



RACE MANUAL 2020

"I know only one past time that never seems to tire, and that is reading."

Roald Amundsen (1872-1928), Norwegian explorer.

All participants must read and understand this manual before they sign up
for Åsnes Expedition Amundsen

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1. PRICES

The registration fee for individual athletes is 3900 NOK

The registration fee for teams is 1000 NOK plus 2900 NOK per athlete, which totals 6800 NOK for a 2 person team and 9700 NOK for teams with 3 persons. The team is first entered when the registration fee for all team members are paid. Åsnes Expedition Amundsen 2020 has 2 classes. Individual and team class. Team class is for teams of 2-3 persons. If 4 persons wants to enter, they must enroll as 2 teams.

The registration fee includes:

- Participation in the world's toughest expedition race.
- Transportation of yourself and your equipment from Eidfjord to start at Haukeliseter
- Finisher prize
- Hot soup when you arrive at finish
- Transportation from finish to Eidfjord.
- Advanced tracking and PLB (Personal Locator Beacon) unit during Expedition Amundsen.
The team can use an approved reserve if one of the team's original athletes is prevented by illness (EXA has to be notified regarding an exchange at least 1 week before start).

2. CANCELLATION RULES

The registration fee will be refunded, regardless of the reason for cancellation, until December 13th, minus an administrative fee of 750 NOK.

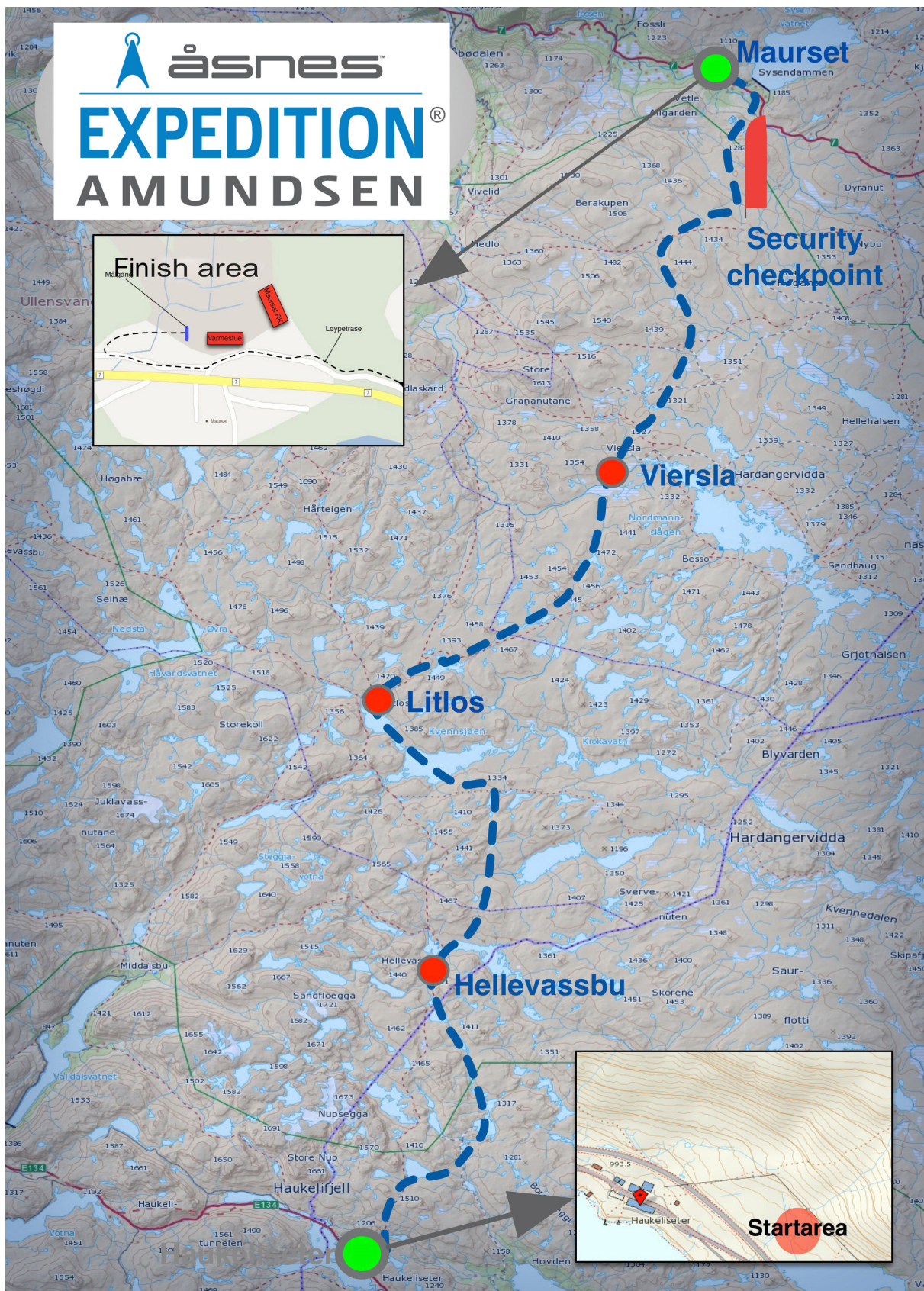
Between December 13th and February 7th the registration fee will only be refunded if a valid doctors note can be provided (notes from physical therapists are not valid), minus an administrative fee of 750 NOK.

After February 7th there will be no refunds, it's also not possible to transfer the fee to next years race. A slot in this race is personal and can't be transferred, these rules have to be followed to protect the event from economical loss and for safety reasons.

3. COURSE DESCRIPTION

The distance is 100 km. There are 3 mandatory check points and 1 safety check point: Hellevassbu, Litlos, Viersla and a safety check point 10 km before finish. The teams must follow the route the organizers provide at all times.

- Haukeliseter - Hellevassbu: 25 km
- Hellevassbu - Litlos: 20 km
- Litlos - Viersla: 30 km
- Viersla - Maurset: 30 km



4. MAXIMUM TIME

The maximum time during normal conditions is 60 hours, but the time might be adjusted according to the weather conditions. Final information regarding maximum time will be presented during the pre-race meeting in Eidfjord.



5. EQUIPMENT

- The tent must be designed for winter use and contain a complete set of rods, all team leaders and individual athletes must be experienced in establishing camp in harsh winter conditions.
- The stove must be gasoline-lit and intended for winter use. Butane/propane is not approved as fuel and will be rejected at the check-in in Eidfjord..
- The sleeping bag must be designed for winter use and must have a minimum comfort temperature of at least - 15 degrees for both women and men.
- The food you pack should only contain small fractions of water to avoid it from freezing, and it should be easy to handle in extremely cold conditions. In addition, it's smart to have some snacks available during the race.
- Take a look at and download the checklist from our website.

6. RULES

The rules are a minimum set of requirements. In addition we expect the athletes to use common sense and further consideration. Rules may be changed until start according to weather conditions..

Who can participate?

- Men / women over 18 years who can document that they can handle the race by previous participation in:
 - Expedition Amundsen
 - Similar winter expeditions
 - Amundsen training camp (completed and approved)

As documentation you can provide names and phone numbers of persons you've been on relevant trips with or give us name and number to someone else who can vouch that the information you write is true. We do this because it turns out that the applicants have previously provided information that is not true and this poses a safety risk for the race.

Substitute

Teams have the opportunity to register a substitute during registration. It is not possible to enter a substitute or to "replace" the substitute after the registration period is over.

What is winter expedition experience?

1. Pull a sled with all the equipment you need in the winter mountain for minimum 5 days
2. Pitch a tent and make camp in stormy weather
3. Know how to navigate using GPS and map/compass
4. Solid experienced in using a stove for winter use (gasoline fired)
5. Know for sure that you can handle both the physical and mental challenges the winter mountain might throw at you (solid experience)

If you don't have this experience and are planning to participate in Åsnes Expedition Amundsen 2020 or later races, it's a good idea to sign up for Amundsen training camp.

WHAT IS AMUNDSEN TRAINING CAMP?

Meetings / courses in the winter mountain where you learn about what type of equipment and physics you need to attend Åsnes Expedition Amundsen and other expeditions.

Dates: Thursday January 30th – Sunday February 2nd 2020.

Place: Dyranut Fjellstova, rv7 at the Hardangervidda mountain plateau

We do the training 1245 meters above sea level, where the terrain is similar to the Greenland inland ice. This way it will be as close to the reality as possible as you prepare for Expedition Amundsen.

THE TRAINING CONSISTS OF:

- How to appropriately pack the sled
- How to organize the camp, pitch the tent and secure the equipment
- Camp and tent routines
- Food and nutrition
- First aid in the winter / buddy rescue
- How to use the stove for winter use
- Navigate with GPS and map/compass
- Avalanche transceiver
- How to lead a team through the winter mountain (walking routines, breaks, food/drinks, buddy check...)

To sign up, please contact Adrian Telle Hus: post@dyranut.com, phone +47 95 02 81 78

Price: Nok 2700,- which includes all the instruction and food inside (easy dinner Thursday evening, breakfast and lunch Friday and lunch Sunday).

You'll receive the agenda for the training camp and the pack list after you sign up.

Classes

Team

- Team consisting of 2 or 3 athletes.
- The mix of men and women within the team is up to the team.
- The team must have a team leader who can prove by references that he/she has the skills and experiences required in the winter mountain. The team leader is responsible for all the team members to acquire the experience and skills needed and to be able to handle an emergency situation: assessed by the organizer upon application to participate. The team leader is responsible for the team to stay together at all times.
- **The sled must weigh minimum 40 kilos at start and minimum 40 kilos at finish, during the race the weight may be distributed as you wish within the team. To ensure that the sled weighs 40 kg at the finish, you must take into account that the sled must weigh 40 kg without food, drinks and fuel to be used during the race.**

Individual

- High standard expedition merits and previous experience for participating in this limited class. This have to be proved by references. First-time participants should have previously completed the race in the team class.
- **The sled must weigh minimum 40 kilograms at start and minimum 40 kilograms at finish. To ensure that the sled weighs 40 kg at the finish, you must take into account that the sled must weigh 40 kg without food, drinks and fuel to be used during the race.**

Prizes

- All teams and individual participants who finish Åsnes Expedition Amundsen within the maximum time will receive a participation prize
- The "Leon prize" is awarded to a participant or a team that has demonstrated particular concern

for other participants, or assisted other participants etc. A committee assigns the prize after evaluation of the entries.

Maximum time / Wall of Amundsen

- Participants have to finish the race from start to finish within maximum time to get participant prizes and approved race.
- Maximum time to be on the Wall of Amundsen will be announced at the pre race meeting.

Mandatory equipment

Wednesday night the sled and the equipment will be thoroughly checked. When / if the sled with content is approved after the check, it will be sealed and loaded on to a truck. It is not possible to access the sled and equipment after the sealing, so it might be necessary to bring extra equipment like a sleeping bag, toiletries etc. which you might need the night before start.

- All athletes must use skis, poles and sleds.
- All the individual athletes and the team leaders must carry the "Amundsen – passport" during the whole race.
- Snowshoes, kites and other technical aids are not allowed. Amundsen would never use snowshoes.
- The sled must be in proper technical condition, but can be modified as desired.
- All athletes must have their personal equipment in their own sled from start to finish.
- Common team equipment is to be distributed amongst the team's participants. The distribution of the equipment is up to the team.
- Emergency rations must be untouched at the finish line, if no emergency-situation has occurred.
- The Team Leader is responsible for checking-in the mandatory team equipment at registration in Eidfjord.
- The sled must weigh minimum 40 kilos at start and minimum 40 kilos at finish for all athletes.

Route

- Start at Haukeliseter. Checkpoints at Hellevassbu, Litlos, Viersla and a safety checkpoint 10 km from finish. The finish is by the ski resort at Maurset in Eidfjord. The slope is marked and prepped the last 2 kilometers before finish.
- According to snow conditions and danger of avalanches the route may be changed shortly before start by the safety officer, this will be announced on Facebook in advance of the race. The route with waypoints for GPS is announced, and for the team's own safety it has to be followed at all times. Waypoints must be entered in to the GPS before your check-in in Eidfjord!
- The Amundsen-passport has to be stamped/cut at checkpoints Hellevassbu, Litlos, Viersla and at the safety point 10 km before finish.
- The organizers have every right to change the route if weather conditions indicate that it's not safe to cross the plains or if it interferes with the wild reindeer population at Hardangervidda.



Mandatory rest during the race

- All athletes have to record at least 8 hours of rest at the three checkpoints. These 8 hours can be distributed as desired at the three checkpoints, but 4 hours HAVE TO be taken at Viersla. The resting time is only recorded in full hours. It means that a 15 minute stop at the checkpoint is not recorded as resting time. It's the individual participant and team leader's responsibility to get the Amundsen-passport stamped by a crew member at the checkpoints. The resting time will be calculated from the time the athlete/team leader establish contact with the crew at Viersla (ex: 5:16 pm – 9:16 pm). It is optional to put up the tent at both Hellevassbu and Litlos, while at Viersla it is mandatory to put up the tent. At all three check points the rest must be conducted in a radius of maximum 150 meters from the checkpoint.

