



# HARDANGERVIDDA MARATHON



## RACE MANUAL 2023

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All participants will have to read through and understand this document prior to entering the start line of the race: Dynafit Hardangervidda Marathon.



# HARDANGERVIDDA MARATHON

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## 1. FEES

Participation fees for 2023:

- 8 – 31. May kr 850,-
- 1. June – 15. August kr 1.000,-
- 16. August – 8. September kr 1.200,-

The participation fee includes:

- Participating in a wonderful race in beautiful nature on the Hardangervidda
- Sports drink and bananas at the food stations
- A marked trail
- Participation reward
- Electronic stopwatch with tracker during the race

## 2. CONDITIONS TO WITHDRAW

The participation fee will not be withdrawn unless the participant can provide a valid medical certificate (A certificate from a physiotherapist is not valid). Kr. 150,- will be taken from the participation fee to cover administrative fees.

After the 1<sup>st</sup> of August the participation fee will not be refunded, no matter the reason. It is not possible to transfer the participation fee to future races.

## 3. REGISTRATION

Friday:

Registration will be held at Eidfjord Samfunnshus next to Lægreid skule in Eidfjord. There are parking spaces allocated in the parking lot made out of gravel next to Eidfjordhallen:

Saturday

Registration will be held at Fossatromme/Høel  
from 07.00 am to 09:00 am for the Marathon  
from 07.00 am to 09.30 am for the Half Marathon

There are limited parking opportunities at the starting area and it is therefore important to make sure you have allocated some extra time to get from where you park your car.



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## Map of registration area (Friday)



**Minimum requirements for any equipment under any weather conditions, for both the half and Marathon:**

- **A fully charged phone**
- **Wind and waterproof coat and trousers**
- **Thermal top**

The equipment needs to be packed in a suitable rucksack. There are no minimum requirements for weight.

Participants are allowed to use trekking poles.



