



# NORDIC ADVENTURE RACE 2017

## ROADBOOK\_v0.2\*

\*this is the pre-race edition of the roadbook. It is intended for the team logistics planning. At race registration you will receive an updated, more detailed road book that you will use during the planning of the course and during the race.

**In case of emergency** – dial 113 for Norwegian SOS. 2nd priority: call Race Director, Jacob Westerberg: +4798267595 or Helen Westerberg +4792434149.

Think about your safety! Be safe in all situations and do not do anything that you would not do in your daily training session!

### Posts and punch card

- You have to visit all checkpoint in number order (meaning 1,2 and then 3 and so on...), except the prologue where you can choose any order.
- All checkpoints need to be touched by all team members (or visited at touching distance, meaning “arm length” from the post).
- All checkpoints have reflective tape (except the prologue).
- All checkpoints have a letter that you need to note on your punch card. The pen provided is water proof, but please make sure to take care of the pen and the card in order to get your punches approved... This also means that we do not use any old school orienteering punches nor modern RFID punch systems.
- At the last TA you will have a new punch card and you will leave your existing card to the marshals.



### Stage 0 - Registration and delivery of TA bags/boxes – FRYA LEIR

- Registration opens at Saturday the 2<sup>nd</sup> of September at 07:00 (open to 08:00)
- Bring Certificate of Registration (signed by all team members)
- At registration you will receive: Road Book, maps for stage 1 to 8, race vests, race numbers for your bike, punch card and pen, GPS-tracker.
- You are responsible for handing the correct bag A and Bag B at the correct trailer. Make sure to get this right!
- Mandatory Race meeting at Start area at 08:00. We will try to make this very short... Make sure to ask questions before arrival!

Prologue – Military Camp			
From:	Start (Frya Leir)	Discipline:	Run
To:	Start (Frya Leir)	Time estimate short:	
Distance:	1 km	Time estimate full:	15min
Mandatory CPs:	-	Optional CPs	
Instructions:	<ul style="list-style-type: none"> <li>• Start at Frya Leir at 09:00.</li> <li>• Obey traffic rules at all times and take great care.</li> <li>• Checkpoints can be visited in any order</li> <li>• All team members have to touch the checkpoints (no other punch method for the prologue)</li> <li>• Mandatory equipment is not needed on the prologue (can be left at Start and must be picked up when running to the canoes).</li> </ul>		

Stage 1 – Runaway Frya			
From:	Start (Frya Leir)	Discipline:	Run
To:	TA 1	Time estimate short:	
Distance:	1 km	Time estimate full:	10min
Mandatory CPs:		Optional CPs	
Instructions:	<ul style="list-style-type: none"> <li>• You need to bring your paddles and pfd's (if you choose not to use the C2 paddles and pfd-s provided by the organization).</li> <li>• Remember to bring your mandatory gear!</li> <li>• Obey traffic rules at all times and take great care.</li> </ul>		

Stage 2 – Only a true adventurer paddles against the stream...			
From:	TA 1	Discipline:	Canoe
To:	TA 1	Time estimate short:	
Distance:	18km	Time estimate full:	2-3h
Mandatory CPs:		Optional CPs:	
Start gear box/bag:	-	Stop gear box/bag:	-
Instructions:	<ul style="list-style-type: none"> <li>• No checkpoints on Stage 2. Marshals will check that you are paddling all the way to the turning point.</li> <li>• It is mandatory to paddle the entire stage. If you choose to quit the stage you are out of competition.</li> <li>• Take care! No rescue boats on the water.</li> </ul>		

Stage 3 – Back to Frya!			
From:	TA 1	Discipline:	Run
To:	TA 2	Time estimate short:	
Distance:		Time estimate full:	10min
Mandatory CPs:		Optional CPs:	
Start gear box/bag:	-	Stop gear box/bag:	Mini box at TA2
Instructions:	<ul style="list-style-type: none"> <li>• You need to bring back your pfd's and paddles to TA2.</li> <li>• Paddles and pfd's from the organization can be left at TA1</li> </ul>		

### Stage 4 – The Altitude Gainer

From:	TA 2	Discipline:	MTB
To:	TA 3	Time estimate short:	3h
Distance:	45km	Time estimate full:	4h
Mandatory CPs:	CP1	Optional CPs:	CP2, CP3
Start gear box/bag:	Mini box at TA2	Stop gear box/bag:	BOX A at TA3
Instructions:	<ul style="list-style-type: none"> <li>• Obey traffic rules at all times and take great care.</li> <li>• You are not allow to travel on E6 from Frya Leir to Ringebu</li> <li>• You are not allowed to bike into the tunnel on road E6.</li> <li>• <b>CP 1</b> – Trail crossing</li> <li>• <b>CP 2</b> – Trail/road intersection (post is some meters in on the trail)</li> <li>• <b>CP 3</b> – Road intersection</li> </ul>		

