



RACE MANUAL 2020

Before you sign up for Dynafit Hardangerjøkulen Ultra 95K you must read and understand this document. It is crucial that you are aware of which preparations and execution this race requires



HARDANGERJØKULEN U L T R A

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1. FEES

The entry fee for Hardangerjøkulen Ultra 95K 2020 is NOK 1600 until January 31st and NOK 1995 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.
- Sports drinks and snacks at the check points / food stations
- 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 Ultra 95K 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 Eidfjord Samfunnshus, next to Lægreid School in Eidfjord, Friday July 10th from 6 – 8 PM.

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.

It's possible for us to bring a backpack / bag to Finse for you, this must be checked in on Friday night, and you'll not have access to it before you arrive in Finse. The bag must be marked with your start number before handing it in. Be aware that the bag may not return to Liseth before 8pm due to limited transport options from Finse.

Minimum requirements for equipment:

- 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



Pre-race meeting:

The pre-race meeting will be held at Eidfjord Samfunnshus on Friday July 10th at 8:30 pm, after registration. We'll review the trail and safety. We'll open up for questions.



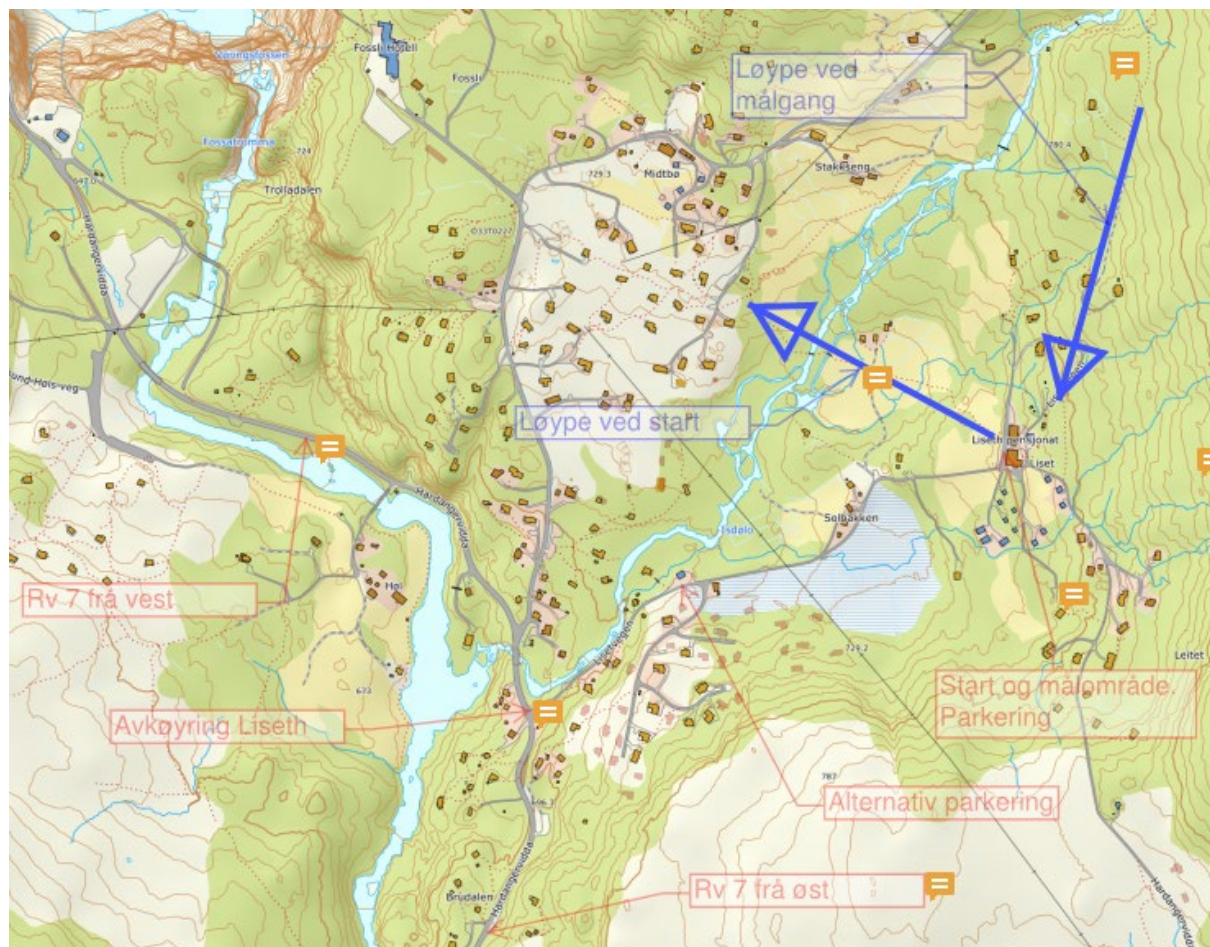
3. THE START AT LISETH PENSJONAT & HYTTETUN

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 precisely at 7 AM. Trackers will be handed out before start, calculate plenty of time so you can pick up your tracker before 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](#)



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4. COURSE DESCRIPTION

The distance of DynaFit Hardangerjøkulen Ultra is 95 km.

There is no/poor cell phone coverage along the trail and there are long distances between check points. The check points are; Finse 38 km, Krækkja 62 km and Kjeldebu 77 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 between cabins, and the weather changes quickly at the Hardangervidda. It's important that your backpack contains all you need in case you'll be stuck in the mountains for several hours if anything should occur. There will be crew in Rembesdal, crew and food station at Finse, crew and food station at Krækkja and crew and food station at Kjeldebu. Participants may be taken out of the race along the entire route by crew or health care professionals, if they consider that it is not justifiable for you to continue.

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](https://www.xtremeidfjord.no/gpx)



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Start-Finse – distance 38 km

The first part runs in technically demanding terrain and is perhaps the most demanding part of the entire course with a lot of altitudes to conquer. You run on nice paths, on rugged paths, on rocks and in rubble. Here you get absolutely everything you could want from mountain terrain.

When passing the crew at Rembesdalsseter be sure to fill the water bottles, now a longer portion waits without the possibility of filling water. The trail rounds the lake (DO NOT descend towards Rembesdalsseter) and continues up through rubble and further up a tough climb up on the rocks to the top of the Lureggane. After this you'll enter some nice paths. There are snow-covered areas in the trail and pay particular attention to the edges of any snow blades as the edges can easily break.

The trail will take you around the Hardangerjøkulen glacier and you'll be able to get a panoramic view of the Hardangerfjord. The trail is very demanding so stay focused.

Finse-Krækkja – distance 24 km

There is a steady climb from Finse and towards Krækkja in the first section. The terrain is rocky and somewhat hilly. The trail starts from Finsehytta along the Rallarvegen a few hundred meters, before continuing on to a path across the threshold dam on the east side of Finsevatnet. As soon as you are over, take the path to the left towards Krækkja. By Hansebufloten the trail divides, here it is important to follow the marking towards Krækkja and NOT towards Kjeldebu. The last part along the waterfront of the Drageidfjord is somewhat less rocky before Krækkja suddenly appears behind a hill at the end of the lake.

Krækkja-Kjeldebu – distance 15 km

From Krækkja to Kjeldebu there is a nice running slope in gentle downhill. This is by far the easiest and shortest leg. The trail starts at the same trail you arrived from, but you'll take a quick left and follow the markings towards Kjeldebu. The checkpoint Kjeldebu is not the DNT cabin itself, but is located on the north side of the fishing pond.

Kjeldebu-Finish – distance 18 km

The last part of the trail is ahead of you. It is farther to the finish than you think. Maybe the darkness will come upon you and you have to use the headlamp. The trail follows the slope down the Kjeldo waterway. You cross the river Leiro before starting a steep and tough climb up Storaberget. Here you'll shortly be in the tree line again. The ascent descends after the steepest section up Storaberget and the trail winds inward along the main drag until you arrive at Hallingspranget. Here are several path crossings, but you should follow the signs towards Liseth. When you pass the Gryteskaret you will come down into the marked trail towards the finish.

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Check points

It's important that everyone enter the cabins at Finse, Krækkja and Kjeldebu, as these are the checkpoints. It is important that a clear message is given if you decide to withdraw from the race.



Check-point Krækkja

Food stations:

Finse 38 km – tomato soup with meat and bread, nuts, bananas, water and sports drink.

Krækkja 62 km – tomato soup, sandwiches, bananas, water and sports drink.

Kjeldebu 77 km – nuts, bananas, instant soup, water and sports drink.

Liseth 95 km – coca cola and vegetable soup with meat.

It's a good idea to refill your water bottles wherever possible, because there may be long distances between possibilities to fill water.

6. CUT-OFF TIMES

Cut-off time at Finse

All athletes must check in at checkpoint Finse before 3:30 PM and everyone must leave Finse food station by 3:45 PM and pass a medical check in order to continue the race.

Note that if you withdraw from the race at Finse then you **MUST** wait until the next train departs, and you might have to wait for quite a while.



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Cut-off time at Krækkja

All athletes must check in at checkpoint Krækkja before 9 PM and everyone must leave Krækkja food station by 9:15 PM and pass a medical check in order to continue the race.

If you break the race at Krækkja you have to go to the main road which is about 6 km away. After Krækkja there are longer distances to get back to the main road and there's no form of transportation out of the course.

7. 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 Ultra is set to 18 years.

Mandatory equipment

All athletes must have the required equipment in the backpack for the race. Random checks will be performed before the start Saturday morning, and if any equipment is missing it means that you cannot 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.

The 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 organizer may remove athletes from the race due to safety reasons.
- During particular weather conditions and for other safety reasons, the organizer may hold the athletes behind at checkpoints. Athletes participating in the Dynafit Hardangerjøkulen Ultra must take into account that the race might be stopped underway if the weather does not make it safe to continue the race.
- In the event of an emergency it's everyone's duty to help.



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- It's permitted to have a support person follow you along from Krækkja or Kjeldebu to the finish, but this person has the same requirements to be able to manage by themselves in the mountain without help. No form for transportation will be arranged by the organizers.

Breaking the rules

Punishment/elimination can be given by breaking the rules, unsporty 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.



8. 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 [Destinasjon Eidfjord](#)

9. FINISHER PRIZE

Everyone who completes the race will receive a finisher shirt by Dynafit. The award ceremony will be at Liseth Pensjonat & Hyttetun on Sunday July 12th at 11 AM.



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10. 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: _____