



HARDANGER- JØKULEN 34K

DYNAFIT



Picture 1 Kai-Otto Melau løp 2021

RACE MANUAL 2023

Before you register, you must read and understand this document before standing at the start line of Dynafit Hardangerjøkulen 34k. It is crucial that you are aware of what the race requires both in preparation and throughout the race. The route is not marked, and you have to navigate yourself and are completely dependent on being able to navigate according to GPS.

Xtremeidjfjord complies with national and local guidelines concerning Covid-19 and expects that all participants act accordingly at the race.



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1. FEES

Participation fees for Dynafit Hardangerjøkulen 34k 2023 are set to NOK 995 until 31st January and increased to NOK 1.195 after February 1st.

The registration is open until June 30st

Participation fees include:

- Participating in an amazing race in untouched nature in Hardangervidda
- Dynafit socks
- Finisher shirt
- Tracker during the race
- Warm soup after finish.

It's possible to leave clothes you don't need during the race at start point Liseth Pensjonat & Hyttetun.

2. RULES FOR CANCELLATION

Participation fees will not be refunded, unless the athletes can present a valid medical certificate (a physiotherapist's certificate is not valid). An amount of NOK 150 is deducted from the entry fee to cover administrative costs.

Participation fees will not be refunded for athletes in covid19 quarantine.

After July 1st the entry fee will not be refunded, for any reason. It's not possible to transfer the entry fee to later years.

3. CANCELLATION

If the race must be cancelled due to Covid-19, participation fee will be reimbursed without administrative costs.

4. RESERVE TRAIL

If the weather conditions make it impossible to use the main trail, the reserve trail will be used.

5. REGISTRATION

Registration will be at Liseth Pensjonat & Hyttetun on Saturday, July 8th from 8-10 am.

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 requirements equipment:

- Wind bag/Jervenduk/rescue foil
- GPS with added trail, you'll find this at Xtremeidfjord.no. Makes clear that there must be a hand-held GPS and that the route **MUST** be entered before you attend registration. GPS on at watch is not sufficient. Each participant must have their **own** GPS, even if they run together with someone else. All GPS checked in connection with the bag check.
- 4 spare batteries for the GPS
- Headlight with extra batteries if they are not rechargeable. Power bank or extra battery for rechargeable headlamp.
- Map and compass (map "Hardangerjøkulen" Norway series kartbutikken.no)
- Wool underwear (top and bottom)
- Hat
- Gloves
- Wind- and waterproof jacket and pants
- Food
- Fully charged cell phone

6. THE START AT LISETH PENSJONAT & HYTTETUN

Liseth Pensjonat & Hyttetun is the hub for 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 8th precisely at 11 am. Trackers will be handed out at registration, calculate plenty of time so you can register before start. See enclosed maps of the start and finish area. There is limited space for parking at Liseth, so you must calculate to park a bit away from start/finish area. It's possible to stay overnight at the Liseth Pensjonat & Hyttetun. Link to booking: [Liseth Pensjonat & Hyttetun](#).

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7. COURSE DESCRIPTION

The complete distance of DynaFit Hardangerjøkulen 34k is 34 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. All participants must have a GPS for navigation. A GPS watch or telephone is not good enough. There won't be any form of marking 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'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 is no crew along the course except in the rear guard. There is no/poor cell phone coverage along the course and there are long distances to the nearest 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](https://xtremeidfjord.no/gpx)



8. RULES

The rules are minimum requirements. It is 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 act if you see that other athletes need help.

Age limit

The age limit of Dynafit Hardangerjøkulen 34k is set to 18 years.

Mandatory equipment

All athletes must have the required equipment in the backpack for the race. Inadequate equipment can lead to not 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 attached, securing the antenna has a clear view of the sky and must be 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 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 during the race. 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 security reasons.
- In the event of an emergency, it's everyone's duty to help.

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.



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Picture 2 Ian Corless løp 2021

9. 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](#).

10. FINISHER PRIZE

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



11. RESERVE TRAIL

The race starts from Liseth Pensjonat and Hyttetun and follows the road to a path alongside the river Isdølo. The athletes run between the cabins at Gryteskarsete before starting the ascent up Gryteskaret and towards Sysenlake. The path follows the DNT-marked trail, and there are a few trail junctions on the way to Kjeldebu that it is important that the athletes follow pay attention passing these.

After passing the trail junction at Hallingspranget, the athletes follow the trail alongside the ridge of Storaberget, before heading down towards the lake Sysenvatnet. The trail crosses a bridge over the river Leiro before it goes up alongside river Kjeldo. Just before Kjeldebu there is a suspension bridge. At Kjeldebu, the athletes turn and run the same trail back to the finish.



12. 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 with it and it will not be refunded
- I confirm that I am well in shape
- I am aware of what to do in case of an emergency situation
- The event organizer could disqualify me at any point in the trail if they see fit
- Participation is 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 accept helping other 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: _____