

RACE MANUAL 2021



SPONSORS



PARTNERS



VALUES

- Challenging
- Achievable
- Safe

TYPE

- 100 km
- Trail Run
- **1/3** gravel **1/3**
rolling hills trail
1/3 mountain
run



RUNNING THROUGH TIME

Nøsen Hundreds takes place in Valdres, Norway. Valdres covers more than 5400 km² and you will get a taste of one of the most beautiful and historic parts of it.

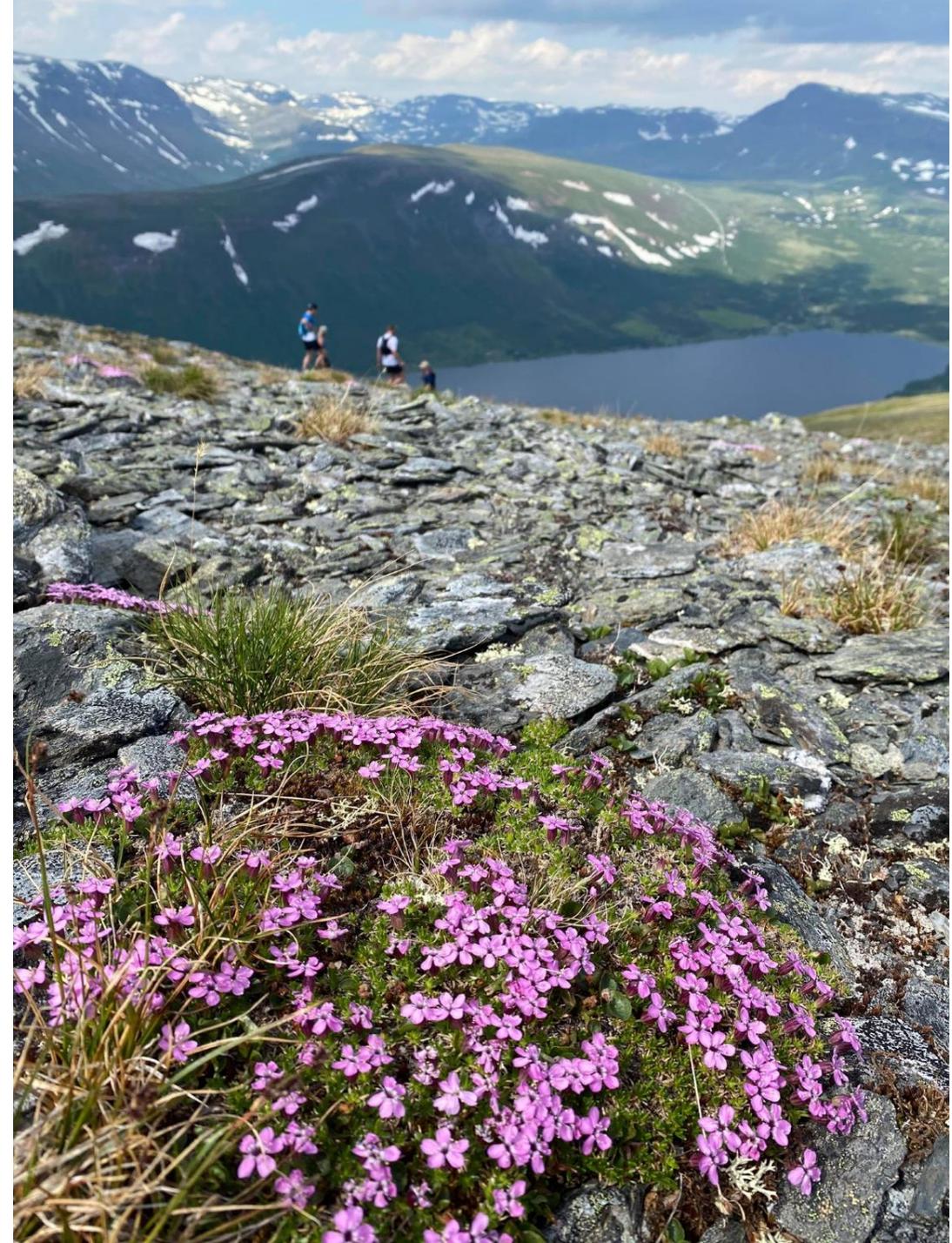
Nøsen lies within the geographic area of Stølsvidda, which is the name for the mountain area between Valdres and Hemsedal. Stølsvidda has traditional agricultural heritage all the way back to the stone age and people have been traveling on these trails for **hundreds** of years.