Help and assistance

- The race is "unsupported". It is not allowed to receive outside help along the route.
- If an emergency-situation occurs, it's a duty to help each other.
- In the event of an emergency you can contact the safety team, which is the last team in the race.

General rules

- The declaration form must be signed and delivered by all the athletes at registration (please print and sign it before you arrive at registration).
- The Amundsen passport is a personal document. All the individual athletes and the team-leaders have to keep it on them at all times. The passport should be signed by the organizer before start,

at all the checkpoints and after the race. Resting time has to be recorded by the crew in the passport. The passport is proof of the completion of the race.

- The electronical tracking device needs to be worn as assembled by the officials during the race. You will learn how to use it at the prerace meeting.
- We really love Hardangervidda and the nature. Unnecessary to say, it's forbidden to throw garbage along the way, this will lead to disqualification from the race. All your garbage must be brought to the finish and handed over to a crew member.
- Organizers and officials can remove participants from the race for safety reasons.
- Special conditions may require the organizers to order the athletes extra resting time and hold them back at the checkpoints. Athletes who participate in Expedition Amundsen must take into account that the maximum time might be extended far beyond the time given at the pre-race meeting and that they can be marooned for several days.

Rule Violations

- Penalties / disqualification may be given for violations of rules, unsportsmanlike behavior, or if athletes intentionally expose themselves or other athletes to unnecessary danger.
- Penalties from organizers and officials can be additional time added to your race or disqualification.

DNF

- Athletes who choose to withdraw from the race have to get out of the mountain by themselves, unless major injury / illness or an emergency causes the organizers to provide transportation out of the mountain.
- If one athlete in a team consisting of 2 persons withdraws during the expedition, the remaining athlete must follow instructions from crew / safety crew.
- If an athlete in a three-person team must withdraw during the expedition, the team may continue if at least one member is qualified to lead. Common equipment must then be allocated to the two remaining athletes on the team. It must be pre-registered who possibly has the necessary qualifications to enter as a new team leader if the team leader is the one who withdraws (if no one but the team leader is qualified to lead the team, the entire team must withdraw from the expedition).

7. DESCRIPTION OF THE RACE FOR THE ATHLETE

Meeting point, equipment check-in and mandatory pre-race meeting will be in Eidfjord on Wednesday afternoon/evening on February 26th. Your car and the equipment you don't need during the race you can leave behind in Eidfjord. After the race you will be transported back to Eidfjord. After registration/ check-in and prerace meeting, it's time for a good night's sleep. You have to book accommodation in Eidfjord yourself. Personalized accommodation packages are reserved for our participants. See website.

Roald Amundsen tried to cross Hardangervidda with his brother Leon in 1896. Amundsen summarizes the expedition with these words: " *This expedition included just as many dangers and hardships as my expeditions in the Arctic. It was part of my training to be a polar explorer. The training proved to be harder than the actual work. It was a preparation, but it almost was an end to my path.* "

Thursday morning, athletes and equipment will be transported by trucks and buses to Haukeliseter. The start of Åsnes Expedition Amundsen 2020 is Thursday February 27th at 1 pm (times may change due to weather, etc.). The first 6 kilometers from Haukeliseter to Mannevatn is characterized by hills, then hilly terrain into Hellevassbu. Pay special attention around Mannevatn and Årnotvatn. After Mannevatn follow the Borda watercourse towards Hellevassbu. From Hellevassbu the route continues towards Litlos. The first part of the route goes uphill east of Buanuten, then you have to cross the river Bjørro. Further on, the route continues through Tueslaet before the terrain flattens out and this leg ends above Kvennsjøen towards Litlos. From Litlos the slopes are steep up towards Ambjørgsvatnet. Thereafter the terrain is hilly and eventually you only have the endless Vierslamyrene (marsh) left. When you arrive at Viersla you have about 30 km left. The terrain from Viersla to Tverrgavlen is relatively flat, but with some long gentle climbs along the way. When you finally pass Tverrgavlen, you will have a tough downhill left until you are down in the valley of Drølstøl. The valley towards Nyestølen will be marked, and the last two kilometers is in prepped slopes.