### Stage 5 – Sky Runners High

From:	TA 3	Discipline:	Run
To:	TA 4	Time estimate short:	4h
Distance:	25-30km	Time estimate full:	4-5h
Mandatory CPs:	CP4, CP6	Optional CPs:	CP5, CP7
Start gear box/bag:	BOX A at TA3	Stop gear box/bag:	BOX A at TA4
		Conveniences at stop:	Drinking Water, toilet, store
Instructions:	<ul style="list-style-type: none"> <li>• Obey traffic rules at all times and take great care.</li> <li>• <b>CP4,CP5,CP6</b> and <b>CP7</b> – cairn (or at pole beside the cairn)</li> <li>• Kiosk with ice cream etc. at TA4 open to about 23:00 (bring cash or card if you would like to buy something).</li> </ul>		

### Stage 6 – Pavement pleasure, Helvete and uphill punishment

From:	TA 4	Discipline:	MTB
To:	TA 5	Time estimate short:	4-6h
Distance:	65km	Time estimate full:	4-6h
Mandatory CPs:	CP8,CP9,CP10	Optional CPs:	CP11, CP12
Start gear box/bag:	BOX A at TA4	Stop gear box/bag:	BOX B at TA5
Conveniences at start:	Drinking Water, toilet, store	Conveniences at stop:	Drinking Water, toilet
Instructions:	<ul style="list-style-type: none"> <li>• Obey traffic rules at all times and take great care.</li> <li>• You will most likely bike this stage in darkness. This is unfortunate, due to the stunning surroundings... but, more important - <b>Use proper lights on your bike!</b></li> <li>• Kiosk with ice cream etc. at TA4 open to about 23:00 (bring cash or card if you would like to buy something).</li> <li>• <b>CP8</b> – The Moose Tower Sign (Elgtårnet) on the trail (checkpoint is not on the tower). Do not approach the tower (there are people sleeping up there...)</li> <li>• <b>CP9</b> - intersection</li> <li>• <b>CP10</b> - under the bridge (south end)</li> <li>• <b>CP11</b> - Tree above the canyon to Helvete Potholes (you are not allowed to use the trail that goes inside the café. You need to reach CP11 from the opposite side of the parking lot. The checkpoint is clearly visible on the edge of the canyon)</li> <li>• <b>CP12</b> – cairn (or pole besides).</li> <li>• You will find <b>TA5</b> in Fjellandsbyen cabin no 12.</li> </ul>		

### Stage 7 - If you knew the views, you would wish for daylight

From:	TA 5	Discipline:	Run
To:	TA 5	Time estimate short:	1h
Distance:	8-24km	Time estimate full:	4h
Mandatory CPs:	CP13	Optional CPs:	CP14,CP15
Start gear box/bag:	BOX B at TA5	Stop gear box/bag:	BOX B at TA5
Conveniences at start:	Drinking Water, toilet	Conveniences at stop:	Drinking Water, toilet,
Instructions:	<ul style="list-style-type: none"> <li>• Obey traffic rules at all times and take great care.</li> <li>• You are not allowed to run on the golf course</li> <li>• Watch out for the steep mountains!</li> <li>• <b>CP13</b> – the end of the ski lift</li> <li>• <b>CP14</b> – cairn</li> <li>• <b>CP15</b> - trail intersection</li> <li>• You will find TA5 in Fjellandsbyen cabin no 12. You will get a new punch card for S8.</li> <li>• Plan S7 in order to meet the following deadlines:</li> <li>• You have to start S8 no later than <b>10 AM Sunday</b>.</li> <li>• You are not allowed to get out on Stage 8 before <b>2 AM</b>. If you are early you will have a rest at TA5 and if you have cleared the course so far (punched all mandatory and optional checkpoints) you will be compensated for the stop time.</li> </ul>		

### Stage 8 – Home sweet home!

From:	TA 5	Discipline:	MTB
To:	FINISH	Time estimate short:	3h
Distance:	37km	Time estimate full:	3h
Mandatory CPs:	CP16, CP17	Optional CPs:	
Start gear box/bag:	BOX B at TA5	Stop gear box/bag:	
Conveniences at start:	Drinking Water, toilet	Conveniences at stop:	Drink and food
Instructions:	<ul style="list-style-type: none"> <li>• You will get a new punch card for S8.</li> <li>• You have to start S8 no later than Sunday at <b>10 AM</b>.</li> <li>• You are not allowed to get out on Stage 8 before <b>2 AM</b>. If you are early you will have a rest at TA5 and if you have cleared the course so far (punched all mandatory and optional checkpoints) you will be compensated for the stop time.</li> <li>• Obey traffic rules at all times and take great care.</li> <li>• You are not allow to travel on E6 from Ringebu to Frya Leir</li> <li>• Remember all team mates need to touch all CP's on the course in the specific order noted in the Road Book. Your GPS-track will reveal if you are not visiting all checkpoints in order.</li> <li>• Be careful when descending!!</li> <li>• <b>CP 16</b> – trail intersection</li> <li>• <b>CP17</b> - Ski-track above the road.</li> </ul>		