The most active era for Stølsvidda was the 17th and 18th century and the trails were the main life lines for the people that lived a good but also a tough life. Travel back in time earning every meter covered and chase intense feelings of mastery overcoming the struggle of life when crossing the finish line.



PROGRAMME

- Mandatory check-in Friday June 11th between 16.00 – 20.00. Packed CP drop-bags must be packed and delivered before race brief.
- Race Brief June 11th 20.30
- Race starts 04.00 June 12th
- Ceremony 13.00 June 13th
- Everything above will take place at Nøsen Yoga og Fjellhotell.

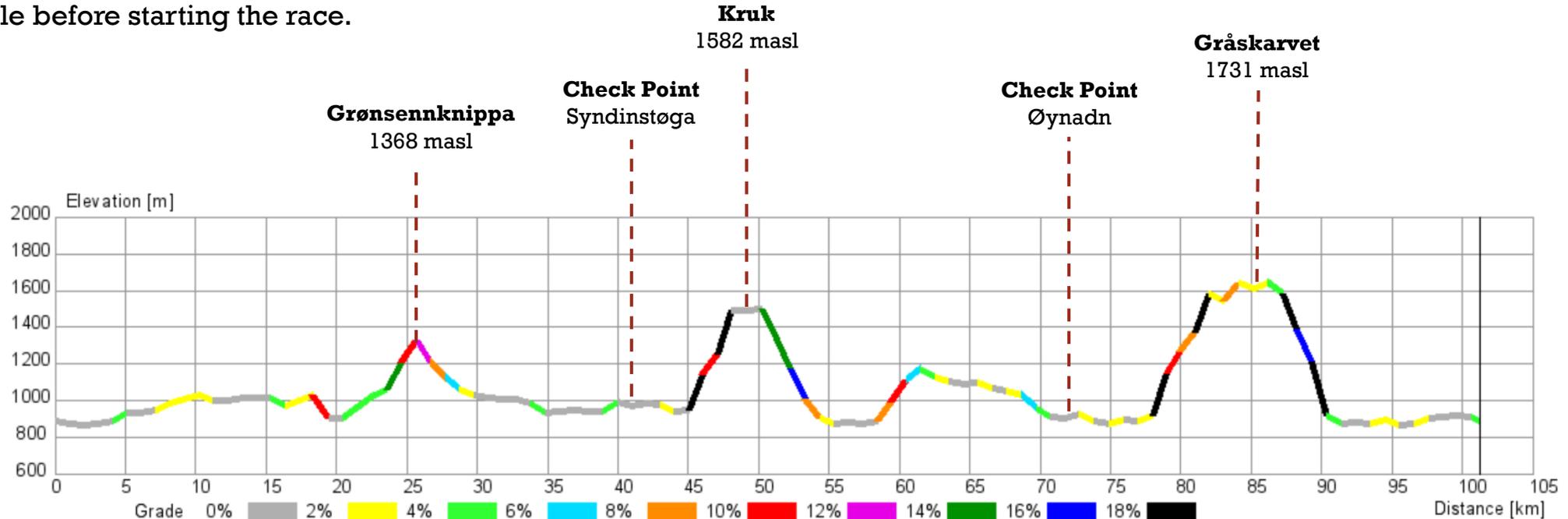


THE ROUTE PROFILE

The Nøsen Hundreds route takes you through beautiful and varied terrain with rolling hills, mountains and gravel roads. The focus has been to create a route that both gives fun and challenging trail running with some good gravel flow segments to where the kilometres will fly by accompanied with great views!

The race covers a great distance and participants must be familiar with navigating using GPS. **The route will not be marked.** All participants must have imported the official GPX file before starting the race.