# **HARDANGERVIDDA MARATHON**

## 4. START

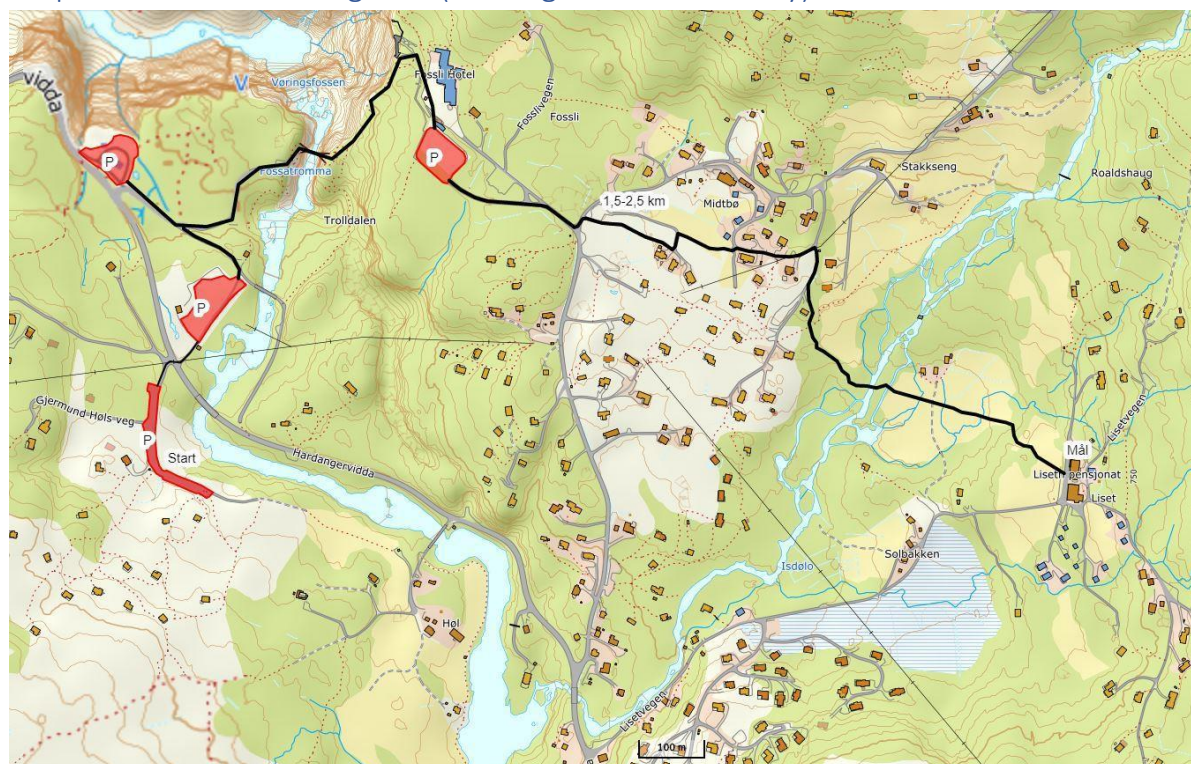
### Marathon

The start of the Marathon is Saturday the 9<sup>th</sup> of September at 09.30 am from the parking lot at Høel.

### Half Marathon

The start of the Half Marathon is Saturday the 9<sup>th</sup> of September at 10 am from the parking lot at Høel.

Map of start and finishing area (also registration Saturday)





## 5. TRAIL DESCRIPTION

The distance of Dynafit Hardangervidda Marathon is 42,7 km and the trail has an elevation of 1 540 altitude meters.

The distance of the Half Marathon is 22,8 km and the trail has an elevation of 1 000 altitude meters.

The entire trail is marked using adhesive bands.

### Dynafit Hardangervidda Marathon

This is a Marathon and a Half Marathon in THE Hardangervidda national park. The entire trail is within the mountain terrain and you get to experience some of the most magnificent areas we have to offer. A varied and somewhat technical demanding trail will keep the excitement going while going along. There are in addition to extreme altitude stretches which will get your heart racing. This will be both hard and brutal, and one thing is for sure, beautiful!

[Liseth](#) pensjonat will be our base for the day. They are known for their friendly and welcoming atmosphere and their great kitchen. Tracking of the participants will be shown here using a large screen. Xtremeidfjord's crew will per usual do their best to make sure you will have an unforgettable experience in the mountains, both in the trail and in the start/finishing area.

The start for both distances will be from the parking lot in Høel. There are limited parking spaces here, so it is important to consider extra time to get to the starting area. If your accommodation is at Liseth we recommend you to leave your car there and walk the 10-15 minutes it takes to get to the start area.

### Trail

#### **The first part of the trail is the same for both distances.**

You start from the parking area in Høel, where you will run along a gravel road for about 600m before you enter the trail and set course towards Måbøgdane. If you look up towards the sky you will see Høloksla (1147m above sea level), here is where you should feel the excitement, as this will indeed be a very heavy hike! After roughly 2km you will leave the trail and follow the adhesive bands instead towards the top. This will be a challenge, but your reward is a magnificent view! Follow the adhesive bands towards Hellefjell, you will follow a moraine ridge with a nice pathway, along with certain parts without a trail, keep in mind some of these are rough. After about 10,5km you will get to Hjølmoberget and the first food station, make sure to have plenty as you have yet to go far. Next, the trail will take you along the tourist trail to Skisete. If you have attended Hardangervidda Marathon previously you might recognise this area, except this time you are going the opposite way. From Skisete the trail will take you down to Feet.

**After the bridge in Feet, the trails will divide.**



### Half Marathon trail – final part

You're almost there! Continue up the road from the bridge in Feet, cross the main road RV7 and follow the trail road to the finish line at Liseth Pensjonat.

### Marathon trail – final part

If you're part of the Marathon you've still got quite the way to go when you get to Feet. From here you will follow the light trail towards the ski centre at Maurseth. The trail from Feet to Maurseth consists of about 4km trail road. You will need to cross the main road going over the pedestrian bridge. When you arrive at Maurseth the second feeding station will greet you, you will want to take advantage of this as you will embark on the second climbing leg. Prepare yourself for Eidfjord's version of the monster trail in Tour de Ski. Going up the downhill slope there is a trail road following the first part up to the water tower, from here you will need to follow the trail up to Grønenuten (1181m above sea level) roughly 400 altitude meters. Continuing there is a nice trail with great views of the glacier Hardangerjøkulen. Be aware of the trail cross at Hallingspranget, where you should follow the least used trail that takes you to Kleivane in Isdalen. Here is a short part of gravel before you'll meet the crew awaiting you with a drink to get you going for the finishing lap back in the terrain. You'll be heading up towards Smyttet before going towards Gryteskar heading towards Liseth and the finishing line.

### Finish area – The same for both distances

In the finishing area, there will be drinks awaiting you, along with some soup, honour and glory. Here we can gossip around the fire pit and maybe joke about the challenges you might've endured during the day. Feel free to wear your amazing finisher t-shirt, it's yours to wear and you've deserved it! Congratulations!

Link to access the trail map for Marathon: <https://tracedetrail.fr/en/trace/trace/167636>

Half Marathon: <https://tracedetrail.fr/en/trace/trace/167635>

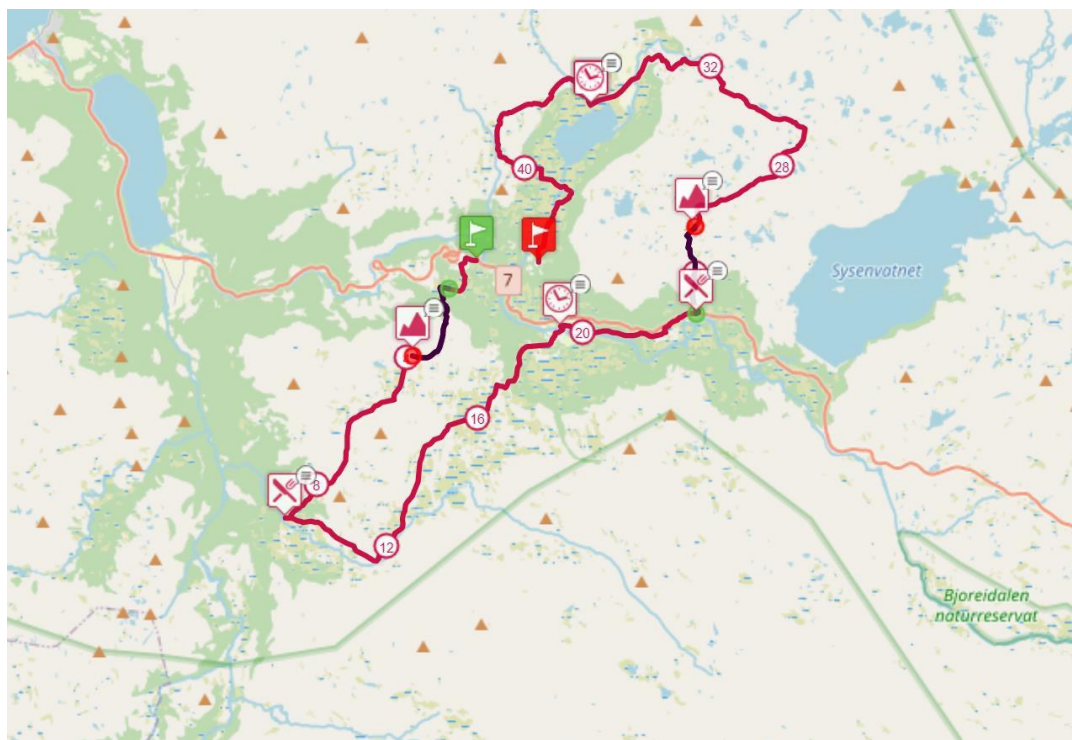
### Drink/food stations:

- After 9 km in Hjølmoberget (Marathon and Half Marathon)
- After 23 km in Maurseth
- After 35,5 km in Isdalen

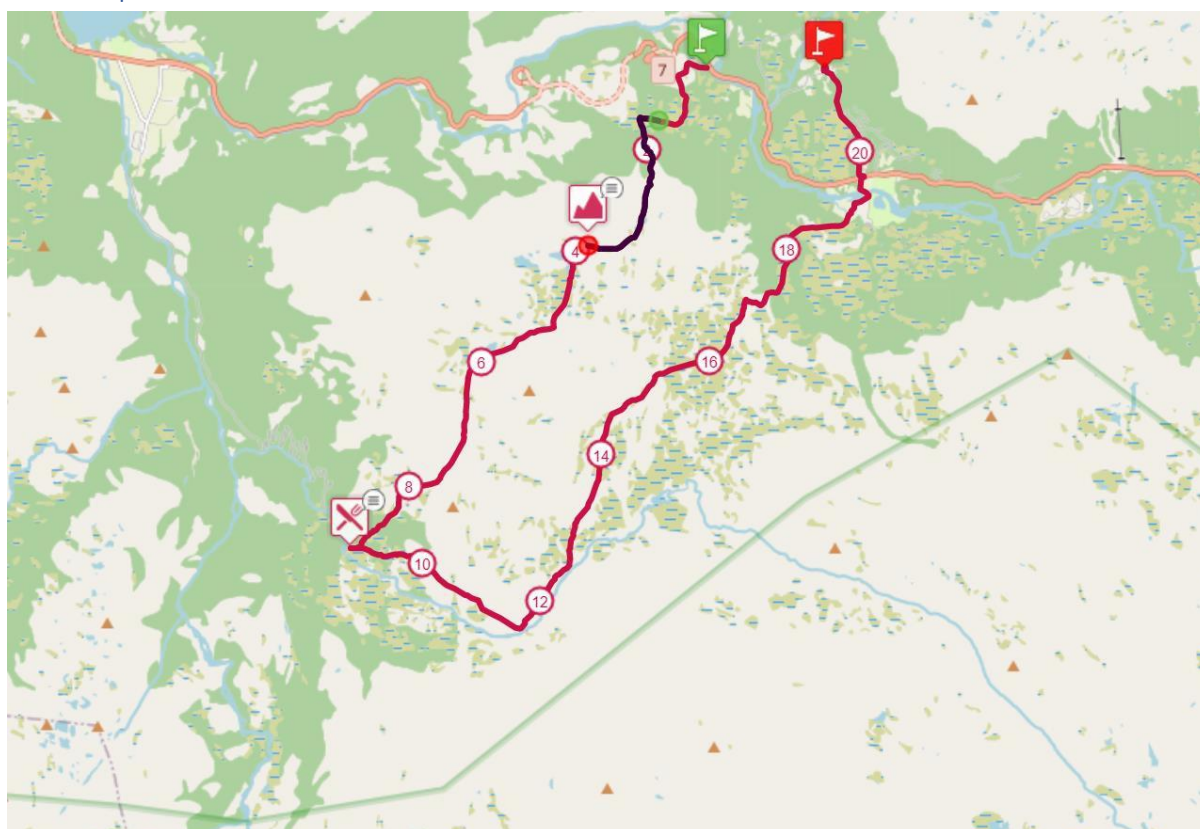


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Trail map Marathon:



Trail map Half Marathon:







## 6. CUT-OFF TIME

The Marathon distance has a cut-off time at Feet after 19,5 km in 4,5 hours. To be able to pass Feet you will have to be there at the latest 1400hours.

There is also a cut-off time after 35,5 km by the food station in Isdalen after 9 hours.

## 7. RULES

The rules are a minimum requirement. We do in addition expect common sense and consideration to the mountains from all participants. Rules can be changed due to the weather conditions

### Age limit

The age limit to attend the Dynafit Hardangervidda Marathon is set to 18 years old, Half Marathon is set to 16 years old.

### Help and aid

- In emergencies, all participants are obligated to help.
- In case of an emergency, there is always a rearguard throughout the race which you can turn to.

### General rules

- There is zero tolerance for leaving rubbish behind in the trail. Always bring your rubbish to a drink/food station and/or the finish line. Leaving bin behind will lead to disqualification.
- The event holder can withdraw participants from the race based on safety reasons.
- Under particular weather conditions and other safety reasons, the event holder can choose to keep participants at food stations. Participants in Dynafit Hardangervidda Marathon needs to consider that the race can be stopped if the weather conditions make it unsafe to continue.
- Participants that choose to break the race needs to get out of the mountains on their own unless it is related to sickness where the event holder will organise transport out of the mountain.
- Participants that choose to break the race needs to let a crew member know at a food/drink station or on the phone directly to the event holder.

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## Breaking the rules

Punishment/disqualification can be given if a participant breaks the rules given, unsportsmanlike behaviour or if the participant with intent puts themselves or other participants at unnecessary risk. Punishment can by the event holder be deemed as added time or disqualification.

## 8. AWARD SEREMONY

All participants that attend will be gifted a t-shirt delivered by Dynafit. This will be given at the finish line in Liseth Pensjonat. We will also have a delicious meat soup for the participants.

