



HARDANGER- JØKULEN 33K



Bilde 1 Fra Dynafit Hardangerjøkulen Ultra 95k

RACE MANUAL 2020

Before registering, please read and understand this document before signing up for the Dynafit Hardangerjøkulen 33 K. It's crucial that you are aware of which preparations the race requires both before and throughout the race. The route is unmarked and you have to navigate yourself, so you're totally dependent on being able to navigate by GPS.



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1. FEES

The entry fee for Hardangerjøkulen 33K 2020 is NOK 995 until January 31st and NOK 1195 from February 1st.

It's possible to register until June 30th.

The entry fee includes:

- Participation in a fantastic race in untouched nature at the Hardangervidda plateau
- Dynafit caps
- Finisher shirt
- Tracker during the race
- Warm meal at finish

It's possible to leave clothing that's not necessary for the race at the start at Liseth Pensjonat & Hyttetun.

2. RULES FOR CANCELLATION

The entry fee will not be refunded, unless the athlete can present a valid medical certificate (a physiotherapist's certificate is not valid). An amount of NOK 350 is deducted from the entry fee to cover administrative costs.

After July 1st, the entry fee will not be refunded, for any reason. It's also not possible to transfer the entry fee to later years. A slot in Dynafit Hardangerjøkulen 33K is personal, the slot can not be sold or given away to others. These rules are in place to protect the event financially, and for safety reasons.

3. REGISTRATION/PRE-RACE MEETING

Registration will be at Liseth Pensjonat & Hyttetun on Saturday, July 11th from 08:00 to 10:00

Bring the backpack you'll use during the race with all its contents to registration. The backpack will be inspected to verify that it contains the minimum equipment / clothing requirements.

Minimum equipment requirements:

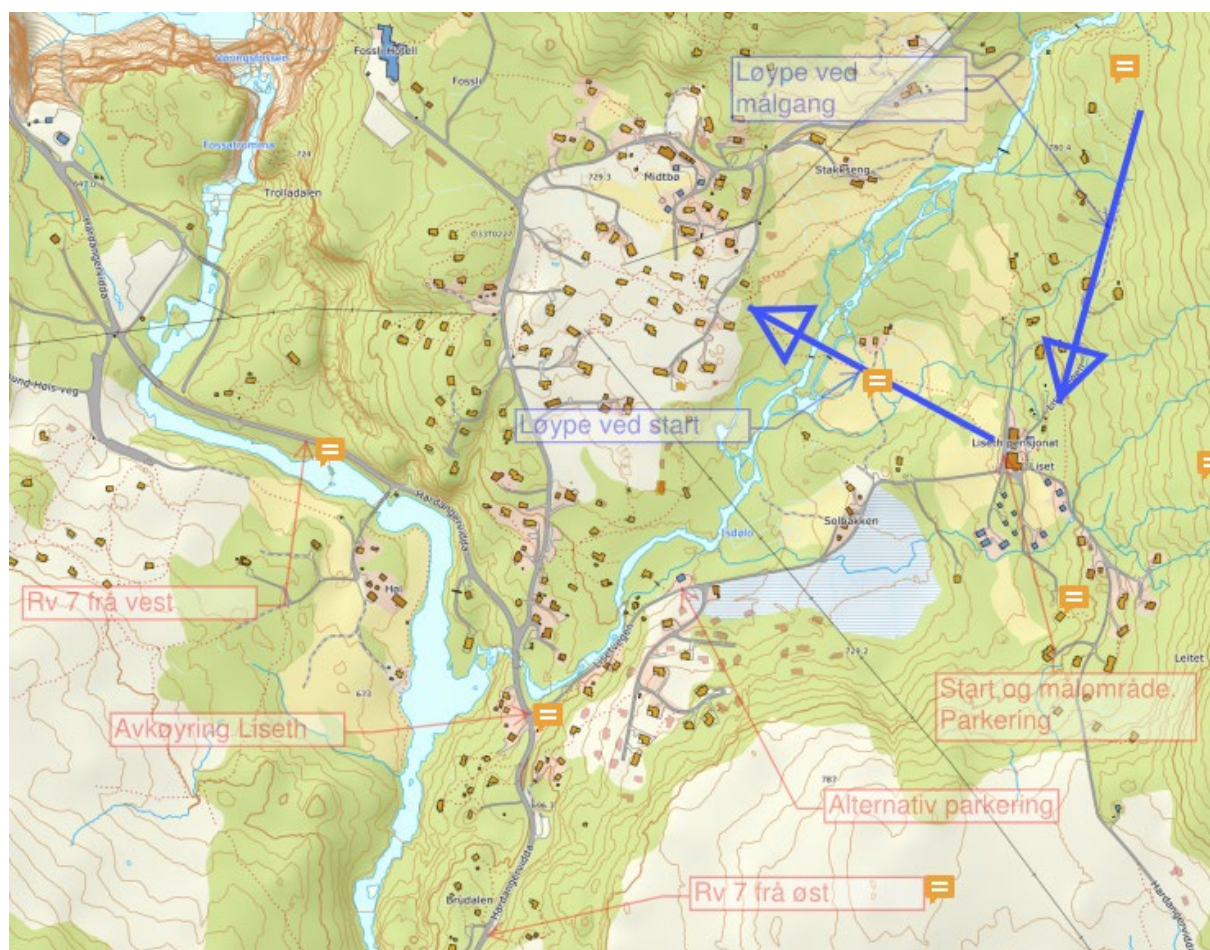
- Wind Bag / Jervenduk / rescue foil
- GPS with added trail, you'll find this at xtremeidfjord.no
- 4 spare batteries for the GPS
- Headlight with extra batteries, if not rechargeable
- Map and compass (map «Hardangerjøkulen» Norges serien kartbutikken.no)
- Wool underwear (top and bottom)
- Hat
- Gloves
- Wind – and waterproof jacket and pants
- Food
- Fully charged cell phone

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4. THE START AT LISETH PENSJONAT & HYTTETUN

Liseth Pensjonat & Hyttetun is the hub of the event. This is where you show up. There is no transport to / from the start at Liseth from / to the center of Eidfjord.

The start is on Saturday, July 11th at 11 am precisely. Trackers will be handed out at registration, calculate plenty of time so you can register before the start. See enclosed maps of the start and finish area. There is limited space for parking at Liseth so you have to calculate to park a bit away from the start / finish area. It's possible to stay overnight at Liseth Pensjonat and Hyttetun. Link to booking: [Liseth Pensjonat & Hyttetun](#)



5. COURSE DESCRIPTION

The distance of DynaFit Hardangerjøkulen 33K is 33 km.

The route follows the Norwegian Trekking Association's route network all the way, except the last section towards the finish, where the trail will be marked with marking bands. There won't be any form of markings along the trail (km, intersection etc.). The trail runs in mountain terrain, some simple and other very technical demanding sections. Some parts of the trail can also be covered in snow. Be aware that the terrain is demanding and in high altitude.

There are long distances and the weather changes quickly at the Hardangervidda. It is important that your backpack contains the right equipment for you to be able to help yourself for some time in the mountains, if



something should occur. There is no crew along the course except in the very back. There is no / poor cell phone coverage along the course and there are long distances to the nearest trafficed road.

We strongly recommend that all athletes take a careful look at the entire route on detailed maps before signing up for the race.

The GPX route can be downloaded here: [Xtremeidfjord](#)

6. RULES

The rules are minimum requirements. It's also expected that every athlete uses common sense and respects the mountains. The rules could be changed due to weather conditions. We trust that you'll use common sense and take action if you see that other athletes are in need of help.

Age limit

The age limit of Dynafit Hardangerjøkulen 33K is set to 18 years.

Mandatory equipment

All athletes must have the required equipment in the backpack. Failure to provide the necessary equipment can lead to no being allowed to start.

GPS-Route

The course is un-marked. The route with GPS waypoint must be downloaded here: [Xtremeidfjord](#) and must be installed on your GPS unit before registration. GPS watches or GPS on cell phones are not accepted. The route must be followed all the way. Please study the trail before starting.

Tracker

The tracker must be fixed so that the antenna has a clear view of the sky and is carried during the entire race. The tracker is an important safety device for the organizer, but it's also fun for family and friends to follow the athlete online during the race. If the tracker is lost, it's the athlete's responsibility to replace the tracker. The price for replacing the tracker is NOK 500.

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 garbage underway. Please bring the trash to the finish line. Throwing garbage in the nature could cause disqualification.
- The event organizer could stop the race due to safety reasons.
- In the event of an emergency it's everyones duty to help.

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Breaking the rules

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

Athletes who choose to break the race must get out of the mountains on their own, unless they're injured or become ill, then the event organizer will organise the transport.



Bilde 2 Jostein Børve Hernes

7. ACCOMMODATION

The start is at Liseth Pensjonat & Hyttetun and they have rooms and cabins for rent, booking: [Liseth Pensjonat & Hyttetun](#)

Otherwise, you can contact other places for accommodation in Eidfjord. It's a good idea to book as soon as possible as the race is in the high season for the tourism industry in Eidfjord. You'll find an overview of accommodation at [Visit Eidfjord](#)

8. FINISHER PRIZE

Everyone who completes the race will receive a finisher shirt by Dynafit after finishing at Liseth Pensjonat & Hyttetun.



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9. SELF-DECLARATION

The self-declaration is to be handed in at registration 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 this race.
- I am aware that the event could last longer than anticipated.
- I am aware that the event may be altered or cancelled if it's not safe to conduct the event and that the entry fee will then not be refunded.
- I confirm that I am in good physical shape.
- I am aware of what to do in an emergency situation.
- Officials can remove me from the race at any time if there is a health hazard or it is not justifiable for me to continue the race.
- Participating in this race is at my own risk.
- The event organizer could publish photos of athletes without asking permission.
- The trail is not marked. I can navigate around the plateau with a GPS.
- I know it's my duty to help others in case of an emergency.
- I can add waypoints/routes to a GPS and use a GPS without help in the mountains.
- I know what to do if I am surprised by bad weather .

Place _____ Date _____

Athletes name (Capital letters)

Athletes signature

Name of emergency contact (Capital letters)

Phone number of emergency contact including country code: _____