

Gaea Norvegica Trail 400KM 2017

Terms & Conditions with Race Information



Update

Version 3, June 29, 2017

(This version replaces version 2, January 20, 2017)

Changes since last version:

1. The registration deadline has been changed to Friday 21 July 2017 at 24:00 CEST (Central European Summer Time).
2. Added information about the tempting prizes!
3. The 100 miles race has been cancelled.

NB! The race start will be at ELGSLETTA park, 400 meters from Vaterlandsparken, at the right side of the river Akerselva. Follow the pedestrian walk (the GPS track), walk past Stargate pub and under the Hausmanns bridge. Start time unchanged 08:00.

[Updated 31 July 2017]

These Terms & Conditions with Race Information are subject to change without notice at the discretion of the Organizer, Bèrghem Ultraløperklubb (Bèrghem Ultra Runners Club). All and any changes will be published on the Organizer's website and necessary information will be given to the Competitor by social media, e-mail or SMS.

Gaea Norvegica Trail 400KM 2017

Distance: **400 km**

Classes: **TEAM & EXTREME**

Race dates: August 1-6, 2017

Start: Tuesday August 1 at 08:00 a.m., Vaterlandsparken, Oslo

Final cut off: Sunday August 6 10:00 a.m., Hamar pier

TEAM:

400 km stage race with joint start every morning, for individuals only.

Private support required, allowed at the checkpoint areas only.

Registration fee: NOK 3000

EXTREME:

400 km expedition style, non-stop trail race for individuals only.

NO DROP BAG! NO SUPPORT!

Registration fee: NOK 3500

Gaea Norvegica Trail 400KM details

Following the geological formation The Oslo Rift from Vaterlandsparken in Oslo, to the Hamar city pier. From Oslo to Bringbu on the Rondane trail. From Bringbu to Hamar partly through primeval forest (no path on CP 4 between 141 and 142 km) and on various marked trails (blue/red), as well as marked and unmarked dirt roads and some asphalt.

NB: It is mandatory to have a handheld GPS with topo map. You must carry your GPS with you at all times during the race and you must know how to use it! This is not a random Ultra Trail competition but a kind of expedition journey. *It's not supposed to be easy!*

GPX files:

CP 1 Eidsvoll 1814 www.strava.com/routes/6822697

CP 2 Rokosjøen www.strava.com/routes/6505813

CP 3 Bringbu www.strava.com/routes/6505999

CP 4 Hamar brygge (pier) www.strava.com/routes/7253830

CHECKPOINTS, ROUTES & CUT-OFF TIMES 400K, both classes

NB: Cut-off times may be adjusted due to weather conditions

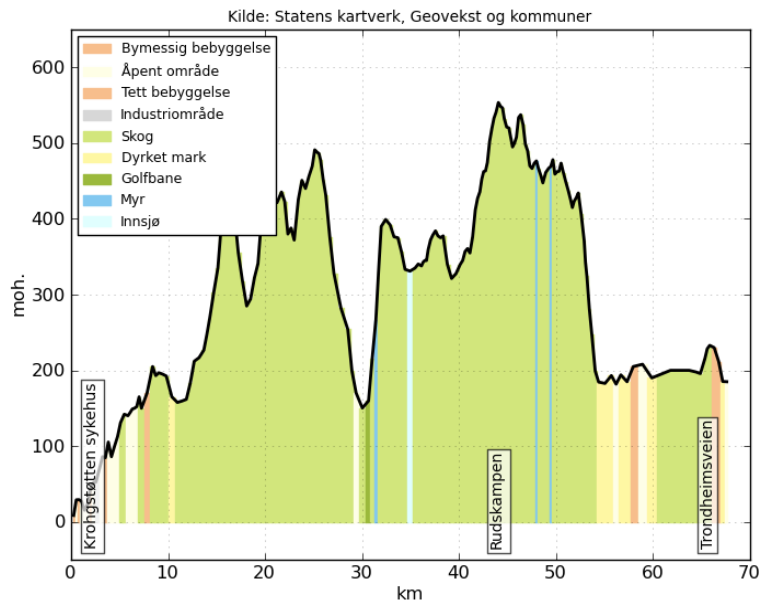
DAY 1 Tuesday August 1 at 8:00 a.m.

