

SALOMON XREID FEMUNDEN

Race manual v1.0 | June 15th – 27th 2021





Photo: Hård Rastberg



SALOMON XREID

—a long distance running event set in the most breathtaking Norwegian scenery.

"There is only one thing that makes a dream impossible to achieve:
The fear of failure"
—Paulo Coelho

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Salomon Xreid Norway

Salomon Xreid is organized by Xreid Norway. Our goal is to create races that gives our participants strong and lasting experiences. To achieve that, we have a unique crew that makes this race possible.

We do not focus on course records and we aim to have new exciting additions every year, that be a new location or nice add-ons to prior races.

To race in remote locations puts great responsibility on both participants and us as a organizer. That is why we do not practice a first-comefirst serve regime when it comes to securing a spot in the race. Keeping our participants safe throughout the course is our main concern.

SUMMARY

All participants must read and understand this race manual before they sign up for Salomon Xreid Femunden 2021.

Salomon Xreid Femunden 2021 starts at Rigg
Friday June 25th 12:00.

The race can be done either as a single participant or as a team.

Registration will be hosted at HQ in Ræss. The opening hours are Thursday June 27th 10:00 – 20:45. Pre race meeting starts 21:00 at the same venue.

All participants will be given two special need bags at the registration. These bags will be transported by the organizers to CP1 Haugeglid (approx 20k) and CP3 Fetagen (approx 80k). Total length will be approx 115k with 4k D++.

Sections of the route will follow official trails marked by The Norwegian Trekking Association (DNT), but there will also be some sections without established trails. Thus, you must be prepared to navigate using your GPS or map.

Route with waypoints for the GPS must be downloaded from our website and installed on your GPS device.

This years route pass through several weather exposed areas as well as areas used for Reindeer business. Your safety is our primary concern and we are dependent on not disturbing the reindeer, thus the route is subject to change before and/or during the race at the organizers discretion.

You will find garbage deposits at all check points. If you are caught littering, you will be disqualified.

We advise that you book accommodation as soon as possible as Ræss/Rigg is popular destinations and bases for tourists.

The race will count as a qualifier race for UTM&.

ENTRY FEE

Team: 2500NOK per participant.

The team must consist of 3 – 4 participants with one Team Manager.

Individual: 2500 NOK

Entry fee includes

Finisher prize.

Bus transport from Ræss to Rigg.

Wide selection of food and medical teams at the three check-points.

Special need bags at two checkpoints.

Satellite Tracking service during the race.

Great experiences, endorphins and memories for life.

The entry fee will not be refunded.

A slot in this race is personal, but can be transferred. A administration charge of NOK 300 will apply.

These rules will be followed to protect the event from economic loss.

The 2021 race

Photo by Stånd Ruckberg

REGISTRATION

We will publish the HQ location shortly, but the opening hours are Thursday June 24th 18:00–20:45. This will also be where you hand in your three packed special needs bags.

Pre race meeting starts 21:00 at the same venue.

At the registration you will be given your start number, three empty special needs bags tagged with locations and your start number and tracking unit. Before 20:45 all participants need to deliver the two special needs bags to registration. These bags will be transported out to the checkpoints.

The organizers will also provide transport of equipment from start back to HQ. Leave this equipment, preferably with a name tag, on the announced spot on race day.

CUT-OFF TIMES

The following cut-off time is set with a start at 06:00 Friday June 25th at 12:00. Can be changed at Race directors discretion.

CP1 –Haugen gård – Friday at 18:00
CP2 –Fesagen – Saturday at 12:00

PROGRAM

Thursday June 24th

18:00 Registration and delivery of special needs bags opens at HQ (location to be confirmed)

20:45 Registration and delivery of special needs bags closes.

21:00 Pre race meeting.

Friday June 25th

06:00 Bus Rarøy–Glg

12:00 Start of Salomon Kveid Femunden

18:00 Cut-off at Haugen gård (after 6 hours).

Saturday June 26th

12:00 Cut-off at Fesagen (after 24 hours).

Sunday June 28th

10:00 Pick up special needs bags at HQ

10:30 Ceremony at announced location





EQUIPMENT

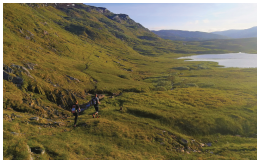
Photos by: Anders Rasmussen and Rind Rasmussen

Mandatory equipment for all participants – must be packed in backpack:

- Wind and waterproof jacket.
- Wind and waterproof pant.
- Whistle.
- Wool underwear (upper and lower).
- Windproof hat and gloves.
- Emergency (blanket) shelter.
- Headlamp.
- 200 NOK in safety cash.

Mandatory equipment for all team leaders and individual participants:

- GPS with lithium batteries.
- 2 extra lithium batteries for the GPS.
- 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.





Make sure you have all the necessary equipment mentioned in the Race Manual. It is also important to make sure you know how to use the equipment properly before heading to the start at Elgå. Remember it is for for your own safety.

Photo: Martin Fylke



CHECKPOINTS

Photo by Gerd Isenberger

The checkpoints are our most important contact with you as a participant during the race. All participants must check in and out from each of the three checkpoints. Salomon Xtreid crew will be present at all checkpoints. Routines at the checkpoints are simple. No matter if it's day or night you need to make contact with the crew and identify your team or yourself. If the crew consider that you and your equipment are in decent condition you



There will be various food available at each checkpoint. A more detailed description of the food will be specified in an email to all participants a couple of weeks before the race starts. Please bring special requests of food in your special needs bags.

Salomon Xruid has a great focus on the environment and nature. You will not see crew anywhere during the course other than at the checkpoints and a few carefully selected safety-points. The event wants to have as little motorized traffic as possible and work closely with the authorities and the local communities.



Photo by : Håkon Jørgensen

RULES, ADVICE & CRITERIAS

Rules are minimum sets of requirements. In addition we expect common sense and further consideration, due to this race, from all participants. Rules may be changed according to the weather conditions until the start.

General

- Declaration forms must be signed and delivered by all participants at registration.
- It is forbidden to throw garbage on the route. You will find garbage deposit at all check points. Breaking this rule gets you an automatic disqualification.
- Organizers and officials can take participants out of the race for safety reasons.

Who can participate?

Men/ women over 18 years can participate.

Class

Team consisting of 2 – 4 participants.

- The mix of men and women within the team is up to the team.
- The team needs to have a Team Leader, responsible for the team staying together at all times. Furthermore he/ she must be able to navigate using map, compass And GPS.

Single

- High standards of mountain running achievements and ability to navigate using map, compass and GPS.
- Applicants for the single class need to confirm that they are familiar with navigation in harsh weather and also document an experience covering a great distance.

Help and assistance

The race is 'unsupported', but there are a few exceptions. It is allowed to get help and assistance from family or friends at the official checkpoints.

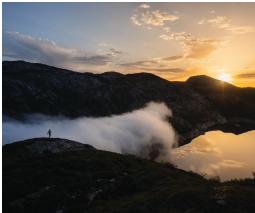
- if an emergency situation occurs, it is your duty to help.
- Trekking poles are allowed.

Rule Violations

- Penalties/disqualification may be given for violations of rules, unsportsmanlike behavior, or if participants intentionally expose themselves or other participants to unnecessary risk.
- Penalties from organizers and officials can be additional race time or disqualification.

DNF

- If an individual participant withdraws during the race there is limited transport out of the mountains. Please be patient with us.
- The teams must consist of 2-4 runners, but the team must finish with a minimum of 2 runners. It is not allowed for a team to split up between the checkpoints and be separated from each other.



Photos by: Eilad Hasbarg

Special need bags

All Checkpoints will provide special needs bags for all participants. At registration, all participants will be given three different bags marked with their start number.

These bags can be filled with your favorite food and drinks, new running shoes, socks or whatever you want. Please note that all mandatory equipment must be brought with you from start to finish. Also note that even though we will do our best to keep an eye on the bags, we can not be liable for the contents during the race.



