



Gaea Norvegica Trail 400KM

A BÈRGHEM ULTRA COMPETITION

GNT400 logo & illustration by Milan based artist Angela Bastianelli, © Bèrghem Ultra

This document is subject to change without notice at the discretion of the Organiser, Bèrghem Ultraløperklubb (Bèrghem Ultra Runners Club). All and any changes will be published by making available this document on the Organiser's website and necessary information will be given to the Participants through social media and/or e-mail and/or SMS.

Race Information and Race Rules

Introduction

Distance:	400 kilometres
Total ascent:	8300 D+ ¹
Classes:	EXPEDITION (mixed gender)
Start:	Oslo, Akerselva river next to the Stargate pub at Grønland
Final cut-off:	Hamar city pier within 124 hours

Gaea Norvegica Trail² – GNT400 – is a 400 km expedition style, non-stop endurance trail race for individuals only. NO DROP BAG! NO SUPPORT! The Race is ITRA certified.

Following the geological formation The Oslo Rift (Oslofeltet³) from Grønland/Akerselva in Oslo, to the Hamar city pier. From Oslo to Hamar partly through primeval forest and on various marked trails (blue/red), as well as marked and unmarked dirt roads and some asphalt.

¹ D+ is short for denivelé positif, ie. elevation gain. The measurements are in meters.

² http://no.wikipedia.org/wiki/Gaea_Norvegica

³ <http://no.wikipedia.org/wiki/Oslofeltet>

Registration

Eligible for participation are all genders aged from 21 and older, who must meet specific qualification criteria. The number of athletes admitted in GNT400 is set at 25. The fee is payable immediately upon registration, through secure online payment.

The Organiser shall not be held responsible for any disputes arising from incomplete entry details.

After registration, there will be no fee refund for Participants who do not eventually take part in the Race for any reasons whatsoever.

Fees and registration deadlines are listed on the online registration page.

Qualifying races

You must have completed:

- at least 1 multi days ultra / endurance trail competition
- or one of our competitions: Bèrghem Ultra 130K or Furuberget Endurance 100 miles
- It must be listed on DUV <http://statistik.d-u-v.org> or ITRA <http://www.i-tra.org/>
- or you must be able to provide documentation for equivalent experience.

Additional qualification criteria:

1. You must have navigation skills with GPS, map and compass.
2. You must 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.

GPX files:

http://berghemultra.com/GNT400_GPX-files.zip (download and save to your computer/device) or on the website : <https://caltopo.com/m/J5EU>

The zip-file contains all four GPX-files:

CP 1 EIDSVOLL 1814
CP 2 ROKOSJØEN
CP 3 PERSBU
CP 4 HAMAR BRYGGE

Checkpoints, routes & cut-off times

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

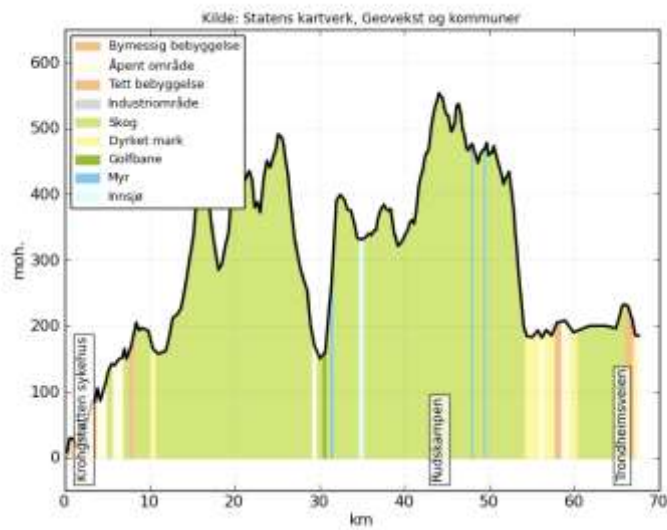
START

Oslo, Akerselva river next to the Stargate pub at Grønland .

CP1 EIDSVOLL 1814

Oslo - Eidsvoll 1814, 82 km, 2000 D+

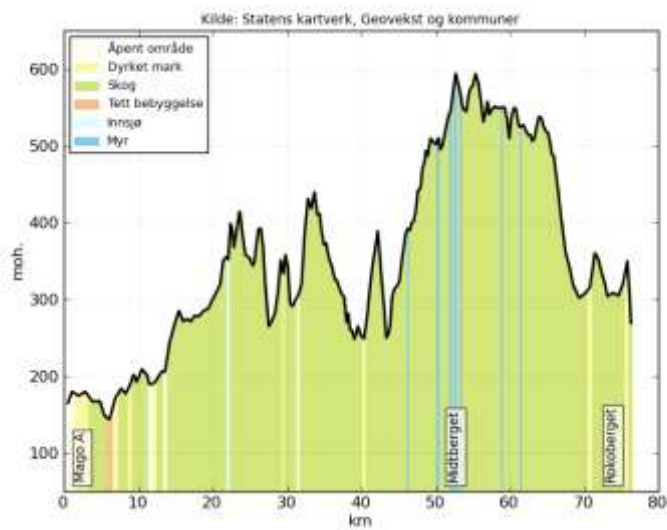
24 hours cut-off time



CP2 ROKOSJØEN

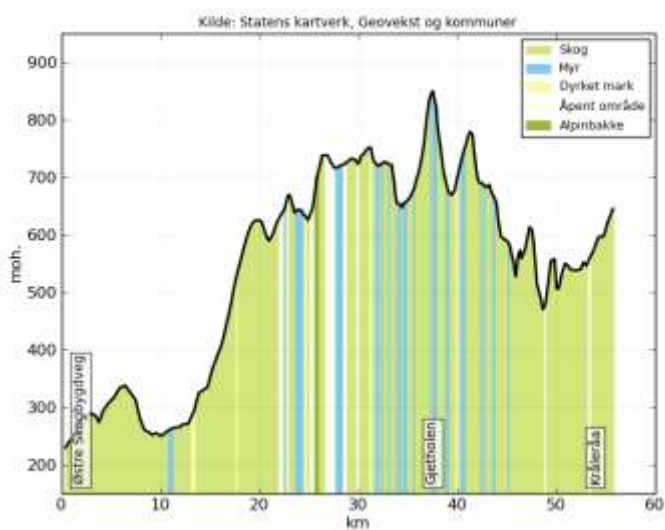
Eidsvoll 1814 - Rokosjøen, 91 km, 1700 D+

24 hours cut-off time



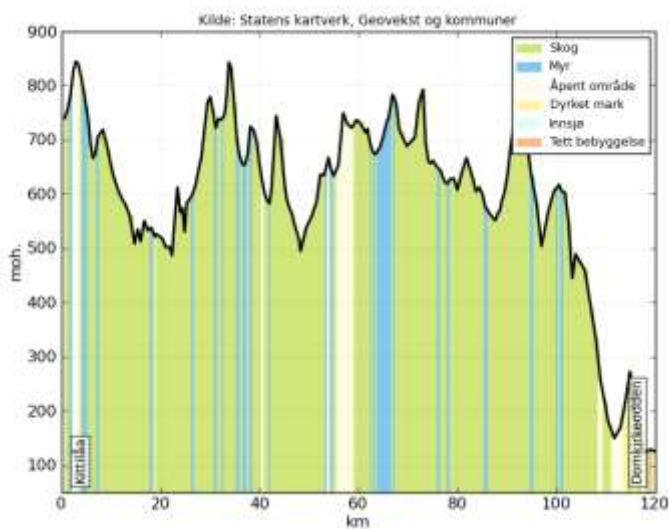
CP3 PERSBU

Rokosjøen camping - Persbu, 67 km, 1600 D+
24 hours cut-off time



CP4 HAMAR BRYGGE

Persbu - Hamar brygge (pier), 160 km, 3000 D+
52 hours cut-off time



TOTAL DISTANCE (accumulated figures):

CP 1: 82 km
CP 2: 173 km
CP 3: 240 km
CP 4: 400 km

TOTAL ASCENT:

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. .
. . .
8300 D+

List of all the places you may rest/eat on route

CP 1 EIDSVOLL 1814 (82 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 Participants are allowed to take a detour from the track.