CP1 EIDSVOLL 1814

Oslo - Eidsvoll 1814, 84 km, 2000 D+

TEAM: 14 hours cut-off time

EXTREME: No cut-off time until CP 3 BRINGBU



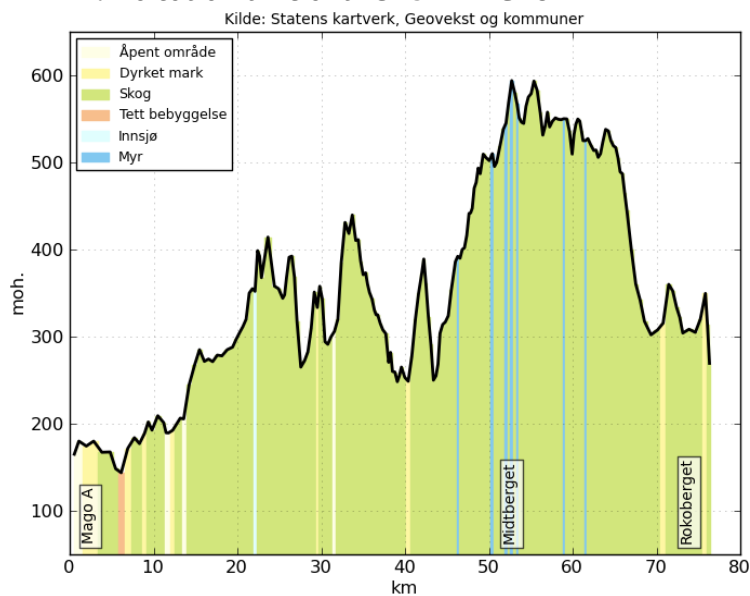
DAY 2 Wednesday August 2 at 8:00 a.m.

CP 2 ROKOSJØEN

Eidsvoll 1814 - Rokosjøen camping, 95 km, 1700 D+

TEAM: 16 hours cut-off time

EXTREME: No cut-off time until CP 3 BRINGBU



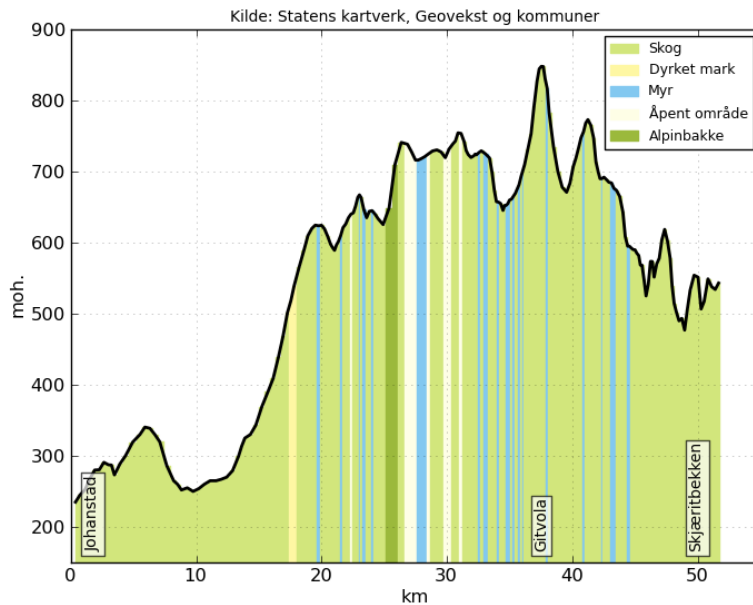
DAY 3 Thursday August 3 at 8:00 a.m.

CP 3 BRINGBU

Rokosjøen camping - Bringbu camping, 60 km, 1600 D+

TEAM: 14 hours cut-off time

EXTREME: 74 hours cut-off time (from Oslo)



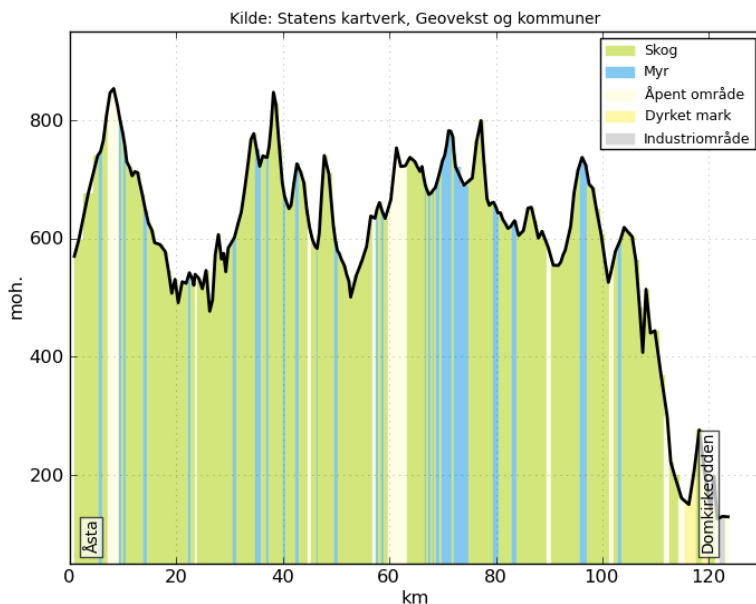
DAY 4 Friday August 4 at 10:00 a.m.

CP 4 HAMAR BRYGGE

Bringbu camping - Hamar brygge, 161 km, 3000 D+

TEAM: 48 hours cut-off time

EXTREME: 48 hours cut-off time



TOTAL DISTANCE:

CP 1: 84 km

CP 2: 179 km

CP 3: 239 km

CP 4: 400 km

TOTAL ASCENT:

8300 m

LIST OF ALL THE PLACES YOU MAY REST / EAT / ON ROUTE

NB: TEAM competitors have to rest / sleep at each checkpoint.

CP 1 EIDSVOLL 1814 (84 km)

- Km 37 Kiwi grocery store at Tøyenhaugen. **NB:** 1 km away from the track (if you need to stock at this Kiwi store, your total distance will be 2 km longer than the official race distance). ***This is the only place competitors are allowed to take a detour from the track.***
- Km 70 Different grocery stores at the village Maura.

CP 2 ROKOSJØEN (95 km)

- Km 7 Different grocery stores in [Eidsvoll town center \(also called Sundet\)](#)
TOTAL DISTANCE = 90 KM
- Km 24 [DNT Lysjøhimet](#). No-service cabin. Unlocked. No cooking facilities.
- Km 37 [DNT Gammelsaga](#). No-service cabin. DNT key. Gas cooker.
- Km 52 [Malungen gjestegård](#). Private staffed lodge / restaurant, unknown when open.
- Km 54 [DNT Fløtdamkoia](#). No-service cabin. DNT key. Gas cooker.
- Km 71 [DNT Tingstadkoia](#). No-service cabin. DNT Key. Gas cooker.
- Km 94 [Rokosjøen camping \(Oset\)](#). NB: out of service!

CP 3 BRINGBU (60 km)

- Km 7 [DNT Svartskogkoia](#). No-service cabin. DNT Key. Gas cooker.
- Km 29 [Budor gjestegård](#). Private cafe / catering in a ski and cabin area.
- Km 35 [DNT Målia](#). Self-service cabin. DNT key. Gas cooker. TOTAL DISTANCE = 212 KM
- Km 43 [New viewing tower on top of Gitvola \(Gjetholen\)](#). Private no-service cabin. Unlocked.
- Km 51 [DNT Sandfløten](#). No-service cabin. DNT key.
- Km 53 Drinking water from the river Lavåa, nature reserve.

CP 4 HAMAR BRYGGE (161 km)

- Km 6 [Persbu](#). Unstaffed private lodge for pre-booked groups. Sometimes open to the public as a mountain cafe. If open, a warm meal is possible. TOTAL DISTANCE = 243 KM
- Km 38 [DNT Sandfløten](#). No-service cabin. DNT key.
- Km 47 [DNT Snippkoia](#). No-service cabin. DNT key.
- Km 76 [Budor gjestegård](#). Private café / catering business at cabin area. NB: uncertain operation!
- Km 81 [DNT Målia](#). Self-service cabin. DNT key. TOTAL DISTANCE = 320 KM
- Km 97 [Brannvakthytta at Brumundkampen](#). Private No-service cabin. Unlocked shelter.
- Km 121 [DNT Stenfjellhytta](#). Staffed lodge with seasonal opening. TOTAL DISTANCE = 360 KM
- Km 129 [The Gåsbu area](#): Water tap on the wall of the house next to the roadblocks
- Km 150 Different grocery stores at [Olrud shopping center](#) TOTAL DISTANCE = 389 KM

NB: It is important to read the information from The Norwegian Trekking Association (DNT) to know what type of service each cabin offers: <http://english.dnt.no/about-the-cabins/> or in Norwegian: <http://www.dnt.no/om-hyttene/>

How to get the DNT key: <https://english.dnt.no/the-dnt-key/>

400K TEAM class information and rules

400 km stage race with joint start every morning, for individuals only.

A personal support team is required, but only allowed at the checkpoints.

1. There are no aid stations during the race!
2. It is not allowed to store or drop supplies of any kind along the trail between checkpoints.
3. You must provide your own support team. They must keep your extra personal equipment and supplies for the entire race, and provide backpack refills at each checkpoint.
4. Support between checkpoints is not allowed. There is one exception: On the last stage CP 4 your support team is allowed to provide support at 81 km by the DNT Målia cabin <http://www.ut.no/hytte/3.2497/>
5. You must carry all mandatory items and everything you need for each stage. It is your responsibility to be self-sufficient during the race, even if it takes longer than anticipated.
 - You are allowed to buy meals and supplies yourself, at the grocery stores / areas listed in this document. **However, anything you buy along the trail, you must eat, use or carry yourself to the next checkpoint, you are not allowed to drop anything.**
 - Your support team may buy supplies at any store, for use at the checkpoints. They are not allowed to provide any kind of refills or drop bag to you during the stages.
 - It is the support team's responsibility to fill up their water containers in places where there are approved drinking / tap water.
6. You may organize for shared support with other TEAM competitors. We recommend carpooling.
7. TEAM competitors and their support teams are not allowed to offer (or accept requests for) food/drink or any kind of support to EXTREME competitors.
 - However, everyone has a duty to assist any person in distress. In case of illness, injury, danger or emergency, you or your support team must notify the Race Manager (the competitor will be picked up by the Organizer or by the appropriate public service).
 - If life and health are in serious danger, call the national emergency number 112 before contacting the Race Manager.
8. All checkpoints are reachable by car.
 - On the way to CP 3 Bringbu, all cars have to pay for entering the mountain roads. Payment machine in front of the roadblocks at Gåsbu (BankAxept / VISA / MasterCard / NOK coins).
9. You must complete every stage within the cut-off time and leave the next day at the joint start.
10. You have to rest / sleep at the checkpoint areas.
 - NB: There are no indoor or warm accommodation at any of the checkpoints.
 - You must sleep in your sleeping bag & tent (or [bivi bag / bivi shelter](#)).
 - You are not allowed to sleep in cars, motorhomes or caravans!
 - Your support team must bring your sleeping equipment and other gear to each checkpoint and set up your tent/sleeping gear, prepare meals and so on at the checkpoints.

CP	Date	Time	Cut-off	Stage	Distance	Elevation
CP 1 Eidsvoll 1814	Tuesday August 1	08:00 a.m.	22:00 (14 hours)	Oslo-Eidsvoll 1814	84 km	2000 D+
CP 2 Rokosjøen	Wednesday August 2	08:00 a.m.	24:00 (16 hours)	Eidsvoll 1814- Rokosjøen	95 km	1700 D+
CP 3 Bringbu	Thursday August 3	08:00 a.m.	22:00 (14 hours)	Rokosjøen-Bringbu	60 km	1600 D+
CP 4 Hamar brygge	Friday August 4	10:00 a.m.	Sunday August 6 10:00 a.m. (48 hours)	Bringbu-Hamar brygge	161 km	3000 D+

TEAM Mandatory items:

TEAM class competitors are required to carry the following gear throughout the race:

1. Compass.
2. TEAM class 400 km competitors must bring a printed map of the route themselves, by downloading our GPX files and combine them with a detailed map service (for instance www.norgeskart.no or similar).
3. Handheld GPS with spare batteries, with a topo map of Norway and our GPX files installed
 - o NB: Wristwatches and smartphones are neither permissible, nor reliable enough.
4. Head torch with spare batteries.
5. Minimum 1.5 liters water carrying capacity and enough food for each stage.
6. Mobile phone, fully charged, with the Race Manager's phone number saved to your contact list: Tel. +4797512808. NB: To be used in cases of emergency or DNF only!
7. Money: At least 500 NOK in cash plus a credit card (Visa / MasterCard)
8. Survival blanket
9. Emergency whistle
10. GPS tracker unit provided by the Organizer Bèrghem Ultraløperklubb / racetracker.no
NB: The tracker unit must be returned to the Organizer immediately upon finish.
11. First aid kit
12. Waterproof jacket & trousers
13. Appropriate layering & footwear for trail running
14. Reflex vest

Important:

There will be a mandatory gear check at check in. Also, any items listed on the mandatory gear list may be checked for during the race. Lack of one or more of the mandatory items may lead to disqualification.

TEAM Recommended items:

1. Backpacking water filter / treatment system
 - It's plenty of natural water on the trail but you must be careful where you re-fill because of the grazing season, and it's at your own risk.
2. Membership of the Norwegian Trekking Association (DNT) <https://english.dnt.no/join/>
3. The DNT cabin key <https://english.dnt.no/the-dnt-key/>
4. Spare socks (min.1 pair)
5. Base Layer top & bottoms
6. Gloves + cap or buff
7. Waterproof matches and / or lighter
8. Mosquito and insect protection
9. Sunglasses

400K EXTREME class information and rules

**400 km expedition style non-stop trail race for individuals only.
NO DROP BAG! NO SUPPORT!**

QUALIFYING RACES AND REGULATIONS

You must have completed at least 1 multi days Ultra Trail competition and:

- a) Either be listed on DUV <http://statistik.d-u-v.org> or ITRA <http://www.i-tra.org/>
b) Or be able to document equivalent experience.**

1. You must confirm that you have navigation skills with GPS, map and compass
2. You must confirm that you have hiking / outdoor life experience since there is no drop bag service and no aid stations throughout the race.
3. You must know how to prepare for and survive with extreme weather conditions. The cabins along the trail might be occupied from others runners or hiking tourists.
4. If you receive or need help from anyone, you're out of the competition.
 - You are all on your own and have to carry your own supplies throughout the race, including fuel, sleeping bag, bivi bag ([bivouac sack](#)) or a lightweight tent.
5. You are not allowed to accept food/drink or any kind of support from other competitors, neither from the EXTREME nor the TEAM classes.
 - However, everyone has a duty to assist any person in distress. In case of illness, injury, danger or emergency, ask for help if you are in trouble or help others who needs it. Notify the Race Manager (the person in distress will be picked up by the Organizer or by the appropriate public service).
 - If life and health are in serious danger, call national emergency number 112 before contacting the Race Manager.
6. You are not allowed to drop any supplies or gear along the trail, nor at any checkpoint.
7. However, EXTREME class competitors may give at re-supply bag of maximum 15 kg to Race Manager before start in Oslo, which will be delivered at the finish line at the Hamar city pier.

8. In case of withdrawal or DNF of an 400K EXTREME class competitor, the Race Organizer will pick up the competitor at the nearest place accessible by car.
 - DNF/withdrawn EXTREME class 400 km competitors will be transported to the nearest appropriate public transport and will receive their re-supply bag at the pickup place.
9. You may leave each checkpoint whenever you like, but you must complete within the cut-off times.
10. You may rest at any checkpoint or along the trail – when and where you like, in your tent/bivy bag or at the DNT cabins or unlocked shelters.
 - **NB:** Any use of dry food / can food, gas or the beds in the [DNT cabins](#) must be paid by the competitor according to the “cabin info” in each cabin.
 - And don't forget the cut-off time at Bringbu, Friday at 10:00!

CP	Date	Time	Cut-off	Stage	Distance	Elevation
CP 1-2-3 Bringbu	Tuesday August 1	08:00 a.m.	Friday at 10:00 (74 hours)	Oslo-Bringbu	239 km	5300 D+
CP 4 Hamar brygge	Friday August 4		Sunday August 6 10:00 a.m. (48 hours)	Bringbu-Hamar brygge	161 km	3000 D+

EXTREME Mandatory items:

1. Compass
2. EXTREME class 400 km competitors must bring a printed map of the route themselves, by downloading our GPX files and combine them with a detailed map service (for instance www.norgeskart.no or similar).
3. Handheld GPS with spare batteries, with a topo map of Norway and our GPX files installed
 - NB: Wristwatches and smartphones are neither permissible, nor reliable enough.
4. Head torch with spare batteries
5. Minimum 1.5 liters water carrying capacity and enough food for the whole race or at least for 48 hours.
6. Mobile phone, fully charged, with the Race Manager's phone number saved to your contact list: Tel. +4797512808. NB: To be used in cases of emergency or DNF only!
7. Money: At least 500 NOK in cash plus a credit card (Visa / MasterCard)
8. Membership of the Norwegian Trekking Association (DNT) <http://english.dnt.no/join/>
9. The DNT Cabin Key <http://english.dnt.no/the-dnt-key/>
10. Sleeping bag, tent or [bivy bag](#)
11. Waterproof matches and / or lighter
12. Survival blanket
13. Emergency whistle
14. GPS tracker unit provided by the Organizer Bèrghem Ultraløperklubb / racetracker.no
NB: The tracker unit must be returned to the Organizer immediately upon finish.

15. First aid kit
16. Waterproof jacket & trousers
17. Appropriate layering & footwear for trail running
18. Reflex vest
19. Base Layer Top & Bottoms
20. Spare Socks (min.1 pair)
21. Gloves, cap or buff

Important:

There will be a mandatory gear check at check in. Also, any items listed on the mandatory gear list may be checked for during the race. Lack of one or more of the mandatory items may lead to disqualification.

EXTREME Recommended items:

1. Backpacking water filter / treatment system
 - It's plenty of natural water on the trail but you must be careful where you re-fill because of the grazing season, and it's at your own risk.
2. Mosquito and insect protection
3. Sunglasses
4. Backpacking stove with fuel
5. Pre-cooked and dehydrated meals

The Prizes



Both EXTREME and TEAM participants who complete within the time frame gets:

- *The Gaea Norvegica Trail 400KM belt buckle*
- *Honor and glory!*

The overall winner of the competition (regardless of gender) is also rewarded with:

- *A free pass^{*)} for Stenfjellet Endurance 100 miles, 2017*

In addition, for EXTREME competitors only, completing within the time frame:

- *The sturdy Gaea Norvegica coffee mug*
- *50 % discount^{*)} for Stenfjellet Endurance 100 miles, 2017*

**) The free pass / the discount is for personal use only; Conversion, transfer or resale is not allowed. The 50 % discount does not apply to the overall winner.*

General terms and conditions

(Mandatory confirmation during the registration process)

1. I agree to assume all risks, which may be associated with or may result from my participation in any Bèrghem Ultra Trail competition. Including, but not limited to; the weather, trail or facilities provided by the Race Organizer the Bèrghem Ultraløperklubb.
2. I understand that my participation in the Bèrghem Ultra Gaea Norvegica Trail 2017 is a potentially dangerous activity and accept all responsibilities associated with competing in this event. Including but not limited to injury, loss, death, effects of the weather; cold weather, injuries, rain, winds and the condition of the trail. I accept all responsibility for my participation and am fully aware of the risks involved.
3. I declare that I am physically fit and have sufficient training and knowledge to be able to compete and properly look after myself on the trail during the Bèrghem Ultra Gaea Norvegica Trail 2017. Failure to look after myself, or withdraw from the competition at the appropriate time could result in potential injury or worse.
4. I declare that I am self-sufficient and able to deal with an emergency situation, should one arise.
5. I agree to release the Bèrghem Ultraløperklubb and its staff, officials, representatives, affiliates, sponsors and volunteers from any and all liability, claims, demands, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, legal fees or action arising out of my participation in the Bèrghem Ultra Gaea Norvegica Trail 2017. This release extends to any claim made by my family, estate, heirs, or assigns arising from or in any way connected with the aforementioned activities.
6. I consent to allow medical personnel to provide me treatment.
7. I accept all decisions made by the Race Organizer without complaint or recompense.
8. I have read all the race information in this document, or contained in any provided links and accept all terms and conditions of entry and the race rules.
9. I grant permission for the Race Organizer to use any and all images or film (video / moving content) of me captured during the event or at any official training event and allow these images to be used in marketing materials including but not limited to activities online, in print, moving content, news and broadcast media.
10. I agree with all of the statements contained within this document as part of my entry and registration for the Bèrghem Ultra Gaea Norvegica Trail 2017.

I declare and have understood:

(Mandatory confirmation during the registration process)

1. I will be at least 21 years old by the start of the event.
2. I have a good understanding of both written and spoken English.
3. I have read, understood and agree with all of the statements contained within the Race Rules.
4. I will provide links to my previous results and / or provide a statement detailing my experience on application.
5. I understand that my position on the roster may be reviewed, discussed or amended based on the information I provide.

