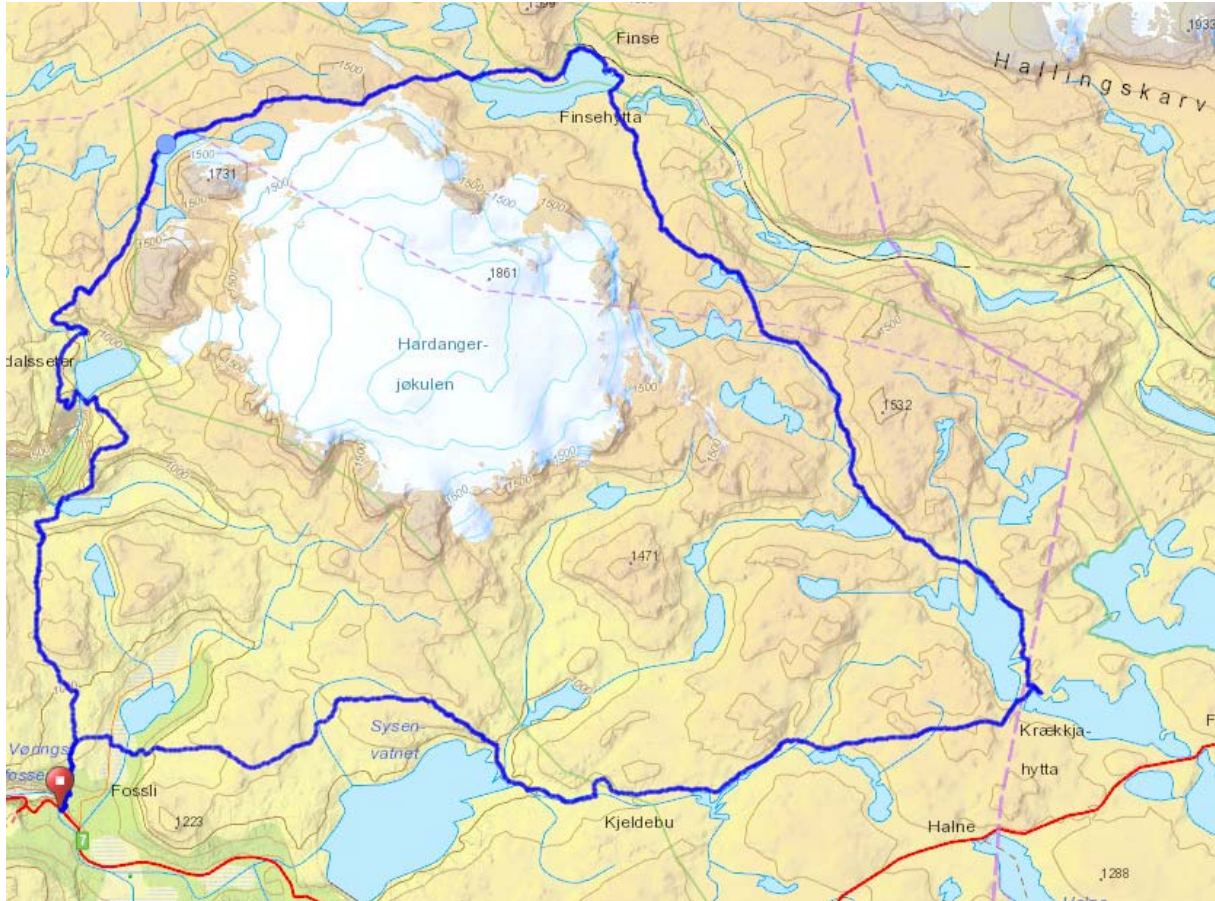
Fossatromme 100 kilometres - Coke and bit soup

Remember to fill up water bottles where possible as there could be a long distance in between opportunities to refill them.



HARDANGERJØKULEN U L T R A

Kart:



6. CUT-OFF TIME

Cut-off time at Finse 3 pm.

7. RULES

The rules are minimum requirements. It is also expected that every participant uses common sense and shows respect to the mountains. The rules could be changed due to weather conditions.

Age limit

The age limit of DynaFit Hardangerjøkulen ultra is set to 18 years.

Help and aid

- In emergency situations it is expected that every participant helps
- If there is to be an emergency situation, get in contact with the crew rear of participants

- You are allowed to have an escort from Krækkja and Kjeldebu, but the same requirements are expected from the escort as for the participants, they must be able to help themselves in the mountains. There is no form of transport.

General rules

- Self-declaration forms shall be signed and delivered when you register in Eidfjord. (Please bring a printed, signed copy)
- You are not allowed to throw rubbish underway. please bring the rubbish to check point's and/or to the finish line. Throwing rubbish in the nature could cause disqualification.
- The event organizer could eliminate participants from the race due to security reasons.
- Weather conditions or other security reasons could cause the event organizer to hold back participants from leaving check points. participants in Dynafit Hardangerjøkulen ultra must be aware that the race could be stopped at any point due to weather conditions stopping the race from continuing.

Breaking the rules

Punishment/elimination can be given by breaking the rules, unsportly behaviour or if a participant puts them self or others in unnecessary risk. Punishments could be given by event organizer, adding time or even cause disqualification.

Participants who chooses to eliminate themselves must get out of the mountains on their own, unless they are experience injuries or illness, event organizer will organise the transport.





HARDANGERJØKULEN U L T R A

8. ACCOMMODATION

Please contact accommodation in Eidfjord for booking accommodation under Dynafit Hardangerjøkulen Ultra. It is recommended to book early as the race is in the midst of tourism peak-season in Eidfjord. There is an overview of accommodation on www.visiteidfjord.no.

9. AWARD CEREMONY

Every participant who finishes the race will receive a shirt delivered by Dynafit. This will be given Sunday 14 July 11am, outside the council building in Eidfjord, Simadalsvegen 1.



It will also be possible to buy a light brunch after the award ceremony for those who wish to.



10. SELF-DECLARATION

The self-declaration is to be delivered when checking in, in Eidfjord. Please print the document and bring a signed copy to the registration.

By signing this document, I am aware of and agree to the following:

- I am aware of the risks and dangers of participating in the race
- I am aware that the event could last longer than anticipated
- I am aware that the event could be changed or cancelled if it is not safe to go through it and it will not be refunded
- I confirm that I am well in shape
- I am aware of what to do in an emergency situation
- A functionary could eliminate me at any point in the trail if they see fit
- Participating happens on participants own risk
- The event organizer could publish photos of participants without permission
- The trail is not marked. I can navigate around the plateau with a GPS.
- I promise to help others in case of an emergency
- I can put in waypoints/routes to a GPS, and use a GPS without help in the mountains
- I am aware of what to do in case of sudden change of weather in the mountains

Place _____ Date _____

Participants name (Capital letters)

Participants name (Capital letters)

Name of emergency contact (Capital letters)

Phone number of emergency contact including country code: _____