Km 70 Different grocery stores and fast food at the village Maura. A Pharmacy next to Kiwi.

CP 2 ROKOSJØEN (91 km)

Km 7 Different grocery stores in [Eidsvoll town center \(also called Sundet\)](#)

Km 25 [DNT Finnsbråten](#). No-service cabin. DNT key. Gas cooker.

Km 37 [DNT Gammelsaga](#). No-service cabin. DNT key. Gas cooker.

Km 54 [DNT Fløtdamkoia](#). No-service cabin. DNT key. Gas cooker.

Km 71 [DNT Tingstadkoia](#). No-service cabin. DNT Key. Gas cooker.

CP 3 PERSBU (67 km)

Km 7 [DNT Svartskogkoia](#). No-service cabin. DNT Key. Gas cooker.

Km 35 [DNT Målia](#). Self-service cabin. DNT key. Gas cooker.(well water pump)

Km 43 [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.

Km 67 [Persbu](#). Private cabin. NB: The Organizer has booked the whole cabin and will be present within the cut-off time. Persbu is therefore open to all Participants. TOTAL DISTANCE = 244 KM

CP 4 HAMAR BRYGGE (160 km)

Km 28 Birkebeinerkilden water post.

Km 38 [DNT Sandfløten](#). No-service cabin. DNT key.

Km 47 [DNT Snippkoia](#). No-service cabin. DNT key. (Well water)

Km 72 Budor well water pump at the bottom of the slalom hill.

Km 81 [DNT Målia](#). Self-service cabin. DNT key. (well water pump)

Km 92 Spring water pump (kildevann) 100 meters from the track to the right side on the dirt road.

Km 97 [Brannvakthytta at Brumundkampen](#). Private No-service cabin. Unlocked shelter.

Km 107 [Blåmyrkoia](#). Private no-service cabin. Unlocked.

Km 121 [DNT Stenfjellhytta](#). Cafeteria with seasonal opening. No beds!

Km 129 [The Gåsbu area](#). Water tap on the wall of the house next to the roadblocks

Km 150 Different grocery stores, fast food, pharmacy at [Olrud shopping center](#).

- ➔ Read this information to know what level of service the DNT cabins offer:
<http://english.dnt.no/about-the-cabins/> (Norwegian: <http://www.dnt.no/om-hyttene/>)
- ➔ Read carefully the information about each cottage, with regard to heating/drying, cooking, water refills and accommodation.
- ➔ How to get the DNT key: <http://english.dnt.no/the-dnt-key/>

Mandatory items

- HANDHELD GPS with spare batteries, with a TOPO MAP of Norway and all the competition GPX files installed!
 - NB: Wristwatches and smartphones are neither permissible, nor reliable enough!
- Head torch with spare batteries
- Minimum 1.5 liters water carrying capacity and enough food for at least 48 hours.
- Mobile phone, fully charged, with the Race Management's phone number saved to your contact list: Tel. +4797512808
 - NB: To be used for the most necessary communication with the Organizer only
- Money: At least 500 NOK in cash plus a credit card (Visa or MasterCard)
- Sleeping bag, lightweight tent or [bivvy bag/bivouac sack](#)
- Waterproof matches and/or lighter
- Survival blanket/foil
- Emergency whistle
- GPS tracker unit provided by the Organizer Bèrghem Ultraløperklubb/RaceTracker
 - NB: The tracker unit must be returned to the Organizer immediately upon finish
- First aid kit
- Reflex vest
- Appropriate layering & footwear for trail running
- Waterproof jacket & trousers
- Base layer top & bottoms
- Spare socks (minimum 1 pair)
- Gloves
- Cap and/or buff

Important:

There will be a mandatory gear check at check in. 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.

Recommended items:

- Compass
- A printed map of the route by downloading our GPX files and combine them with a detailed map service (for instance www.norgeskart.no or similar)
- The DNT Cabin Key <http://english.dnt.no/the-dnt-key/>
- Backpacking water filter/treatment system. It's plenty of natural water on the trail but you must be careful where you re-fill, and it's at your own risk.
- Backpacking stove with fuel
- Pre-cooked and dehydrated meals

The Prizes

Participants who complete within the time frame gets:

The GNT400 belt buckle
The GNT400 coffee mug
Honour and glory!

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

A free pass^{*)} for Bèrghem Ultra of the next year.

**) The free pass is for personal use only; Conversion, transfer or resale is not allowed.*

Detailed information and Race Rules

General rules

This document contains combined Race Information and Race Rules. Adjustments and changes might be done both before and after registering as a Participant. Make sure that you are using the last version according to the change log on the front page.

Participants take part at their own risk and the Organizer, their sponsors and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise, and howsoever arising.

The Race Management have complete autonomy during the Race and their decisions are final.

Tracker unit and monitoring

You will be fitted with a GPS tracking 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 Organiser monitors the Participants via the GPS system for safety reasons and to keep track of progress. The tracker provides good security and follow-up during the Race and makes it easy for running friends from around the World to follow the competition.

Bib identification

All Participants must collect their Race bib and GPS tracker at least one hour before the start of the competition.

Your bib number must be visible (on your backpack) all times during the Race.

Communication

Any necessary communication between the Participant and the Organiser during the Race must be done via mobile phone. You must save the Race Management's phone number to your contact list:

Tel. +4797512808.

In case of serious injury or danger to life or health, and if it is impossible to use the mobile phone, the GPS trackers are equipped with an emergency button.

Progress and time

You may leave each checkpoint whenever you like, but you must complete within the cut-off times.

You may rest when and where you like along the trail: in open-air, in your bivvy bag or at the DNT cabins or unlocked shelters.

Pacers

The use of pacers is not allowed except for the last 5 (five) kilometers, by the Mjøsa lake.

Going Off-Route

Wrong turns

If you make a wrong turn and run off the official route, regardless of the reason, you must:

1. Immediately notify the Race Management by mobile phone, if they have not already contacted you about this. In case of poor mobile coverage, try sending a SMS instead.
2. Go back to the spot where the course deviation was made,
3. and then continue on the correct track.

Force Majeur

In extreme weather conditions or obstacles that makes it impossible or dangerous to pass:

- A. You must stop and notify the Race Management by mobile phone while remaining on the place you stopped. In case of poor mobile coverage, try sending a SMS instead.
- B. When in dialog with the Race Management you may suggest an alternative route or the Race Management may impose a detour. The final decision is made by the Race Management.
 - If it is impossible to get in touch due to lack of mobile coverage, you must study the TOPO map on your handheld GPS in order to evaluate and choose a safe and appropriate detour/an extra loop around the obstacle.
 - In such cases the Race Management will consider whether Participants coming behind you should choose the same detour.
- C. You are required to inform other Participants about the situation, if they show up on the same place at the same time. If none of you are able to get in touch with the Race Management, you must discuss and agree on a common detour.
- D. In all cases, you must get back on the correct track as soon as possible.

Supplies, food and assistance

Supplies and food

- You are not allowed to drop any supplies or gear along the trail, nor at any checkpoint. However, you may give a re-supply bag of maximum 15 kg to the Race Management before start in Oslo, which will be delivered at the finish line at the Hamar city pier, or in case of DNF.
- If you receive or need help from anyone, you are out of the competition. You are all on your own and have to carry your own supplies throughout the Race, including fuel, sleeping bag, bivvy bag or a lightweight tent.
- You are not allowed to accept food/drink or any kind of support from other Participants. The only exception is if the Organizer themselves offer the Participants food/drink.
 - **NB:** Any use of dry food/can food, gas or the beds in the DNT cabins must be paid by the Participant according to the “cabin info” in each cabin.

Duty to assist

- Everyone has a duty to assist any person in distress (case of illness, injury, danger or emergency). Ask for help if you are in trouble or help others who needs it. Notify the Race Management (the person in distress will be picked up by the Organizer or by the appropriate public service).
- **If life or health is in serious danger, call the national emergency number 112 before contacting the Race Management.**

Traffic

When on a public road, stay on the left side. When crossing, walk straight across the road. Before crossing a road make sure that you are visible. Remember that a car driver might mistake the light from your head torch for another vehicle far away. Use your reflex vest.

DNF

In case of withdrawal or DNF, the Organizer will pick up the Participant at the nearest place accessible by car. She/he will be transported to the nearest appropriate public transport and will receive their re-supply bag at the pickup place.

Withdrawal

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

- Medical grounds: Severe fatigue, injury, previous medical condition etc. Not all injuries will require withdrawal from the event and it is at the discretion of the Race Management and/or medical staff to decide.
- Poor navigation skills: It is not allowed to take any shortcuts from the official route, you must follow the Organizer’s GPS track.
 - It is mandatory to keep track of your handheld GPS.
 - You are responsible for following the correct route.
 - You have the main responsibility to discover if you have chosen the wrong route and to follow the instructions for Wrong turns.
 - Deliberate or significant shortcuts leads to disqualification.

- Cheating, ie. deliberately not completing the course as marked or instructed, using public transport, receiving outside assistance etc. You must complete the course on foot with no assistance from vehicles, devices or animals/pets. (Walking sticks are allowed.)
- Unable to complete the course in the allotted time.
- If you receive or need help from anyone, including pacers, you are out of the competition.
- Unsafe racing.
- Unsociable behavior.
- Carrying or using illegal drugs.

Environment, nature & wildlife

Fire, heat and gas

Be VERY careful with bonfires and gas cookers. Bonfires must be placed near a water source and you must never leave a bonfire when it is still hot; pour water over! However, do not ever pour water over gas appliances; follow the manufacturer's safety instructions. Follow the cabin rules for the use of ovens and fireplaces.

Waste

Littering (which includes intentionally dropping/disposing of equipment) along 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 future Bèrghem Ultra competitions.

Wildlife

Be sure to close any gates you pass through.

Wild animals must not be disturbed. Keep a distance of at least 200 meters to the Arctic moose. If you suddenly come across a wild animal, back quietly away.

Water

It is plenty of natural water along the trail but you must be careful where you refill. Look out for small rodents, birds 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.

Right to Roam (Allemannsretten)

Follow the rules and recommendations in the [Right to Roam](#)

<https://www.miljodirektoratet.no/globalassets/publikasjoner/M86/M86.pdf>

(Norwegian: [Allemannsretten](#))

Media rights

Any photographs, motion pictures, recordings, and any other media records of this event may be taken and used by the Organizer for any legitimate purposes, including any commercial and marketing uses, and/or to be uploaded onto public sites and channels. The Organizer owns all rights to the photographs, motion pictures, recordings, or any other media records of the Race.

Participant Waiver

(Mandatory confirmation during the registration process)

I declare and have understood:

1. I will be at least 21 years old by the start of the Race.
2. I have a good understanding of both written and spoken English.
3. I declare that I am physically fit and have sufficient training and knowledge to be able to try to complete and properly look after myself on the trail during Gaea Norvegica Trail 400 KM.
4. I will provide links to my previous results and/or provide a statement detailing my experience on application.
5. I accept full responsibility for my own safety and wellbeing while on the trail and at all checkpoints.
6. I will provide my own transportation to and from the event.
7. I grant permission for the Organizer to take and use photographs, motion pictures, recordings, and any other media records of me during this event, for any legitimate purposes.
8. I have read, understood and agree with all of the statements contained within the document 'Race Information and Race Rules'.