6. These are the entry fees for Gaea Norvegica Trail 2017, of whom I am paying upon registration, correspondingly to my chosen distance and class:
 - a. Bèrghem Ultra400 Gaea Norvegica Trail, 400 km – TEAM class NOK 3000
 - b. Bèrghem Ultra400 Gaea Norvegica Trail, 400 km – EXTREME class NOK 3500
7. The entry fee is not refundable but I may sell my entry to another qualified Competitor by fulfilling these conditions:
 - a. The resale must be approved by the Race Manager at Bèrghem Ultraløperklubb (Bèrghem Ultra Runners Club) before a sale might be executed
 - b. An extra fee of NOK 500.00 will be charged to me, the original purchaser
 - c. The approval and the sales transaction must be completed within June 1, 2017
8. I accept full responsibility for my own safety and wellbeing while on the trail and at all checkpoints.
9. I accept that I am participating at my own risk and that I am solely responsible for any injuries I receive while on the trail or at any of the checkpoints.
10. I will provide my own transportation to and from the event.
11. I will provide my own support at the checkpoint areas (only applicable if I register for the TEAM class, 400 km).
12. I will respect others rights of way on the trail.
13. I will respect the Race Organizer Bèrghem Ultraløperklubb (Bèrghem Ultra Runners Club), their staff and their representatives at all times.
14. I accept that in the event of a personal injury I will respect the opinions of the Race Organizer Bèrghem Ultraløperklubb and their medical advisors or staff if they choose to withdraw me from the race.
15. In the event of adverse or extreme weather, natural disasters or man-made disaster the race may be delayed or cancelled, or I may be withdrawn. The decision will be made by the Race Organizer (Bèrghem Ultraløperklubb), and I (the Competitor) will respect any decision made in the interests of safety, without complaint or recompense.
16. The Race Organizer Bèrghem Ultraløperklubb will do everything in their power to ensure that the race proceeds as planned.
17. In the event of the race being cancelled through Force Majeur and no fault of the Race Organizer Bèrghem Ultraløperklubb, for example extreme weather including and not limited to floods, fire, dangerously high winds or natural disasters, no refund will be offered.
18. Cut-off times may be amended during the race to accommodate adverse changes in the weather and is at the discretion of the Race Organizer Bèrghem Ultraløperklubb.
19. I will adhere to any pre-advertised or amended cut-off times during the race.
20. The Race Directors have complete autonomy during the race and their decision is final.
21. I have read, understood, agree with and accept the Terms and Conditions of entry and participation.

Tracker unit

You will be fitted with a GPS tracking / racetracker.no device which you are responsible for. You will be instructed on where to position this device and how to look after it. You are responsible for handing in this device when you finish. If you fail to do this you are responsible for any penalty charges associated with returning the tracker.

The tracker provides good security and follow-up during the trail race and makes it easy for running friends from around the World to follow the competition.

Withdrawal

If you are deemed unsuitable to continue at any stage of the race, the Race Organizer reserve the right to withdraw you from the event. This could be for the following:

- a. Medical grounds – Fatigue, injury, previous medical condition etc.
Not all injuries will require withdrawal from the event and it is at the discretion of the Race Manager and / or medical staff.
- b. Cheating – Not completing the course as marked / instructed, using public transport or receiving outside assistance etc.
 - You must complete the course on foot with no assistance from vehicles of any kind for transportation.
 - The use of pacers is not allowed.
- c. Unable to complete the course in the allotted time.
- d. Unsociable behavior.
- e. Poor navigation skills.
- f. Unsafe racing.
- g. Carrying or using illegal drugs.

Environment, nature & wildlife

- Be VERY careful with camp fires and cooking equipment. Camp fires must be placed near a water source and you must never leave a campfire when it is still hot. Pour water over!
- Littering (which includes dropping / disposing of equipment) on the trail is not permitted at any time during the race. Any individual found intentionally littering will be immediately disqualified from the race and expelled from the future Bèrghem Ultra Trail competition with no exceptions.
- June-September is grazing season. Do not disturb grazing animals and remember to close all gates after your passing!
- Wild animals must not be disturbed and keep a distance of at least 200 meters to the Arctic moose. If you suddenly come across a wild animal, back quietly away.
- It is not allowed to take any shortcuts from the official route, you must follow the official route by GPS / map. Deliberate or significant shortcuts leads to disqualification.
- It is plenty of natural water on the trail but you must be careful where you refill (because of the grazing season) – that's why we recommend to use a backpacking water filter.
- Follow the rules and recommendations in the [Right to Roam](#) (Norwegian: [Allemannsretten](#))
- **Drinking water from the nature:** Look out for small rodents, birds, grazing animals and visible contamination. Do not drink water from stagnant ponds. Portable water purification systems / bottles are available in sports & outdoor life stores. Boiling the water vigorously for 1 minute kills bacteria, viruses and microorganisms.

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