At Maurset there will be a lot of activity, the slopes and lifts are open, so family and friends can stay there and enjoy themselves while they wait for you to cross the finish line.

In certain areas the GPS signals might be absent. Follow the map and compass closely. The athletes must navigate by map, compass and GPS all the way from start to finish. Everyone will receive waypoints / route on the GPS from the organizers. This route and these waypoints are to be followed at all times. The route is demanding and moves through merciless nature. Expedition Amundsen puts great demands on both athletes and organizers. Along the way you'll be alone and feel very small facing the mighty Hardangervidda. At the first three check points, you will be controlled by crew, during the competition you must also do the mandatory rest at the first three checkpoints. It's very important that you learn the rules!

8. CHECK POINTS

The checkpoints are our most important contact with you as a participant during the expedition. All participants must check- in and out from each of the 3 check points, while it is "self-service" at the security checkpoint. At all checkpoints (except from the security checkpoint) there are local mountaineers, safety crew and officials from the organization. The routines at the checkpoints are simple. No matter if it's day or night you need to make contact with the crew and identify your team or yourself as an individual athlete, even though there's no mandatory rest on the 2 first check-points, you still have to register here. Checkpoint Hellevassbu and Litlos do not have any mandatory rest, but if you want to rest at the checkpoints, the crew will show you where to pitch your tent.

Checkpoint Viersla: At Viersla all athletes must rest for minimum 4 hours and pitch the tent. When you arrive at this checkpoint consult the crew and they will register the time you checked in. After minimum 4 hours you contact the crew again and you or your team are now ready to check out from Viersla. Example: If you contact them 5:16 PM you can check out from Viersla 9:16.

Expedition Amundsen have great focus on the environment and nature, you will not see crew anywhere else during the course but at the checkpoints. The event wants to have as little motorized traffic as possible and work closely with the County of Hordaland, Buskerud and Telemark, Norwegian authorities and the community of Ullensvang and Eidfjord.

9. EXPECTED WEATHER CONDITIONS

Hardangervidda in February/March may vary between storm and cold windless winter weather. From experience, the weather will vary greatly during the race.

During Expedition Amundsen 2013 the weather varied greatly during the race. The first night started with heavy storms, then the Hardangervidda showed itself from its best side for a few hours, before it again broke out in storms. This time with hurricane-force winds and sleet. Already at start some people saw their limitations and took responsibility by making the decision not to start. Others chose to turn around. THERE IS NO SHAME TO TURN AROUND! (Amundsen turned around himself). Those who made it to Litlos and Viersla before the storm, were marooned until it subsided. The fittest made it across the plateau and crossed the finish line before the storm overtook them. Those who were stuck at Litlos got approved finish in Valldalen in Røldal. This is what Expedition Amundsen is about - you must prepare for the worst with storms and the toughest conditions – sunshine and silky slopes are just a lucky bonus.



10. TRANSPORTATION AND ACCOMMODATION

Eidfjord is the base for the entire event. This is where you meet up. Xtremeidfjord transports you by bus from Eidfjord to start at Haukeliseter. When you finish at Maurset you might have friends and family welcoming you and help you get back to Eidfjord. Otherwise you use our transportation back to Eidfjord. Some waiting at Maurset must be expected. It takes about 25 minutes by car from Maurset to Eidfjord.

All accommodation is in Eidfjord. You need accommodation the night before the race and the subsequent night after you finish. We have our own great deals for all our participants in Eidfjord.

Useful websites:

<http://www.avinor.no/en/airport/bergen>
www.visiteidfjord.no

11. THE HEROES PARTY !

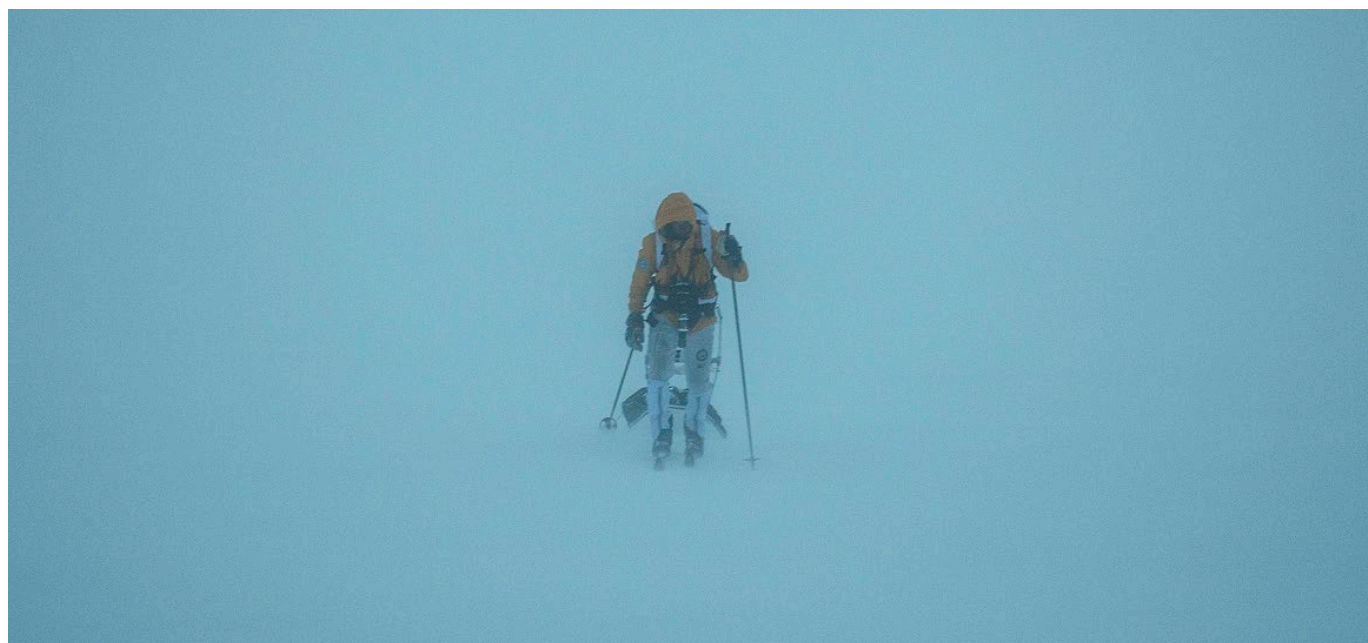
We hope everyone will attend this event 😊

Since it's difficult to estimate how much time each participant will use, we will be flexible on set times and at any time try to adapt to the best of our ability. That means times etc. can be changed.

For those who possibly do not reach the finish line in time, there will be dinner served all evening, night and next day.

You can purchase tickets for the dinner later on.

Detailed program coming, stay tuned on xtremeidfjord.no.



12. DECLARATION

The declaration must be submitted at check-in in Eidfjord. **Please print this form and have it ready signed when you register in Eidfjord**, this will save us all time and avoid long queues.

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

ALL CONTESTANTS:

- I am aware of the risks and dangers of participating in this race.
- I am aware that the event may take longer than expected.
- I am aware of that the event can be changed or canceled for safety reasons.
- I confirm that I am in good physical and mental shape.
- I know what to do if an emergency situation should happen.
- All of my personal equipment is in good condition, and I have full responsibility for my personal gear from start to finish.
- Officials and crew can take me out of the race if it is harmful or improper for me to continue the race.
- Participation is at the participant's own risk
- The organizers may publish photographs of the participants, without asking for permission.
- The routes are not marked or prepped. I know how to navigate in the mountains during the winter, with GPS, map and compass.
- I know how to add waypoints / route on the GPS and use GPS without help in the mountains.
- I have experience in sleeping in a tent and use a stove in the wintertime.
- I know what to do if I get surprised by a storm.
- I do have experience and knowledge to manage in harsh winter-conditions.
- If the event/race is cancelled due to weather or other unforeseen circumstances, my entry fee will not be refunded.
- I am obliged to help others if an emergency occurs.
- I will stay with my team at all times during the race.
- I hereby declare that all the information provided is true.

TEAM LEADER:

- I can add waypoints / routes on the GPS, and use the GPS without help from others.
- I have experience in sleeping in a tent and use of stove in wintertime.
- I know what to do if I get surprised by a storm.
- I do have experience in taking care of a team in harsh winter-conditions.

By signing this document I confirm that I have read and understood this content

Sign on the next page.

Place

Date dd/month/year

Name of athlete (Write in capital letters)

Athletes signature

Name of immediate contact person

Phone number to immediate contact
person during the race

Incl. Country code: