



RACE MANUAL 2021

"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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COVID 19

We aim to be able to arrange EXA21. The guidelines due to Covid 19 are constantly changing. We can therefore not say with certainty if or how we will arrange EXA21 until closer to race date. There may be changes in terms of transportation (which may lead to a small change in price), pre-race meeting, check-in etc. The race manual will be updated consecutively throughout the autumn and winter according to the Covid 19 guidelines.

1. PRICES

The registration fee for individual athletes is 4400 NOK

The registration fee for teams is 1000 NOK plus 3400 NOK per athlete, which totals 7800 NOK for a 2 person team and 11200 NOK for teams with 3 persons. The team is first entered when the registration fee for all team members are paid. Åsnes Expedition Amundsen 2021 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.
- Great food and drinks at the finish.
- Finisher prize
- 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 11th minus an administrative fee of 750 NOK.

Between December 11th and February 5th 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.

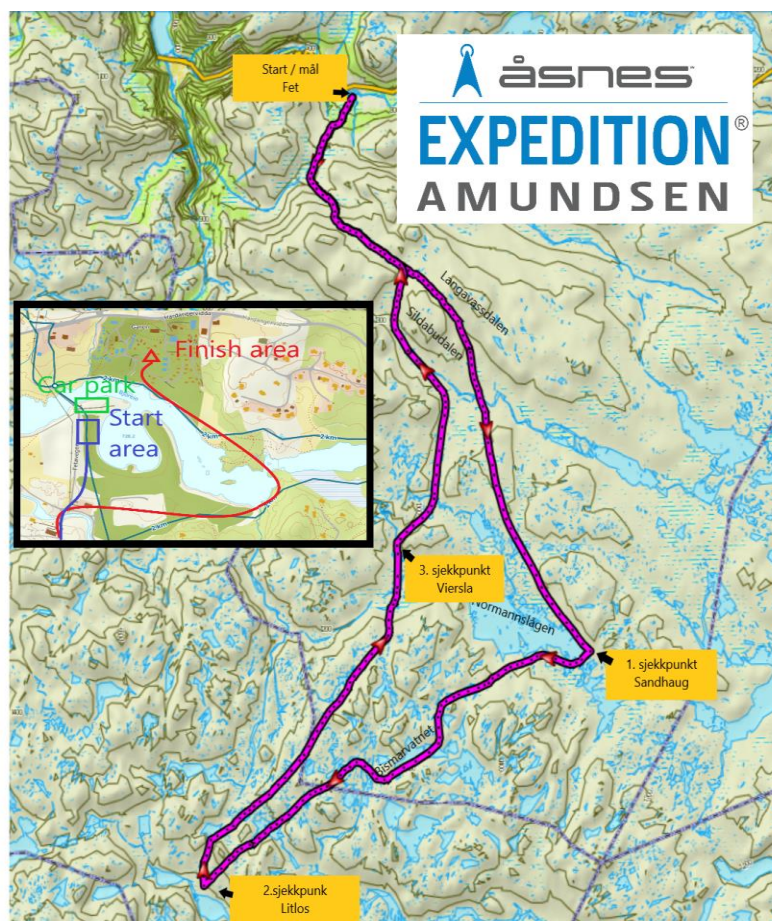
After February 5th there will be no refunds, including cancellation due to Covid 19 related causes. It's also not possible to transfer the fee to next years race.

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 ca. 100 km. There are 3 mandatory check points . Sandhaug, Litlos, Viersla. The athletes must follow the route the organizers provide at all times.

- Garen - Sandhaug: 30 km
- Sandhaug - Litlos: 25 km
- Litlos - Viersla: 20 km
- Viersla - Garen: 25 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.
- At least 1 pair of skis must have a full steel rim, spare skis will be approved with $\frac{3}{4}$ steel rims.
- 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.

In special circumstances, certain rules can be circumvented. This is assessed individually.

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 2021 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 28th – Sunday January 31st 2021.

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 and it's also the total weight of the sleds (not each individual sled) that counts at the final weigh-in. **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 the sled and the equipment will be thoroughly checked. When / if the sled with content is approved after the check, it will be sealed. 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 and finish at Garen Camping, Eidfjord. Staffed checkpoints at Sandhaug, Litlos and Viersla. The finish is by the ski resort at Maurset in Eidfjord.
- 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 athlete'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, and shown at check-in.
- The Amundsen-passport has to be stamped/cut at checkpoints Sandhaug, Litlosand, Viersla.
- 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 10 hours of rest at the three checkpoints. These 10 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 ATHLETES

Attendance, check of equipment and mandatory pre-race meeting will be in Eidfjord during the day / evening Wednesday February 24th. This year you'll transport the sledge yourself from check-in to the start. After registration / check of the sledge and the pre-race meeting, it is time for a good night's sleep. You must book accommodation in Eidfjord yourself. Adapted packages are reserved for our participants. See our 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 you drive your own car to Garen / Fet. Follow the parking signs, the parking area is directly across the river. The start of Åsnes Expedition Amundsen 2021 will take place on Thursday 25 February. There will be covid-friendly group starts every half hour, starting at 9 am. You will be allocated a start time, - arrive well in advance. (This year it will not be possible to fill the thermos with hot water. If you need it, you can check with your place of accommodation.)

The first 12 km from Garen via Hallet to Langavassdalen are characterized by uphill, then the terrain is slightly hilly towards Sandhaug. Be careful when you enter Langavassdalen, here it can loosen snowdrifts on the steep sides. Follow assigned GPS tracks carefully, then you'll be safe. When you go out of Langavassdalen and cross the Sildabudalen / river Eitro, it is also important to follow the track carefully. Here there are moraine ridges along the river that can be difficult to pass in poor visibility. It can also be built up snowdrifts in this area. From this point on to Sandhaug it's "easy breezy". The first stage is the longest and perhaps the most demanding. It is important that you get enough hours to rest and manage to consume enough food and drinks.

From Sandhaug you pass Besso Turisthytte, cross Bessovatnet lake and go up to Øvre Bessovatn lake. From Besso, the terrain is more hilly and varied. You round south and cross Bismarvatnet lake, the south side of Engelstjørn and after a little while you enter the usual route from Litlos. Slightly hilly terrain towards Ambjørgsvatnet lake and a good climb after the lake before you get a nice descent to Litlos. Remember to brake in time. After Litlos, round on the west side of Holken towards Skadvatn lake and over Ambjørgsljåna. From Ambjørgsljåna it goes north-east for 10km before you sail down to the well-known and never ending Vierslamyrane. The terrain from Viersla to Tverrgavlen is relatively flat, but with some long gentle climbs along the way. When you pass Tverrgavlen, you enter the same route you walked from the start. Here it will be a long and occasionally steep descent down to Hallet. After walking 90km you are probably tired in the legs and body, so be careful down these slopes. After Hallet, you're closing in on finish, go down to Fet, over the river Bjoreido and to the finish line at Garen Camping. The last leg between Fet and Garen Camping is well marked.

At Garen there will be lots of activity. We would love for you to invite friends and family to cheer you on. We'll make sure that it takes place in a corona-friendly way.

In some areas, GPS signals may be absent. Pay close attention to maps and compasses. The athletes must orientate by map, compass and GPS all the way from start to finish. All participants receive waypoints / route on GPS from the organizer. This route and these waypoints must be followed at all times. The route is demanding and moves through relentless nature. Expedition Amundsen places great demands on both participants and organizers. Along the way, you will be alone and feel very small in the meeting with the Hardangervidda. At the checkpoints you'll be checked by officials, during the competition you must also take out mandatory rest at one or more of the checkpoints. It is important that you familiarize yourself with 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 of each of the 3 check points. At all checkpoints 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 Sandhaug 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 center is the hub for the event. This is where you show up, check in and join the pre-race meeting the day before the race. Usually you are transported from Eidfjord to start but this year you have to manage on your own or with the help of friends and family. You also take the sled with you after it has been sealed. When you return to Garen and finish, you will be celebrated with a good dinner and a cold Coca Cola. At Garen you already have the car parked so you get down to Eidfjord for a good and well-deserved night's sleep. It is about 25 minutes by car between Eidfjord and start / finish. All accommodation is in Eidfjord. You need accommodation the night before the race and the following night when you reach the finish line. We have good deals for all our participants in Eidfjord, see website. There is great parking at Fet. Here you can pay by Vipps to 626062 to the owner. It costs NOK 50, - pr. day and night.

Useful websites:

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

www.visiteidfjord.no

11. THE HEROES PARTY

Because of C-19 and guidelines, there will be no ordinary Heroes Party this year. To make up for this, there will be more activity in the finish area. Here the party will start every time an athlete crosses the finish line. You will be served a great dinner with Coca Cola and will be honored with a prize. In the lavvo, there will be live tracking of participants, photos and video directly from the race. It's a great place to chat and review the race with other participants. Sponsors are there to showcase their products, chat and share tips and tricks. At Garen Camping there are great toilet and shower options. Feel free to take a good shower and join the party to cheer on the people crossing the finish line after you. (Remember to bring 20 kroner coins for the shower).



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: