



# RACE- MANUAL 2020

December 2019  
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Rondane 100

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# FOLLDAL FACTS

Folldal is an old mining village framed by the majestic Rondane Mountains, the mountains of Dovre and Alvdal Vestfjell. The mine was operated from 1748 until 1968 when it was moved to Tverrfjellet, approximately 30 km from the old mine.

Since the 1700s, the mining industry has played a significant part in the development of Folldal and its surrounding villages. During the periods the mine was in operation, the ore extraction and supporting services provided employment for many of the locals.

In 1711, before mining began, the valley had 94 inhabitants. By 1762, this number had risen to 470. The most rapid increase came when mining resumed in the early 1900s - from 1326 inhabitants in 1900 to 2265 in 1910. Most of the buildings which remain on the site today, date from the expansion of the early 20th century. The population in 2019 is just above 1600.

Folldal is one of the coldest places in Northern-Europe, with the official record at -42 C (February 2018). According to locals, this is not nearly the coldest temperature Folldal has encountered. The village is located at 700 meters above sea level.

Distances:

Oslo                    320 km

Trondheim          200 km

A perfect location for a true ultratrail run.

# PROGRAMME

## Friday, August 14 ,Folldal Flerbrukshus

1600 - 2200: Registration office and EXPO opens

1900 - 2130: Pre race meeting, race brief and pasta party

## Saturday, August 15, Folldal Flerbrukshus

0500 Start Rondane 100, Folldal Flerbrukshus

0900 - 1100 Registration office and EXPO opens

1030 Busses for startline Rondane 50 departs

1200 Start Rondane 50, Nedre Dørålseter

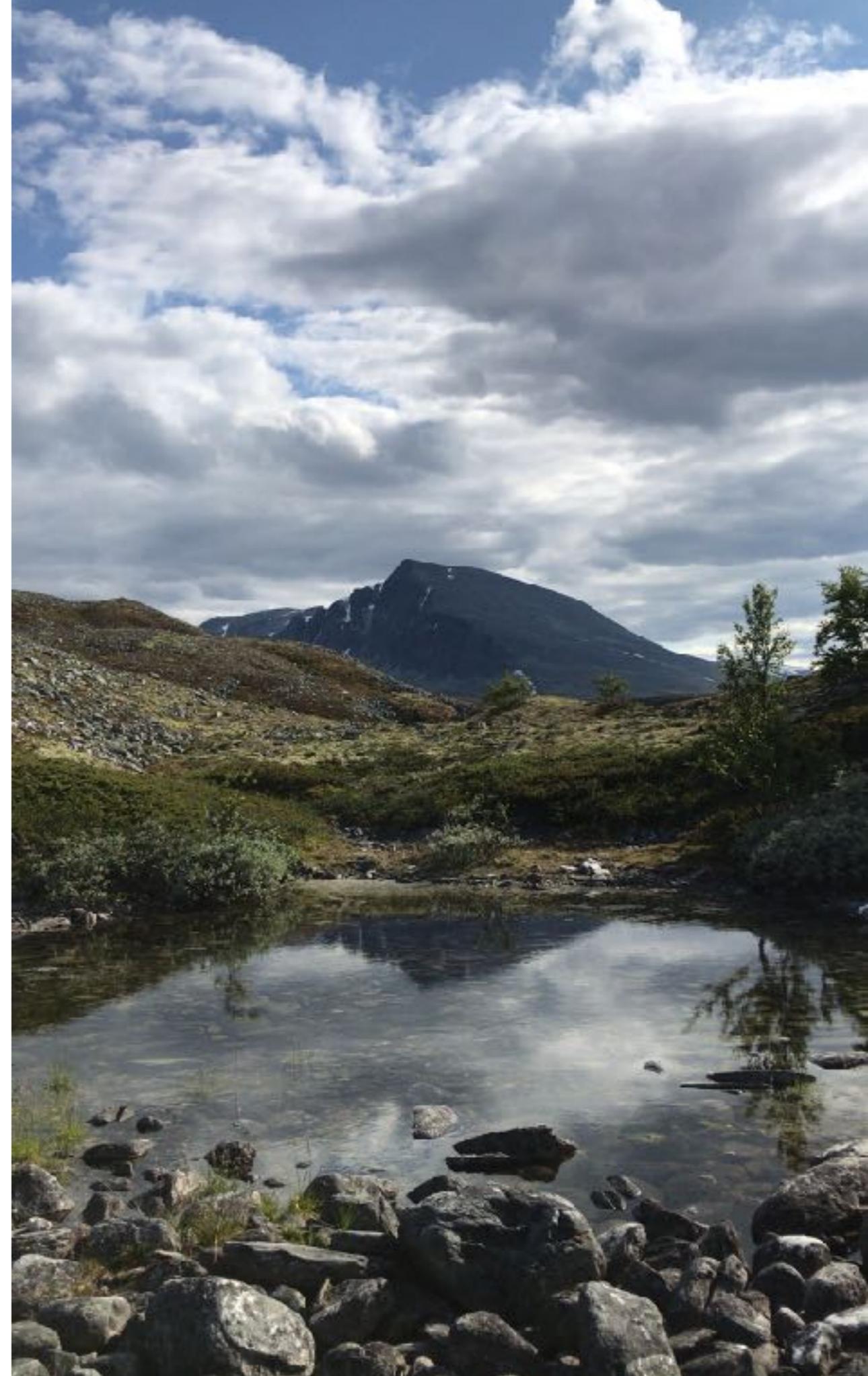
1900- 2200 Rondane 50 first finishers

## Sunday, August 16, Folldal Flerbrukshus

0100 - 1100 Rondane 100 first finishers

1300 Awards Ceremony

1800 Race ends





## COURSES

The **Rondane 100** race is the main event and the logo will have a red colour. This will be used to separate Rondane 100 runners from the Rondane 50 runners. There are a total of 5 checkpoints (CP) in the Rondane 100 race:

- CP Nygruva
- CP Dørålseter
- CP Strømbu (Dropbag)
- CP Breisjøseter
- CP Grimsbu

The **Rondane 50** race will have a blue logo to separate the Rondane 50 runners from the Rondane 100 runners. There are a total of 3 checkpoints (CP) in the Rondane 50 race:

- CP Strømbu (Dropbag)
- CP Breisjøseter
- CP Grimsbu

# RONDANE 100



The signature-race and one of three 100 Miles races in Norway in 2020. Rondane 100 participants will enjoy approximately 85% of the course on paths, and minimal gravel and almost no asphalt.

The race covers a great distance and participants must be familiar with navigating using GPS. All participants must have imported the official GPX file before starting the race.

## Start:

Saturday 15.8.20 at 0500 (AM),  
Flerbrukshuset, Folldal

## Cut off times:

CP Nygruva	15.8	12:00
CP Dørålseter	15.8	19:00
CP Strømbu	16.8	04:00
CP Breisjøseter	16.8	09:00
CP Grimsbu	16.8	15:00
Finish	16.8	18:00

# RONDANE 50



Rondane 50 will start at Dørålseter Mountain Cabin (Nedre Dørålseter). Participants (who are not staying at one of the two Dørålseter Mountain Cabins) will be transported by bus from Folldal Village. The start is located at the end of a toll-road, and there is limited parking. Rondane 50 participants will enjoy approximately 85% of the course on paths, and minimal gravel and almost no asphalt.

## Start:

Saturday 15.8.20 at 1200, Nedre Dørålseter, Folldal

## Cut off times:

CP Strømbu	16.8	04:00
CP Breisjøseter	16.8	09:00
CP Grimsbu	16.8	15:00
Finish	16.8	18:00

# CP - NYGRUVA



## CUT OFF

Saturday 15.8.20 12:00

## FOOD/DRINK

Water, soft drinks, food

## FACILITIES

First Aid Kit, waste-bins, outhouse toilet, limited parking for support crew (toll road) 1,5 km from the CP

## DIRECTIONS (From Folldal approx 15mins)

From Folldal Village drive West on road Fv 29. Turn left at the sign «Hovdagrenda». You are now entering the 100 Miles course, so drive carefully! Stay on gravel road for approx 2,5 km. Turn left at sign «Nygruva». You are now entering a toll road and must pay to use the road. Follow the road all the way up to the parking. Approximately 1,5 km from parking to CP Nygruva. It is not permitted for crew to drive to the checkpoint.





