



RACEMANUAL

2022

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salomon

TIME TO PLAY



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 12, Folldal Flerbrukshus:

1000 - 1700	Registration 100 XL, drop bag
1000 - 2100	Registration 100, drop bag
1200	Race Brief (physical and digital)
1845	<u>All 100 XL runners at start</u> , random checks mandatory equipment
1900	Start Salomon Rondane 100 XL

Saturday August 13, Folldal Flerbrukshus:

0145	First bus leaves for 100 K start
0300	Last bus leaves for 100 K start
0400	Start Salomon Rondane 100
1500 - 1700	Salomon Rondane 100 XL and 100 first finishers

Sunday August 14, Folldal Flerbrukshus:

0600	Race ends
1100	Price ceremony



COURSES



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

- CP Nygruva
- CP Dørålseter (Drop bag)
- CP Strømbu (Drop bag)
- CP Breisjøseter
- CP Breisjøseter
- CP Grimsbu



The **Salomon Rondane 100** race will have a pink logo to separate the Rondane 100 runners from the Rondane 100 XL runners. There are a total of 4 checkpoints (CP) in the Rondane 100 race:

- CP Dørålseter
- CP Strømbu (Drop bag)
- CP Breisjøseter
- CP Grimsbu

SALOMON RONDANE 100 XL



6 ITRA points. The signature-race. Salomon 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:

Friday 12.8.22 at 1900 (PM),
Flerbrukshuset, Folldal

Cut off times:

CP Nygruva	13.8	01:00
CP Dørålseter	13.8	08:00
CP Strømbu	13.8	16:00
CP Breisjøseter	13.8	21:00
CP Grimsbu	14.8	04:00
Finish	14.8	06:00

SALOMON RONDANE 100



4 ITRA points. Salomon Rondane 100 will start at Grimsdalshytta. Participants will be transported by bus from Folldal Village. The start is located at an area with good space for parking. Salomon Rondane 100 participants will enjoy approximately 85% of the course on paths, and minimal gravel and almost no asphalt.

Start:

Saturday 13.8.21 at 0400,
Grimsdalshytta, Folldal

Cut off times:

CP Dørålseter	13.8	08:00
CP Strømbu	13.8	16:00
CP Breisjøseter	13.8	21:00
CP Grimsbu	14.8	04:00
Finish	14.8	06:00

CP - NYGRUVA



CUT OFF

Saturday 13.8.22 01:00

FOOD/DRINK

TBA

FACILITIES

First Aid Kit, waste-bins, outhouse toilet, limited parking (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.





CP - DØRÅLSETER



CUT OFF

Saturday 13.8.22 08:00

FOOD/DRINK

TBA

FACILITIES

Drop bag, First Aid Kit, waste-bins, limited parking (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!



CP - STRØMBU



CUT OFF

Saturday, 13.08.22 16:00

FOOD/DRINK

TBA

FACILITIES

Drop bag, First Aid Kit, toilet, waste-bins, parking, medic aid

DIRECTIONS

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





CP - BREISJØSETER



CUT OFF

Saturday 13.8 21:00

FOOD/DRINK

TBA

FACILITIES

First Aid Kit, outhouse toilet, waste-bins,

DIRECTIONS

It is not permitted to drive to Breisjøseter.



CP - GRIMSBU



CUT OFF

Sunday 14.8 04:00

FOOD /DRINK

TBA

FACILITIES

Waste-bins, toilets, parking

DIRECTIONS

From Folldal centre, drive on road Fv 29 towards «Alvdal» for approx 12 km, turn right for Stormoegga skiarena. After 500 meters, turn right again and follow the road 3 km



RULES AND REGULATIONS

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

Participants

Salomon Rondane 100 XL and Salomon Rondane 100 is open to all eligible athletes who are 18 years and older on the year of the event. Runners should not attend the race if they have or have had signs or symptoms of COVID-19 in the past 14 days or have been in contact with anyone who is sick the past 14 days. High risk individuals are advised not to attend the race.

The runners agree to participate at their own risk and by their entry and participation fully absolve the organizers of the Salomon 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.

The runners also agree that the race doctor can prohibit the continuation of Salomon Rondane 100XL/100 when s/he diagnoses the risk of damage to a runner's health. It is the participant's responsibility to ensure adequate insurance coverage for medical treatments.

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 Salomon Rondane 100s service phone number +47 91365964 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.

Runners must maintain physical distance whilst on the course.

Pasture gates must be closed after passing.

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

Support

Crews are allowed and may support the runners at the checkpoints. It is not allowed to support any runner with food, equipment or drinks outside of the checkpoints, unless it is for pure medical/health emergencies.

RULES AND REGULATIONS

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 4 checkpoints for the 100 Kilometer run. BIB/Numbers must be visible at all times

At CP Strømbu, **all 100 mile participants** must check in with the medic team. If the responsible medic consider that you are in decent condition, you can continue the race.

Use hand sanitizer when entering and leaving checkpoints. Keep at least 1 meter distance and make sure you don't touch other people's food.

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 Salomon 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. 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.

RULES AND REGULATIONS

Traffic

There are short parts of the race where runners will be exposed to motorized traffic. Runners must use reflective safety vest and red or blinking LED light on the backpack, and 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 runner's participation, or change in date, nature or format of the event. The event may be cancelled or changed due to severe weather or any other factors that may be deemed to threaten the safety of athletes, staff or volunteers.

Exception: If changes in the Corona situation leads to a cancellation up until 12 weeks before the race there will be a 50% refund on registration fee. If the race is cancelled due to Corona less than three months before the race, there will be a 25% refund on registration fee.

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. Transfers must be done no later than 14 days prior to the event and must include a transfer of all information distributed from the organiser by e-mail.

Changes

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

MANDATORY EQUIPEMENT

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 Salomon 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.



ACCOMMODATION

A FEW TIPS:

Folldal is not booming with hotels and accommodation options. But there are options in and around the village. On the Salomon Rondane100 website you will find an updated list of hotels, cabins and rooms. We will also have an approximate distance from the accommodation to Folldal centre.

100 miles runners should try to book accommodation as close to Folldal centre as possible. The start of the 100 miles run is at 1900 AM in the centre of Folldal.

100 kilometer runners should try to book accommodation as close to Folldal centre as possible. The start of the 100 kilometer run is at 0400 AM at Grimsdalshytta, 28 kilometer from Folldal centre.

Family & crew have a wider option. From staying in Folldal or staying outside Folldal entirely (Hjerkinn, Alvdal, Tynset, Oppdal). Another cool option is staying at Dørålseter or Breisjøseter (both provide food and sleep) in the middle of the course.

OUR SUPPORTING PARTNERS!!

NØK

Sørlands
CHIPS



FIAS^{Proff}



joker FOLLDAL

BYGGER'N
— DALHOLEN —