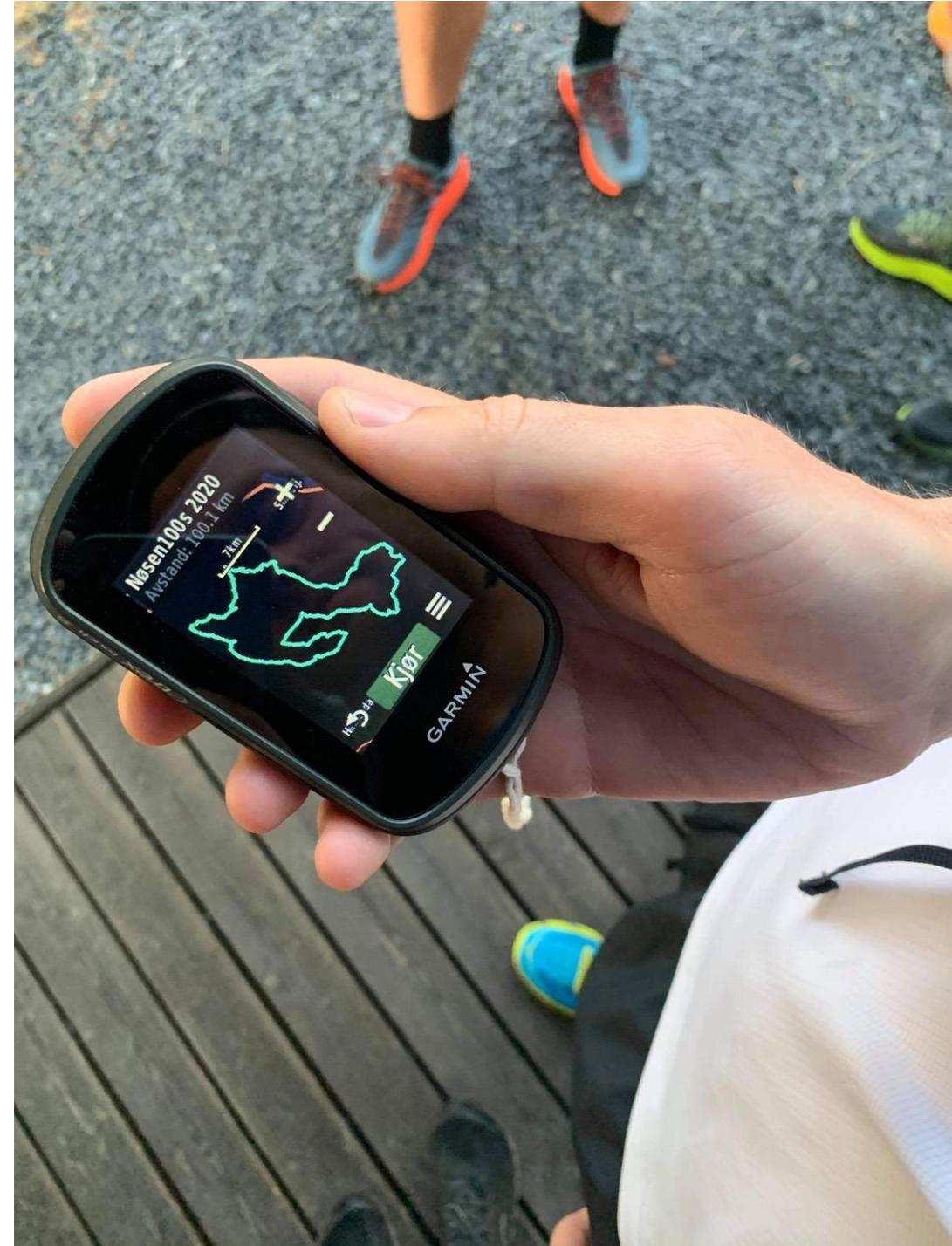
- ❖ **Start** 04.00 12.06.2021 Nøsen Yoga og Fjellhotell
- ❖ **CP1 Syndinstøga** - 42km - cut off time - 14.00 12.06.2021
- ❖ **CP2 Øynadn** - 71km - cut off time - 20.00 12.06.2021



NAVIGATION

The route will not be marked physically, apart from the permanent markings along the paths. Each athlete must navigate such that the route is followed. As navigation aids, each athlete must bring a handheld GPS-unit (not a watch-type), a paper map, and a physical compass. Each athlete may choose to print a digital map made available by the organizer, or to bring its own paper map.

GPS-tracks and map data will be available in due time before the race.