# CP - DØRÅLSETER



## **NB!**

**Rondane 50 starts from Dørålseter at 12:00**

## **CUT OFF**

Saturday 15.8 19:00

## **FOOD/DRINK**

Water, soft drinks, food

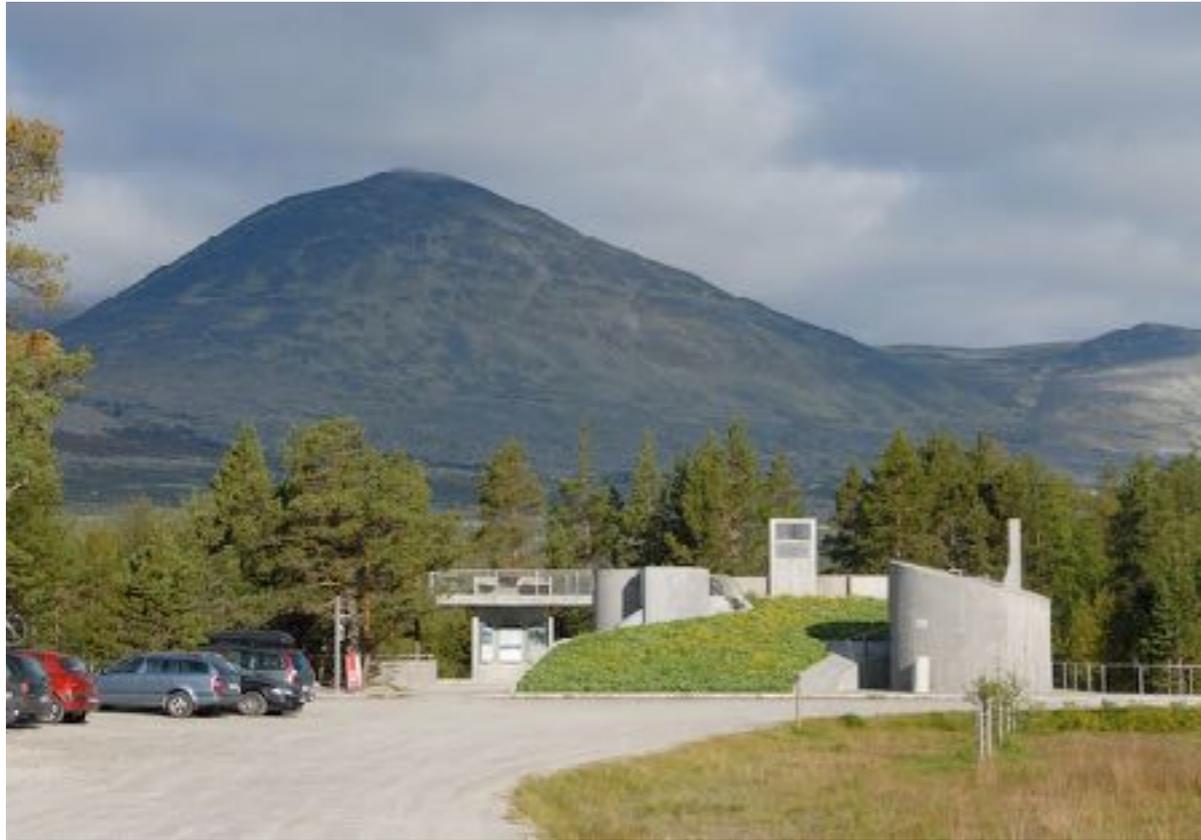
## **FACILITIES**

First Aid Kit, waste-bins, outhouse toilet, limited parking for support crew (toll road)

## **DIRECTIONS**

Head south on Fv 27 for approx 12 km, turn right at sign «Dørålseter». This is a toll road and you have to pay to use the road. Drive approx 12 km on gravel road to enter the parking area.

LIMITED parking! We strongly recommend that runners use the shuttle bus from Folldal Flerbrukshus



# CP - STRØMBU



## CUT OFF

Sunday 16.8 04:00

## FOOD/DRINK

Water, soft drinks, food

## FACILITIES

Drop bag, First Aid Kit, toilet, waste-bins, parking for support crew

## DIRECTIONS

From Folldal center drive on road Fv 27 towards «Atna» for 27 km





# CP - BREISJØSETER



## CUT OFF

Sunday 16.8 09:00

## FOOD/DRINK

Water, soft drinks, food

## FACILITIES

First Aid Kit, outhouse toilet, waste-bins,

## DIRECTIONS

It is not permitted to drive to Breisjøseter.

# CP - GRIMSBU



## CUT OFF

Sunday 16.8 15:00

## FOOD /DRINK

Water, soft drinks, food

## FACILITIES

First Aid Kit, toilet, waste-bins, parking for support crew

## DIRECTIONS

From Folldal centre, drive on road Fv 29 towards «Alvdal» for approx 12 km



# RULES AND REGULATIONS

These rules and regulations apply for all participants in Rondane 100 and Rondane 50.

## **Participants**

Rondane 100 og Rondane 50 is open to all eligible athletes who are 18 years and older on the year of the event.

The runners agree to participate at their own risk and by their entry and participation fully absolve the organizers of the Rondane 100 event from any direct or indirect loss, injury or damage arising from their participation in the event or related to the event. The race organizers reserve the right to accept or reject any entry. It is the responsibility of each participant to ensure that they are medically fit to participate in the event.

Each participant is obligated to read all written information from the organizer. Furthermore, the participants must adhere to any message from the organizer.

Each participant must store Rondane 100s service phone number on their cellphone. It is mandatory for all participants to bring their cellphone throughout the duration of the race, turned OFF in order to preserve battery.

All participants are required to conduct themselves in a responsible manner according to sportsmanship and sports ethics by assisting other runners if necessary, respecting all participants, respecting the nature and the places he/she

passes at all times and the inhabitants living in the area, and respecting the members that are part of or assisting the event.

Each participant's name, club, nationality and age can be published in start lists and result lists. There will be photographs along the course, and pictures from the race will be used on the Rondane 100 web page and in social media and may be used for future promotion.

## **Support**

Support crews are only allowed to assist and give aid at checkpoints. No vehicle shall follow a runner assisting with headlights. Pacing is not allowed.

## **Cut-off times**

Runners must pass through each checkpoint prior to the published cut-off times. Any runner arriving after the cut-off time will not be permitted to continue the race. Cut-off times are nonnegotiable.

## **Checkpoints**

There are a total of 5 checkpoints for the 100 Miles run, and 3 checkpoints for the 50 Miles run. Participants are required to check in and check out of each checkpoint. It is your responsibility to make sure officials on the checkpoints has registered your number. Numbers must be visible at all times.

# RULES AND REGULATIONS CONT

## **DNF**

Any participant dropping out shall immediately surrender his/her timing device to a race official at a checkpoint. If a participant leaves the race at any other point than at a checkpoint, they must immediately notify the race officials by calling the service number. If you are between checkpoints and in need of aid, call the race service number and/or inform other runners that you need aid.

If a participant leaves the race without notifying, the race officials will assume the participant is lost and notify authorities. This situation will cost time, money, hardship and potentially environmental damage, and will lead to restriction of entry in future races.

## **Environment**

The environmental policy of Rondane 100 prohibits any form of littering, deviation from the course and any disruption of local wildlife, vegetation or natural landscape. Participants violating these rules will be disqualified from the race. Participants and organizers are very privileged to get the opportunity to use such an awesome course, running through national parks, conserved areas and protected zones. The landscape, the vegetation and wildlife in this area are very vulnerable to human activity.

Absolutely no littering anywhere on the course! Littering is grounds for disqualification and will be enforced. Hold your trash until you find an appropriate receptacle. If you find trash from others, please pick it up and throw it away at the next checkpoint. There will be waste bins at all the checkpoints.

Stay on the course at all times. Three exemptions apply: participants are allowed to deviate from the course by following the DNT-trails to the mountain huts Grimsdalshytta, Rondvassbu and Bjørnhollia in order to shop food or drinks in the kiosks.

Participants must be especially considerate if they see reindeer along the course, and are obliged to familiarize themselves carefully with information on this matter given in the race brief prior to the race.

## **Mandatory Equipment**

Participants must bring mandatory equipment with them at any time of the race - from start to finish.

If a participant choose to bring running poles, the participant must bring the poles from start to finish.

# RULES AND REGULATIONS CONT

## **Traffic**

There are short parts of the race where runners will be exposed to motorized traffic. Runners must be vigilant when entering these parts.

## **Entry fees**

All entry fees are non-refundable, including, but not limited to cancellation of the event or of the athlete's participation, or change in date, nature or format of the event. The event may be cancelled or changed to to severe weather or any other factors that may be deemed to threaten the safety of athletes, staff or volunteers. Once a completed entry has been received and accepted there will be no refunds, but the entry may be transferred to another runner. An administration fee will apply.

## **Changes**

Rondane 100 reserves the right to modify current rules and regulations at any time.

# MANDATORY EQUIPMENT

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

Backpack to carry mandatory equipment

Personal cups for drinks at CPs, min 15cl

Two headlamps with spare batteries

Hydration bladder/bottles with min 1.5 litre capacity

Food reserve

## CLOTHING

Wind- and waterproof jacket

Wind- and waterproof trousers

Warm hat

Warm gloves

Bandana/Buff

Underwear, preferably in wool (upper and lower)

Survival blanket

## SECURITY

GPS (handheld or watch) with sufficient battery capacity.

Compass and paper map is an option provided that the participant has necessary navigational knowledge.

Cell phone with fully charged battery and the Rondane 100 service number stored in your contact list

Powerbank

Emergency whistle

Reflective safety vest and red or blinking LED light on the backpack. Must be used when running on roads in the dark

Credit card/cash

Basic first aid kit for treating minor wounds (minimum: antiseptic, gauze, self-adhesive dressings and elastic bandage)

**Prior to the race, make sure all of your equipment is functional, and that you know how to use it. Weather conditions in the mountains can be unforgiving.**