CHECK POINT 1 SYNDINSTØGA – 42KM

Cut off time

14.00 / 12.06.2021

Food/drink

Fruit

Nuts and snacks

Sports drink

Water

Facilities

Toilets, Waste-bins, First aid kit



CHECK POINT 2 — 71K ØYNADN

Cut off time

20.00 / 12.06.2021

Food/drink

Fruit

Nuts and snacks

Sports drink

Water

Hot soup

Facilities

Toilets, Waste-bins, First aid kit



REGULATIONS AND CONDITIONS

These regulations and conditions apply to participation in the race event Nøsen Hundreds 100km Ultramarathon 2021.

PARTICIPATION

Participation in the race event is at the participant's own responsibility and risk. The organizer is not to account for expenses that may arise if a participant is exposed to injury, illness or other matters in the context of the event.

The participant is committed to study and understand all written information given by the organizer. The participant must follow directions given by the organizer.

It is mandatory to help if a fellow participant gets into an emergency situation. In such a case the organizer must also be informed.

The participant must follow the specified route for the race event.

The participant must not leave litter of any kind along the route.

The participant's full name, club name, nationality, and year of birth may be published in result lists and participant lists.

Pictures may be taken of the participant during the event. Such pictures may be published on the website of the event and in social media.

Enrolment is binding. If an enrolled participant is not able to take part in the race, for whatever the reason, the starting fee will not be refunded.

In the case of a complete cancellation of the race event, 50% of the participant fee will be refunded.

The lower age limits for participation on 18 years.



REGULATIONS AND CONDITIONS

The participant needs to store the number of the organizer,

+47 41227188, on the mobile phone to be carried during the race. The phone must be turned on during the whole race.

The participant must carry obligatory equipment in accordance with a detailed list, which is published on the website of the event.

A backpack containing the obligatory equipment must be carried by the participant along the whole route from start to finish. If a participant chooses to use poles, these must be carried along the whole route from start to finish.

The race is supported from the organizer with two check points. To receive support outside of what is provided is not allowed. "Pacing" (to be accompanied by someone not taking part in the competition) is not allowed.

In difficult weather conditions the organizer may decide that the race will follow an alternative route. A participant deciding to leave the race with status DNF (did not finish) must immediately inform the

organizer.

CHANGES

We reserve the right to modify our regulations and conditions at any time, if needed.

Changes and clarifications will take effect immediately upon their posting on the website and/or in the race manual.



MANDATORY EQUIPMENT

Participants must carry mandatory equipment from start to finish of the race.

- Backpack to carry the equipment
- Wind and waterproof jacket
- Wind and waterproof pant
- Emergency blanket
- Wool underwear (Upper / Lower)
- Windproof Hat / Gloves
- Headlamp
- GPS (handheld or watch) with sufficient battery capacity
- Compass
- Fully charged cell phone (turned OFF, placed in backpack) with the pre-stored emergency number that will be given to you. Use this phone if an emergency situation occurs.
- Basic first aid kit.
- Cash and/or credit card



ACCOMMODATION

Stay at the Nøsen Hotel and yoga retreat

As a confirmed participant in the Nøsen Hundreds Ultramarathon you will receive discounted rates for all accommodation options at Nøsen Yoga og Fjellhotell. Contact the hotel directly for booking and discounted rates. There are limited capacity. First come - first serve.

<https://www.nosenyoga.no/> / <https://www.nosenyoga.no/nb/kontakt-oss>

Closest and most economic

All athletes can set up their tents for free outside on the grassland on the front side of Nøsen Yoga og Fjellhotell. It's flat and with beautiful scenery and perfect for camping.

You will then be 75 meters from the start and finish line. You can pay a small fee (300 NOK per day) to the hotel to use their facilities and breakfast included.

Gomobu Fjellstue

Gomobu fjellstue is located 11 km from the start/finish.

Contact the hotel directly for booking.

<https://www.gomobu.no/>



INTERNATIONAL TRAIL RUNNING ASSOCIATION

Nøsen Hundreds Ultramarathon 2021 has been evaluated by the International trail running association. The link to the events page at ITRA can be found below

<https://itra.run/race/2021/10127-nøsen-hundreds-ultramarathon/27450-nøsen-hundreds-ultramarathon>

Finishing the race will give you:

- 4 ITRA points
- 4 mountain points
- 370 finisher points

